

# Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



## Contents:

Page 2 - Recipe

Page 3 - Quiz

Page 4 - Readers' Entry

Page 5 - Readers' Entry

Page 6 - Highland Journal

Page 7 - Planet Sutherland/  
Community Centre News

Page 8 - Lairg Learning Centre

Page 9 - Scottish Snippets

Page 10 - Activity

## Welcome to our 50th Issue!

In the magazine this month we have summer news from some of Lairg's various community groups; we also have articles from two residents who have recently moved to Lairg. Robert Tomlin explains about his pastime and Larissa Fry discusses her unique line of work in Ecopsychology.

As mentioned in previous issues Lairg will be celebrating the 100th anniversary of the War Memorial this year. LDCI would like to thank everyone who has sent in their hand knitted and crocheted poppies so far. We will be accepting poppies until Mid August - so please keep sending them in. LDCI would also like to extend an invitation to everyone in the community to join a service at 11am on Friday the 30th September 2022 at the War Memorial.

## Recipe of the week

### Lairg Health Walk

The next Health Walk will take place next **Tuesday the 26th July**. We will meet at Ferrycroft Car Park at 10.30am as usual. New walkers are always welcome! If you have not been along before—why not give it a try? It's a great way to keep healthy and to meet other people too - we always finish with a nice cuppa!

### Lairg Gala Week

Lairg Gala week was a great success again this year despite the challenging weather at times! There was a wonderful turnout from the community. The Gala week committee would like to thank everyone who supported the Gala by buying tickets, and thanks also to those who donated prizes and baking. £503 was raised for the Highland Hospice!

## Menu for Under £5

### Easy Tomato & Chickpea Curry



#### INGREDIENTS:

2 tsp olive oil  
 2 small red onions, 1 chopped, 1 sliced £0.52  
 2 cloves garlic, crushed  
 ½ jar Tikka Masala Curry Paste £1.15  
 400g tin Plum Tomatoes in Tomato Juice £0.50  
 400g tin Chickpeas, drained and rinsed £0.85  
 300g baby spinach £1.50  
 2tbsp desiccated coconut  
 Coriander, torn  
 Total £4.52

#### METHOD:

Heat the oil in a large pan and cook the chopped onion for 4 minutes or until soft. Add the garlic and cook for 1 minute. Stir in the tikka paste and cook for 1 minute. Add the tomatoes and the chickpeas, stirring. Add 150ml boiling water and simmer for 8 minutes or until slightly thickened. At the last minute, add the baby spinach and stir to wilt. Top with the sliced onions, coconut and coriander. Serve with white fluffy rice and naan bread.



1. How many millilitres are there in a litre?
2. A group of geese on the ground is called a gaggle, but what is a group of geese in the air called?
3. In the original Monopoly, which spaces are the cheapest to buy?
4. What is the name of the first American to circle the earth 3 times in the spaceship 'Friendship VII', 60 years ago in February?
5. What type of animal produces mohair - sheep, goat or rabbit?
6. In 1915, Bob Thomson of Chelsea was the only footballer playing in a cup final to have what physical difference?
7. Which drink, created at a Raffles Hotel, contains Gin, Benedictine and Cherry Brandy?
8. How many provinces does Canada have?
9. Who was the first person to reveal he had managed to split the atom?
10. Which racing team does Lewis Hamilton drive for?
11. Which American actor had a particular British accent in Mary Poppins and a flying car in Chitty Chitty Bang Bang?
12. Which country hosted NASA's first rocket launch outside the USA?
13. Which two men were the first to reach the summit of Mount Everest?
14. Which British colony was handed over to China 25 years ago?
15. John Lydon, a member of the Sex Pistols, was better known by what name?
16. Who won the Best Supporting Actress Oscar in the film 'Ghost'?
17. What does Paddington Bear enjoy in his sandwiches?
18. Sark is a small island in which body of water?
19. Which English monarch signed the Magna Carta?
20. Which musician celebrated his 80th birthday the week before headlining at Glastonbury?

### Community Consultation Regarding Lairg Playpark Provision

Over the past year LDCI has been working with a group of parents in Lairg and with the Highland Council to explore the possibility of regenerating the playpark at the Ferrycroft Visitor Centre. LDCI will shortly be carrying out a community consultation on the playpark provision in Lairg to find out what your views are. We hope that you will take the time to complete the brief questionnaire. When the questionnaire opens we will notify you via the Lairg Magazine and Facebook. Paper copies will also be available to pick up from the Lairg Library.

## Radio Controlled Model Aircraft -

by Robert Tomlin

I've recently moved to the village (from Manchester, in November) and amongst other things have been trying to make the most of its unique location for one of my hobbies... Radio Controlled Model Aircraft, in-between rain showers, gusts, and work... obviously.

I'm a member of the governing body, the BMFA, who support clubs all over the country but unfortunately there aren't that many around these parts within easy driving distance to make use of their airstrips, so I've been converting some of my models into floatplanes to make use of the water here. You may have seen me fly some of them, from both Little Loch Shin and the main loch, but I'm also using Loch Craggie occasionally for the larger stuff or when Little Loch Shin is busy with other users.

On the matter of flying when others are around, rest assured I'm a holder of the relevant certification from the BMFA and thus also full insured, but safety is always paramount, and I'd rather crash the model (safely) than put anyone in harm's way!

A little bit about the models themselves, the white 'twin' with the Wee Hoose in the background (pictured on the front page) is an electric polystyrene / foam type model called a Twinstar and is the simplest and non-fussiest to throw in a car to take flying. The yellow and silver plane is a Carbon Cub, powered by a 20cc petrol engine and quite a bit larger than the Twinstar. Being internal combustion (I.C.) powered it can have a flight duration quite a bit longer than electric models (10 mins) and is obviously a little bit more noisy than electric so I tend to fly this away from where people could be offended. Both these models are built from kits and then fitted-out with motors and electrics, typically the foam type kits can be built and be in the air within a few hours, and the I.C. models maybe a few days to have airworthy.

The red and white model is a Martin Mars and was scratch-built, it was built from plans and took some 6 months or so to build from balsa and plywood and then fit-out its internals. This is also electric and although it's very quiet in flight it's unlikely to be flown 'in public' because of its size... I'm still fine tuning it to get it airworthy. I've also a World War 1 biplane version of the Sopwith Pup converted to floats but it's still under-construction, it's also I.C. powered but using a 15cc 'glow' engine. When the weather isn't ideal for the floatplanes then I've a couple of others to fly .... the black 'wing' is one of them. This is in fact a very forgiving model to learn to fly with, being packed with tech it can auto launch, has GPS loitering, return to home, and if the operator gets into difficulties it can take over control itself at a flick of a switch. Oh, and the user can wear some FPV goggles and experience flying the model as though they were in the cockpit. If you see me flying this one, come and say hello and you might get a go... bring your own sickbags though!

If you would like to find out more email:

[info@robtomlin.com](mailto:info@robtomlin.com)



### Focus on: Ecopsychology—by Larissa Fry

Larissa Fry, who moved to Lairg last year, runs 'We Are Nature – Highlands'. Since 2018 she has been working in the ground-breaking field of ecopsychology. Although its roots stretch back to Jung in the early 1900s, in the UK it is still a relatively unknown discipline. She is often asked the following questions:

**What is Ecopsychology?** In a nutshell, it is psychology with added nature – seeing humans as 'a part of the world, rather than apart from the world'. Rather than looking solely at an individual, or an individual within their society, ecopsychology expands outwards to also incorporate our relationship with, and place in, the natural world. Many indigenous cultures around the world understand this relationship as the norm, and indeed so did Europeans before René Descartes' philosophy took hold in the 1600s – teaching that mind & body were separate, with this tragically developing into current thinking that humans & nature are somehow separate from each other. Ecopsychology has deep roots in ecology, sustainability and Jungian psychology. It is a wide and fascinating field of study.

**What is it for?** Ecopsychology heartily promotes sustainability. Some of my colleagues work within global sustainability and affect international conversations around climate change. We work with developing a more mature human culture, developing modern rites of passage, grief circles, forest bathing, nature connection – it is a massively broad field! My personal viewpoint is that ecopsychology helps us open our hearts, minds and eyes – encouraging a wider and deeper understanding of how we live.

**How does it help?** One practical aspect – ecotherapy – (or more fully, eco-psycho-therapy), focuses on holistic healing of the whole of a person. Traditional psychotherapies work around pathologies (pathologising means classing something e.g., a thought, feeling or action as 'abnormal' or 'undesirable', meaning it must be stopped or got rid of in some way). Ecotherapy helps us accept all these parts of ourselves through a process of 'healing and wholing'. I personally love working with individuals like this, amazing things happen – shifts of thinking, clarity around issues, emotional regulation, finding a direction and meaning to life, spiritual awakening, and developing deep feelings of connectedness & contentment. If you're interested in finding out more about ecopsychology, there are plenty of reading links on my website. [www.wearenaturehighlands.co.uk](http://www.wearenaturehighlands.co.uk)  
I offer talks to local groups and welcome questions – just get in touch.  
Phone: 07905841830 email: [wearenaturehighlands@outlook.com](mailto:wearenaturehighlands@outlook.com)



Thank you to local artist Jan Blackwell for allowing us to print excerpts of her illustrations and notes from her own journal. Here is July's diary entry. If you would like to see more of her work you can follow her on Facebook and Instagram. See:

[www.facebook.com/janblackwellhighlandjournal/](http://www.facebook.com/janblackwellhighlandjournal/) and [www.instagram.com/highland\\_journal\\_art/](http://www.instagram.com/highland_journal_art/)



**LDCI Quiz Answers**

- |  |  |                        |
|--|--|------------------------|
| 1. 1000                                | 8. 10  | 15. Johnny Rotten      |
| 2. Skein                               | 9. Ernest Rutherford                             | 16. Whoopi Goldberg    |
| 3. Old Kent Road and White-chapel Road | 10. Mercedes                                     | 17. Marmalade          |
| 4. John Glenn                          | 11. Dick Van Dyke                                | 18. English Channel    |
| 5. Goat                                | 12. Australia                                    | 19. King John          |
| 6. One eye                             | 13. Sir Edmund Hillary and Sherpa Tenzing Norgay | 20. Sir Paul McCartney |
| 7. Singapore Sling                     | 14. Hong Kong                                    |                        |

**How did you do?**

1-5/20	5-10/20	10-15/20	15-20/20
Poor	Okay	Good	Excellent



## Highland Climate Festival

We hope you all enjoyed the many events that took place during the Highland Climate Festival, which saw over 100 events throughout the Highlands. The Festival also saw the launch of our Highland Climate Charter. Would you like to see our Highland leaders sit up and take notice of the growing support for climate action throughout the region? Please do go and sign the charter and let's get hundred of signatures for the Leaders Summit in November, now being aligned with COP27. - [highlandadapts.scot/highland-climate-charter-2/](https://highlandadapts.scot/highland-climate-charter-2/)

## Plastic Free July

Each year we try to get some key events going on in July to reduce our plastic use, but other things, including Covid, seem to thwart our attempts. However, you may or may not have noticed our "Eat Me" planter outside the Community Centre. These have herbs, fruit and salad growing for all to enjoy. Simply pop along and pick some herbs or lettuce leaves and ditch the plastic that you'd get from supermarket purchase. Fancy some fresh mint tea? Just pick a few leaves, wash, and steep in fresh boiled water for a little while. Very refreshing in this heat.



Of course, the more food we grow ourselves, the less plastic packaging we'll need too. Fresh food straight from the garden just can't be beaten for nutritional value and tastiness as well as having zero food miles. Look out for our Scottish Seasonal Eating leaflets coming soon to the Community Market. For more info or to join us, please check out [PlanetSutherland.com](http://PlanetSutherland.com) or email [anna@planetsutherland.com](mailto:anna@planetsutherland.com).

## Lairg Community Centre

The monthly Lairg Community Market took place on 18th July in the Main Hall of the Community Centre, welcoming over 20 stalls, both returning and new, with the inclusion of Spellbound Caithness, The Wood Magpie as well as Fresh Fruit and Veg Stall which all went down a treat with the local community and the many visitors to Lairg and our busy Community Centre. The next Community Market takes place on the 15th August. Please come and join us, have a refreshment and enjoy the atmosphere alongside our local people and visitors.



Lairg Community Association is looking to welcome enthusiastic, dedicated individuals to volunteer their spare time, assistance and fresh ideas. Who knows, maybe you could have the skills and qualities required to become part of The Board.

We would also like to welcome new stall holders to our ever growing Community Market. Bring your talents and creativity to be enjoyed by all those who attend our markets and receive recognition for your hard work. If you are interested in any of these opportunities please get in touch with Ros, our administrator at [lairgcommunitycentre@gmail.com](mailto:lairgcommunitycentre@gmail.com) or call Lairg Community Centre on 01549 402 843.

## What's On?

### Every Tuesday

9:30am - 11:00am: I.T. Drop In

Drop in for these sessions to learn how to best use your devices

10:00am - 12:00pm & 6:00pm - 8:00pm: Maker Space

Every Tuesday morning (10am-12pm) and evening (6pm-8pm) we have The Centre open for crafty folks to come together to work on whatever project they have on the go. You're welcome to use any of our machines (Sewing, Overlocker, Cricut, Cover Stitch) and we are here to help with any questions you might have.

### Every Wednesday

I.T. Clinics (1-1 session with Ryan to help with specific issues)

### In Person Classes

July 25<sup>th</sup> Digital Marketing with Canva 10am – 1pm

Learn how to use Canva for beginners' in this step by step 3 hour workshop. Create your own posters for Social Media, flyers, website banners, and much more.

Aug 22<sup>nd</sup> & 29<sup>th</sup> How to Create Your Own Website For Beginners – 11am – 12.30pm

Want to know how to create your own website from scratch but don't know where to begin? Then this is the course for you! In this 2 week session we will go through the basics to get you started, from the initial planning stage, learning the lingo, which website builder suits your budget, to the design and creation of the website itself!

### Online Gaelic Classes

Gaelic for Complete Beginners (8 week course) – Monday 15<sup>th</sup> August 6.30pm

Conversational Gaelic (6 week course) – Tuesday 16<sup>th</sup> August 6pm

Gaelic for Complete Beginners (8 week course) – Thursday 18<sup>th</sup> August 3.30pm

*We are a*  
**COMMUNITY CLEAN UP HUB!**



**LAIRG & DISTRICT learning centre**

**If you are organising a litter picking event in your area we have equipment you can borrow at no cost.**

Email [admin@lairglearningcentre.org.uk](mailto:admin@lairglearningcentre.org.uk) if you would like to use our

- **ADULT CLEAN UP KIT (2 AVAILABLE)**
  - 10 Litterpickers, 10 Gloves, 5 Handihoop Bag Openers, 2 Kit Bags
- **KID'S CLEAN UP KIT (2 AVAILABLE)**
  - 5 Litterpickers, 10 Hi Vis Vests, 10 Gloves, 5 Handihoop Bag Openers



Clean Up Scotland



Keep Scotland Beautiful

29th July 1931. James Mollison landed at Pevensey Bay, England on the 6th August.

## Jim Mollison Aviator



The Flying Scotsman

James Allan Mollison MBE (19 April 1905 – 30 October 1959).

Mollison was a Scottish pioneer aviator who flew 1180 miles north from Wyndam, Australia on the 29th July 1931 to Java, after refuelling he went on land at Batavia [Jakarta, Dutch East Indies], flying 1730 miles in one day. This was the longest journey that any individual had flown in one day.

He took off again at midnight towards Singapore. He landed at Singapore with just two gallons of fuel in his tank. He refuelled and flew up the coastline to Malaya, and then to Rangoon. Monsoon weather forced him to have six hours sleep, after that he was flying across the Bay of Bengal to Calcutta. He flew over the holy site of Benares and made his way to Karachi.

Mollison landed at Basra, but had to make an unscheduled landing in the desert to find the directions to Aleppo. The local Bedouin were suspicious at first, then helpful. After another day's flying day he was approaching Athens. He was enjoying an average of two hours sleep each night, but by now he realised that his cherished "record" was possible. He raced to Rome and was so confident of success that he stopped for a meal. He had lost his goggles and was almost deaf from the noise of the aircraft's exhaust.



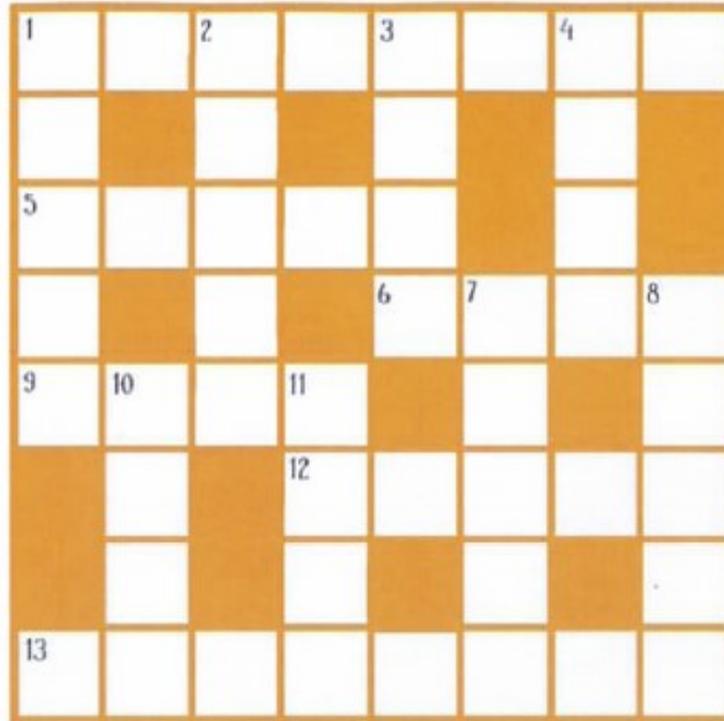
Mollison's plane at Pevensey Bay.

After landing at Pevensey Bay, some locals and holidaymakers helped him to find a more suitable field for a take-off. He had flown single-handed from Australia to England in under nine days. The flight made record time because the Gipsy Moth engine kept on running, Mollison's navigation was good, he went practically without sleep and did a lot of night flying.

Also known as "The Flying Scotsman" he was born in Glasgow, on 19th April 1905, and died on the 30th October 1959.

A more famous aviator Amy Johnson married Mollison in 1932.

Route: Wyndam Australia, Singapore, tip of Thailand, Rangoon Burma (now Myanmar), Calcutta India, Karachi Pakistan, Basra Iraq, Aleppo Syria, Athens Greece, Rome Italy, Paris France, England.



77

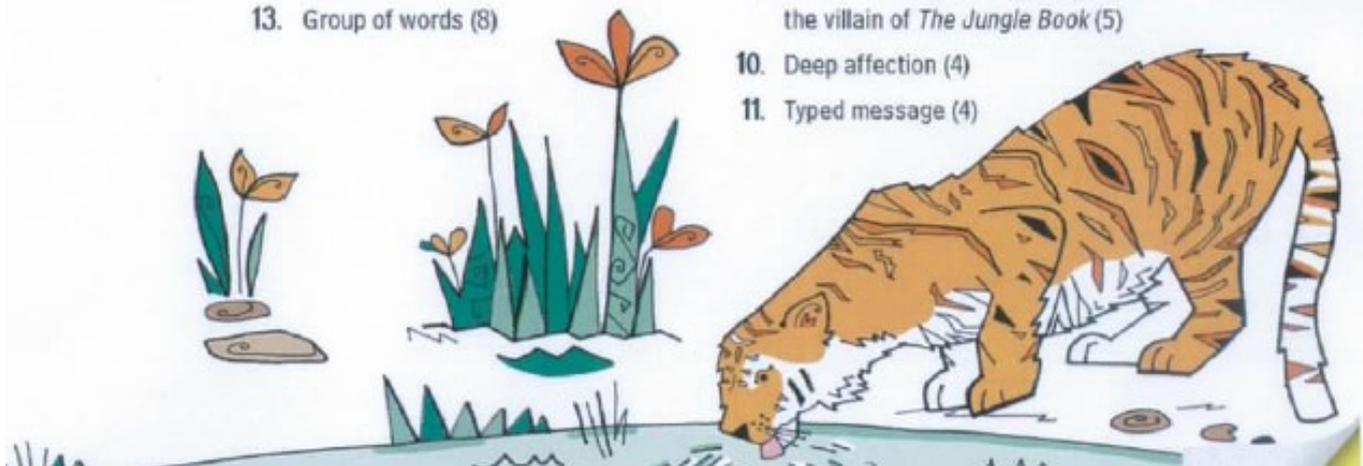


**ACROSS**

- 1. \_\_\_\_\_ tigers are huge big cats from the Russian Far East (8)
- 5. Map book (5)
- 6. Strikes with a finger (4)
- 9. Coin-hole (4)
- 12. Wipe out, remove (5)
- 13. Group of words (8)

**DOWN**

- 1. Breaks suddenly (5)
- 2. In *The Jungle Book*, bear who helps Mowgli (5)
- 3. Orange-brown corroded metal (4)
- 4. As soon as possible (1.1.1.1.)
- 7. One more time (5)
- 8. \_\_\_\_\_ Khan, ferocious tiger who is the villain of *The Jungle Book* (5)
- 10. Deep affection (4)
- 11. Typed message (4)



This magazine is funded by:



Thank you for reading issue 50 of the Lairg Magazine! If you would like to submit something to the magazine, please send it to: [projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk).

Phone: 07961 372 427 write to us at: Schoolhouse, Main Street, Lairg, IV27 4DD