

# Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



Photo from Lairg Auction Mart on 9th August

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## Lairg Crofters Show

After a 2-year absence, the Lairg Crofter's Show is back on Saturday 27th August! Gates open at 9 am where you will find lots of things on offer. There is the Industrial tent, Craft tent, Tea tent, Kinvonvie Beer tent, lots of craft stalls, sports for all ages, fun games, an open dog show, Horse Show, Parade of our Queen Mia Mackenzie and her three Attendants Julie Ross, Millie Munro and Cara Forrest, Parade of The Sutherland Caledonian Pipe Band, Vintage Machinery and lots, lots more. The Prize Giving is at 4.30 pm followed by the raffle ending the day at 5.30 pm. In the evening we have the Crofters Show dance - the band playing this year is 'The 136'. The dance starts at 9 pm and finishes at 1 am. Admission is £10.00. Hopefully, the sun will shine, and look forward to seeing you all there!



## Menu for Under £5

### One Pot Chicken & Rice



#### INGREDIENTS:

5 Chicken thighs £2.60  
 200g Easy cook long grain white rice £0.36  
 500g Passata with garlic £0.40  
 500g Frozen mixed vegetables £0.90  
 Fresh coriander £0.48  
 1 Onion, finely diced £0.26  
 2 tsp Paprika  
 Optional sprinkle of chilli flakes  
 700ml Chicken stock (2 cubes)  
 Total £5.00

#### METHOD:

Add the chicken thighs to a large frying pan on a medium/low heat. Leave to gently fry for 10 minutes, until the fat renders from the chicken skin, turning the skin golden & crispy. Next, set the chicken aside. Add the onion to the pan and cook in the chicken fat. Once softened, add the paprika and fry for a minute before adding passata, frozen vegetables, rinsed rice and chicken stock. Stir to combine and place the chicken into the pan without submerging the crispy chicken skin. Cook for 18 minutes. Remove the chicken thighs and stir one last time. Top with the chicken thighs to serve, a sprinkle of fresh coriander and an optional pinch of chilli flakes.

## Lairg Health Walk

The next Health Walk will take place next **Tuesday the 30th August**. 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!

## The Haven

The Haven is a local church based drop-in centre, meeting in Lairg Community Centre, and has been running since 2017. Some members of Lairg Christian Fellowship saw the need for an informal 'get together' over a cup of tea or coffee, and were able to get The Haven started.

It is open to everyone, and although teas and coffees are free, those who attend insist on 'putting something' in the donation tin! They have in fact been so generous that we have been able to send financial gifts in excess of £2000 to various charities and worthwhile causes such as the RNLI, Guide Dogs for the Blind, The Air Ambulance, and The Salvation Army, to name but a few.

We meet every Friday from 10 am till 12pm, and each time we meet includes a five minute 'thought for the day'. Board games like draughts and dominoes are also on tables for anyone who wishes to play.

If you have never been to The Haven, make a point of joining with us on a Friday forenoon. Our Autumn / Winter session begins on the 2nd of September. It would be good to see you. The kettle is on!



LAIRG



# HELPING HAND FUND

IT'S OKAY TO NEED SUPPORT

The Helping Hand Fund provides one off financial support to households in Lairg Community Council area who are living in need.

Grants of up to £250 are available to households who require support towards energy costs, purchase of energy efficient white goods or help towards the costs of heating system repairs.

Confidential support is provided by local Citizen Advice Bureaus and the Lairg & District Community Initiatives Project Officer.

Contact Kirstin:

[projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk)

07961 372427

Lairg &  
District  
Community  
Initiatives

The  
**ROBERTSON**  
Trust

citizens  
advice  
bureau  
EAST & CENTRAL  
SUTHERLAND

1. The final episode of the Australian soap Neighbours was recently shown but what suburb was the fictitious Ramsay Street set in?
2. How many players are there in a volleyball team?
3. Monkey's fist, figure of eight and bowline are all types of what?
4. Who did England defeat in the final to win the UEFA Women's Euro 2022?
5. What colour is lapis lazuli?
6. Which book has the alternative title of 'The Boy Who Wouldn't Grow Up'?
7. Which Austrian city is the setting used in The Sound of Music?
8. Which Doctor Who/Carry On actor and voice of The Wombles died at the age of 93 last month?
9. From which country does Gazpacho soup originate?
10. Whose touch turned everything to gold?
11. Which book begins: 'Christmas won't be Christmas without any presents,' grumbled Jo?
12. The Lulo Rose, found in Angola, is the largest of its kind to be discovered in the last 300 years, but what is it?
13. William Shakespeare was married to whom?
14. For what is the Carnegie Medal awarded – Literature, Mathematics or Medical science?
15. Complete the saying, It takes two to .....?
16. How many Munros, i.e. mountains over 3000ft, are in Scotland?
17. Which Mr Men character is wrapped in bandages?
18. In which country is the abandoned nuclear plant of Chernobyl?
19. The Battle of Agincourt was a victory for which English king?
20. What was the nationality of the first Miss World winner in 1951?



### A Question for the Community...

**Does anybody have any information about when the Lairg branch of the Royal British Legion disbanded and where the Lairg Standard might be located?**

**If you know the answer please contact [projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk) or call 07961 372427.**



Lairg & District Community Initiatives (LDCI) is working with Deputy Lieutenant Sheila Stewart and with other partners including the local churches, Lairg Primary School, Lairg & District Learning Centre and the local branch of the Royal British Legion Scotland to coordinate a celebration to mark the 100th Anniversary of the Lairg War Memorial.

The event will take place on Friday the 30th of September 2022 with a service commencing at 11am. The service will honour the fallen of both World Wars. For each of the people named on the memorial, a commemorative wooden cross will be laid by a descendant (if known) or by P6 & P7 children from Lairg Primary, and their names (along with the regiment in which they served) will be read out. Wreaths will also be laid by the Deputy Lieutenant, the Community Council, the Royal British Legion, by a Veteran and a Serving Officer representing the battalions and by Angela Sutherland who is Rededicating the Memorial.

The community has already been very involved in preparing for the event, with many local people, (and even tourists and people from much further afield) helping to make hundreds of beautiful hand-knitted and crocheted poppies for a cascade which will be displayed at the War Memorial from late September until Remembrance Day. The Lairg Primary pupils will also paint wooden poppies that will go on display throughout the Church Hill woods. LDCI would like to thank everyone who has taken the time to make poppies for this installation.

Commenting on the celebration, Deputy Lieutenant Sheila Stewart said, *“Everyone is very welcome to attend the service. We are particularly keen that descendants of those whose names are listed on the War Memorial, and both retired and current serving service men and women take part by laying a cross. Please contact me by emailing: [projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk) if you would like to do so.*

*After the service has taken place – refreshments will be served in the Community Centre. Please bring along your photographs, letters, medals or memorabilia relating to either your own or your relatives’ military service (including more recent military campaigns) to share with others as part of a temporary display on the day. Please get in touch to*



*let us know if you would like to participate with the display by emailing [projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk) or calling 07961 372427.”*

In the run up to the event wooden crosses will also be available to purchase in the local shops for a donation towards the Royal British Legion Scotland – this will allow people to write their own messages.

## Lairg War Memorial Centenary Event Schedule

**Friday 30th September 2022**

**10.45 am – Gather at the Lairg War Memorial**

**11.00 am – Service Commences**

**Noon – Refreshments at the Community Centre**

### War Memorial Clean up Day

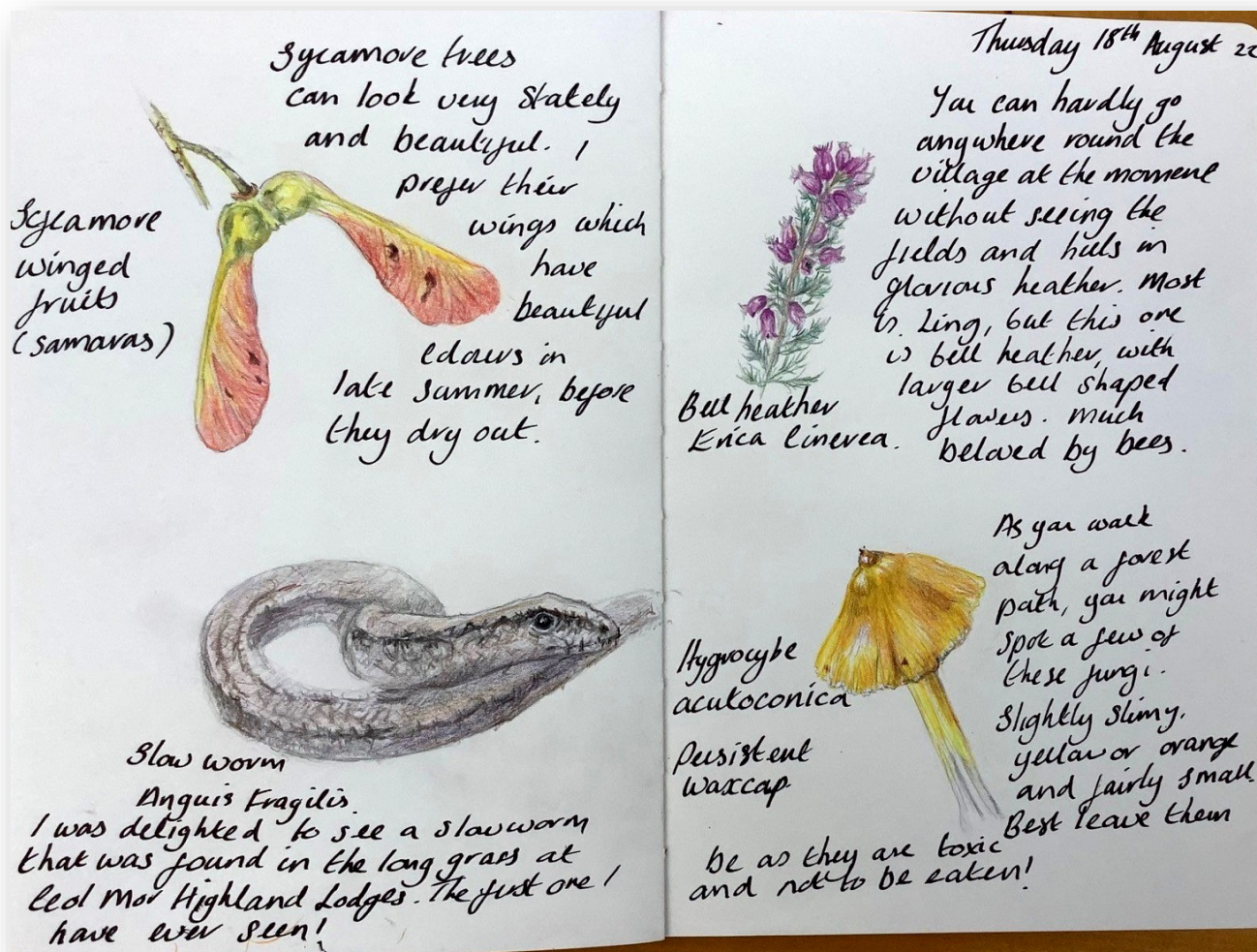
**Volunteers needed!**

**Saturday 3rd September  
from 10.30am—12.30pm**

Please come along to help tidy up the War Memorial area and path through Church Hill woods in preparation for the Centenary Event.

If you can please bring gardening tools, brooms, buckets, gardening gloves, strimmers etc that would be great!

Thank you to local artist Jan Blackwell for allowing us to print excerpts of her illustrations and notes from her own journal. Here is August'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. Erinsborough | 8. Bernard Cribbins | 15. Tango   |
| 2. 6            | 9. Spain            | 16. 282     |
| 3. Knots        | 10. Midas           | 17. Mr Bump |
| 4. Germany      | 11. Little Women    | 18. Ukraine |
| 5. Blue         | 12. A pink diamond  | 19. Henry V |
| 6. Peter Pan    | 13. Anne Hathaway   | 20. Swedish |
| 7. Salzburg     | 14. Literature      |             |

### How did you do?

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





I write this after opening my polytunnel this morning at a chilly 9.9 degrees - in mid August. Of course, this isn't unusual, but I'm glad I got the autumn seeds planted last week. In just a few days they've germinated and will be ready for planting later to produce food in the spring. Of course, there are always excesses too - planting too many seeds, taking too many cuttings and ... just way too many courgettes!

If you have plants, cuttings, excess seeds or seedlings or in fact anything to do with gardening, please do join us at the Kyle of Sutherland Development Trust Autumn Garden Swap on Saturday 3rd Sep from 10am -2pm. Bring something to swap or just come along for a cuppa and a natter and take some stuff away. Planet Sutherland will be there too offering advice on composting and answering your climate change questions – and looking for folks to sign up to our EatOneMore pledge.

Hopefully you've noticed the fruit and veg at the Lairg Community Market too? We're really happy to see fresh local fruit & veg being brought to the community. Did you know that in Scotland we eat an average of only 2.5 portions of veg and one portion of fruit a day? The recommended amount is seven per day. Some find that easy, but when we're inclined towards cornflakes for brekky, pies in a roll or and a sandwich for lunch, it can be really hard to see how the heck we can get more fruit and veg in in a day - carrot cake perhaps (joking)!

Well, we've been working hard with Peas Please to produce a seasonal veg leaflet and hope to bring that along to a market soon with info to help us all eat more veg.



Things to look out for in September:

Sat 3rd Sept, 10am -2pm - KoSDT Plant/Seed/ Garden swap – Ardgay Hall

19th -25th Sept - Recycle Awareness Week

26th Sept - 2nd Oct – Scotland's Climate Week – for all our local events see: [www.nhclimatehub.co.uk](http://www.nhclimatehub.co.uk)

19th Sept – Planet Sutherland at Lairg Community Market looking at seasonal veg & climate issues

## Lairg Community Centre News

On Monday 15th August the Lairg Community Centre hosted another stocked and busy Community Market. From freshly homemade jams, marmalade and berries; fresh fruit and vegetables to Spellbound Caithness' witchery potions and gifts; Wood Magpie's hand-crafted specialties. We had everything you could possibly need and more included in our numerous stalls.

As always, we included refreshments such as coffee, tea and biscuits for a donation. If you would like to find out more information about our market, would like to talk about holding your own stall, or would be interested in volunteering with us; please get in touch with Ros our administrator at [lairgcommunitycentre@gmail.com](mailto:lairgcommunitycentre@gmail.com) or call 01549 402 843.



Our next Community Market takes place on Monday 19th September. See you there!

# What's happening at Lairg & District Learning Centre?

Lairg & District Learning Centre is independent learning centre with charitable status based in Lairg, Sutherland. LDLC offers learning opportunities to people of all ages, across the rural communities of Sutherland and since 2020 has been delivering learning opportunities online which have reached learners all around the world. Our programme is updated on a regular basis via Eventbrite which you can find by searching **Lairg & District Learning Centre** or scanning the QR code at the bottom of this page.

The following sessions are coming up this Autumn:

- 23rd Sept Climate Friendly Clothes Swap Event & Film Screening** 4pm - 9pm @ Lairg Community Centre
- 27th Sept Gaelic Mythology (8 week Course)** 7pm - 8pm online
- 12th Oct Emergency First Aid at Work** 9am - 3pm @ Lairg Community Centre
- 27th & 28th Oct: Outdoor Emergency First Aid (2day)** Lairg Community Centre

There will also be a selection of storytelling sessions as part of Scotland's Year of Stories, foraging walks, woodworking classes and thrift flip workshops as part of the Highland Community Waste Partnership Project.

In August 2022 we launched a new **Time Together** project thanks to funding from Sutherland Cares Mental Health & Wellbeing Fund through Highland Council. This is a collection of free learning opportunities focused on bringing young people and their families together to participate in activities, building confidence and social skills as well as new skills in growing, cooking, storytelling and crafting.

The project kicked off the following activities:

- **Mini Makers** An afterschool craft club for p4-7s. A great opportunity to learn new skills and make some new creations 3.15 - 4.15 on Tuesdays during term time at LDLC.
- **Digital Skills Club** A space for teenagers to come together to explore coding, photography, gaming, video editing and other digital skills .2.30pm - 4pm on Fridays during term time at LDLC.
- **Cook Together!** Fun cooking sessions for families. An opportunity to learn new skills, recipes and how to cook on a budget Tuesdays 4pm - 5.30pm at Lairg Community Centre.

## Support to Get Online

LDLC is one of the community partners supporting the delivery of the UK National Databank which brings free mobile internet data to people who can't afford it and who are often also experiencing multiple inequalities in today's society. It's like a food bank but for internet connectivity data.

## TUESDAYS!

# IT DROP IN

9:30AM - 11:00AM

Come by the centre with any questions you may have related your IT. This can include:

- Laptop
- Tablets
- Phone
- Email
- Anything else!

We can also offer advice on device purchasing, choosing a provider (phone or internet), pricing, etc.

MAKER  
SPACE  
AT LDLC

## MAKER SPACE

A SOCIAL SPACE  
TO UNLEASH YOUR  
CREATIVITY!

### DROP IN

12PM - 2PM & 6PM - 8PM

£10/MONTH    £5 DROP IN

A time for crafty folks to come together to work on whatever project they have on the go. Use any of our machines (Sewing, Overlocker, Cricut, Cover Stitch) and our creative tutor Jo will be there to help with questions you might have.

## Get In Touch



[admin@lairglearningcentre.org.uk](mailto:admin@lairglearningcentre.org.uk)



**01549 402050**



**Lairg & District  
Learning Centre**



**Lairg Learning Centre**  
The Main St, Lairg  
IV27 4DD



**@LairgLC**



**@LairgDistrict  
LearningCentre**

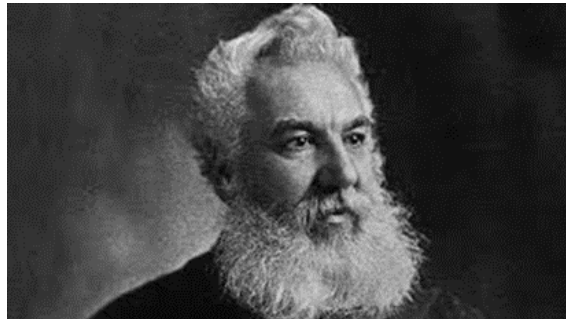


2nd August 1922, Alexander Graham Bell died in Nova Scotia.

The illustration below is of a commemorative bank note marking the 150th anniversary of the birth of Alexander Graham Bell at 14 South Charlotte Street, in the west end of Princes Street, Edinburgh.



-oOo-



Alexander Graham Bell  
Inventor

Alexander Graham Bell's father and grandfather had both been involved in improving systems of communication for the deaf.

In 1870 after attending universities in Edinburgh and London, he emigrated to Canada before moving on to be Professor of Vocal Physiology at Boston.

His invention of the telephone was in pursuit of a device to help the deaf. He patented his early telephone in February 1876 - only days ahead of other rivals. But it was not until the 10th March 1876 that the famous words "Mr Watson, come here; I want you" were the first instructions transmitted by telephone. He formed the Bell Telephone company in 1877 and became rich as a result.

He continued to teach Helen Keller who was blind and deaf caused by an illness at the age of 17 months. Helen Keller is famous for her work with the handicapped. Bell also worked on inventions, including a universal phonetic language, phonograph and hydrofoils. He was also involved in genetics and invented a new method of sheep breeding.

However, he never liked his most famous invention, saying "I never use the beast" and stuffing the bell on his phone with newspapers. He moved to Nova Scotia and died there in 1922.





## LDCI COMMUNITY CONSULTATION

Please give us your views on the future of Playpark provision in Lairg.

Over the past year LDCI has been working with a group of parents in Lairg to explore the possibility of regenerating the playpark at the Ferrycroft Visitor Centre.

This process has taken some time because, for historic reasons, Ferrycroft playpark is not included in the Highland Council Amenities budget, which funds playparks. Highland Council will only maintain and invest in playparks which are included in this budget. Moreover, any external funding for playparks which the Council might receive - from for example, the Scottish Government - is channelled through the Amenities budget, which also excludes Ferrycroft.

Due to budget constraints, Highland Council will not simply transfer Ferrycroft playpark into the Amenities budget. However, following negotiations, they have brought forward the the following proposals:

1. Ferrycroft will become an Amenities playpark. Highland Council will continue grounds maintenance, as at present. LDCI and the Ferrycroft Playpark Group will fundraise for new equipment in partnership with Amenities, who will provide advice to ensure that appropriate, accessible and good quality equipment is purchased. Highland Council will maintain this equipment.
2. Ord Place playpark will cease to be a playpark, although Highland Council will continue grass cutting as at present. The Council would consider transferring the site into community ownership if there was local support for this. (The playparks at Lochside and Clashbreac are unaffected by these proposals.)

LDCI, the Community Council, and the Ferrycroft group have discussed these proposals, and feel that the options offered by Highland Council provide the best outcome for playpark provision in Lairg. At Ferrycroft there is access to ample parking and public toilets, and having an attractive playpark could help ensure the future sustainability of the Visitor Centre. We would like to hear the views of the community, so please take a few minutes to answer the following questions on page 10 (overleaf).

Alternatively you can fill out the online consultation form by scanning this QR code with your phone's camera or by logging on to:

<http://www.lairginitiative.co.uk/playpark-provision.html>



If you don't have access to the internet or if you don't want to fill in the online survey by scanning the QR code on page 9, you may prefer to cut out this page and respond to the (same) questions below. You can either email or post your response to the contact details at the bottom of this page.

Q1. Do you agree with the proposal to create a new upgraded playpark at Ferrycroft with equipment to suit all abilities, including children with disabilities, and to close the Ord Place playpark? Please circle

Yes / No

(Optional - please give your reasons)

.....  
.....

Q2. If the Ord Place site ceases to be a playpark, what would you like to see happen there? Please tick or circle your preference:

A. Community wildlife/ nature garden to encourage bees/minibeasts etc.

B. Picnic/seating area, perhaps similar to the area around the War Memorial

C. Enhancement of one of the entrances to Lairg with planting of shrubs, spring bulbs etc.

D. Other - please specify your own idea.

.....  
.....

Q3. Would you support LDCI to apply for a Community Asset Transfer to carry out the wishes of the community as identified in this questionnaire, and to ensure that the land at Ord Place remains in the hands of the community?

Yes / No

Q4. If the proposal in Q1 is agreed, would you like to get involved in the Playpark Group? This could involve input into the design process, and/or supporting the fundraising initiatives. If so, please leave your name and email address.

This magazine is funded by:



Thank you for reading issue 51 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 or write to us at: Schoolhouse, Main Street, Lairg, IV27 4DD