

Lairg Magazine

LAIRG & DISTRICT COMMUNITY INITIATIVES



Photographer: Tracie Drummond

Contents:

Page 2 - Recipe

Page 3 - Quiz/ Health Walk

Page 4 - Lairg War Memorial

Page 5 - Lairg War Memorial

Page 6 - Lairg Primary

Page 7 - Lairg Learning Centre

Page 8 - Highland Journal

Page 9 - Planet Sutherland/
Community Centre News

Page 10 - Village Noticeboard

Lairg War Memorial Centenary

At 11am on Friday the 30th September 2022, over 100 people gathered on a wild and stormy day to mark the 'Rededication of the Lairg War Memorial' on the 100th anniversary of its unveiling.

Lairg & District Community Initiatives (LDCI) worked 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 the celebration. As part of the event a beautiful, dramatic poppy cascade was displayed which features hundreds of hand knitted and crocheted poppies created by local people but also by people from much further afield who wished to take part. (Continued on page 4& 5.)

Recipe of the week

If you are carving pumpkins for Hallowe'en - don't throw away the flesh from the inside - why not try making this delicious Autumnal soup?

Ingredients:

- 2 tbsp olive oil
- 2 onions, roughly chopped
- 2 carrots, diced
- 2 sticks celery, diced
- 2 cloves garlic, roughly chopped
- 1kg after peeling pumpkin or butternut squash, cut into chunks
- 1.2 litres chicken or veg stock
- 150ml double cream
- for grating (optional) nutmeg

Heat the olive oil in a pan and fry the onions, carrots, celery and garlic until soft. Add the pumpkin and cook for 5 minutes, then tip in the stock and simmer until the pumpkin is soft and you can mash it with the back of a spoon. Add the cream and cook gently for 2-3 minutes. Put everything in a blender and whizz until smooth (or use a stick blender). Gently reheat to serve, grating over a little nutmeg, if you like.

Pumpkin Soup



QUIZ NIGHT

To raise funds for

Winterfest

7.30PM

TUESDAY 18TH OCTOBER

TEAMS OF FOUR

AT £2 PER HEAD

RAFFLE

A LIGHT TEA

IN LAIRG COMMUNITY CENTRE

(Raffle prizes welcome)

DO YOU WANT TO RAISE FUNDS
FOR YOUR COMMUNITY GROUP?

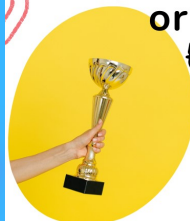
Quiz Night is back!

When & Where?

On the 3rd Tuesday of every month
in Lairg Community Centre

It's great fun -
Let's get quizzing again!

Message Iona Shearsmith on Facebook
or call 07733141530
to book your slot...



1. What was the first TV series to have a Royal Command Performance?
2. What was the late Queen Elizabeth II's second name?
3. What London thoroughfare is associated with the original name for the police force?
4. What nationality was Ray Reardon, the world champion snooker player?
5. Which Bond film starring Roger Moore had a voodoo theme, with Solitaire reading tarot cards?
6. Which British political party has the logo of a tree?
7. The Élysée Palace is the official residence for the president of which country?
8. What were the first names of the Moors Murderers Hindley and Brady?
9. In the Bible, who was the son of Abraham and Sarah and the father of Jacob and Esau?
10. What is a Haiku?
11. What does the acronym SCUBA stand for?
12. Which planet takes approximately 8770 hours to orbit the sun?
13. What is the Capital town of the Falkland Islands?
14. Cyanosis usually results from the deficiency of what in the blood?
15. Janet Horn was the last person to be accused and burnt alive for being a witch in Scotland. Where, and in which century was her sentence carried out?
16. Who paid for Hampton Court Palace to be built?
17. What colour is Riesling wine?
18. Who wrote the novel Frankenstein?
19. In Morse code, which letter does a single dot represent?
20. What is the name of the mythical bird that rises from the ashes?

Lairg Health Walks

For September's Health Walk we were delighted to be joined by Charlotte, the HTSI Health Walk coordinator for the Highlands. She is also an artist, so she brought along creative packs for the walkers to try our hand at watercolour painting. Jan Blackwell—this Magazine's resident artist - and one of the Walk Leaders was also able to provide us with advice on techniques!

Please note that the next Health Walk will take place on a different day - we will hold it on **Thursday 27th**

October - at the same time of 10.30am. We will go for hot drinks after as per usual. All welcome.



Piper Layla Dalton led in those attending, including descendants of people named on the memorial. The service was led by Sandy Sutherland of Lairg Christian Fellowship, with contributions from Rev Hilary Gardener, Jeff Norrie, Jonathan Brett Young, Irene Grant, Sheila Stewart DL, Angela Sutherland and Rev Ben Fiddian.



In her speech, Angela Sutherland quoted from the Northern Times issue of the 5 October 1922 which reported on the Unveiling and Dedication Ceremony, noting that, "The Northern Times report of 1922 tells us of the weather on that day 100 years ago; it tells us about some of those who attended – what they did and what some said; it tells us of the design and material used in the construction of this memorial ... BUT ... it does not, and could not tell us, of the depth and magnitude of the collective grief and pain that filled the hearts of the gathered people as they mourned the deaths of their children, family, friends and neighbours. We all know what it is like to know the pain of grief at the loss of loved ones, but as we stand here today, we cannot begin to imagine the corporate grief felt by the folks of this community, remembering 55 souls who had been cut off in the prime of their lives, as this broken column signifies (...) We rededicate this Memorial, with thanksgiving and appreciation, to the memory of those who gave their all, let us live as good neighbours, caring for those in need, and living at peace among ourselves and with all people."

Following the poignant service, all the attendees were invited to Lairg Community Centre for lunch and to warm up, and were able to come together to share stories, photographs and memorabilia from their own or from their relatives' military service.

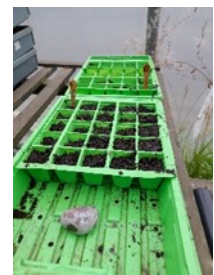
Commenting on the Rededication Ceremony, LDCI Chair Kaye Hurrion said, "The weather might have been against us on the day, but we only stood there for about an hour – when you think of what conditions those service men and women had to endure during wartime - an hour is nothing for us to give to pay our respects ..."

Deputy Lieutenant Sheila Stewart added, "It was an amazing day and so uplifting seeing the support from the community and further afield. (...) It was very emotional as Irene Grant read out the 66 names of the Fallen, and their descendants or Lairg Primary school children placed a cross in their memory. The service followed that of 100 years ago and Angela Sutherland had carried out a great deal of research from old archives and delivered a very moving tribute and rededication. It felt like such an honour to be laying a wreath. Many of those taking part told me that was indeed how they felt. Thank you just doesn't seem enough to all the people who not only made it happen but came along to support on the day. Thanks also to those who made poppies, we couldn't have done it without you. The poppy tribute is stunning. A fitting and poignant tribute to our Fallen. We Must Always Remember Them..."

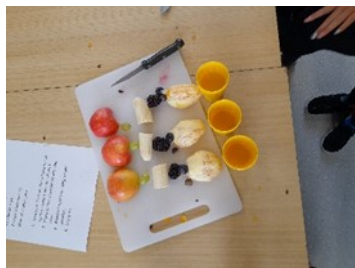


The poppy cascade will be displayed at the Lairg War Memorial until Remembrance Day in November. If people wish to view the recording of the service which was live streamed, it is available on the Lairg Sutherland Facebook page and will be made available on the LDCI website shortly. Donations towards the War Memorial Fund were gratefully received from: Cooke Aquaculture Loch Shin Lairg, Lairg Whist Club, Lairg Community Council, The Masonic Lodge Loch Shin, Shinness Estate, Lairg Gala Week, The local branch of the Royal British Legion and Sallachy Estate.

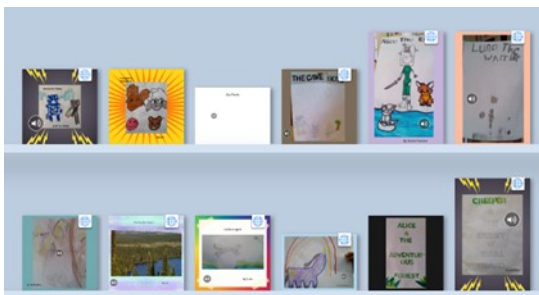




This term, we have really enjoyed working in the polytunnel with two volunteers from Lochview Rural Training centre. We have been learning how to compost, how to plant seeds and we have even started building a herb garden out of old recycled pallets. We have been focusing on working well as a team and trying new things.



In maths, we have been learning about fractions and have had lots of opportunity to explore where we use fractions in our everyday lives. We used our knowledge of fractions to cut up different fruits and made some delicious smoothies!



We have been writing adventure stories in our literacy lessons. We spent a lot of time planning our stories and came up with some interesting characters and settings. After writing our stories, we recorded ourselves reading them aloud to make our very own audio books.



As part of our history topic 'Scotland through the decades', we have been learning dance styles from different decades. We learnt the 1920s Charleston, The 1950s Twist, The 1970s Hustle and The Macarena! Some dance styles were easier to learn than others! It was great fun!



What's happening at Lairg & District Learning Centre?

17th October : How to Create Your Own Website For Beginners, 2 week course **LDLC**

19th October: Swishing clothes Swap Event with a Spooky theme!

Bring along your unwanted and unused Hallowe'en costumes to swap or make your own new costumes from our swish stock **Lairg Community Centre 1pm – 4pm**

24th October: Gaelic - Post Beginners (evening) 8 Week Course **Online**

26th October: Gaelic – Complete Beginners 8 Course **Online**

27th October: Gaelic – Post-Beginners (afternoon) 8 week course **Online**

27th & 28th Oct: Outdoor Emergency First Aid (2day) **Lairg Community Centre**

29th Oct: Foraging Walk **Rogart 10am – 1pm**

4th Nov: Emergency First Aid at Work **Lairg Community Centre**

10th Nov: Gaelic's Ultima Thule? Join Roddy Maclean for some musings on the Gaelic heritage of Sutherland and Caithness. 7.30pm (online talk) with opportunity to join from **LDLC**.

14th Nov: Emergency First Aid at Work **Dornoch Social Club**

Our **Time Together** project provides 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. **These sessions are free but places are limited so must be booked in advance.**

Mini Makers An afterschool craft club for p4-7s. A great opportunity to learn new skills and make some new creations 3pm – 4pm on Tuesdays during term time at LDLC. From 25th October

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. From 1st November

If you would like to participate in one of our online classes but require support to get online or a device and internet access to attend please get in touch.

Our programme of classes is updated on a regular basis via Eventbrite which you can find by searching **Lairg & District Learning Centre** or scanning the QR code below - or contact us on 01549 402050 or admin@lairglearningcentre.org.uk.

Join Our Team!

Project Officer – Highland Community Waste Partnership

17.5 Hours per week £24,861.20 - £27,937 (pro rata) per annum

Fixed term until 31st March 2025



Lairg & District Learning Centre are looking for a creative individual to lead on the development of exciting and engaging new learning opportunities supporting local people to learn more about waste reduction.

The Highland Community Waste Partnership (HCWP) is a new programme funded by The National Lottery Community Fund and coordinated by environmental charity Keep Scotland Beautiful, in partnership with eight local implementing partners in the Highlands.

Email manager@lairglearningcentre.org.uk to request a recruitment pack- closing date 24th October 2022 at 5pm

Thank you to local artist Jan Blackwell for allowing us to print excerpts of her illustrations and notes from her own nature journal. Here is October'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/ and www.instagram.com/highland_journal_art/



LDCI Quiz Answers

- | | | |
|---------------------|---|---------------------------|
| 1. The Good Life | 8. Myra and Ian | 14. Oxygen |
| 2. Alexandra | 9. Isaac | 15. Dornoch – 18th (1727) |
| 3. Bow Street | 10. Japanese verse with 17 syllables | 16. Cardinal Wolsey |
| 4. Welsh | 11. Self-Contained Underwater Breathing Apparatus | 17. White |
| 5. Live and let die | 12. Earth | 18. Mary Shelley |
| 6. Conservative | 13. Stanley | 19. E |
| 7. France | | 20. Phoenix |

How did you do?

1-5/20

Poor

5-10/20

Okay

10-15/20

Good

15-20/20

Excellent

Lairg Community Centre

We are delighted to receive vital financial support from the Lairg Wind Farm Fund and Foundation Scotland to enable our part time administrator to continue working with us at the Lairg Community Centre. Ros is on hand to help support you with information, enquiries & bookings and is always busy on our Facebook page. She is also keen to encourage new activities and groups in Lairg so do get in touch for an informal chat if you're not sure where to start. Grant funding help may be available from a number of sources for new projects so why not take the next step in your journey.

The Community Action Plan questionnaire deadline is Friday 14th October. There's still time to pick up your paper copy (or pop your completed form in the collection box) from the Costcutter & Spar. It can also be easily filled in online by following the link <https://www.surveymonkey.co.uk/r/29PK7FN> You have an additional opportunity to get some help at our Community Market on Monday 17th October. It's really important for everyone in Lairg to



have their voices heard so please drop by and we will help you to join in. Look out for the Big Conversation events being held at the Community Centre on October 28th & 29th where you'll get the chance to see all of the responses your community has given.

Planet Sutherland



Our September Carbon Cafe in Lairg focussed on fuel and money, and we did manage to have some good laughs thinking about interesting ways to save energy and money! Some press articles and stories around the place would have us thinking against saving fuel. But, being economic with energy use is probably a natural plan for most of us in the Highlands anyway. It's crazy to think that we have all this free energy being created all around us, yet, reducing power use is something that most of us can do easily; and in turn help with our bills and the climate crisis.

Our Energy Saving Carbon Cafe covered a wide range of topics moving away from the usual – turn the heat down 1 degree and install insulation etc.

Here are some of the ideas we came up with:

Hay Box or Wonder bag cooking - essentially energy free slow cooking.

Spending more time outside - gardening, walking or cycling; the more time we spend outside, the warmer we'll feel when we get inside again.

Casserole & Soup Club - get together with a neighbour or friend. Batch cook some food, but swap dishes to help with variety.



(The picture is cabbage, cauliflower and kale sown in August, planted Sept and now nestling happily in the tunnel ready for spring munching – let's get into growing more food in our gardens.)

For more info and to start or continue your climate saving journey, please join us or check out PlanetSutherland.com or email anna@planetsutherland.com

Kyle of Sutherland Apprenticeship Scheme:

Funding available for local businesses

The Kyle of Sutherland Apprenticeship Scheme is open for new applications from businesses within the community council areas of Lairg, Creich, and Ardgay & district. The scheme supports local businesses and people in the area by covering some of the costs of training and employing an apprentice.

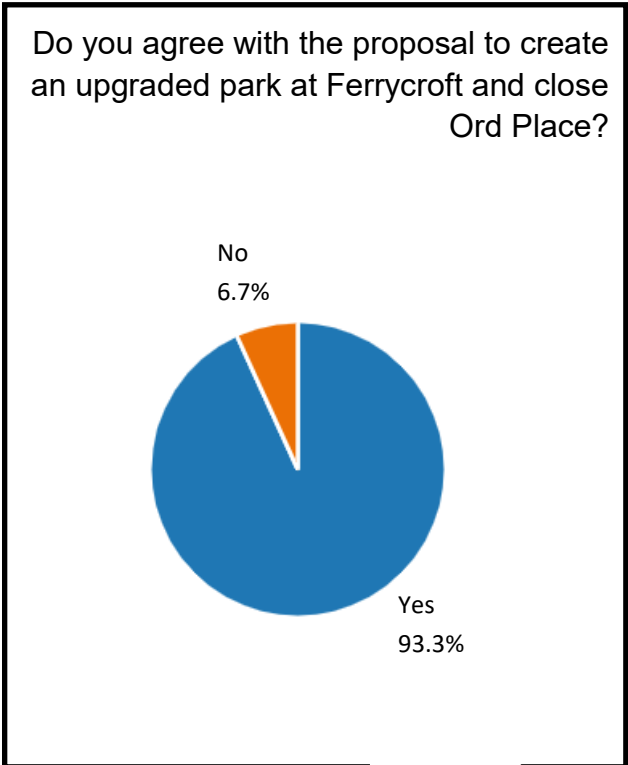
Examples of apprenticeships that have been supported in the past include joinery, plumbing, butchery, mechanical, equine, heavy plant, business, electrical, administration and personal training. The scheme is open to discussing innovative and non-standard apprenticeship ideas. Young people interested in undertaking an apprenticeship are also encouraged to get in touch.

To find out more about how the scheme could help email: kosas@lairglearningcentre.org.uk



LDCI COMMUNITY CONSULTATION

Thank you to everybody who has responded to our survey regarding the future of Playpark provision in Lairg. Out of the 45 responses we received 42 - (93.3 %) were in favour of the proposal to create a new upgraded playpark at Ferrycroft with equipment to suit all abilities, and to close the Ord Place playpark. Information has also been gathered from respondents about what people would like to see instead of the Playpark at Ord place. The results will be published in more detail in the next magazine.



This magazine is funded by:



Thank you for reading issue 53 of the Lairg Magazine! If you would like to submit something to the magazine, please send it to: projectofficer@lairginitiative.co.uk.

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