

# Lairg Magazine - Issue 3

We would like to introduce the weekly magazine to help the community keep their spirits high during the difficult time that is Coronavirus. The magazine will include local stories, recipes, crafts for kids, a quiz, old photographs of local people and a Movie/Book review. We are very much open to ideas and suggestions, so please get in touch by emailing [projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk). Phone for Chair and Vice Chair Kaye: 07500453301. Norman: 07742025719 or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD

**Page 2 - Recipes**

**Page 3 – Quiz**

**Page 4 – Readers Entry**

**Page 5 – Quiz Answers/ Words of the Week**

**Page 6 – Name These Faces**

**Page 7 – Light Up Lairg**

**Page 8 - Local News**

## Useful Numbers

**NHS 24 111**

**Police Scotland 101**

**COVID-19 helpline for Scottish businesses 0300 303 0660**

**COVID-19 NHS advice helpline 0800 028 2816**

**Citizens Advice Bureau 01408 635218**

**NHS The Health Centre, Lairg 01549 402007**

**Electricity Power Cuts 105**

**Highland Council Covid19 Helpline 0300 30301362**



We understand that in times like these, feeding yourself or your family may become a worry. LDCI have decided to include an affordable recipe each week in the magazine to help you. Our aim is to include recipes where people are likely to have the ingredients at home - without having to go out and buy. The recipes will be super easy and we encourage you to get the kids involved. That way, they are learning how to cook and will enjoy doing it with you.

If you have any recipes you'd like to share, please email Jodie at [projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk). or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD

## Moussaka

Serves 4

1Lb of lamb mince £4  
 1 Large onion £0.09  
 1 Aubergine £0.80  
 2 Cloves of garlic £0.16  
 1 Tin of chopped tomatoes £0.28  
 2 Potatoes £0.25  
 2 Packets of cheese sauce £1.60  
 1 Cube of lamb/chicken stock £0.19  
 ½ teaspoon of ground coriander  
 ½ teaspoon of ground cumin  
 ½ teaspoon sage  
 ½ teaspoon of paprika  
 ½ teaspoon of ground cinnamon  
 1 teaspoon oregano  
 ½ teaspoon parsley  
**Total cost = £7.37**

**Affordable  
 Meal of the  
 Week!**

- Boil potatoes until soft enough to slice
- Chop and fry onion and garlic in spare pan
- Fry mince, add to onion and garlic and mix with tin of tomatoes.
- Dissolve stock cube in a quarter pint of boiling water and then add herbs/spices. When mixed at to main mixture.
- Slice and fry aubergine enough to soften and spoon your main mixture into a large casserole dish adding layers of aubergine and sliced potatoes.
- Make sure you leave enough mixture to add 2 cheese sauce mixes to finish.
- Cook for around 30 minutes at 180/gas 4 until bubbling at edges
- Serve with garlic bread, salad or whatever you would like!

*Recipe sent in by Mick*

1. In a pencil identification what does HB stand for?
2. To what is a Coeliac intolerant?
3. Which singer has had hits with Poker Face, Just Dance and Paparazzi?
4. If you are a phonophobe you have a fear of what?
5. After which creature are false tears named?
6. Which Dutch painter cut off his ear after an argument?
7. The Hoover dam is in which American state?
8. What nationality was Johann Sebastian Bach?
9. What language uses the Cyrillic alphabet?
10. Who was the first presenter and bearer of the big red book with the title of This is your Life?
11. In Greek mythology, who flew too close to the sun?
12. Which instrument did the bandleader Glenn Miller play?
13. How many bits in a byte?
14. Name the English naval captain, navigator and explorer born in 1728. He explored the Canadian coast and made 3 expeditions to the Pacific Ocean. The highest mountain in New Zealand is named after him.
15. What is the scientific name for the Northern Lights?
16. How many strings has a Balalaika?
17. What does the acronym BAFTA stand for?
18. Which vitamin aids healthy vision?
19. Which party did William Gladstone represent?
20. Which radio programme has the theme tune 'By the Sleepy Lagoon'?

THE CRUELLEST MILES  
Gay and Laney Salisbury

This is a true story of how men and husky dogs raced across Alaska to deliver Diphtheria Serum to a village that was isolated. It was 1925 in Nome Alaska which is 2 degrees below the Arctic Circle. Winter had arrived which meant that the sea had frozen and planes couldn't fly in the blizzard conditions. It was an exceptionally bad winter, the worst for 20 years.

The town's GP Dr Curtis Welch noticed that the town's supply of diphtheria serum was out of date and ordered more. The new shipment did not arrive before winter set in. There was illness among the local native population and among the town's children. He at first thought it was tonsillitis. He then suspected diphtheria. He had no laboratory facilities for testing. As fresh supplies of the serum had failed to arrive he tried the out of date serum on a young boy, but to no avail, and he unfortunately died. Dr Welch had a meeting with the Mayor and Town Council and the town was put into quarantine on 21st January. A telegram was sent, asking for help.

This story is primarily about the race to get the diphtheria serum to Nome from Nenana. There was serum in Anchorage which was 1,500 miles away.

This could go by train to Nenana, but no further. As the weather was so bad it was not safe for planes to fly. This was early in the era of flight. The only way was to use the dog sledges.

The serum was wrapped in glass vials, then padded quilts, and finally a metallic cylinder weighing a little more than 20 pounds.

The distance between Nenana to Nome was 674 miles. Dr Welch estimated that the serum would only last six days under these very harsh travelling conditions.

The serum was taken from the train and given to the first dog musher who set out immediately. This was 'Wild Bill' Shannon with his lead dog Blackie. It was 9pm and the temperature was minus 50F degrees.

There were 20 mushers and over 120 dogs involved in the race to Nome. The weather was often minus 50F degrees, and occasionally minus 60F degrees. The blizzard conditions meant snow drifts. On one occasion the cylinder fell into a snow drift and the musher suffered frostbite as he used his hands, without gloves, to find the cylinder. The book details the various dogs and their personalities and their mushers and their personalities. There was a very close bond between the two. The dogs on occasions would not follow instructions realising that the way was too dangerous. The mushers would allow the dog to choose the safer way.

After 5 and half days of an incredible journey the serum arrived at 5.30am 1st February. Gunner Kaasen with Balto as the lead dog arrived in Nome. By noon the serum was at the right temperature so that treatment could begin. The dog Balto travelled the last 53 miles. The dog that travelled the longest was Togo with his musher Leonhard Seppala 91 miles. There is a statue of Balto in Central Park, New York. Many thought that Togo should have been the statue in Central Park as he had travelled nearly double the miles of all the other dogs. A very good read.

Written by Ann Moore

If you would like to send in a book/film review/general story please get in touch at [projectofficer@lairinitiative.co.uk](mailto:projectofficer@lairinitiative.co.uk) or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD

- |               |                    |   |
|---------------|--------------------|---|
| 1. Hard Black | 8. German          | 15. Aurora Borealis                             |
| 2. Gluten     | 9. Russian         | 16. 3   |
| 3. Lady Gaga  | 10. Eamonn Andrews | 17. British Academy of Film and Television Arts |
| 4. Sound      | 11. Icarus         | 18. Vitamin A                                   |
| 5. Crocodile  | 12. Trombone       | 19. Liberal party                               |
| 6. Van Gogh   | 13. 8              | 20. Desert Island Discs                         |
| 7. Colorado   | 14. James Cook     |   |

### How did you do?

1-5/20

5-10/20

10-15/20

5-10/20

Poor

Okay

Good

Excellent

**Don't Forget!**

## Light up lairg Easter competition Lots of prizes

Upload all creations on to the  
Light up Lairg Facebook page!



Draw, paint or create

**winners announced on easter sunday  
open to all ages**

After being given a photo album containing a mixture of photographs of events in Lairg, we would like your help with naming the people in the photos and possibly being able to tell us what year they were taken. Please email

[projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk) or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD



What a wonderful display the Light up Lairg group has made at the Old SA Site. An amazing tribute to all the NHS staff that work here in our community!



Thank you for reading the third issue of the Lairg Magazine, we hope you enjoyed it! If you have any suggestions, or would like to be involved—please get in contact with Jodie at [projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk). or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD



### **Local group wins grant from Scottish Government**

Lairg and District Learning Centre have been awarded a grant of £183,016 through the Scottish Government's Climate Challenge Fund (CCF).

The CCF is a Scottish Government grant programme, managed and administered by Keep Scotland Beautiful. It provides funding and support for community groups to help tackle climate change by running projects that reduce local carbon emissions.

The project, "Seasons of Change", will run for two years and begin on April 1<sup>st</sup> 2020. It will help Sutherland and Ross-shire reduce waste and increase levels of local food growing and cooking. Project activities will include a community tool library and workshops to repair and upcycled wood and textiles saved from landfill, in addition to sessions covering cooking and growing seasonal produce.

Rhionna Mackay, Manager of Lairg and District Learning Centre, said *"We're delighted to have been awarded a grant which will enable us to build upon the success of previous CCF funded projects and to expand into new and exciting areas. Although the Learning Centre is closed just now because of the coronavirus, the team are working hard at home to build a wide range of classes and workshops for the community, which will be launched as and when they can safely be attended. We are also going to be offering Carbon Literacy Training workshops, accredited by the award winning Carbon Literacy Project, for individuals and communities in Sutherland and Ross-Shire. With restrictions likely for some time, we will aim to prepare a series of courses which can be delivered remotely. These will have the dual benefit of providing constructive activities for people who may be confined to their homes, while also reducing our local carbon footprint."*

Fiona Cunningham at Keep Scotland Beautiful said, *"We congratulate Lairg and District Learning Centre for securing funding from the Scottish Government's Climate Challenge Fund and encourage the local community to take advantage of support available through the "Seasons of Change" project. We look forward to supporting the team as they implement their project and empowering many more communities to take action on climate change. We see it as part of our work to make Scotland clean, green and sustainable."*