

Lairg Magazine - Issue 4

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, activities for kids, a quiz, old photographs of local people and a Movie/Book review. If you would like to put something in the magazine, please send it to the details below. We are very much open to ideas and suggestions, so please get in touch by emailing 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

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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 or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD

One-pot Chicken & Mushroom Risotto

Serves 4

200g Cooked Chicken: £2.50

60g Butter: £0.50

250g Chestnut Mushrooms: £1.00

300g Risotto Rice: £1.25

1 1/2 litre of Chicken Stock: £0.09

1 Onion : £0.09

1 tsp. Thyme

Total: £5.43

**Affordable
Meal of the
Week!**

- Heat the butter in a large pan over a gentle heat and add the onion. Cook for 10 mins until softened, then stir in the thyme and mushrooms. Cook for 5 mins, sprinkle in the rice and stir to coat in the mixture.
- Ladle in a quarter of the stock and continue cooking, stirring occasionally and topping up with more stock as it absorbs (you may not need all the stock).
- When most of the stock has been absorbed and the rice is nearly cooked, add the chicken and stir to warm through. Season well and serve!

1. Who is the New Zealand clinical psychologist, writer, actress and comedian, married to Billy Connolly?
2. Which musical features the songs 'I'm getting married in the morning', 'I've grown accustomed to her face' and 'I could have danced all night'?
3. Group Captain is a rank in which part of the armed forces?
4. What is the fear of spiders called?
5. Which was the first country to adopt the metric system?
6. In a classical game of trivial pursuit, which colour is used for the category history?
7. What mode of transport was an Ironclad?
8. When was the Poll tax introduced in Scotland?
9. Who is the author of Bridget Jones Diary?
10. What card game gets its name from the Spanish word for basket?
11. What sculptor is responsible for The Kiss?
12. Trachoma is a disease of what organ?
13. The second Sunday in November is called what?
14. Which celebrity won Celebrity Masterchef 2010?
15. Which cartoon family lives in Bedrock?
16. Rigel is the brightest star in which constellation?
17. Which actor appears in the films Love Actually, Shakespeare in Love and Nanny McPhee?
18. There are normally 639 what in the human body?
19. What bird is on the flag of Mexico?
20. What type of pastry is used for profiteroles?

The Hitchhikers Guide to the Galaxy

The Hitchhikers Guide to the Galaxy is science fiction story by Douglas Adams, first written as a radio script back in 1978. The series proved so popular that it was made in to a book, TV serial and a film.

The story starts with Arthur Dent who is protesting at his house being knocked down by his local council to make way for a new road. When his longtime friend Ford Prefect turns up and takes him to the pub. He explains to Arthur that he isn't who he thinks he is, and finishes the evening by whisking him off the planet and saving his life, as the Earth is to be demolished to make way for a super new highway for the Vogons, who are an alien species.

The book is about the adventures of Arthur Dent and his companions, Ford Prefect a human like alien who is writing a travel log entitled "The Hitchhikers Guide to the Galaxy" and Trillion, another human who was also saved from earth.

The story evolves by introducing the various characters who join Arthur and Ford on their travels through the universe. Zaphod Beetlebrox, the two headed president of the Galaxy, and a paranoid android called Marvin, and explains how they become to be hitchhiking across the Galaxy, and then goes on to follow their adventures as they cross the Universe.

Douglas Adams wrote the story 42 years ago this May. The number 42 is a very integral part of the story in which we are told that 42 is the answer to life, the universe and everything. So why 42?

There have been many suggestions and theories as to why he came up with 42 , ranging from, the angle that light reflects off water to make a rainbow, to the atomic number of Molybdenum, the commonest element in the universe. Adams himself said there was no clever theory behind the choice he just looked out of his window and the number 42 came into his mind.

I strongly suggest you read the book and make up your own mind, on life, the universe and everything...and to those of you are Hitchhikers "So long farewell and thanks for all the fish!"

Written by Kaye Hurrion

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

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|---------------------|------------------------|---------------------|
| 1. Pamela Stevenson | 8. 1989 | 15. The Flintstones |
| 2. My fair lady | 9. Helen Fielding | 16. Orion |
| 3. RAF | 10. Canasta | 17. Colin Firth |
| 4. Arachnophobia | 11. Rodin | 18. Muscles |
| 5. France (1791) | 12. The eye | 19. Eagle |
| 6. Brown | 13. Remembrance Sunday | 20. Choux |
| 7. Battleship | 14. Lisa Faulkner | |

How did you do?

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

Lairg Learning Centre – Sewing

Are you spending your time at home sorting through your wardrobe? Please don't throw your old clothes out, hold on to them for the next swishing event! Swishing is swapping clothes or accessories and is a great way to give your items a new home where they will be used and loved and is an opportunity for you to pick up some preloved clothes.

Did you know that 350,000 tonnes of clothes go to landfill each year in the UK? That's over 959 tonnes every day. 700,000 tonnes are recycled each year, that's enough to fill 459 Olympic swimming pools!

Swishing is a great way to get a new-to-you item without buying new. Buying new clothes requires lots of resources; from the creation of materials for making clothes to the factories where the clothes are made through to the clothes reaching you in the shop or being posted to you, plus all of the human and physical resources involved in the steps in between. Reducing your reliance on buying new clothes by adding some pre-loved items into your wardrobe is kinder for the environment and helps in the fight against reducing carbon emissions. If you're lucky you might be able to grab a designer dress or a fab coat for the cost of entry to the event.

Keep an eye on our social media page (Facebook @LairgLC) and locally for posters for the next Swishing events in your area. Lairg & District Learning Centre support groups with holding their own Swishing event. If this is something you would be interested in doing please get in touch by emailing Sarah, the Project Officer for our new Climate Challenge Fund project 'Season's of Change' at sarah@lairglearningcentre.org.uk.

We would like your help with naming the people in the photos and possibly tell us what year they were taken. Please email

projectofficer@lairinitiative.co.uk or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD



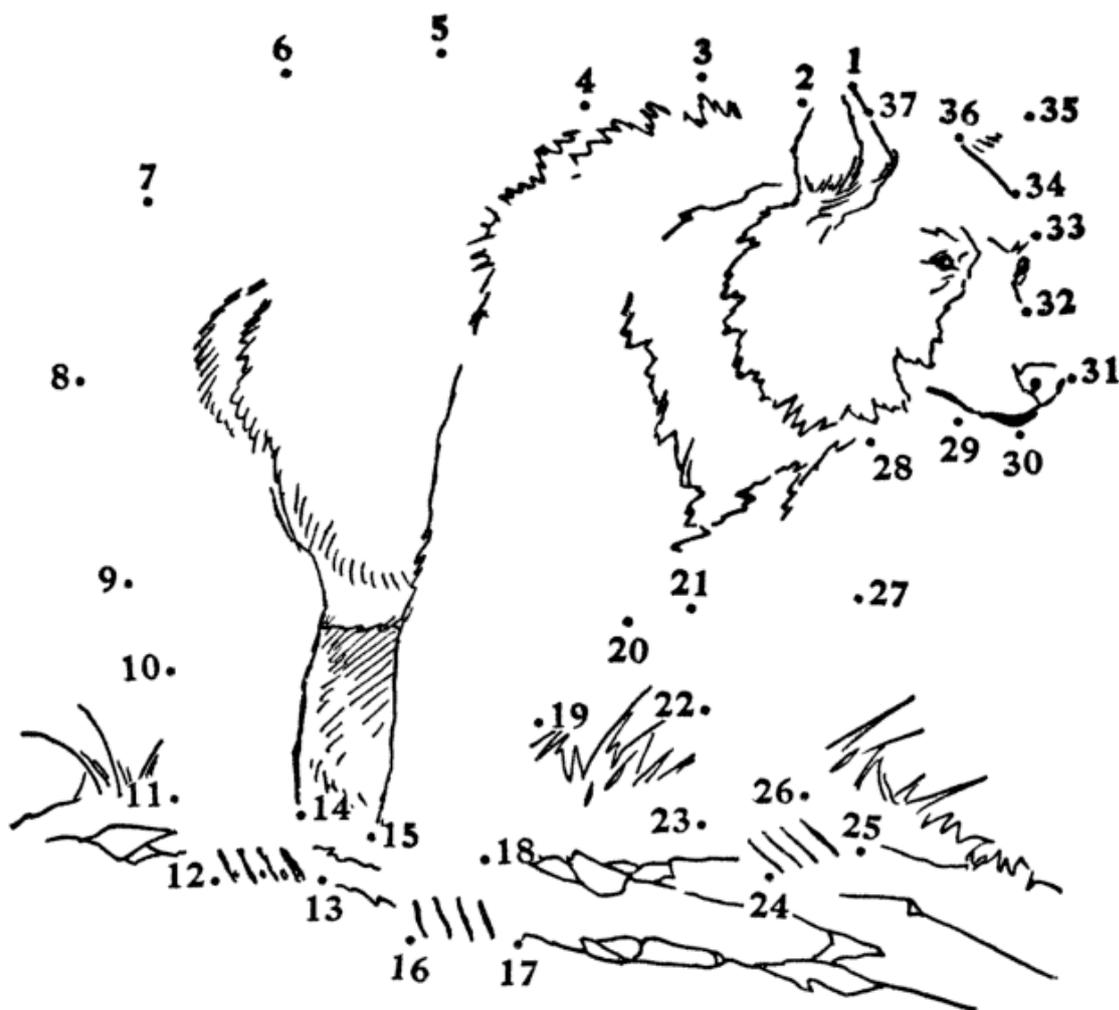


After last weeks brief flurry of Lambing Snow, its nice to see a bit of sunshine even if the wind has got up as well. The daffodils are finally starting to show their golden heads and oystercatchers are skimming over Little Loch Shin, their piping calls echoing over the water.

I saw my first woodpecker last week in Gunn's Wood. Just a blur of black and white with a touch of red. I couldn't see where it had landed but I could hear the drumming sound it made on one of the trees.

Pussy Willow catkins are arriving on the many willow trees around the village, so I think that spring is gradually arriving, thank goodness. Something to look forward to at last.

Sent in from Jan Blackwell



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| 5 | 3 | | | 7 | | | | |
| 6 | | | 1 | 9 | 5 | | | |
| | 9 | 8 | | | | | 6 | |
| 8 | | | | 6 | | | | 3 |
| 4 | | | 8 | | 3 | | | 1 |
| 7 | | | | 2 | | | | 6 |
| | 6 | | | | | 2 | 8 | |
| | | | 4 | 1 | 9 | | | 5 |
| | | | | 8 | | | 7 | 9 |

Thank you for reading the fourth 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. or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD