

# LAIRG MAGAZINE



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Welcome to Issue 6 of the Lairg Magazine! We are looking for stories, recipes, film/book reviews and craft/activity ideas to put in to our magazine. Please email Jodie at [projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk) or call Chair of LDCI Kaye: 07500453301 or Vice Chair Norman: 07742025719.

## The Bradbury Centre Meals



This week sees the start of the Bradbury free meals programme for the elderly in isolation. Meals will be delivered in Lairg three days a week; for those living in Bonar, Ardgay and surrounding areas the service will be available five days per week. This is made possible with funding received from SSE and help from volunteers.



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

## One-pot Sausage Bolognese

Serves 4

2 Teaspoons olive oil

454g Pork sausages £1.70

500g Bolognese pasta sauce £0.64

250g Penne pasta £0.26

10g Finely chopped fresh basil leaves £0.24

Extra fresh basil leaves, to serve

Total = £2.84

**Recipe of the  
Week!**

- Heat oil in a large saucepan over medium-high heat. Squeeze sausages from casings into pan. Cook, breaking sausage up into small pieces with a wooden spoon, for 5 minutes or until browned.
- Add pasta sauce and 2 cups cold water. Bring to the boil. Add pasta. Simmer, uncovered, for 25 minutes, stirring occasionally or until pasta is tender. Remove from heat. Stir in basil.
- Serve topped with extra basil leaves.

1. What is the 3 letter code for Aberdeen Airport?
2. Neil Armstrong and Buzz Aldrin landed on the moon in 1969 but what was the landing site called?
3. What primary colour is the plant dye Wode?
4. According to Frankie goes to Hollywood, who went to war?
5. Which actress wrote the screen play for the 1995 film Sense and Sensibility?
6. In the bible, who was the youngest son of Jacob?
7. The San Andreas fault is in which American state?
8. What principle states that a body immersed in a fluid is subject to an upward force equal to the weight of fluid the body displaces?
9. What is the surname of Augustus, one of the children in Willy Wonka's Chocolate Factory?
10. Which of the Queen's children was born at Clarence House?
11. Who was 'the face that launched a thousand ships'?
12. Tom Smith, a 19th century sweet maker invented which Christmas favourite?
13. What scale is used to register the magnitude of earthquakes?
14. Who played the sixth Dr Who?
15. What type of insect is a Scarab?
16. Who is the actor, comedian, screenwriter and film producer that starred in the 3 Flavours Cornetto trilogy of films?
17. A bone is joined to a muscle by what structure?
18. What is the red, precious stone consisting of corundum?
19. Which river flows through Dundee?
20. Which popular herb stems from the Latin for 'dew of the sea'?

**“Attention All Shipping” by Charlie Connolly****A Journey Round the Shipping Forecast**

The waters around the British Isles are divided into 31 sea areas and Charlie Connolly decided to try visit all 31 or at least fly over them in just one calendar year. The most northerly is South East Iceland, the most southerly is Trafalgar. In 1924 there were 12 regions, now there are 31.

Charlie starts his adventure by crossing Viking and visiting two small islands off the coast of Norway, North Utsire and South Utsire. He had many interesting experiences in the remaining 27 sea areas.

Sea Area Forth is the home of the Bell Rock Lighthouse, the oldest working lighthouse in the world. Whitby (sea area Tyne) has a memorial to Captain Cook, the most successful explorer in history. Ferry across Dogger and Fisher to Denmark.

German Bight, Humber, Thames. The area now known as German Bight was renamed from Heligoland in 1949, it stretches from Den Helder to Jutland. Cromer is in Humber region. Area Thames has an independent State called Sealand, an abandoned fort used as sea defences in WWII.

Areas Dover, Portland, Wight has one of busiest shipping lanes in the world. It was in Dover the first bomb in WWI fell. Portland Stone is used all over the world, including war grave stones.

Plymouth, Biscay, Fitzroy (formerly Finnistere), Lundy. Finnistere was most westerly point of mainland Europe of the known world by the Romans.

Sole, Lundy, Fastnet. Ferry to Lundy: The purser announced that the crossing would be very rough. Irish Sea, Shannon, Rockall, The River Shannon is the longest river in Great Britain, Rockall, an island for Puffins,

Malin, Hebrides Barra Isle (Whiskey Galore filmed here). Bailey, Fair Isles, Faeroes, South East Iceland has the longest coastline of any shipping forecast areas and it was the final area of the Journey.

Trafalgar is the only region that is not mentioned in every day bulletins only appearing in the 0048 forecast. Charlie finished his journey at the Cutty Sark, Greenwich, in one calendar year.

Written by George Hurrion

- |                        |                          |                |
|------------------------|--------------------------|----------------|
| 1. ABZ                 | 8. Archimedes' principle | 15. Beetle     |
| 2. Sea of Tranquillity | 9. Gloop                 | 16. Simon Pegg |
| 3. Blue                | 10. Anne                 | 17. Tendon     |
| 4. Two Tribes          | 11. Helen of Troy        | 18. Ruby       |
| 5. Emma Thompson       | 12. Christmas cracker    | 19. Tay        |
| 6. Benjamin            | 13. Reichter scale       | 20. Rosemary   |
| 7. California          | 14. Colin Baker          |                |

### How did you do?

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

## Lairg Medical Practice

### COVID 19 PANDEMIC

As a result of most recent guidance who are experiencing ANY symptoms that may be linked to the COVID 19 virus are asked to telephone NHS 24 on **111** for advice/directions.

Symptoms include any of the following:

- Cough
- High temperature
- Shortness of breath

Please **DO NOT** telephone or attend the Practice as staff will not be able to help you.

### ROUTINE ACCESS TO LAIRG MEDICAL PRACTICE

To help prevent the possible spread of coronavirus we ask that patients do **NOT** attend the health centre unless asked to do so.

- If you require medical advice or help please telephone **01549 402007** and telephone consultation will be organised with the doctor or nurse on duty if necessary. If they feel they need to see you they will ask you to attend at a specific time.
- Keep a 2 metre distance from other patients and staff at ALL times.
- Prescription requests can either be telephoned in, put through the letterbox or emailed to **High-UHB.GP55249-Reception**
- Please try to leave at least 3 working days between ordering and collecting your medications from the Pharmacy

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





The coronavirus epidemic has effected almost all of us in one way or another. Pandemics of this scale change the direction of business, governments, economics and our day to day lives. However, moments like this also offer us the opportunity to evaluate our goals and the way we live our lives.

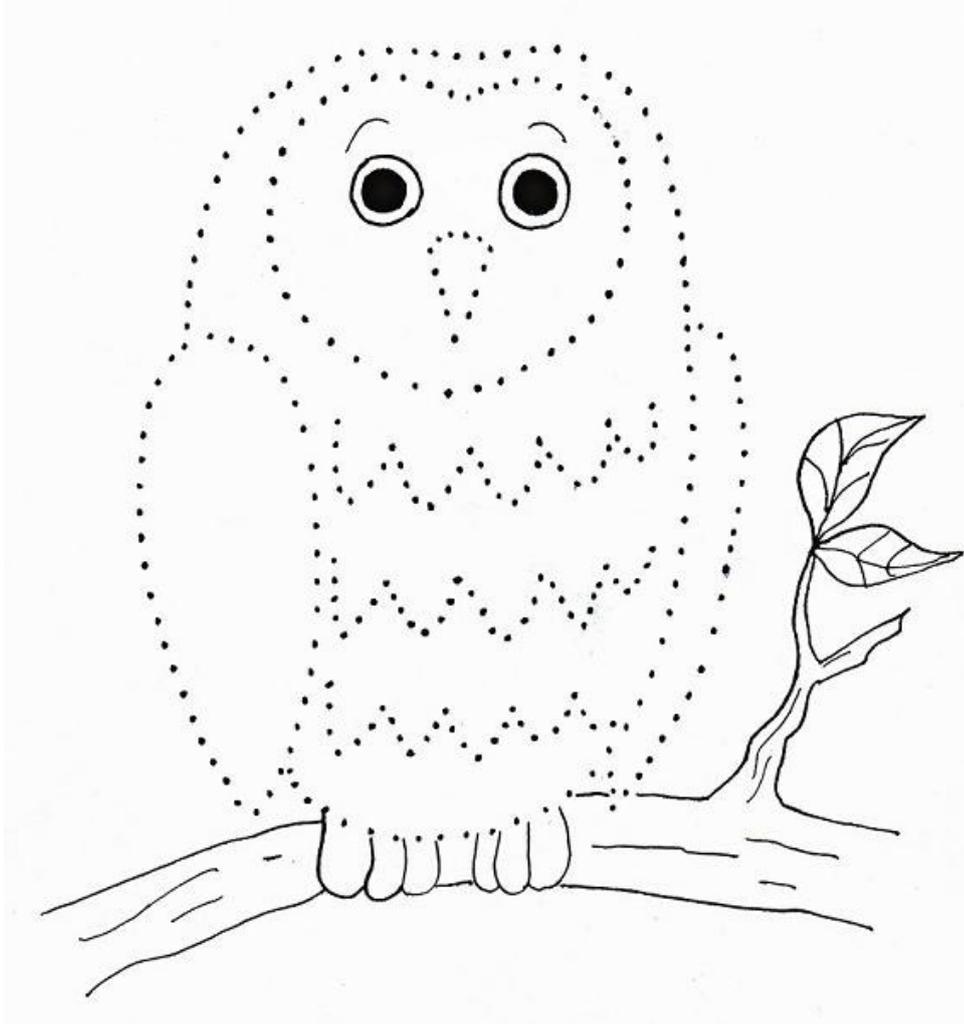
Have you always had a passion to own your own mobile coffee van or start a craft business from home, perhaps you have always wanted to start a dog walking business? Whatever your business idea, now is the perfect time to begin to research and develop your ideas for your new business. Often starting a new business can seem overwhelming and complicated, with so many things to do.

Lairg and District Learning Centre offer a business support and mentoring service to help assist the members of our local communities with their business ideas, no matter how vague, we will work with you to convert it into something more tangible.

We offer one to one sessions and run a regular series of business start-up classes which cover everything from business set up, to writing a business plan to using social media. We are keen to help and support business start-up in these strange times. Would you like to take this opportunity to develop your hobby into a small business or take the time to research your business idea further? Whatever stage you are at in your business journey, why not get in touch to see if we can help you to develop your idea. Contact Business Mentor, Anna Renouf, on [mentor@lairglearningcentre.org.uk](mailto:mentor@lairglearningcentre.org.uk) to discuss things further.

Thank you to Coriolis Energy on behalf of Garvary Wind Farm Ltd for the funding they have given towards producing the Newsletter. More information on Garvary can be found by visiting [www.garvarywindfarm.co.uk](http://www.garvarywindfarm.co.uk)

Why not have a go at drawing and colouring in the owl? Send in your completed owls for us to see!



Thank you for reading issue 6 of the Lairg Magazine! 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](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

## Useful Numbers

**NHS 24** 111

**NHS The Health Centre, Lairg**

**Police Scotland** 101

01549 402007

**COVID-19 NHS advice helpline**

**Electricity Power Cuts** 105

0800 028 2816

**Highland Council Covid19 Helpline**

**Citizens Advice Bureau**

0300 30301362

01408 635218