

# LAIRG MAGAZINE



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Welcome to Issue 19 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.



## Thank you!

Myself and the board of the LDCI would like to say a massive thank you to Simon, Neil, Darren and Andrew for blocking off the Sutherland Hotel Site with boulders.

I am sure that you are aware the problems many of our villages are having with campervans and tents, and unfortunately some of them have been leaving their waste behind them.

The boys spent the whole day on Saturday, digging out large boulders from the back of the site and moving them to the front.

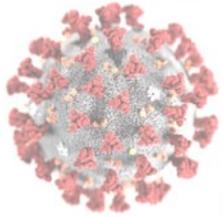
## Lairg Cemetery Clean Up Part 3

Another hugely successful day at the Lairg Cemetery. We will be having another clean up day, please come along on 8th August from 10am-1pm. Thank you!



Lairg & District Community Initiatives

**Lairg Helping Hand Fund**



⇒ *Have you been affected financially by covid-19?*

⇒ *Are you worrying about heating your home?*

The Helping Hand Fund provides a one off financial assistance per household in the Lairg Community Council area who are living in financial worry due to Covid-19. Grant awards of up to £250 will be awarded to households who require support with heating costs due to Covid 19. Lairg and District Community Initiatives will be working in partnership with the East and Central Sutherland Citizens Advice Bureau.

For more information, please call Jodie on [07961372427](tel:07961372427) or email [projectofficer@lairginitiative.co.uk](mailto:projectofficer@lairginitiative.co.uk).

The Lairg Helping Hand Fund is for people in the Lairg community who have been directly affected by Covid-19. If this applies to you, please get in touch.

### Easy Sweet & Sour Chicken

- 9 tbsp tomato ketchup
- 3 tbsp malt vinegar
- 4 tbsp dark muscovado sugar
- 2 garlic cloves, crushed
- 4 skinless and boneless chicken breast, cut into chunks
- 1 small onion, roughly chopped
- 2 red peppers, seeded and cut into chunks
- 227g can pineapple pieces in juice, drained
- 100g sugar snap peas, roughly sliced

**Recipe of the Week!**

- In a large microwaveable dish, mix the ketchup, vinegar, sugar and garlic thoroughly with the chicken, onion and peppers. Microwave, uncovered, on high for 8-10 mins until the chicken is starting to cook and the sauce is sizzling.
- Stir in the pineapple pieces and sugar snap peas and return to the microwave for another 3-5 mins until the chicken is completely cooked. Leave to stand for a few minutes, then stir in the cashews, if using, and serve.

1. What is a petronel? Is it a bird, a tower or a gun?
2. How many legs does an earwig have?
3. Liquid Oxygen is what primary colour?
4. What is warmed in a bottle called a tokkuri prior to being served?
5. What flowers are named in the first line of the song My favourite things?
6. Which of these famous queens was born first - Boudicca, Cleopatra or Marie Antoinette?
7. What change was introduced by the ITF in 2002 to increase the number of rallies in tennis games?
8. What is the name of the Austrian family featured in the musical 'The Sound of Music'?
9. What is the modern name of the country formerly known as Ceylon?
10. What shape has an infinite number of lines of symmetry?
11. Eyelevel was the theme tune to which TV detective show?
12. Which dried variety of fruit is traditionally used in a hot cross bun?
13. Anthony Hopkins played what type of entertainer in the film 'Magic'?
14. The Carpenters were a brother and sister group but what were their first names?
15. Freddie Mercury and Monserrat Caballe had a hit in 1987 celebrating which European city?
16. On 17th Oct 1979, who was awarded the Nobel Peace Prize for her work in bringing help to suffering humanity?
17. The composer Franz Liszt was born in which country?
18. In 1945 actress Eva Duarte married which Argentine military officer and politician?
19. Who was known as the forces sweetheart?
20. Which is the City of Brotherly love in America?

## The Red Rocks of Eddystone by Fred Majdalany

This is how a lighthouse was eventually built on the Red Rocks of Eddystone in 1696. These submerged Rocks were a great danger to shipping, being 14 miles south of Plymouth Harbour. Many ships having travelled the world and looking forward to arriving back into Plymouth were shipwrecked on the Red Rocks. The first lighthouse was built by Henry **Winstanley**. A successful merchant and showman. He had 5 ships returning to Plymouth when 2 of them were wrecked on The Rocks. Angrily asking why no lighthouse on The Rocks, was told too dangerous to build one. He said that he would. Which he did. He employed sailors to row out to the rocks. They had 3 hours between the ebb and flood of the tide in which to work. He started in July 1696 and finished in November 1698. He was ridiculed about his project. In the five years that the lighthouse was there not a single ship was wrecked. Winstanley was at the lighthouse for repairs when the Great Storm of 1703 hit England.

Everything was swept away. There was a great loss of life in the British Isles. The ridicule started again but within two days the *Winchelsea* was shipwrecked with the loss of all lives.

The next lighthouse, called **Rudyerd's** was built in 1706. John Rudyerd was a silk merchant. He enlisted two shipwrights to help him. Rudyerd studied Winstanley's design making big changes. It was more streamlined and lasted until 1755. A fire started from a spark of one of the candles. The three keepers were rescued. One of them a 94 year old man claimed he'd swallowed a piece of molten lead, he sadly died several days later.

John **Seamton** a civil engineer built the next lighthouse. Construction started 1756 and the light was lit October 1759. In 1877 the foundations of the rock became unstable so the lighthouse was dismantled and rebuilt on Plymouth Hoe.

The last and present lighthouse is **Douglas** built on a nearby rock in 1882. It has been upgraded many times over the years.

This book was written in 1959 but is still a compelling read.

**Written by Ann Moore**

# Message from the Chair of LDCI

We are now into our 19<sup>th</sup> week of our magazine.

It was supposed to be only temporary, and we had secured funding for the first three months, which we thought at the time would have seen us through being in lockdown. We managed to get some more funding, as it became apparent this lockdown was going to last longer than anticipated.

But now as we are finally coming out the other side we have to decide how and if we continue the Magazine. Initially we thought we could continue weekly until October, but it takes so much time to produce it. We want our Project Officer to restart work on the projects that we had to stop because of the pandemic, The Station Path, The management programme of Churchill Wood, looking for funding to sort out the Cemetery and of course our main project the Care and Well Being Houses, along with running the office and continuing to look for ways we can serve the community.

So we will have three more magazines weekly then we will go fortnightly till December when our funding runs out. I am hopefully we will get more funding in the new year to continue the magazine monthly.

It has been a huge success, I would like to thank Jodie for the hard work she has put in not only producing this magazine but her work on our Helping Hand Fund as well as running the LDCI from her home over the last five months. Jodie is moving on and has taken up a post of Project Officer for the Kyle of Sutherland Development Trust and myself and the whole board wish her well.

Our new Project Officer taking over from Jodie is Kirsten Bannerman and will be starting with us on 17<sup>th</sup> August, Kirsten helped us deliver Winterfest last year and I am looking forward to working with her again.

## LDCI Quiz Answers

- |                 |                       |                  |
|-----------------|-----------------------|------------------|
| 1. Gun          | 9. Sri Lanka          | 17. Hungary      |
| 2. 6            | 10. A circle          | 18. Juan Peron   |
| 3. Blue         | 11. Van der valk      | 19. Vera Lynn    |
| 4. Sake         | 12. Grapes (Currants) | 20. Philadelphia |
| 5. Roses        | 13. Ventriloquist     |                  |
| 6. Cleopatra,   | 14. Karen and Richard |                  |
| 7. Bigger balls | 15. Barcelona         |                  |
| 8. Von Trapp    | 16. Mother Teresa     |                  |

### How did you do?

1-5/20

Poor

5-10/20

Okay

10-15/20

Good

15-10/20

Excellent

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



### A One Page Business Plan!

Are you thinking of starting a new business?  
Do you need to write a business plan but don't know where to start?

The Business Model Canvas developed by Strategyzer, is a great tool to help you think about your business. The Business Model Canvas is broken down into nine sections that you need to think about. But, unlike a conventional report or document, this can all be presented on one page.

No more delving into the depths of a multi-chapter document. Instead, one page or poster that you can adapt and update as your business progresses.

What's the point of planning in your business?

#### Starting a business

When you have a great startup business idea, you just want to get going. You've got lots of ideas, and probably lots of energy. But, these ideas probably need a bit of sorting and your energy could probably do with a bit of focus. This is where a one-page business plan can really help. On one sheet of paper and, with a few post-its, you can capture your ideas, see where the gaps are and focus your energy.

#### Raising finance

As your business grows, you may consider accessing finance. Any provider is going to want to know about your business. How are you going to tell them all the key features? By revisiting your one page plan, you can check the key facts, test your assumptions and then use these to work up a more detailed plan.

#### Developing and monitoring your business growth

An established business needs a plan too. But, the likelihood of you dipping into a weighty multi-page document are slim. This is where a single sheet, with your objectives, targets, prioritised tasks is much more helpful. At a glance, you can see your where you're going and the things to consider across your business if anything changes.

How your business plan on a page can help you to understand your business?

When you're working on your business plan on a page, you're looking at three important aspects of your business

#### Desirability

Working on the right-hand side of the page you'll be assessing the market for your product or service. What does this market look like? Who are your customers, and how will you communicate with them? It's so important to understand who your target customers are and the reasons why they will be interested in your product or service.

#### Feasibility

On the left hand side of your one-page business plan, you're going to describe what you need to do in order to make and deliver this product or service. What are the key activities of your business? Will you do it all yourself, or do you need suppliers and partners? What resources do you need, and where will they come from? These are all the aspects of your business which will generate costs.

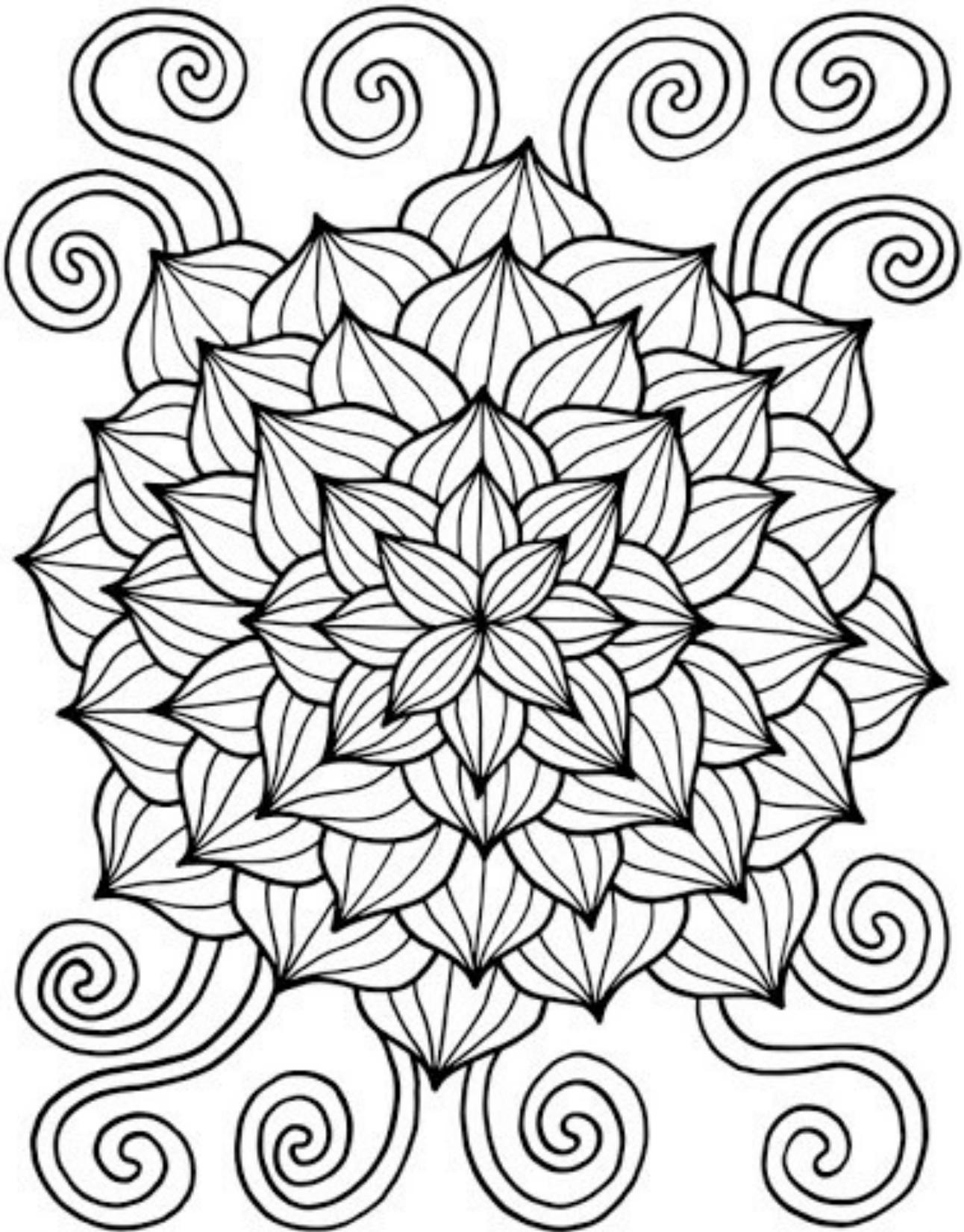
#### Viability

Understanding the key aspects of the desirability and feasibility of your business will then allow you to assess the viability. You'll have a clear picture of the fixed and variable costs and the revenue streams. If you're just starting up your business, this exercise is really important in helping you to understand what changes you may need to make to your proposed product or service, or the way in which you create it, in order to achieve profitability. This is equally important if you're already running a business. Any change to the factors which contribute to the desirability or the feasibility will have an impact on your viability.

#### Would you like to know more?

The Business Plan on a Page is based on the popular Business Model Canvas and there's a short video explaining the key features of the Business Model Canvas on from Strategyzer website.

If you're are thinking of starting a new business and would like help with creating a business model canvas or business plan, then please contact Lairg learning and District learning Centre's business mentor, Anna Renouf at [mentor@lairglearningcentre.org.uk](mailto:mentor@lairglearningcentre.org.uk)



Thank you for reading issue 19 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 Kaye: 07500453301, Vice Chair Norman: 07742025719 or write to us at Schoolhouse, Main Street, Lairg, IV27 4DD