LAGGAN MATTERS

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What's On In Laggan

Laggan's Wildlife

The Green Door

Graham Grant

Wild Cat Update

Gemma Shooter

Stronelairg Community Fund

Carol Masheter

A Marathon Drove

Campbell Slimon

And Much more ...



Welcome to Laggan Matters

'Nothing on behalf of the people without the agreement of the people'.

Welcome to the Winter edition of Laggan Matters where we're celebrating the wildlife in our area.

Thanks to Phil at Ardverikie for continuing to print hard copies for those unable to download electronic ones and to Jackie for helping deliver them.

As always we welcome your contributions as there wouldn't be a newsletter without them! Therefore please keep sending them in along with any ideas for articles to jillvn@aol.com Many thanks to everyone who sent their wildlife photos in.

Where Is It?



Taken by Brian More
within the Laggan Parish

If you have a photo you'd like to include in this feature, email it to
jillvn@aol.com

Answer to last edition's photo:

In a field below Coul Farm lies a circle of stones which are thought to have been part of St Michael's Church many years ago. The markings on the large stone can clearly be seen on what was once a stone cross.



This is an extract taken from a Highland Historic Environment Record NMRS Report: (20/06/2005)
NN 5872 9378 A chapel and burial ground are recorded at St Michael's Chapel (NN59SE 1). During a visit in July 2004, a carved stone was noted near the centre of the enclosure. The stone had been noticed before but not adequately described. The stone in question, the only upright stone of any size within the enclosure, is leaning. About 1m tall, it seems to be the lower part of the shaft of a stone cross. It is a regularly shaped rectangular-section shaft, and at the top there is a marked broadening on the SE side, as if this were the beginning of the 'armpit' of the arm of the cross. One side (facing roughly NE) is carved in relief, clearly showing in the lower half two beasts facing each other, with three-fold snouts nearly touching (a pair of lips and a tongue each), upright, with their legs also pointing towards each other. Their ears and eyes are also visible. The other side, facing roughly SW, appears to have been carved with a cross, with a saltire at the bottom and a strangely asymmetrical lower shaft with possible horizontal marking (very faint and not entirely convincing) at the 'arm pit' on the SE side. The sides of the shaft (NW and SE) are also carved, with saltires, and at the bottom of the NW side three small smooth hemispherical bosses are clustered together in a group about 13cm across. The presence of a significant piece of early carving suggests that the church once enjoyed a certain status. It is only about 900m from the fort of Dún Da Lamh, evidently a centre of some power and strategic importance, controlling an important passage through Scotland's central massif.
G Markus 2004

Both of these photos were taken by Peter Davis, but more detailed photos as described in the above extract can be found on the following website: her.highland.gov.uk
Search - Advanced Search, Site type - carved stone, Parish - Laggan then click on MHG 48560 to see the four photos.



Laggan Church

Alison Armstrong

Laggan Church has continued its popular evening services on the second and fourth Wednesday of each month throughout the summer. From October the services were moved to the earlier time of 2pm and will continue through to December. On Christmas Eve we will meet in Gergask Avenue at 4.45pm for Carols and then walk along to the Church for a Service at 5pm



Laggan Church Partnership

Pete Moore

News of our successful application to the Stronelairg Community fund for Laggan, broke just as the Summer *Laggan Matters* went to press. The funding awarded has allowed us to commission survey work to 'map' the church building, assess the condition of the structure and undertake a public consultation about the future use of the church and the possible changes to the layout.

Our architects - OCA Studio - who are based in Edinburgh, moved quickly off the mark, pulling together a small team of specialists, to undertake the preparatory investigations and hold some initial conversations with the Partnership trustees, to work out the necessary steps.

The 'fieldwork' started with a visit by Archilink, who are Aberdeen-based surveyors. They used a very high tech scanner to scan both the inside and outside of the church building, producing a detailed, three dimensional plan which 'maps' the structure and the location of all the fittings on the inside. On the outside, they both scanned and flew a drone over the building and graveyard to get an accurate series of reference images. In due course, we hope to be able to use these as the basis for interpretation and also orientation within the graveyard for those exploring their family history.

On 16th September, we held a consultation at the Church and twenty-five people joined us throughout the afternoon, to discuss the options presented and consider other variations.

The sort of changes envisaged include the addition of a toilet, the installation of space for an archive, for a kitchen, for a working hub area, and the rearrangement of the layout of the church - most particularly the removal / partial removal or retention of the pews. Do please have your say ...

The survey of the building gave us a clear indication that at some point in the past, (certainly before a time which was documented by photography), the whole church building was lime-harled, which is new information for us. Unfortunately, repairs in the recent decades have included extensive repointing of the building with cement, which has not helped the condition, so as a minimum, we will have to re-point the church stonework, using lime mortar, but a recommendation from the building surveyors was that we should consider restoring the lime-harling to the whole building, as a means to preserve and waterproof the shell.

Although the official consultation period will have closed by the time you read this, do let us have any further comments. We want as many people as possible to contribute their views. There is a new 'consultation tab' on our Church SCIO website, where you can see the initial designs created by the architects.

**https://lagganchurch.org/consultation**

Contact us on **lagganchurchscio@gmail.com**





Laggan's Helping Hands

The Food Share Shed

We continue to monitor and top it up regularly to ensure there is something for locals and visitors alike. Thanks to those who also contribute food and other suitable items too.

Haggis Drive

Thanks to everyone who came along to our Haggis Drive in September. We all had a great evening and monies raised were shared between Laggan Helping Hands and Laggan Community Hall.



We will be holding an early 'Christmas Afternoon Tea' on Thursday 26th November and will return again in the new year.

Thanks for your continued support.

The Helping Hands Team

Celebrating Laggan's Wildlife

Pine Martin below taken by Paul Tucker Photography on the Ardverikie estate.

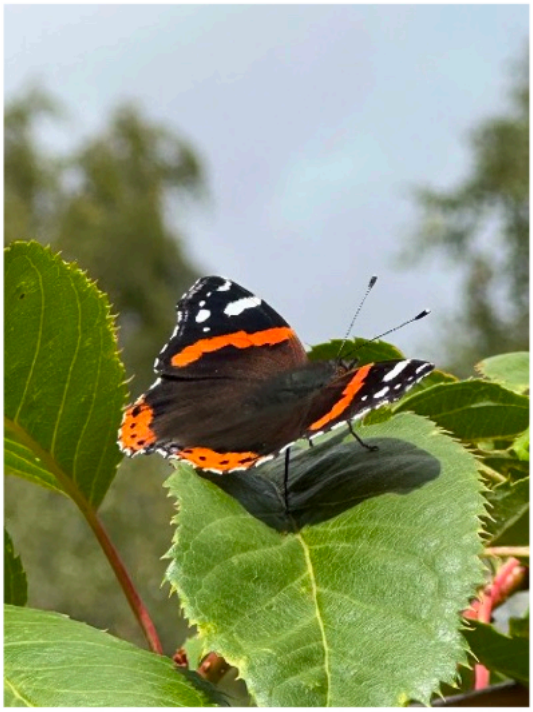




Pam in her garden in Balgowan



Jill in her garden





Barn owl with food for it's owlets
Tony Hadley - Auchmore

Stoat in winter - Campbell Glentruim





A female salmon (left) who went on to successfully leap over the Falls of Truim while the male below failed.

Stills taken from a video contributed by Campbell

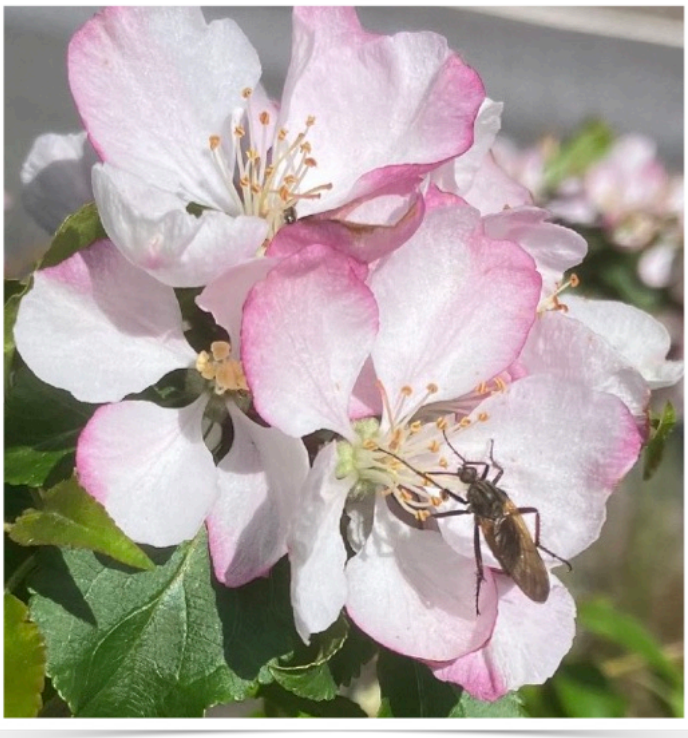




Jill - A young Tawny Owl at The Monarch

Jackie - Woodcock at The Monarch





Tony - Auchmore

An update on Laggan's Wild Cats

Gemma Shooter

Since 2023, Saving Wildcats has released 46 wildcats into the Cairngorms National Park. In 2025, releases were carried out in the Strathmashie area for the first time. After a few days in their delayed release enclosures, the eight wildcats took their first steps into the wild. From that moment, the field team were closely monitoring them using GPS-radio collars. The team are incredibly grateful to the Laggan community for sharing sightings and giving permission for the team to install camera traps as needed. The information gathered has offered important insight into the newly establishing population's behaviour and welfare.

A very exciting development for this year is that Clootie, one of the released females, has had two kittens! The first recorded in the Strathmashie vicinity. Other recent project highlights include five other confirmed wild-born litters across the project area, the arrival of multiple litters of kittens in the conservation breeding for release centre, based at Highland Wildlife Park, and the first wildcat birth ever recorded on camera.

As the population of wildcats reestablishes in the Cairngorms National Park, they are still threatened by interbreeding (hybridisation) and disease transfer from feral domestic cats, among other things. To mitigate this risk, the team are working in partnership with Cats Protection to encourage responsible pet ownership. By neutering, vaccinating and microchipping our pets, we can protect both wildcats and our companions from unwanted litters and disease. For anyone in the Laggan community who may wish to neuter their cat, vouchers are available through Cats Protection. For more information, please contact the Strathspey Cats Protection branch.

Scotland's native wildcats play a key role in a healthy, functioning ecosystem, and they are woven into Scottish history and folklore, as well as local culture. Laggan offers diverse habitat, suitable prey, and increased connectivity, and thus plays a vital role in the recovery of this iconic species. It is hoped that with ongoing community support, the released wildcats in your area will continue to thrive, breed and contribute to a resilient, sustainable population in Badenoch and Strathspey.

If you, or anyone you know, have any questions about wildcats or the project, please don't hesitate to get in touch with the team directly by emailing wildcats@rzss.org.uk





A Marathon "Drove" Through Laggan 1811

In May 1811 three men left Skye with 90 cattle for Devon 645 miles away. It took them just 43 days. Dr David Taylor came across this extraordinary venture in the North Devon Record Office.

Normally the cattle would be taken to the trysts at Falkirk or Crieff in the autumn. Why would Devon farmers want the smallest breed in Britain, Highland cattle, when there much bigger cattle with superior confirmation nearer at hand? David suggests that they would be grazed on Exmoor to 'green' the pasture as they were used to doing in the wilds of their highland and island glens.

The three men ferried the 90 female beasts across the Narrows at Glenelg rather than swimming them. This was the most expensive part of the whole trip at £2.16.6. The longest day was over the Corrieyairack, 18 miles to Garvamore. There would be little grass in May.
The next three days were short to allow the beasts to recover before tackling Drumochter. The first 5 miles to Faegour round the West of Loch Cranachan, then just two miles to Strathmashie and then 3 to Dalwhinnie. Next day was15 miles to Dalnacardoch. and then via Crieff, where they had their only days rest on the entire journey.

John McInnes, who kept a detailed diary of each day's distance, toll and grass charge was paid 3s a day, whilst Nicholson and Mackinnon were paid 2/6, the equivalent today of about £25.

Whilst the average price of grass was a fifth of that in England, they being Gaelic speakers must have had difficulty not only in getting directions but in bargaining the best price.



Campbell Slimon

Our Wildlife Garden

Kate Fleming



Over the years we have lived in Laggan our garden has evolved as various trees have grown and with many being native to Scotland, these have provided food for the local wildlife. This year I've been watching the hazelnuts growing in clusters on several trees that I planted in 2020. As I write, the hazelnuts are still very green so I'm waiting to see if I can harvest a few for myself to see what they taste like before the squirrels get them. One of the hazelnut trees is growing in the corner of our hedge above the red mailbox in the village if you want to see what it looks like. A hardy tree, it doesn't mind pruning to keep it in check and native to Scotland it provides food for local wildlife and hopefully me.

Laggan has a good population of red squirrels partly due to the native tree corridors that continue to mature from opposite the village hall and stretch along the road below the football pitch towards the café. Squirrels don't like moving through open fields, they like tree cover. Before we moved in, our garden was just a wide expanse of lawn with little cover in the middle. The silver birch that we planted nearly two decades ago along the back fence now provide a bridge from the football pitch for the squirrels to move from the trees behind the café, through our garden, through the garden at The Larches and up the hill towards The Manse and onwards. They sometimes appear outside the door at the same time as I am going in and out which makes us both freeze and stare at each other before they scoot off up the back steps to the safety of the trees.



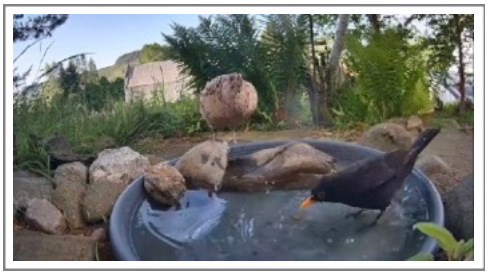
The first summer we had squirrels on a regular basis I put peanuts and other squirrel food out for them which they promptly buried in various parts of the garden. There is nothing quite like watching a red squirrel find the perfect spot in your lawn to pry a few blades of grass apart, carefully prod a peanut into a small dent in the soil and then quickly pat down the grass over the top. They always look so pleased with themselves and scamper off with a satisfied shake of their tufty tails. Unfortunately for the squirrel, they often forget where they bury them, but these forgotten morsels go on to provide food for resident hedgehogs as well as various birds. After one Christmas I put out a whole walnut in its shell as a treat for the squirrels. Too big for the squirrel to bury, I noticed it a few weeks later pushed into the corner of a rotten window frame in the shed which made me smile. Forgotten, as usual.

The Golden-eye duck that had nested in an old box above our compost heap didn't return this year. She raised 3 clutches of ducklings 3 years running all of which jumped approximately 9 feet from the nest box to bounce off the ground like fluffy ping pong balls on the same day they hatched out of their eggs. She always led them away through the field behind the house to somewhere unknown, quacking to encourage them as she went. I missed her not being there this year. It was fun to watch her daily routine tighten as she spent longer on the eggs when the hatching grew nearer but other wildlife fills the space if you look for it.

Another surprise this year was that Swifts (a small migratory bird from Africa) that have always nested under the eaves of our house, were the only known pair in the village. Swift numbers have declined drastically across the UK and Europe due to loss of appropriate nesting sites as just one reason for the decline. Unlike Swallows and House Martins that build mud nests and tend to make a mess with droppings below their nests, Swifts don't. Instead, they have evolved to use holes and cracks in buildings where they can fly straight in and out of. They don't make a mess either, in fact most of the time you wouldn't even know they were there. A local initiative called Badenoch Swifts, based out of Kingussie, was set up to monitor numbers across the Strath, finding all the existing nests sites around the area. Nest boxes were provided for some of those that already had nests within their buildings to encourage other returning pairs to take up residence this next year. The hope is that these will provide much needed nesting space and create larger colonies of Swifts in future years. We have the option to do the same around Laggan on homes and farm buildings if people are interested in hosting nest boxes. They need to be placed high up on buildings and out of direct sunlight, let me know if anyone is interested or contact Badenoch Swifts directly.

I also made a friend of a juvenile Robin who I named Bob. Robins are very brave little birds, following us around as we dig in the garden looking for bugs and worms. Bob seemed to be particularly daring, and I found myself having to be careful where I put my feet as he was always right by my boot. Bob was also happy to take the odd crumb off my plate if I stopped for a cup of tea so I began putting some food in my hand to see if he would take it. He became so tame by the end of the July that he followed me inside one sunny day and I turned to see he had come in through the back door, flew through the kitchen and was sitting on the step into the dining room looking at me expectantly. I stopped hand feeding after that as I was worried if he kept coming inside and flew upstairs, I wouldn't be able to get him out.





With the hot summer we have had, an easy addition was more water sources. Both ground-based in the form of shallow dishes for hedgehogs and squirrels to drink from as well as bird baths made of plant pots with piles of rocks for blackbirds, collared doves and insects to access safely.

Our garden was a bit of a green lawned desert when we moved in but it's now full of wildlife, native trees and plants as well as the odd seasonal flowerpot. With Autumn in sight the garden will begin to change its colours, and the animals and birds will adjust their routines for the coming winter. We will stack logs, check the boiler and pull out our winter boots from their summer storage all while nature will quietly get on with its own preparations for the next season. It's quite comforting when you think about it and next spring will be here before we know it.

Bees In Laggan

Allan Docker



I found and hived a large swarm in East Lothian early in the 1980's & so began my beekeeping journey. Forage was good, had never heard of Varroa Mites and despite the vagaries of the Scottish weather, had no problem in securing some honey. Access to lime, clover, bramble and a host of wildflowers, spring to summer, and then access to heather on the hills.

Easy!



Fast forward, I find myself in Dalwhinnie. Enough said, not a bee paradise. Met with lots of failure and losses and very little honey. Just bee survival seemed to be the goal.

Try again!

I was very kindly offered the use of a site (down off that hill) near Laggan. Such a difference a few miles and a few hundred feet make. Wild forage is plentiful here; it's a tropical paradise! (well perhaps not quite, it is still the central Highlands after all).

The weather!



Lots of forage, good; but you need the weather to play ball. This year has been horrible wet and cold save for a couple of days scattered here and there, (while most of the UK south of us were basking in sunshine). We had nothing resembling summer till almost August.

There's always hope!

Bee friendly weather arrived at the end of July. A good late nectar flow from bell heather, clovers and wildflowers in the parks and rough ground continuing on in to the ling heather season, the bees have had something to work on, and some honey has been produced. (Hallelujah).



After a rather depressing spring and summer things came good in the end. So lucky to be in the Highlands.

Never Say Die!!!

What's on November 2026 to March 2027

Laggan Remembrance Service Sunday 8th November

- Sunday 8th November
- 9.00am Sharp
- Laggan War Memorial

Kim Carnie (& band) Saturday 14th November

- Saturday 14th November
- Laggan Community Hall
- Tickets available via Eventbrite

Laggan Community Council Meeting Monday 16th November

- Monday 16th November
- 6.30pm
- Venue to be confirmed

Laggan Helping Hands Christmas Tea Thursday 26th November

- Thursday 26th November
- 2.00-4.30pm
- Laggan Community Hall

Laggan Community Council Meeting Monday 7th December

- Monday 7th December
- 6.30pm
- Venue to be confirmed

Children's Christmas Party Friday 18th December

- Friday 18th December
- 2.00 - 4.30pm
- Laggan Community Hall

Contact fiona.a.grant@btinternet.com

Laggan Christmas Eve Carols & Service

- Thursday 24th December
- Gergask Avenue at 4.45pm for carols
- Laggan Church service at 5pm

Listen For a Moment Lads

Listen for a moment lads and hear me tell my tale

How over the sea from Scotland's shore

I was condemned to sail.

A jury found me guilty Sir

And said the Judge to me …

"For life Jim Jones I sentence you

Across the stormy sea.

You have no chance of mischief there

Remember what I say

They'll flog the poaching out of you

Away in Botany Bay."

Waves were high upon the sea

The winds approaching gales,

I'd rather drowned in misery

Than come to New South Wales.

The Green Door

Graham Grant

''There's an ol' piano, and it's playin' hot, behind the Green Door…''

Who remembers this Rock'n Roll song knocked out by Bill Haley and The Comets c1960?

But, in Laggan, at the roadside, in the wall of Cluny Steading, which we have all passed hundreds of times, there was a Cupboard with a Green Door. This was made after WW2, by Willie Maclean. He lived with wife Rhoda, up behind the castle, in the house which is now converted into a Middle East style kitchen.

This Cupboard was divided into 7 named sections, each relating to a family nearby on the Estate. The Sharps had the top one on the right. Here the milkman heading West, left their bottles of milk, and the driver of the Mother's Pride bread van from Morayshire en route to Laggan Stores, did a favour, by delivering the daily papers.

Latterly the Green Door has been propped up, off its hinges. Now, with the renovations, even the Cupboard has gone. This revealed a deep stone-lined channel with intake and outlet holes, running inside the length of the projection structure on the steading wall (shown on 1870 OS map and in photo).





In here had been a tall millwheel, driven undershot by water then flowing out and into the nearby burn down at the meadow gate. Shafts from the wheel would drive a millstone situated thro' the wall in the shed behind. This to grind corn to feed people and beasts.

The water had come thro' a lade under the A86 road and East Lodge, from a small holding pond just up the castle drive. This was fed by the nearby burn which in turn had a bigger dam situated up at Balnahaird where the road to the Hill crosses the burn.

This part of the steading is now being converted by Norman MacArthur and his team, into living accommodation for some of the, up to 100, staff who come to look after the important members of the Qatari family on their visits to Laggan.

The Green Door is to be reinstated and behind it will be an air source heat pump. These staff quarters will be well furnished, including with bunk beds - and maybe even an *'ol' piano'*.

Acknowledgements to Margaret Sharp, S MacDonald, L Matthew, B MacArthur and the late A MacRae.

Stronelairg Community Fund

The Stronelairg Community Fund - Main Grants support community-focussed or charitable activities which:

- Encourage community activity and promote community spirit,
- Ensure adequate access to services for all community members including those with disabilities,
- Improve local infrastructure and connectivity,
- Build the local economy including opportunities for apprenticeships and training,
- Build community capacity and cohesion between groups,
- Develop or maintain community assets.

Including Heritage, Culture, Arts, Health and Wellbeing (including sports) projects. Grants are normally available from £1,001 - £25,000. Applications for over £25,000 will be considered for strategic projects.

Deadline:	**Panel Meeting:**
30th November 2026	**End of January 2027**
31st March 2027	**End of May 2027**

In addition to the main grants the Fund supports the Apprenticeship Grant Scheme.

Apprenticeship Grant Scheme - Support for Local Businesses

The Apprenticeship Grant Scheme offers funding to support local businesses and social enterprises in the Great Glen, including the Laggan area, to create employment and training opportunities for local people.

Grants of up to **£21,000–£25,000** over four years are available to contribute towards apprentice salary costs.

Priority will be given to apprenticeships that help local people stay, work and develop their skills within the area. Applicants must show they can provide a safe, supportive training environment and that the apprenticeship must be linked to a recognised Modern Apprenticeship framework.

Any organisations wishing to apply for funding please contact Community Fund Manager **Carol Masheter** at **carol.masheter@sse.com** or visit: https://www.sserenewables.com/communities/community-fund-locations/great-britain/stronelairg/

For Micro Grants (under £1,000) and students grants please contact Laggan Community Council.

Laggan Forest Trust - Autumn 2026

Local Paths Management - in conjunction with Laggan Community Council's (LCC) 2022 Community Action Plan

The draft "paths" audit report is in the process of being finalised by the steering group comprising representatives of LFT and Laggan Community Council. The initial findings indicate that 53 individual path segments across 18 named routes and totalling about 46km of paths with varying degrees of accessibility and repair. The audit has been developed in conjunction with the CNPA Access Team, FLS and identified landowners. Once reviewed by the various stakeholders, the detailed path audit will be available to view from which future plans for path improvements can be determined with further community and landowner consultation.

Forest & Visitor Management

As autumn approaches, we naturally expect the facilities within Forest Trust Centre to be slowly retreating from its "busy-ness" of the Summer months. The quieter period allows the Trust and its staff the opportunity to take breath and start planning for 2027.

We have still to hear confirmation from FLS about their 10 year Forest Management plan and any consequential felling planned within the Strathmashie Forest estate. Previous indications did suggest an October start at the top of the Wolftrax trails and an area near the Spey dam, but we await confirmation. The Trust will keep the community advised of any further timing developments. Some re-planting activities are also expected.

The Bike Hire business – now being run by the centre team has been popular in the summer and we will be reviewing "what next" in terms of bikes and related facilities for 2027 in the coming months. Early days - but so far so good. The centre and café remain staffed by very able young people from the local community and we were pleased that one of them recently decided to go on to further education, having gained much confidence and valuable experience working in the centre – our loss, but a great endorsement of the Trust being able to provide some early development for youngsters in the area.

The LFT board continue to give their sincere thanks to all the LFT office team and café staff for their invaluable efforts to ensure a warm welcome to Laggan Wolftrax for many who come to visit the area in general, the Trails specifically and the Centre's information boards.

As ever, if you have any comments or suggestions on any aspect of LFT or FLS activities, please send us your views to the Laggan Forest Trust office – support@lagganforest.com

On behalf of The Laggan Forest Trust

Laggan Community Council

As the year comes to a close here in Laggan let's look forward to festive lights in the village once again. For the first time in several years we have been able to achieve what has been an impossibility in previous years! Thanks to our contacts at the Highland Council our lampposts have been refurbished and are ready to accept a new set of festive lights. It does come at a cost to us and in this regard we would also like to thank the Stronelairg Windfarm Fund Panel for helping us get this across the line.

Plans are afoot for the playpark, perhaps some new play equipment and a repositioning of other current items. We are working in collaboration with the CNPA volunteer rangers, the Highland Council and Laggan Community Housing on this project to make the green space in our park more useable and fit for purpose. The CNPA have helped us to get tools and a tool store, and volunteers are always welcome to come along and even over the winter months there will be work that can be done so get wrapped up warm and come on down. You may have already seen some of the work that has been carried out, if not then please come along and have a wander. The paths project for the park is still ongoing and is not part of the above work. We are however, really looking forward to the new paths being laid, it will be the icing on the cake. No pun intended but the park is a "growing" project and will evolve to suit our community's needs over the coming years.

A top priority for LCC is to come up with a resilience plan. ...even more vital after the terrible fire in Glenmore and Strathnethy this summer. Hopefully Laggan will never have to evacuate like Nethybridge had to but we do need to have a plan in place. Thanks to our hard working volunteers this is progressing well and ready for community consultation and input.

Looking forward to 2027. Have a joyful Christmas however you may celebrate.

Your Community Council.



Laggan Community Development Trust

Angus Armstrong

Autumn Update

Laggan Community Development Trust is continuing to find its feet and engage with various community groups, albeit a little slower than usual over the summer as we all enjoyed some time off and the lovely weather.

Update:

- The allotment project, which has attracted a generous grant from the SSE Community Benefit Fund, is applying for the necessary planning permission and finalising lease agreements. We expect to be operational for the coming growing season.
- As the proud owners of the Cat Lodge red telephone kiosk, we are interested to hear from folk, especially in that area, what they might like to see done with it.

Do you have ideas for projects that would benefit Laggan that you would like to see happen? Explore, make it a reality, speak with us, there is a lot of money in the SSE Community Benefit Fund that needs spending on the right projects. We're not going to do it for you, but we can help you get the right projects off the ground.

Community Supper Evening:

- We are planning a social evening on 6th November, look out for further details on social media and info@laggan emails.
- One of the challenges Laggan faces is having enough people willing to do stuff. There are a number of great folks involved, often in several ways, but we need more folks to stand up for Laggan.

How can you get involved? To be able to engage in discussion and have a vote at the AGM is the easy bit - just sign up as a member – you do not have do anything! But the more members we have the better for our community as we apply for funding. Contact secretary@laggancdt.org

Help make your community great!



White Chocolate & Raspberry Cheesecake

If you fancy something other than Christmas Pudding this year why not try this delicious recipe.

Ingredients:

- 125g butter
- 250g digestive biscuits
- 300g of frozen raspberries
- 400g mascarpone cheese
- 400g cream cheese
- 110g icing sugar (sifted)
- 1/2 teaspoon vanilla extract
- 220g white chocolate (melted)
- White chocolate buttons to decorate

Method:

Line the base of a 20cm / 8 inch cake tin with grease proof pater - a springform tin is ideal

Blitz the biscuits, melt the butter and combine, then press into the cake tin and chill.

Melt the white chocolate in a bowl over simmering water.

Whisk the cream cheese & mascarpone cheese together, add the sifted icing sugar & vanilla extract, mix then whisk again briefly.

Add the white chocolate while whisking slowly.

Fold in the frozen raspberries & add to the chilled biscuit base then put in the fridge to chill.



Vet Talk Winter Poisons

Trevor Warner MRCVS

Winter time can present with many potential poisons/toxins for dogs and cats so here is the article again.

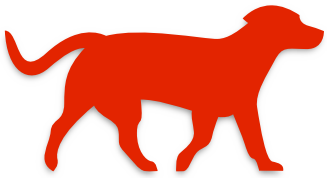
If your pet does ingest any of the following, always contact your vet as soon as possible for advice, as often action is needed in the first few hours. However, the best advice is to try and avoid your pet(s) coming into contact with them in the first place ...

• **Antifreeze:** Some pets are attracted to the sweet smell and taste. Antifreeze is very toxic if ingested and can cause fatal kidney failure.

• **Rodent Poisons:** In winter people tend to have more problems with mice and rats and therefore more rodent poisons tend to be used. There are many types, but all will cause severe effects if ingested.

• **Ice melt products:** Most of these products contain salt (sodium chloride) and small exposures typically lead to stomach upset and paw pad irritation., Large ingestions can result in salt poisoning which is potentially dangerous.

• **Plants:** There are many popular winter plants and flowers that can cause serious symptoms ingested by dogs and cats. These include:



• Holly and mistletoe including their berries.
• Christmas cactus
• Poinsettias
• Amaryllis
• Japanese Yew (used in flower arrangements).
• Lilies - certain lilies are very toxic to cats (can cause kidney failure) and even contact with the pollen can cause effects.



• **Grapes/raisins/currants:** Ingestion can resulting acute kidney damage. The mechanism of action is unknown and not all dogs are affected BUT ingestion in all dogs should be avoided.

• **Onions:** All types of onions (fried, diced, raw, powdered) are very toxic to dogs and ingestion can result in severe anaemia.

• **Chocolate and Cocoa:** Chocolate contains theobromine and caffeine, which in sufficient levels can cause severe and sometimes fatal effects. Dark chocolate, baking chocolate and cocoa powder have the highest concentration of these toxic substances.

• **Sugar gums and candies:** These contain a sweetener called xylitol that can lead to a life threatening drop in blood sugar levels in dogs.

• **Human medications:** During the winter months people often suffer from colds and flu and it is important not to leave medications in reach of pets as many can be very harmful if ingested e.g. Ibuprofen, aspirin and paracetamol.

Information

Church of Scotland

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Community Website

www.laggan.com

Laggan Church Partnership

Contact: lagganchurchscio@gmail.com

Laggan Community Council

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Laggan Community Development Trust

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Laggan Community Hall

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Laggan Community Housing Ltd

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Laggan Forest Trust

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