



ISSUE 157

JANUARY 2017

MANOR & CASTLE NEWSLETTER



Manor & Castle Newsletter

Special points of interest:

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- Councillor's Comment's
- Local information

Chairman's Comments

A happy new year to everyone and hope it's a good one and welcome to our first newsletter and meeting of this year.

I hoped the annual lunch on 11 January was good and that everyone had a good time.

Scotland's shoppers can often experience problems when buying food and drink, according to a new report published by Citizens Advice Scotland. The report shows that In the last 18 months the Scottish CAB service has dealt with over 1,000 requests for advice on food and drink issues – mostly reported to their consumer helpline. The problems include scams, counterfeit goods, in-accurate labelling, sale of food past its 'sell-by' date, and food containing foreign bodies (e.g. dead insects).

In publishing the report - '*Eat Drink and Be Wary*' - CAS is today urging all Scots to know their rights as consumers and to fight back against such instances.

As consumers there are few things more important than the food that we eat, and give our children to eat. We should be able to expect the best possible quality and service from anyone who sells us food and drink. Yet the numbers of calls to their consumer helpline show that many Scots are not getting that basic service, and too many traders are falling short.

This time of year seems like a good time to highlight that, and to remind people to stand up for their rights, and not to settle for bad quality. The Citizens Advice service is here to help you do that - whether you have been sold faulty goods, bad services or dodgy food and drink.

So our message to all consumers in Scotland today is be a savvy shopper! If you've bought something and it's not up to the standard you expect, you don't have to accept that. Complain, report the trader if serious and stand up for your rights as a consumer. It's a good motto at the start of a new year.



Roddy Nicolson

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Councillor's Report

I would like to wish you all a Happy New year and all the best for 2017. I hope you have made resolutions for the coming year.

Last week we had our senior citizens Christmas lunch and what an excellent event it was. Over 70 residents of Manor and Castle enjoyed the good food at the Caladh Inn. It is a great time to catch up with friends over some lovely food although I did take the pork instead of the turkey. We were spoiled again by the post-meal entertainment where some great traditional musicians from the Nicolson Institute played a few Scottish favourites. After the Nicolson pupils, we had Torquil , traditional gold medal winner give us two songs which were beautifully sung. To wrap up the day, we had Toshie give us a few lively numbers and he really is a great entertainer and all-round good guy!

Our offroad parking project, that has been ongoing for a while, should be commencing in the spring as we await for HHP to finally give the go ahead for their properties. This will make a huge difference especially in Assaye Place where parking has made it very difficult for the emergency services to get in and out.

We will have Comhairle meetings starting in the next week or so with regards to the budget setting process. A difficult time when cuts are passed on from Westminster onto local government. As at time when services especially care are under so much pressure.

I recently attended a presentation by the Western Isles Pregnancy Crisis Support team. I found the work they do of great value and hugely sensitive and I have printed their details below just in case you know of anyone who needs support with any aspect of pregnancy or the problems surrounding pregnancy.

Councillor Gordon Murray

Information at: www.wipcs.org

Tel: 07901 966101

E: support@wipcs.org

Western
Isles
Pregnancy
Crisis
Support

Free...

Confidential...

Caring...



Space to talk... Someone to listen... Space to talk...Someone to listen... Space to talk... Someone to listen... (SC042212)

Councillor Gordon Murray recently wrote a letter to Jeanne Freeman SNP MSP who is responsible for welfare and the new tax powers coming to Scotland:

Dear Ms Freeman,

I am writing to you as an elected member of the Western Isles Council.

The Scottish Government will be taking on the legislative responsibility for a range of benefits equivalent to 15% of the UK spend on welfare.

Currently, UK disability benefits are administered from locations as wide-spread as Blackpool, Leeds, Chester and Wembley. Building the infrastructure to support this new responsibility will be a major challenge albeit a positive one.

The economic impact of the investment in the infrastructure will be a welcome boost to any local economy and I write to ask if the Outer Hebrides can be considered as an administration location. The impact to the local economy, I believe, would be far more significant than if it were located in the urban centres. The demographics for the islands shows a worrying trend of a reducing working population.

At the moment, the Outer Hebrides would be an ideal location as according to the Office of National Statistics (ONS) the Outer Hebrides is the happiest part of the UK according to the latest wellbeing analysis.

Please advise your thoughts in this matter,

*Best wishes,
Councillor Gordon Murray*

Comhairle Invests Capital Funding in Sporting Equipment

Comhairle nan Eilean Siar has invested £340k of capital funding to install new gym equipment at all four centres throughout the Western Isles. The gym facilities at the Lewis, Harris, Liniclate and Castlebay Sports Centres will be closed for a period of time this week, with the most modern equipment in Scotland being installed at all four locations.

Councillor Catriona Stewart, Chair of Education and Children's Services, said: "This demonstrates the Comhairle's continued commitment to providing the best possible sports facilities throughout the Western Isles and to support members of the public to lead healthy and active lifestyles. I also warmly welcome the resulting community benefit which will see community centres and various community groups from Daliburgh to Ness, receive the existing equipment which had been used and well maintained at the four main sports centres. Our rural communities will now be in a better position to support and to encourage local health and wellbeing activities and events."

Communities such as Ness, Bernera, and Southend are amongst the communities benefiting from the equipment. For more information, please phone your local centre or check their Facebook page.

COOKS CORNER

Tasty Russian Pelmeni recipe

Most people associate pelmeni with Siberia, and many recipes and references to the dish call it "Siberian dumplings." The Russian variety traditionally is made of flour, milk, one egg, and salt. The dough is rolled out fairly thin, and cut in circles approximately two inches in diameter. The filling is usually a mixture of minced pork, onions, garlic, salt, and pepper.

Ingredients:

Dough: 3 c flour / 3 eggs / warm boiled water / 1 tsp salt (amount may vary to taste)
1 tsp sugar (optional)

Filling: 500 g beef / 500 g pork/ 1 onion/1/2 c beef broth/1 tsp salt /seasoning to taste

Method:

For making the dough: Sift the flour with the salt onto a smooth clean surface. Start adding the mixture of the liquids into the pile of flour in small amounts, trying to incorporate the liquid into as much flour as possible each time. After a while all the flour will be moistened; keep adding the liquid in small amounts, kneading the dough very vigorously after each time. The dough might seem soggy right after you add the mixture, but after you beat it for about minute, it takes in the moisture out, and more has to be added, actually. Keep adding the liquid until the dough becomes mixed throughout very evenly, soft enough to manage, but resilient to the touch, and very stretchy. I usually have 1 or 2 ounces left of the water mixture after the dough is done. Roll the dough into a ball, wrap in plastic wrap and place in the refrigerator for about 30-40 minutes.

For the filling: to save time, you can load all the ingredients into a good food processor with a meat-cutting blade, and ground them evenly, but not too finely. Add seasonings to taste. Now you are ready for the fun part.

To assemble pelmeni, first you have to make thinly rolled circles of dough. You may roll out large portions of dough and cut the circles out with a glass, or roll out the pieces of dough separately. The dough should be very thin, approximately 1/32 of an inch, and look translucent. While one person is making the circles, the others can be putting the filling by tablespoons onto the middle of each circle and sealing the meat tightly.

Fold the circle over in half, squeeze the edges together all the way around, and gradually pinch the edge down as you would on a pie crust, until it looks like a braid. To make the process go faster, you can use **Pelmeni mold**. When you are wrapping, please make sure there are no holes in the dough if there are holes, the meat tends to be hard after cooking. As you are making the pelmeni, put them onto a flour-dusted plate, and keep dusting between layers, so they don't stick together.



Highly recommended recipe!

To cook the pelmeni, bring a large pot of salted water or broth (for better flavor) to a boil, and load your pelmeni into the pot. They will be ready when they float to the top. Take the pelmeni out with a strainer, and serve hot, drizzled in butter, with lemon juice, vinegar and sour cream in separate dishes to be used as a garnish. You could also add a small salad made of coarsely chopped tomatoes and cucumbers in sour cream to add some refreshing color and a burst of vitamins. If you feel you have made too many pelmeni, feel free to freeze them before they are cooked; they keep in a freezer for a very long time.