

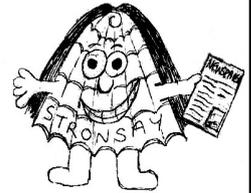


STRONSAY LIMPET

FUNDED BY STRONSAY DEVELOPMENT TRUST

ISSUE 105 March 2014

Published on the last Thursday of the month



STRONSAY HAS A NEW AMBULANCE

Scottish Ambulance Service have supplied a new ambulance to Stronsay. It is well supplied with equipment and the vehicle is 4WD. The responders Andy, Tracy, Marion and Viv with Shirley, the island nurse, and Rosalind, island GP, are photographed on the first weekend. Many residents came to inspect the ambulance on Sunday 23 March



AN INVITATION TO A WEDDING RECEPTION

All are welcome to celebrate our wedding day with us on the 12th April - reception in the Hotel from 6pm onwards. No presents please! Donations instead to Macmillan (Charity box on Bar).

Susanne and Ivan

The next edition of the [*Limpet*](#) will be published on Thu 24 Apr. Items for inclusion in that edition should be submitted by 7pm on Sun 20 Apr. Contact details on back page

BOWEL CANCER SCREENING

I apologise for bringing up this subject but have learnt that Stronsay has the lowest uptake of this screening test. So this month the surgery is promoting it and hope that those who have declined so far will take the opportunity to have the test.

The idea is to detect bowel cancer in the earliest stage so that treatment is much more likely to be effective. Those who are between 50 and 74 years will be sent the kit automatically every 2 years and those older can request tests. The small sample of poo is tested for traces of blood that are not visible to the eye - if positive then you will be offered a colonoscopy to check the bowel in more detail.

So, although it is a pooey subject, the test might save your life. Even if you have no symptoms you are advised to take the test. Pick up a leaflet at the surgery or check the Internet at www.nhsinform.co.uk/screening/bowel

Dr Roger Neville-Smith
23 March 2014

NEW STRONSAY TELEPHONE DIRECTORY

We are making a new Stronsay telephone directory. There will be copies of the old list and forms for any amendments in the shops. Please mark on the old list if there is a change and fill in the form with the correct new details. If you would prefer not to have your number on the list please cross it out. Any numbers from the old list will be automatically transferred on to the new list otherwise.

Thanks! Upper Primary, Stronsay School.

BLOW AWAY GARDENING TIPS MARCH 2014

No contribution last month - the weather was too horrible to think about gardening, but March has been promising Spring with some lovely warm days and much more light. My drowned raspberry beds have eventually been dug and I need to transplant them soon before they get too excited about the warm weather. Another raised bed is being prepared but it is hard taking back the turf when the ground is still soggy. I have topped up the beds with soil dug out of the house and hope that it is friendly to my plants.

I have been busy sowing seeds and incubating them on the surgery windowsill, this being the only place safe from the cats who like to dig sit and excrete in anything inviting. After hatching, the plants become rapidly spindly and in danger of collapse so my first batch are now risking hypothermia in the greenhouse.

Lighter days mean its full scale seed planting now - so no time to loose. All those winter jobs are now put back for another year

Roger Neville-Smith
21 March 2014



Your community
needs you!

Join the Board of the Successful Development Trust!

**Have you ever thought about standing for election as a director/trustee to help the Trust work towards a sustainable future for Stronsay?
All ages, skills, experience and interests are welcomed.
All contributions add up –
even if you don't have a lot of time to spare.**

The election of Directors will be held at the
Annual General Meeting on Wednesday 14 May 2014.

All the board directors are volunteers and there are 9 vacancies.

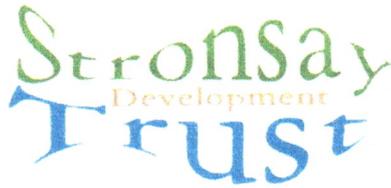
Nomination forms are available on the Trust's website and at Olivebank, Ebenezer Stores, and the Post Office.

The deadline date for nominations is **Monday 12 May 2014.**

Company Secretary
Stronsay Development Trust
Unit 1, Wood's Yard,
Stronsay
KW17 2AR



A Company Limited by Guarantee, Registered in Scotland
Company Number SC271553
A Scottish Charity, Charity Number SC038888
Registered Office: Unit 1, Wood's Yard, Stronsay, Orkney KW17 2AR



OLDER PEOPLE'S NEEDS IN STRONSAY

Owing to the refurbishment of the Community Hall heating and insulation the public meeting to consider the needs of older people in Stronsay will now be held on

29th April, in the New Hall at the Community Centre

Further information will be available nearer the time, in the April edition of the Limpet and on notices in the shops and post office.

COMMUNITY FUND UPDATE

At the Board meetings on 22nd January and 19th February 2014 two skills bursaries and two educational bursaries were approved

At the Board meeting on 22nd January 2014 the following grants were approved:

Stronsay Parent Council, for ITC and Literary Enhancement, £11,092.52

Stronsay Parent Council, for Athletic and Sports equipment, £4086.00



A Company Limited by Guarantee, Registered in Scotland
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LATEST BIRD SIGHTINGS

February ended with a few warm days when there was a noticeable influx of Shellduck and Oystercatchers. A flock of 20 Snow Buntings were feeding on the beach opposite the old slaughterhouse at Lower Whitehall on 28th but had soon moved on. A Merlin - seen by John and Rona from the house at Millbank - posed perfectly on a nearby fence-post the same day.

As ever there were a few frustratingly brief views of individual birds during the last month - not all identifiable, which is even more frustrating! Robin had distant views of an unidentifiable eagle species from Lodge; Fran and Jim had a quick glimpse of a lovely male Bullfinch perched on the fence-wires along the track to Banks, while from the bridge over the Mill Stream Sue and I had very brief - two-secondsworth - views of a Water Rail. Amazingly all three sightings were on 4th March! Only the Water Rail has been seen subsequently but only for a few seconds each time, scuttling along the muddy margins and creeping off under the irises outside the Lower Millfield garden. Water Rails winter on the island every year but are very hard to see. We have been lucky enough to have had a few sightings in our garden, and being omnivorous, the birds readily tuck into scraps left out for the common garden species (see photo



Water Rail outside the kitchen window at Castle - a very unusual garden bird !

The first Pied Wagtail of the year was at the Waterworks Pond on 7th March, and Mike at Linnabake had a Chiffchaff in the garden there the same day. An odd combination of new species for the year was recorded on 14th, when singles of Wood Pigeon, Rook, and Lesser Black-backed Gull were seen, the latter species fairly widespread by 20th. A Chiffchaff was in the Linksquoy garden on 18th while Sanderlings were still plentiful along St Catherine's Bay. This small, attractive little wader may also be seen in Mill Bay, Holland Bay, and Bomasty Bay as well as other shorter sandy beaches. The vast majority of these beaches are washed over at High Tide and the birds leave the area to roost elsewhere on a foreshore above the tide-line. For anyone wishing to see Sanderling, Bomasty Bay at low tide is worth scanning from the car. The birds in the photograph below were seen a few weeks ago and birds may still be seen around the island into early Summer by which time the majority have left for the breeding grounds in the High Arctic regions - the nearest to the UK being on the island of Spitzbergen!

(continued on next page)

With SE winds forecast during the next few days we may be enjoying an influx of finches - possibly Brambling and Chaffinches - by the time *The Limpet* is in print.



Sanderling at Bomasty Bay. March 2014

But far better than any of our Bird Sightings was the magnificent Aurora of 27th February - the best recorded on the island for well over ten years! The photos below were taken by Hazel at Airy. Hands up anyone who had a stiff neck next day!



Thanks for all the calls, John Holloway

LETTER FROM SCHOOL PLACE

As you may have heard on Radio Orkney or read in The Orcadian, at the General Meeting my amendment calling for a report on the possibility of polling stations being reinstated in the Isles was unanimously accepted. (This is in addition to my call last month for OIC to investigate providing a “special collection” for postal votes.) Observing what is going on elsewhere, I believe we cannot afford to become complacent about our own democracy, and currently the residents of the Isles are getting a little less of it than their counterparts on the Orkney Mainland.

I attended a meeting of the Sanday DT’s Recycling Sub-Group and obtained a preview of the Heritage Centre in Lady Village, which is nearing completion. It is good to see this project reaching fruition. At last there will be a permanent place to preserve the island’s historical artefacts. The old Temperance Hall will also incorporate two business units, long-needed facilities which are just the sort of development required to contribute to Sanday’s economic sustainability. One has already been earmarked as the new home of the ever-popular Re-Use Centre.

All but three islands sent representatives to the Our Islands Our Future meeting for North and South Isles community councillors. At the end of the final public meeting the same evening at KGS, I took all the remaining leaflets, brochures, questionnaires and car stickers to distribute, as I travel around, to Kirkwall Airport and onto the inter-island ferries in order to ensure the North Isles’ public also have access to the literature. If any Isles’ community councils, schools, surgeries, etc. also want copies to distribute, please let me know.

On a blustery afternoon, I joined some primary pupils in assisting Monsieur Antoine Pietri to transfer the tiny “troot in the shed” at Sanday School into Bea Loch. A photograph of the tail-end of a whopper that a dog brought home from the loch (probably stolen from a dining otter) demonstrated the potential of these petits poissons.

As Orkney’s beekeeping councillor, along with OIC officials I engaged (via video conferencing) with Steve Sunderland and Alison Knox of the Scottish Government’s Bee Inspectorate to look at a way forward to statutorily protecting Orkney’s honeybees from the parasitic Varroa mite, which has been so devastating to bee populations almost everywhere else in the world. This was an initiative I took up almost as soon as I was elected to OIC, and I hope we can overcome the seemingly inevitable bureaucratic hurdles to gain this protection before it is too late. In the meantime, I implore all existing and aspiring beekeepers not to import bees into the county.

Following our latest meeting of the Orkney College Management Council, Prof. Donna Heddle gave members a very inspiring presentation on the past, present and future of the Centre for Nordic Studies. In just six years it has grown from an office containing herself and a part-time secretary into an internationally recognised academic teaching and research institute, attracting research grants and business income. Overall, its activities have caused the creation of over 80 jobs in Orkney and Shetland, from academic positions to foreign language tourist guides.

(continued on next page)

At the Licensing Board meeting, I was happy to propose (successfully) acceptance of the variation of the premises licence for Westray's Cleaton House Hotel. Following a full 2 hours of debate on an application for a betting premises licence in Kirkwall, my motion for rejection was passed by a majority. There was much concern about the nature of the prospective betting establishment's gambling machines, and my basis for rejection was the Board's statutory responsibility to protect vulnerable persons from being harmed and exploited by gambling. Rejection was the only way I could see for us to ensure 100% odds of achieving this within our limited remit of regulating gambling premises in Orkney.

This month I attended community council meetings in both Stronsay and Papay, but once again short notice prevented my getting to North Ronaldsay's. However, having now been given sufficient advanced warning, I now have secured a seat on the plane to go out there on the 8th May (and come back). I shall also be going out to Rousay on Saturday 12th April for the Rousay, Egilsay, Wyre & Gairsay CC meeting. If anyone on any of these islands wishes to see me while I'm visiting, please do not hesitate to get in touch. (From now on I intend to notify folk of when I'm coming as well as when I've been.) Stronsay and Papay are pilot communities for "Empowering Communities", and it was Papay's turn to receive a presentation on how this initiative should promote joined-up thinking and sensible use of the skills and resources already present on each island.

Several ward constituents have contacted me about flooding. I have been advised that the Council is busy carrying out flood-related work resulting from both coastal erosion and damage caused this winter, and that longer-term studies are being conducted on flood defences. OIC has a duty to maintain records of flood events, and such information should be passed on to the Flood Risk Management Team, Engineering Services, OIC, School Place, Kirkwall KW15 1NY or by e-mail to engineering.services@orkney.gov.uk in order that solutions may be developed and funding accessed. Ideally, this should include details of the severity, regularity and number of properties and/or infrastructure affected by the flooding, and photographs or sketches if possible.

Well, the official council photograph has at last been taken. Like most of the gentleman councillors, I wore my Council tie

.... and so did the two lady councillors!

Stephen

Cllr Dr Stephen Clackson

West Manse, Sanday

stephen.clackson@orkney.gov.uk

IN NEXT MONTH'S LIMPET

Jenny Stone has written an excellent article about "home care" on Stronsay but it has had to be held over until next month because there was so much to pack into this month's edition.

SIXPENCE TO SPEND

By Ellie from Newfield

Half a crown, the going rate
Our pocket money back then!
Fifty years ago and more,
Times we'll never see again.
Two bob was for the Post Office,
Written in our book each week
Leaving us a shiny sixpence
And excitement robbing our speech.
The sweet shop our destination
Where 'bullits' were for sale,
The stickier the better
As we cruised that wonderful 'sugar trail'.
Granddad would visit on Fridays
When he'd often give us a 'bob'.
"A gobstopper is my advice" he'd say,
"But I doubt it'll do the job".
A joker was me granddad
And he was always good for a tanner.
He'd raise his hat to the ladies
For he'd such a lovely manner.
Aladdin's Cave was the sweet shop,
Complete with a bell on the door,
Surrounded as we were by treasure
At which we would stare in awe.
Pink and white sugar mice,
Head to tail - pure temptation.
Bull's eyes, liquorice, lollypops,
We children bathed in elation.
Children still buy their sweets
I'm very sure about that
But I'd be almost certain
Gentleman no longer raise their hat.

©*Helene Harrison*

LOCAL BUSINESSES

STRONSAY HOTEL

The Stronsay Hotel is offering take away meals from 5pm daily (earlier if required). This menu is also available to eat in at the hotel (for a small extra charge) with the addition of some fine Orkney beef steaks, Rump or Sirloin the choice is yours.

Phone 616213

TAKE AWAY MENU

Homemade lasagne plus chips	£4.95
Homemade sausagemeat pie plus chips	£4.95
Homemade chicken curry plus rice or chips .	£4.95
Homemade chicken pie plus chips	£5.50
Breaded haddock plus chips	£5.50
Breaded wholetail scampi plus chips	£6.50
2 sausages plus chips	£2.40
2 fish fingers plus chips	£2.40
Portion of chips	£1.20
Portion of cheesy chips	£2.00
Portion of onion rings (8)	£1.00

STRONSAY ARTWORKS

Original paintings of Stronsay Landscape; Limited edition prints, greetings cards and postcards which are available for sale at local shops, Post Office, Hotel, B&B's and the Fishmart. Commissions taken.

Phone 01856 870075

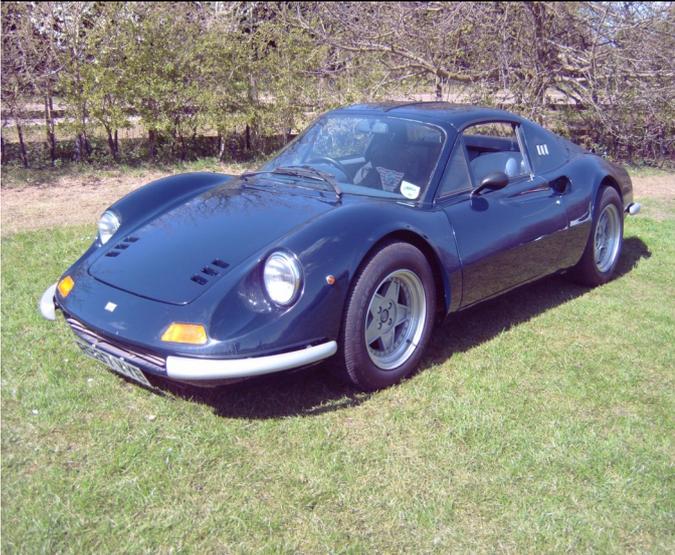
<http://www.jennystoneart.com>

Email jennystone001@btinternet.com

Business adverts

Up to 25 words - £1.50. 25 word advert with photo - £3. 25 to 50 words - £3 and so on. The cutoff date for adverts to be included in the next edition of the *Limpet* is on the front page
Contact details for the *Limpet* are on the back page

LOCAL BUSINESSES



“NEIL’S ON WHEELS”

All mechanical work undertaken, ECU/
ABS/airbag diagnostic testing, welding
specialist, MOT prep work, home start,
towing service.

MOBILE: 07723 304 260

HOME: 01857 616454



ORKNEY STAR ISLAND **SOAP**

www.orkneystarilandsoap.co.uk

Winter Sale still on! Big discounts on
end of line and discontinued soaps. Availa-
ble from Olive Bank, Ebenezer Stores,
Stronsay Post Office and my online shop.
Don't miss this opportunity to stock up
your bathroom! Also very popular to send
as special, hand-made in Stronsay gifts.
Long-lasting, they're made with carefully
chosen ingredients, so not only do they
look & smell great, but they also help care
for your skin without the drying effect
some other soaps have. Hurry while stocks
last!

**The Spring is Sprung
The Grass is riz
I wonder how my boiler iz?**

How is your boiler?

**Its worked hard all winter and hopefully kept you warm.
As spring arrives and the weather warms up why don't you say thank you to
your boiler and reward it with a well deserved service**

**For all your boiler repairs and servicing
Call Mike on 616339**

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LOCAL BUSINESSES

R.A.M GROUND DRILLING

OFFERING YOU THE CHOICE TO END YOUR RELIANCE ON EXPENSIVE MAINS WATER AND INVEST IN YOUR OWN PRIVATE FRESH WATER SUPPLY. SET UP COSTS 100% RECOVERED IN 2 - 4 YEARS (dependant on farm size) LEAVNG YOU WITH ANNUAL RUNNING COSTS OF AROUND £30 PER YEAR. WE ARE SURE YOU WILL AGREE THAT IS MUCH MORE ACCEPTABLE THAN £800 - £2000 PER YEAR. (Also drilling domestic supplies too)

IF WE CAN'T FIND THE WATER YOU WONT HAVE A BILL TO PAY.

LET THE GOVERNMENT PAY TO HEAT YOUR PROPERTY WITH A GEOTHERMAL BOREHOLE.

From April 2014 the government are introducing a feed in tariff for geothermal ground source heating similar to that already paid on solar panels and wind turbines. For a domestic property they will pay you 19p per KWh used for a fixed term over 7 years and for commercial properties they will pay you 9p per KWh used for a fixed term over 20 years. We are now equipped to drill and install geothermal boreholes that would be connected to a property's ground source heat pump fitted by an MCS approved installer. If interested you can visit this website via http://www.icax.co.uk/RHI_Domestic.html for more detailed information or give us a call for a chat.

What's the complete cost of a well water borehole installation?

The installation can be split into two parts, firstly the drilling, lining & grouting of the borehole and secondly the installation of the submersible pump, pressure set, pipework, electrics & construction of a simple well head housing. We don't actually get involved in the second part but we are more than happy to give you free advice on what you will need, where to buy it, how much it will cost and how to put it all together yourself. It really is all very simple.

FIRST PART :- We will identify the best location for your well, drill the borehole, install a full depth plastic liner & grout the top of the liner to prevent the ingress of surface water. The cost for drilling the well varies depending on how deep we have to drill before we hit an adequate supply. Unfortunately, it is impossible to predict exactly how deep a borehole must be drilled before adequate water is reached, but height above sea level give a rough indication and depths less than 200 foot are more common than depths over 200 foot. (We don't drill deeper than 300ft.) If we fail to find water in the first borehole we will drill a second hole for free (there is no further charge for drilling beyond the depth of the first hole). Once we find adequate supply you would be charged on the depth of the first borehole only. We are so confident of finding you water that we operate a policy of "no water = no fee" so there really is no risk! Our basic charge is £2'000 for up to the first 100 foot drilled and thereafter £10 per foot for every foot drilled beyond that. Our charge for the 110mm plastic liner pipe is £1.25 per foot fitted and grouting is free. (Vat should be added to the above figures.)

SECOND PART :- Borehole pump, pressure set, pipe, electrics & simple well housing. If you budget this at £1'000 you should not be disappointed. But could cost more if borehole is located further from property.

The regulations state that if the hole is less than 1650 foot deep and you don't use more than 10 metric tons of water per day you do not require permission or a licence for a borehole on your own property.

Please feel free to contact us below for a free no obligation site visit & quote. Thank you.



RAM GROUND DRILLING, THE MILL, WYRE, ORKNEY, KW17 2QA

Email :- ramdrilling@btinternet.com

Tel :- 01856 821 367

Mob :- 07900 440971

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY HEALTHY LIVING CENTRE **EXERCISE REFERRAL SCHEME**

Staff at Stronsay HLC are delighted to announce that the GP (Exercise) Referral Scheme is now up and running. We wish to say a huge thank you to Stronsay Development Trust for helping us to provide this service which will, we hope, benefit islanders both now and (possibly) years to come with money from the Community Fund.

Two referrals have very kindly given their full consent to be identified and have also provided us with the following testimonials:

Butch: 'Before I started on the scheme I was concerned about my ability to exercise at my age, now I look forward to coming, am already feeling the benefits and sleeping better.'

Flo: 'Feeling a lot better, more flexible and really enjoying the banter...keeping better all round. We feel we are getting the best advice and training, Julie and Andy are very professional, putting us at our ease and making us feel very comfortable.'

Butch adds: 'Where else could you get one to one personal training and supervision, we really enjoy coming.'

Well, we really enjoy having you Butch and Flo! (we'll put the tenner in the post tomorrow haha)

Thanks also to you both for your willingness to take responsibility for improving your own health and wellbeing and showing the way for others to follow in your path. Finally, thank you to our doctors and nurses without whom the scheme could not happen.



Announcements by charities, local groups, clubs and organisations are FREE!

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GROUPS, CLUBS & ORGANISATIONS

Stronsay Community Association

Coming soon.....

**The
ADHOC Players
Present....
'Baby with the bath water'**

Saturday 31st May 2014

More details in next month's Limpet...!

STRONSAY COMMUNITY PLAY-PARK ACTION GROUP

Our next meeting will be held at the Community Hall on Thursday 24th April at 7.30pm
All welcome

Thank you so much to everyone who has helped to raise the fantastic amount (so far) of almost £450 at Ebenezer's. Thank you also to anyone who has donated or helped out in any way so far.

M Dennison

KIRK NEWS

Services each Sunday at 11am in the Church Hall

- 30th March – John Little
- 6th April – Martin Prentice
- 13th April – John King (Palm Sunday, John is Nurse Shirley's dad)
- 20th April – David Bowen (Easter Sunday)
- 27th April – Mike Erdman

Extra Easter Services

- Maundy Thursday (17th April at 7.30pm – David Bowen)
- Good Friday (18th April at 7.30 pm – David Bowen)
- Easter Sunday Breakfast (20th April - see page 16 of this edition of the Limpet)

Looking ahead –The kirk has been granted use of the Blue Door in August. If you are having a 'clear out' and have items you'd be willing to donate these will be gratefully accepted and can be stored in the Manse until they are required.

GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY ASSOCIATION

Easter Bring and Buy Sale

Saturday 19th April 2014

At 7.30pm in the Hall

RAFFLE, SUPPER, 100 CLUB DRAW

Splat the Rat!

Sweeties in the jar

Bottle stall

Tombola - Quizzes

Quizzes - Ping Pong Game

Face Painting

Guess the weight of the cake

COMPETITIONS FOR CHILDREN

Get Creative in the Easter Holidays!

5 YEARS AND UNDER

6-8 YEARS

9-12 YEARS

~

Decorated Easter egg

Easter Bonnet

Easter Card

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Moncur Memorial Church Easter Celebration

Join us early on Easter Sunday morning as we remember Jesus' resurrection.

Weather permitting we will meet at St. Johns Hill at 8:15am for a short time of Easter hymns, readings and prayer.

A breakfast of Hot Cross Buns will then be served at the church at 9:00am.

Followed by an Easter Egg hunt for the children.

Either meet at the church at 7:30am to walk to St. Johns Hill or join the walkers at any point along the way.

All are welcome

GROUPS, CLUBS & ORGANISATIONS

SOS CONCERT

On Saturday night there was an SOS concert at 7.00 at the community centre and it finished at quarter past 10.

When people got to the SOS concert we were selling popcorn at the entrance.

One of the acts was upper primary. When they did the song o you canny shove your granny off a bus and Mr King was the granny it was fantastically funny.

The best act was thriller because they had learned it very well. The makeup was the best I had seen, it was very cool.

At the break there was drinks and a lot of cakes, they were so tasty you would drool looking at them and the drinks were tea and coffee and squash for the kids and there was a raffle. There was a lot of raffle prizes.

At the end people said it was very entertaining. We raised £547.20 for the school!

By Ben Evans



THANK YOU!

The SOS committee would like to say a huge thank you to everyone who participated in our Variety Concert. You were all fantastic!

Also to everyone who donated raffle prizes, those who baked, those who helped with make up and props, those who helped in general and those who turned up on the night ready to enjoy an evening of local entertainment. The event raised **£547.20**

Thank you one and all!

(Some photographs of the concert - taken by Hazel Shearer - are on the next two pages. On the printed version of the Limpet these are small and in black & white; the online version has larger versions in colour)

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(more photographs on next page)

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY STITCHERS

Next Month's Gathering

Will be on Thursday 24th April in the Church Hall, from 7 – 9.30pm. Why not pop in for a cuppa, a chat and finish up or start a new project. Refreshments available. £2 per person to cover costs. We look forward to seeing you then!

Stronsay Craft Fair Update

We are hoping to be able to hold a pre Easter Craft Fair. As the *Limpet* goes to press we're still working on tying up loose ends, so can't give you any firm details just now. Posters will go up in the shops to let you know nearer the time.

Great Scottish Tapestry

As many of you will remember, round about this time last year lots of folk in Stronsay were busy stitching away on the panel that Orkney agreed to embroider. A book has been published featuring all the panels of the entire tapestry. It's an incredible piece of work, all done voluntarily by dedicated folk throughout Scotland and represents many hundreds of hours of unpaid work.

Despite all our efforts, Orkney didn't just manage to finish our panel before the deadline, so it went back to Scotland to be finished there. If you look carefully at the top left-hand corner we're there – a limpet! If you look at the bottom right-hand corner we're there – a map of our island! “But,” I hear you exclaim, it says...Westray!!” Ah well, there's quite a good chance that the naming of the island wasn't stitched in Orkney, so that would explain it right enough! The organizers have been notified in very clear terms of their error and have promised to make good and put it right.

Another half panel about the whaling was stitched later in Stronsay by some very keen and talented folk whose names appear on the text accompanying the photo.

All photos and text reproduced with thanks from “The Great Tapestry of Scotland” by Alistair Moffat.

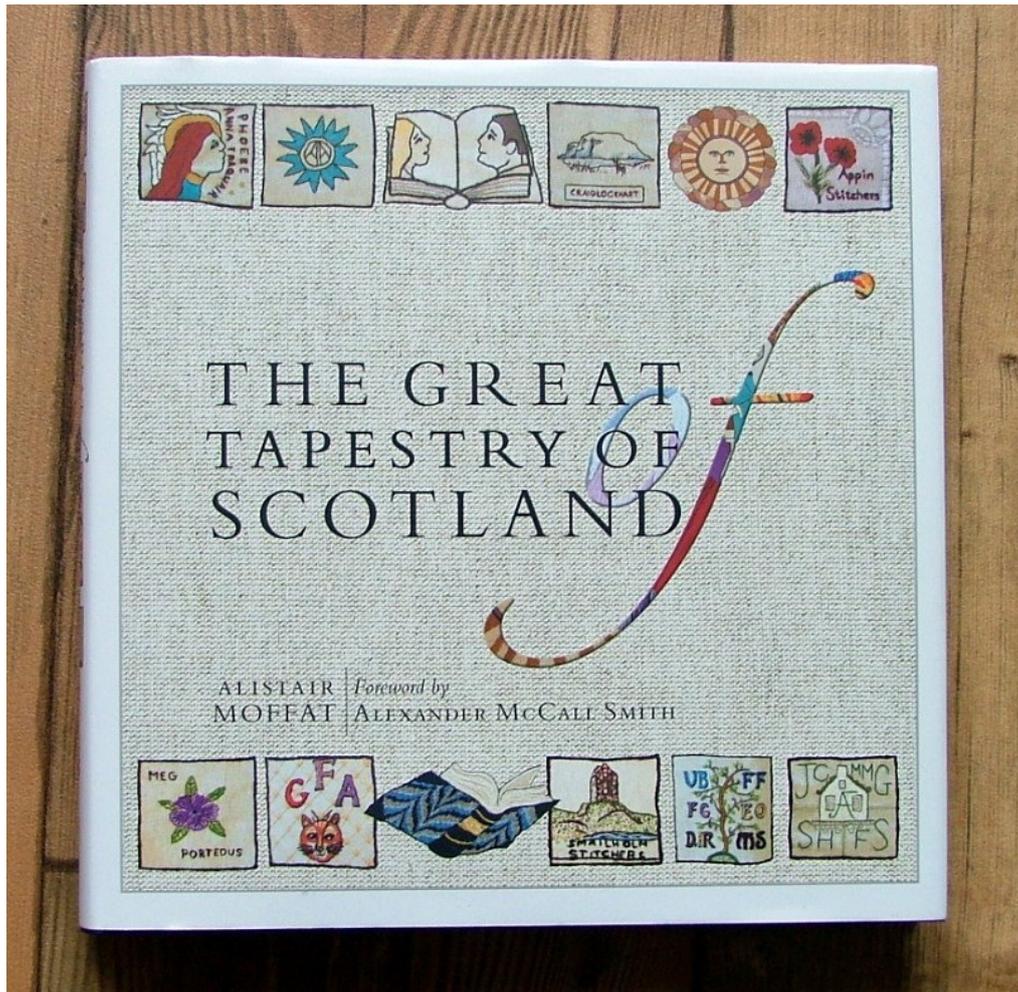
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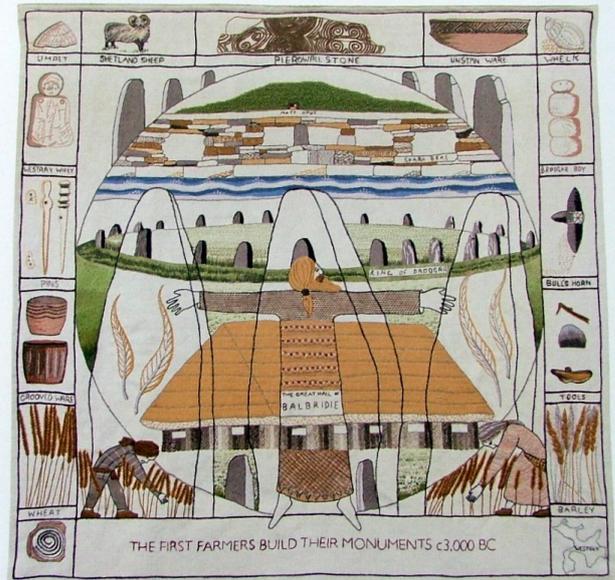


PANEL 7 The First Farmers

Panel stitched by:
Jo Constantine
Frances Gardiner
Rosaland Neville-Smith

Stitched in:
Orkney, North Berwick

In the years around c. 3,000 BC, the greatest revolution in Scotland's history took place. Farmers crossed the North Sea from Europe and they brought new techniques of cultivating crops and domesticating animals. Life changed utterly and amongst many spectacular monuments to the productivity of the farmers were the great stone circles of Orkney and the large timber halls built on the banks of rivers in eastern Scotland at places such as Balbridie, Claish and Kelso. The population grew very quickly particularly as a consequence of growing cereal crops. It turns out that the invention of porridge changed the world. In hunter-gatherer societies infants with soft baby teeth found the wild harvest of roots, fruits, nuts and berries difficult and consequently they were breastfed for much longer. While nursing, women generally cannot conceive and so the birth interval was long. When cereal cultivation began, the dried or charred grains could be mashed into a protein-rich porridge and fed to infants. This allowed mothers to stop breast-feeding earlier and it greatly reduced the birth interval so the first farmers began to have much larger families. And the production of food surpluses in good years allowed these growing communities the time to do work not associated with agriculture – the building of the great religious monuments of prehistoric Scotland.



(more photographs on next page)

Announcements by charities, local groups, clubs and organisations are FREE!

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GROUPS, CLUBS & ORGANISATIONS

PANEL 124 Whaling

Panel stitched by:

Rebecca Fish
Alasdair Fish
Rosalind Neville-Smith
Joyce Peace
Hazel Shearer
Molly Shearer
Leah Shearer

Stitched in:

Orkney

Demand for whale oil for use in lighting drove a major expansion in whaling. Out of ports such as Dundee and Peterhead, whaling ships sailed the Arctic but overfishing seriously depleted stocks. In the early 20th century, Christian Salvesen established a whaling station in Shetland as well as one in the Antarctic on the island of South Georgia. Salvesen became the largest whaling company in the world in part because of their pioneering use of the entire carcass of the whale. By the end of the 20th century, stocks had dwindled so alarmingly that a complete moratorium had to be imposed to allow species to recover.



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GROUPS, CLUBS & ORGANISATIONS

BAG THE BRUCK (Beach Cleaning Event) 2014

11th, 12th & 13th APRIL 2014

**ANYONE WISHING TO TAKE PART IN THIS WORTHWHILE EVENT
SHOULD CONTACT: ANNE BIGNALL.**

PHONE: 01856 831031 during office hours

EMAIL: info@bagthebruck.co.uk

ANNE WILL PROVIDE GLOVES, BAGS & HEALTH AND SAFETY INFORMATION.

**COMMUNITY COUNCIL SPONSORSHIP IS AVAILABLE FOR THIS EVENT.
ANY GROUPS WISHING TO APPLY FOR SPONSORSHIP BY THE COMMUNITY COUNCIL MUST NOTIFY THE CLERK IN WRITING BY FRIDAY 4TH APRIL 2014.**

COLIN McALPINE,
CLERK,
STRONSAY COMMUNITY COUNCIL
THE HILL,
STRONSAY,
KW17 2AT.

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY COUNCIL

Chairperson: Adrian Miller, Blinkbonny, Stronsay, KW17 2AF. Tel: 616354

Clerk: Colin McAlpine, The Hill, Stronsay, KW17 2AT. Tel: 616446

GRASS CUTTING TENDERS 2014

Stronsay Community Council hereby invites tenders for the following contracts. Details and application forms are available from the Clerk and must be returned by noon on Monday 7th April 2014:

- Maintenance of Bay Burial Grounds
- Maintenance of Village Burial Ground
- Grass cutting at St John's Viewpoint
- Grass cutting of Picnic Site at Ayre of the Myers
- Grass cutting of Village Area – Royal Bank to Strynie
- Grass cutting at Stronsay War Memorial
- Grass cutting of area behind 7 & 8 Council Houses

Please note that as there are separate contracts for each of the above listed areas, it is possible to tender for them individually.

Colin McAlpine,
Clerk to Stronsay Community Council,
The Hill,
Stronsay,
KW17 2AT.
Tel: 616446

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GROUPS, CLUBS & ORGANISATIONS

Stronsay Swim Challenge 2014

Stronsay Swimming pool is having a swim challenge on the 27th of January to the 29th of March (so you have 9 weeks to do it).

We will be having it at the Stronsay pool.

It is a sponsored event to raise funds for our swimming pool. It is open to all people of all ages.

You could do it in the public, private or swim club sessions and keep your record card updated as you progress.

Contact Mairi Dennison for more details/to sign up! (Tel: 616238)

You can choose from 5 different distances:

- 1: School to Schoolhouse: 16 lengths
- 2: length of the Meikle Water : 50 lengths
- 3: around the Huip Holm : 167 lengths
- 4: around Papa Stronsay : 334 lengths
- 5: Stronsay School to Eday School : 668 lengths

Get fit and help our pool

By Ben Evans and Aimee Stout

THE STRONSAY SWIM CHALLENGE ENDS THIS SATURDAY 29TH MARCH.

We will provide a report next month. Well done to all those who have been taking part! Could you please ensure any sponsorship forms and money collected is handed in to me by Saturday 12th April.

Thanks! Mairi Dennison

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY DIABETES SUPPORT GROUP

The next meeting will be held in the Community Centre on Wednesday 2nd April at 3pm

NOTE CHANGE OF DATE!

**QUIZ NIGHT
& SUPPER**

FRIDAY 11TH APRIL 7.30PM

COMMUNITY HALLS

Teams of 4-6

Prize for the winning team.

£3.50 per head to include Ploughman's Supper (Children £2.50)



Bar open 7.15pm.

RAFFLE (donations of prizes gratefully received)

**FUNDS BEING RAISED FOR STRONSAY DIABETES
SUPPORT GROUP.**

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY SWIMMING POOL

The current timetable is:

Monday

7.20 - 8pm public session

8 - 8.40 adult lane

Wednesday

3.20 - 4pm Beginners, developers and c squad

7 - 8pm B squad

8 - 9pm A squad

Thursday

7 - 7.40pm private hire

7.40 - 8.20pm public session

Saturday

2 - 2.40pm private hire

2.40 - 3.20pm Public Session



Crossroads Orkney have been contracted to provide an additional new service on a 12 month pilot basis only, funded through the Change Fund, to offer direct care and support to people who are living on their own and do not have a carer to provide support. This new service is available on Sanday, Stronsay, Westray, Hoy and Shapinsay. This is to meet the needs of people for care and support where there has been an unpredictable increase in their care needs and generally to be delivered as part of a short term/unplanned package of care in conjunction with other services.

This is a new service for Crossroads Orkney whose core business is to provide respite services as support to carers of people with support needs. Please make referrals directly to **Crossroads Orkney** by contacting **Olivia Tait** at the Travel Centre, West Castle

GROUPS, CLUBS & ORGANISATIONS



WANTED - VOLUNTEER HEALTH WALK LEADERS.

NHS Orkney is looking to further develop the existing Orkney Walking Groups throughout Orkney to include all mainland parishes and isles.

Hoping to recruit and train at least one Volunteer Health Walk Leader from each area, we are looking for volunteers with good local knowledge and community links who are willing and able to lead regular, ongoing, weekly community walks in their area. Can you help?

Volunteers will receive free Health Walk Leader training delivered locally and ongoing support from a local coordinator.

Although walking groups are open to everyone, targeted at inactive adults, Volunteer Health Walk Leaders, help individuals to become and stay active through led health walks and the promotion of independent walking activities.

Benefits of being a Volunteer Walk Leader include:

- * Learn new skills,
- * Play a bigger part in your community,
- * Have increased motivation and gain a sense of achievement,
- * Boost career options,
- * Develop a new interest,
- * Meet a diverse range of people,
- * Be a role model for friends, employer and family,
- * Improve your communication and interpersonal skills,
- * Improve your confidence and well being,
- * Enjoy more fresh air,
- * Explore your local area,
- * Improve your own physical and mental health.

If you have any questions or are interested in becoming a Health Walk Leader please contact Jessica Jones. Orkney Walking Groups Coordinator. Health Promotion Department, Balfour Hospital, Kirkwall, Orkney. KW15 1BH; Telephone: 01856 888180 or Email: jessicajones@nhs.net

For further information please go to: <http://www.pathsforall.org.uk/pfa/training/volunteer-walk-leader-training.html> or pathsforall.org.uk for more background reading.

GROUPS, CLUBS & ORGANISATIONS (continued)

MOBILE LIBRARY

Next visit:

MONDAY 7th April

Council Houses: 8:45—9:45

Stronsay School: 10—12

Stronsay Kirk: 12:30—3

Fishmart: 3:15—4:45

Mobile library schedule http://www.orkneylibrary.org.uk/html/mobile2_timetable.htm

Kirkwall library contacts - 01856 873166 or general.enquiries@orkneylibrary.org.uk

Kirkwall library website - <http://www.orkneylibrary.org.uk>

Kirkwall library online book catalogue - <http://212.219.208.10/TalisPrism>

Check new library opening times

www.orkneylibrary.org.uk/html/opening.htm#NewHours

FRIDAY NIGHT GAMES CLUB

Ages 10 or over only

Friday night 8pm until 10pm

Entrance £1

Come along for a fun filled night

Air hockey table

Pool table

Play station 2

Nintendo WII & Sing Star

Snooker

Juice, crisps and sweets available

STRONSAY COMMUNITY ASSOCIATION

Rooms for hire from only £2 per hour plus hydro charge.

Special event coming up? Why not hire the disco equipment with rotating glitter globe and pulsating coloured lights for only £5 plus room and hydro charge? A DJ from the Hall list must be used.

Also available for hire: badminton, table tennis and snooker all at £2 per hour plus hydro. All equipment provided.

Adult supervision (over 18) must be present during hire.

For details and booking contact Colin on 616446.

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USEFUL INFORMATION

POST OFFICE OPENING TIMES

Monday 8:30—12
Tuesday Closed
Wednesday, Thursday, Friday 9—12 and 1—3
Saturday 8:30—12 and 1—3

Post collection times 07:30, Monday to Saturday
Replacement bin bags. Telephone OIC (Technical Services) on 01856 873535
Sunday service at the Kirk 11 am (see <http://tinyurl.com/kvk5gfp>)
Our Lady's chapel, pier head Daily Masses at 7:30 am and every Sunday at 9 am
Next Special Collection ?
Rubbish collection Tuesday (bags out ready by 9am)

Doctor	616321	Balfour hospital	01856 888000
Nurses	616480	Hydro	0800 300 999
Medical emergency	01856 888000	All water enquiries	0845 601 8855
Registrar	616239	Kirkwall Library	01856 873166
Hall bookings	616446	Kirkwall Police	01856 872241
Post Office	616278	Vets:	
Companions	616261	Flett & Carmichael	01856 872859
Kirk	616311	Northvet	01856 873403
Stronsay Hotel	616213	Dentists:	
Olivebank	616255	Great Western Rd	01856 879683
Ebenezer stores	616339	King Street	01856 875348
Neil's on Wheels	616454	Earls Palace	01856 872958
Taxi	616335	Golgotha monastery.	616210
Castle Bird Reserve	616363	Email contact@the-sons.org	

JIM HOLLAND HAULAGE—DELIVERIES

Catalogue deliveries made on Tuesday and Friday only.
Large items will be delivered on Saturday.

HOW TO CONTACT THE [LIMPET](#)

Send an email to stromsaylimpet@btinternet.com, phone Bruce Fletcher on 616297 (after 10:30 & before 21:00, please!) or write to *The Limpet, Claremont, Stronsay, KW17 2AR*. Details of the deadline for the next edition are on the front page

SUBSCRIPTIONS TO [THE LIMPET](#)

You can send a subscription to a friend or relative for a birthday present?

12 editions for £20.00 including P&P

Please make cheques—UK banks only—payable to “Stronsay Development Trust”.
UK only. Non-UK subscriptions, please ask for a quote. Contact Bruce, details above

The Stronsay Development Trust, a Scottish Charity SC038888

<http://www.orkneycommunities.co.uk/SDT>

Supported in its activities by HIE Orkney, Orkney Islands Council, and
Orkney Community Planning Partnership
