

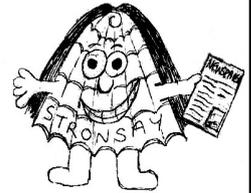


STRONSAY LIMPET

FUNDED BY STRONSAY DEVELOPMENT TRUST

ISSUE 108 - June 2014

Published on the last Thursday of the month



KIRK—VISITING MINISTER IN JULY

We will be happy to spend two weeks with you on Stronsay and Eday, from 2-15th July. I will conduct the services on 6th and 13th July, and do any pastoral work that is required. I have been a minister of the Church of Scotland since 1978; and since 2005, at Bower, Halkirk, Westerdale and Watten in Caithness. My wife Fiona is on maternity leave from her work as vocal instructor to the Caithness Schools. We have three children: Maxwell who was two years old in May; and twins Duncan and Campbell who will be six months in June.

Fiona and I have visited Orkney often over the last few years, sometimes for the St Magnus Festival, and sometimes to serve one or other of the islands' congregations as holiday supply. I also do holiday supply for Outer and Inner Hebridean islands where a furnished manse is available. Last year we were in the South Uist Manse. For me, a change is as good as a rest. For young children, an island trip is a great adventure. For them, the whole world is in one rock pool or on a stretch of beach.

The travel links between Caithness and Orkney are better than between Caithness and Sutherland or Ross-shire. A 17th century minister at Bower, Rev Zachary Pont, son-in-law to John Knox, was also minister of Kirkwall. More recently, Father John Allan has been Roman Catholic Priest for Caithness and Orkney.

I would be happy to crew for anyone on a fishing or sailing trip. My own yacht, Stravaiger, now kept in Wick, came from Kirkwall, from a Stronsay man, Dave Stevenson.

You can an idea of some of my ministry resources from our church website www.centralcaithnesschurches.org. In recent years, it included a set of devotions on the theme of 'Island of the Week' which ran for two years between 2011-13. The materials I prepare for the website - sermon notes, devotions on themes of birds and castles, On This Day anniversaries, humour, etc. - all get reused at later stages as materials for preaching, school talks, newsletter and newspaper articles.

Looking forward to being with you in the Master's service
Rev Alastair Gray

WREN'S NEST IN THE COMMUNITY GREENHOUSE

Shirley & Andy Whiteman are happy to report that all but one of the eggs hatched. They have all been successfully reared and have now fledged the nest.

The next edition of the *Limpet* will be published on Thu 31 July. Items for inclusion in that edition should be submitted by 7pm on Sun 27 July. Contact details on back page

VICTORY FOR NETBALLERS

Congratulations to the Stronsay women's netball team who won the North Isles cup for 2014, beating Westray (22-20, away) on 8th June and Sanday (25-18, home) on 22nd June, in two close and very exciting matches! Stronsay's name does not appear on the current cup which dates back to 1968 so it's been a very long time coming!

Well done all



(continued on next page)



MATTHEW TAKES HOME FOUR WINS AT YESNABY.

Matthew Boler made a trip to the mainland last Sunday, to race with the Senior School boys, as a member of the Orkney Motocross Club. The third points meeting was held at Yesnaby, by kind permission of Messer's Sinclair. The track was very wet in the morning, making it boggy, and the riders very dirty, however the weather dried up for the last few races.

Dylan Evans took the hole shot for the Senior Schoolboys in the first race, however Matthew, number 65, passed him on the 4th lap, and came in first place. Willis Deans took second place, just 02.772 seconds behind Matthew. Dylan came in third. In the second race, the boys came in the exact same places, after some very close racing between each league. Matthew bagged the best lap time in race two, of 01:01.284 seconds, managing 11 laps of the track. The penultimate race saw Matthew put in another excellent stint, coming first, with Willis on his tail again, coming home second place. Number 92, Henry Gordon, on his new bike, came in third place. In the last race, Matthew grabbed his fourth win of the day, making it a worthwhile trip in from Stronsay. Henry Gordon managed to take second place, just 03.776 seconds behind Matthew, with Dylan Evans taking third. Willis Deans is currently leading the Senior Schoolboys in the Championship with 212 points, however, Matthew is in second place with a fantastic 164 points.

The next cup meeting will be held at Yesnaby again, on the 29th of June for the D Hourston Cup 'A' league, Harcus Amusement Cup 'B' league, Thomson Shield 'C' league, Munro Cup 'Senior School Persons', Tam Bain Trophy 'Intermediate School Persons' and the Paul Firth Memorial Cup, with signing on at 10am. Keep up to date with the club, and Matthew's progress by the website <http://www.orkneymotocross.co.uk/contacts.html>.

Jacqui Smith, Press Reporter, Orkney Motocross Club

(continued on next page)



Matthew getting ready for a race at The Bu, with Storm Miller cheering him on



Matthew in action!

PRIMARY SCHOOLS ATHLETICS CHAMPIONSHIPS

THURSDAY 29TH MAY 2014

Pupils were selected to represent Stronsay School as competitors in the annual event held at the Pickaquooy Centre. We were lucky enough to land a beautiful, sunny day! Pupils chose a run (100m or 1500m), a jump (long or high) and a throw (cricket ball or shot putt). Everyone gave their best and performed really well. Congratulations to John Smith who managed 7.06m in the 9-10 years boys' shot putt, winning gold! Well done to everyone!

M Dennison



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SOME ARTICLES WRITTEN BY THE UPPER PRIMARY PUPILS OF STRONSAY JUNIOR HIGH SCHOOL

Q: What is Fun 5z?

A: Fun 5z is a simple game of netball.

Q: What is the difference?

A: In netball you have 7 players - in Fun 5z you have 5 players and boys can play.

Q: What are the rules?

A: The rules are pretty much the same as netball. Some rules are - you can only hold the ball for 4 seconds and you can not dribble.

Q: What are the positions?

A: In Fun 5z you do not have wing attack or wing defence.

By Mikey



Fun 5z Trip

On Monday 10th May 2014 Elizabeth, Aimee, George, Joshua, Lewis and John went on the boat supervised by Mrs D and Gaynor. When we arrived in Kirkwall Mr King met up with us and we walked to the Pickaquoy centre. When we got there everyone got changed and went into the Arena. Mrs D showed us the lines and told us our rotation. Our first game was against Hupsters B. Then we had a couple more games. Our last game was against Sanday Selkies. In between our games we had our packed lunch and some people went to the vending machine. After our last game we went to get changed and then we walked to Sinclair's café. Then we went back to the boat. Mr King left us when we got to the pier. We were supervised on the boat by Mrs D and Gaynor.

By Aimee

The End





Fun 5z trip

On Saturday 10th May we went on the boat to go to the Fun 5z Trip. Fun 5z is netball but without wing attack and wing defence. Elizabeth, George, John, Lewis, Joshua and Aimee went. Nearly everyone swapped tablets on the boat. When the boat finally arrived, we walk to the Pickaquoy centre. It felt like our legs were going to fall off! When we got there we got changed. The girls wore netball skirts and the boys wore shorts. We had several games and won some of them. The teams were Hupsters B, Hupsters A, Stronsay, Sanday, Evie, Firth Fighters and Orphir. When we left we walk to Sinclair's ice-cream parlour/café. Lewis had a jumbo hot dog AND a bacon roll! We also got sweets at Sinclair's. Then we walked to the boat. On the boat we ate sweets and played on tablets.

Hupsters A won
Stronsay came 5th

By Elizabeth.

Fun 5z

On Saturday 10th May Lewis, John, Joshua, Aimee, Elizabeth and George all went to the picky centre for the fun5z peedie schools tournament.

At the picky centre we all got changed and looked at the netball lines through the window. We had to wait for the people that were playing football to finish. When we were in the hall we practised shooting and passing because we were all going to be changing positions in fun5z.

In the games we were playing against Hupsters B, Hupsters A, Orphir, Evie, Firth fighters, Sandy shooters and Sandy selkies. They were all good teams. In the end we won 2 out of 7 games and Hupsters A won overall.

After that we went to Sinclair's café to get ice cream, Wi-Fi and sweets, on the boat we ate all of our sweets. We all had a great time.

By John

FUN 5Z

On Saturday 10th May Lewis, John, Aimee, Joshua, George and Elizabeth went on a trip. We waited for the people who were playing football and we were practising at shooting in the net. One person was scoring while we were playing and some of us went upstairs and got sweets from the vending machine. We came 5th place. We went to Sinclairs café before going on the boat back and we were playing on the ds.

By Lewis

BLOW AWAY GARDENING TIPS - JUNE 2014

Now that we are nearly at mid summer it is hard to contain my excitement with the long spell of good weather. This takes me to the subject of fog and weather forecast. I now have links to 4 forecasting sites on the Interweb but none seem to be able to work out fog - I think it easiest to look out of the window!

It took me a while to get the strimmer and mower out but when the grass was knee high I felt compelled to venture into the soggy shed to find the neglected equipment. Neither would start despite increasingly frantic pulls on the cord - Honda Easystart has a new house name. Plumb came to the rescue and fixed them as quick as it takes to say "have you thought of putting petrol in the tank". So, despite a broken pull cord created by high speed friction burns, the machines have been out and I successfully managed to trim several trees that I planted through the winter.

The preoccupation of getting Sunnybank ready for our move has detracted from my horticultural heroics, so this year crops are going to be potatoes - yes that is about it! The rabbits are bouncing round the garden, disappointed at the limited menu; I have assured them next year will be different. Our cats have a particular appetite for rabbit.

I eventually have done some sowing in the Community Greenhouse and look forward to some salad later in the year. Some early potatoes are making a bid for freedom - I think I put too much fertilizer under their roots.

I am pleased that summer is still only half gone and that there is still time to check out barbeques and outdoor entertaining equipment at the Lidl mid season sale. I have still not used up the sunscreen I brought with me when I moved 4 years ago but I know where to look.

Roger Neville-Smith

18 June 2014

LATEST BIRD SIGHTINGS

Once again - the day after the deadline for inclusion in *The Stronsay Limpet* - we came across a major island rarity, a beautiful White-winged Black Tern at the Matpow Loch on Monday 26th May, just the second island record. Fortunately the bird stayed around long enough for us to alert several locals who all enjoyed the sighting at close range as it flew low around the area of the Matpow Loch close to the road. We had discovered the bird on a quick run around the island with two 'day-visitors' who had asked us to show them 'a few birds' after their morning walk to the Vat of Kirbuster. Yet another 'pure fluke' - we may well have spent that afternoon in the garden!



'White-winged Black Tern at Matpow'

(Continued on next page)



'White-winged Black Tern and Black-headed Gull at Matpow'



*'Obligingly close to the road -
but the bird was not seen on the ground at any time during its 3 hour stay'*

(Continued on next page)

What was surely the same bird was seen in Deerness (Mainland Orkney) the following day. The species has recently lost the 'Black' from its name and is now generally known as White-winged Tern although much of the underwing is black (see photos). The only other island record was seen by Dave Miller near the Meikle Water in early August 2007 - this bird was seen at several sites around Orkney.

The Matpow struck again on 28th May when a beautiful chocolate-brown coloured male Ruff (complete with the extraordinary feathering on the head and breast) was seen well but briefly. (This, and the 'white-breasted' bird seen at the Matpow Loch in early May, have both been seen subsequently on Sanday).

A few migrant Spotted Flycatchers were seen in late May and early June, and a brilliant male Red-backed Shrike was at Slap late evening on 5th June. As with many late migrants in Spring the urgency to breed is paramount and the shrike had moved on by next day.

There have been several surprises during the breeding season this year so far (perhaps more to come?) the most striking being the House Martins which have built a nest under the eaves at Richard and Wendy's house Grindalea. (See photo). A rare breeding bird on the island - easily identified by the white rump patch on the upperparts - a pair reared young at the Bu Farm about 20 years ago and a pair attempted to nest at Harbourhouse several years ago but failed because of the very cold weather. Unlike Swallows - which always nest inside a building (shed, byre, lean-to etc) - House Martins 'glue' their nests to the outside walls of buildings sheltered by overhanging eaves.



'The House Martins nest at Grindalea - easily viewed from the road'

(continued on next page)

There has been a big increase in the number of Sand Martins in Mill Bay this year with several pairs rearing young in the sandy cliff-face just south of Millbank, and a single pair on the original site here on the low cliff-face opposite Castle. The birds can be seen regularly flying across the road between Millbank and Holin Cottage throughout the day. They are noticeably smaller than Swallows with brown upperparts and a brownish breast-band on the white underparts. A pair of Curlew nested successfully in the Greenfield drive in almost exactly the same spot - just 18" from the drive - as a pair 5 or 6 years ago.

Both male and female Hen Harriers have been seen at several places during early summer, and good numbers of Skylarks along the roadsides, where they prefer to nest in the short cut grass on the verges rather than in the open fields where they would be in danger of being rolled, harrowed, trampled etc! The species now seems to have it in its genetic make-up that nesting by the roadside here on Stronsay is safer than in the pastureland whereas over much of the UK the species nests in large open meadows and school playing-fields, cricket grounds etc. The late Annie Maxwell from Dale used to talk about looking for Skylarks nests in the narrow strip of short grass between the road and road-side ditches.

Several broods of ducklings have been seen (mostly Mallard) including a brood of 20 Shelduck on the Matpow Loch. 11 drake Shoveler were seen in early June suggesting breeding nearby. but on the minus side there have been no Sandwich Terns so far during the breeding season and just 3-4 Arctic Skuas.

Red Admiral butterflies have arrived in huge numbers since 7th June and a single of the rare Humming-bird Hawk Moth was seen at Dale on 12th, followed by a female Ghost Moth at Castle next evening. Late June is the prime time for seeing Ghost Moths on the island - look out for them around 11pm, the white males doing their eerie dance above low weedy areas/lawns etc. The female Ghost Moth is bigger than the male, has a more elongated shape in both body and wing, and is a pale-mustard colour. The female is between 2 and 3 inches long.

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'Sadly now much reduced due to the current cutting (non-cutting!) regime regarding the roadside verges, this small bank of Orchids (mainly Northern Marsh and Early Purple on Stronsay) is flourishing in the short strip of recently mown verge alongside Ha'breck. The similar 'banks' which formerly flourished in profusion on roadside verges near Holin, Newfield etc are now sadly swamped by long, coarse grasses'

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With silage-cutting looming, look out for a Rosy Starling among the roving Starling flocks. Ten or so of this species - which breeds no closer than SE Europe - have been seen here on Stronsay since the first in 1990. All those seen here have been adults in mid-summer - and they are very easy to identify! (See photo below).



'We photographed this adult Rosy Starling from inside Holin (courtesy of Margaret and Raymond) in late June 2008'

Thanks for all the calls.
John & Sue Holloway

LETTER FROM SCHOOL PLACE

There is no doubt that we do not receive the same level of ambulance cover here in the North Isles as is taken for granted in other parts of Scotland. Tragically, this has led to an unnecessary fatality, and for this reason I attended two meetings (one private, one public) in Stronsay with representatives of the Scottish Ambulance Service (SAS). The importance of these meetings was highlighted by the fact that all three North Isles councillors were present. Unfortunately, Liam McArthur MSP, who was to have chaired the public meeting, was grounded in Kirkwall by fog, emphasising, perhaps, to the SAS reps one of the realities of living here in the North Isles. At both meetings I brought up the issue of the "Golden Hour", the crucial 60 minutes in which if appropriate medical care can be provided there is a much greater chance of saving critically injured patients and stroke and cardiac arrest victims. The SAS reps confirmed that on mainland Scotland road-based ambulances work to the target of reaching the patient within 8 (eight) minutes. By comparison, the fastest response the air ambulance helicopter has been able to achieve to Stronsay is 2 hours! Obviously, we cannot expect an 8 minute response time, but we must be guaranteed the Golden Hour. Our suggested solution to the SAS is an additional "bolt on" service of a fixed-wing aircraft based in Kirkwall. If necessary, I would support OIC working in partnership with the SAS to provide this. Finance should be no obstacle. This is not an area where we should be scrimping and saving money: this is about saving lives.

I went along to the "launch" (if that's the correct terminology for a terrestrial vehicle) of the new Sanday bus by ultra-distance runner, William Sichel (like me, a regular bus passenger). The Sanday bus service is operated by the Sanday Enterprises Community Interest Company, a subsidiary of the Sanday Development Trust. The new vehicle is a 14-seater with plenty of luggage space and a wheelchair lift, and it has been described as ushering in "a new era of public transport in Sanday".

Folk who travel with their cars into town may have noticed that the island signs at the head of each vehicle lane at Kirkwall Harbour have been fitted to taller poles to make them more easily visible when you join the queue at the back. I requested this a while back, and I have passed on thanks on behalf of all of us that this improvement has now been made.

At the Education, Leisure & Housing Committee meeting, I was less than content with some aspects of the findings of the joint Education Scotland and Care Inspectorate inspection of KGS and the Papdale Halls (particularly the quality of care and support at the latter) and I voiced my feelings accordingly. I look forward to the next report being much better. Meanwhile, nobody can fault the excellent report Orkney College UHI (on whose management council I sit) received from Her Majesty's inspectors.

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The opportunity to get my Union Jack waistcoat back out of the wardrobe arose when the First Minister came to launch (if that's the correct terminology for a prospectus) "Empowering Scotland's Island Communities", the Scottish Government's response to "Our Islands Our Future". It addresses most of our requests and adopts our concept of "island proofing", but disappointingly the promises it contains are all dependent on a "Yes" vote in September, even though most of them concern already-devolved matters and could be enacted now. I was not the only invitee to find it poor that no opportunity was provided for questions. Not that this hindered the intrepid Cllr Davidson, who appeared at the Copland's Dock opening ceremony sailing in an Orkney yole flying a banner with the question: "Alec beuy whars wer new ferries fur North - Sooth Isles. SNP isles get the lot." I don't know if he got an answer. Also I missed out on the distribution of free saltire badges—probably on account of my waistcoat.

Speaking of saltires, congratulations to the secondary pupils of Sanday School (ably assisted by teachers Mrs Butler and Dr Dixon) for winning the Junior Saltire Award for their "Fin" wave electricity generator. Once again demonstrating how our Isles' Junior High Schools are able to compete with the best at the national level, and win. They also collaborate, allowing my younger son to catch his first brown trout when pupils from Sanday joined Stronsay School pupils on a fishing trip to Kirbister Loch organised by *pêcheur extraordinaire* Antoine Pietri.

I am pleased to say that Cllr Moodie's North Isles fixed links have been rejected by the Development & Infrastructure Committee (obviously they were convinced by my song!) and we are now "island-proofed" for the foreseeable future.

A potential threat to "island-proofing" in another sense is a recent planning application by a major national retailer. They deny they are planning to operate a home delivery service to the Isles, however, were they to change their mind, this could have a serious impact on our island shops. On the other hand, about half the ward constituents who have communicated with me about the matter have said they would welcome home deliveries. Given this demand, maybe island development trusts and local retailers should be taking pre-emptive action by getting together to see how home delivery services could be economically provided locally.

Other meetings I have attended in the last month include a "catch up" with Liam McArthur MSP, Licensing, Stronsay Parent Council and Sanday Community Council. I shall be out on Westray on the 23rd June for their community council meeting, and enjoying the Eday Gala Fun Day on the 6th July. If anyone wishes to see me while I am on their island, please get in touch.

The Council recess runs from the 14th July to the 22nd August inclusive. The next Inter-Isles Air Services Consultative Forum and Inter-Isles Ferry Services Consultative Forum meetings will be held on Tuesday 26th August, so if you have any transport issues please make contact with your community council transport rep well before then.

Stephen (Cllr Dr Stephen Clackson, West Manse, Sanday)

stephen.clackson@orkney.gov.uk

REASONS

By Ellie from Newfield

How many times have you been there
When your best wasn't good enough?
 Fighting with all of your being
 In a word that seems so rough.
In the cold hours of the early morning
 When not even a star seems awake
Lies the lamb, just born, at your feet
 And never one breath did it take.
The mother's trusting eyes are upon you
 But all your efforts sadly did fail.
 This lamb was not for living
 And yet through the birth it did sail.
Is Mother Nature slapping your wrist,
 Teaching you pride isn't right,
That your confidence needs a lesson
 So she takes a life out of spite?
When you've seen her being so soft
Could you believe she would be this cruel?
Mother Nature has many mood swings
 But she's certainly not a fool.
 As knows the ewe in the byre
 Who produces her second lamb,
 A healthy vigorous specimen.
So, know you did all that you can.
 Folk say she has her reasons
 And that we can't understand.
But I would wish her heart soften
With life and death at her command.

©*Helene Harrison*

GREETINGS, PRIVATE SALES & WANTS, THANKS

SAD NEWS

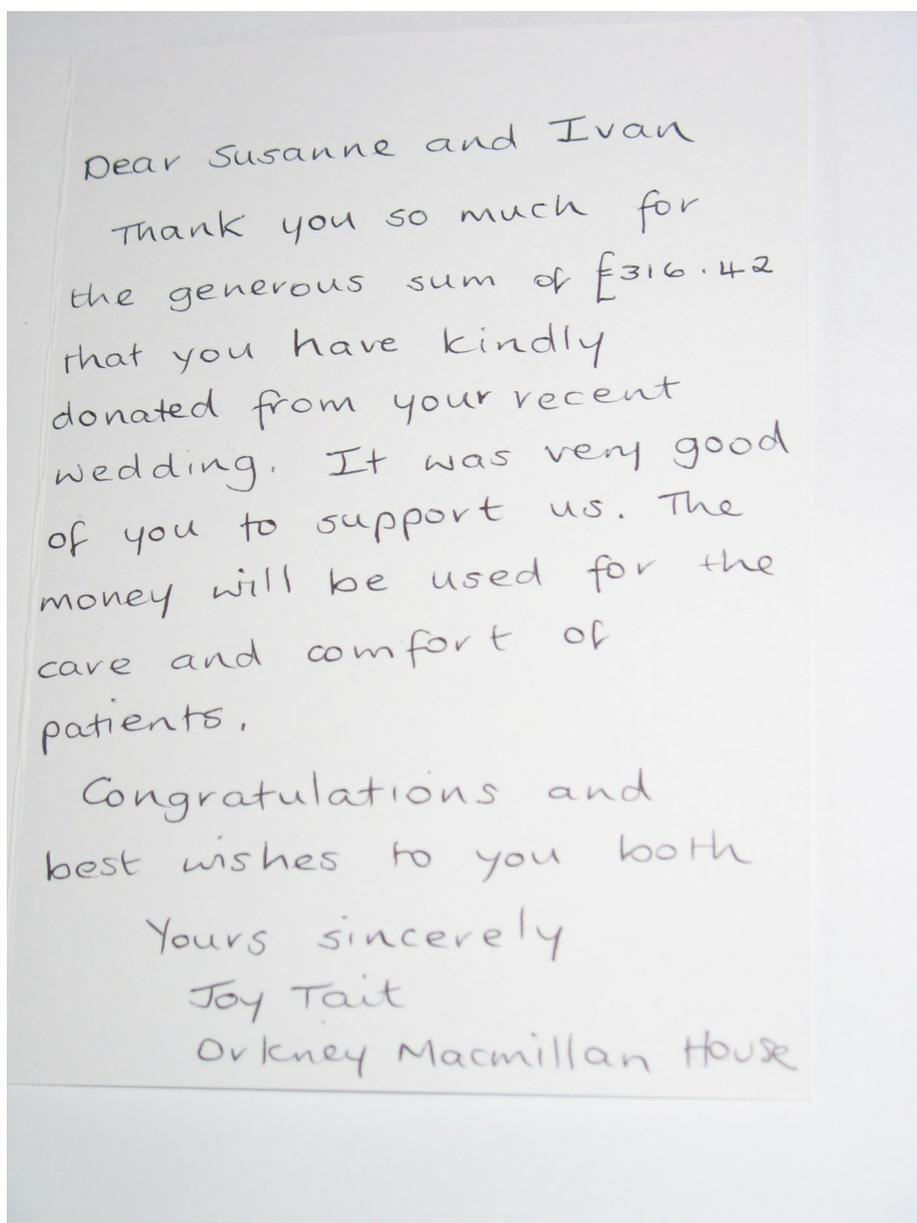
It is with great sadness that I announce the passing of Robert Fazakerley. He lived to the grand age of 98. He was a real gentleman who will be missed by many, certainly by me. I am in touch with Heather if anyone would like a message passed on at any time.

Yvonne Weaver

THANK YOU

The collection held at Susanne & Ivan's reception raised £316.42 for Macmillan Care.

(See the nice "thank you" note below)



Private adverts (sales, wants, greetings)

Up to 25 words - £1.. 25 word advert with photo - £3. 25 to 50 words - £3 and so on.

Thank you notices are FREE!

Contact details for the *Limpet* are on the back page

GREETINGS, PRIVATE SALES & WANTS, THANKS

FOR SALE

SEAT Van—£150 ono
Good, reliable island van (diesel)
Taxed end of June
Tel 07939 304766

THANK YOU

Thanks to those who supported our fancy dress fun run and helped raise £27.80 towards the P7 Birsay trip. The sun shone and a fun time was had by all!
Nursery, Primary and Staff, Stronsay School.

Private adverts (sales, wants, greetings)

Up to 25 words - £1.. 25 word advert with photo - £3. 25 to 50 words - £3 and so on.

Thank you notices are FREE!

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LOCAL BUSINESSES



Our next open day!

24th July 2014

To avoid disappointment, book a slot.

enquiries@OrkTech.co.uk

07934788738

or message us on facebook.

STRONSAY ARTWORKS

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

Phone *01856 870075*

<http://www.jennystoneart.com>

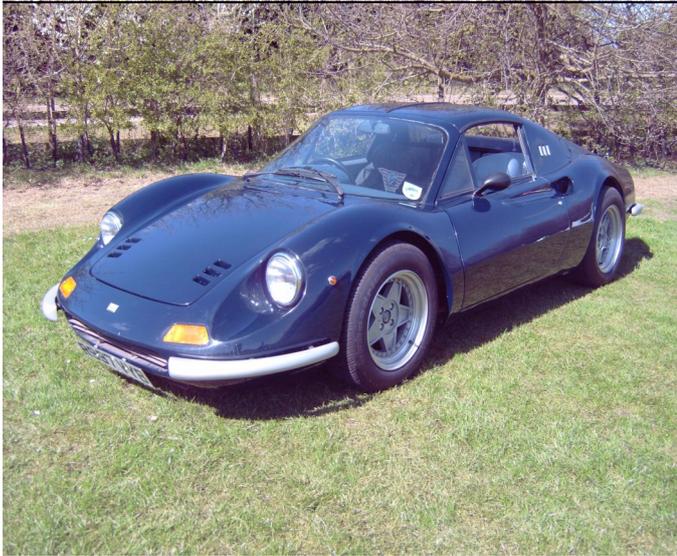
Email jennystone001@btinternet.com

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
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LOCAL BUSINESSES

“NEIL’S ON WHEELS”



- All mechanical work undertaken.
- Tyres
- 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

New season’s soaps now ready – Green Wave & Kelp, Island Chamomile 100% olive oil and lots more. Available from Olive Bank, Ebenezer Stores, Stronsay Post Office and my online shop.



Oil Boiler Servicing
Call Mike on 616339



A boiler that is serviced regularly
is an efficient boiler
and will save you money

Business adverts

Up to 25 words - £1.50. 25 word advert with photo - £3. 25 to 50 words - £3 and so on.
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GROUPS, CLUBS & ORGANISATIONS



Orkney Health and Care

Working together to make a real difference



The Home Care service is currently looking to recruit relief home carers on the Isles, including Stronsay.

You join us at an exciting time; the Home Care service has recently adopted a re-ablement model of service provision. We have moved away from the task and time approach, and ‘doing to’ or ‘doing for’ to a ‘doing with’ and maximising service users long term independence and quality of life. The service now uses goal planning to re-able the service user to learn or relearn daily living skills and thus maximise their independence.

Homecare work is both challenging and varied, and under guidance from the Social Care Coordinators, with support provided by the teams Occupational Therapist, you will enable individuals to achieve as much independence as possible.

Applicants often have work experience in the social care field or similar, however full training is provided and lack of formal experience is no bar to beginning an interesting new career. You will need the sort of personality that enjoys interacting with people and making a difference to their lives. If you are motivated, caring, honest, have a true desire to ‘work with’ people and have a sense of fun, then this could be the job for you and we are waiting to hear from you.

For an informal chat or to request an application form please call Billy Gunn – Registered Manager. Tel: 01856 888390.

STRONSAY POOL CLOSURE

Stronsay Pool will be closed from Sunday 6th July due to essential building works. We hope to be open again in October. Please watch the limpet, and local shops for reopening dates.

Thanks, the pool committee.

GROUPS, CLUBS & ORGANISATIONS

STRONSAY HEALTHY LIVING CENTRE

supervised sessions

MONDAY	4.15-6.15
TUESDAY	CLOSED
WEDNESDAY	4.15-6.15
THURSDAY	4.15-6.15
FRIDAY	4.15-6.15
SATURDAY & SUNDAY	CLOSED

The gym can be accessed throughout the day if you have a 'buddy' to go with.
A code is required, please speak to one of the team if you have any questions.

Inductions by apointment only.

Andy- 616277 Julie- 616335 or Tracey 616350

Gym during supervised sessions- 616449

Stronsay Community Play-park Action Group

‘TEA IN THE PARK!’

Fundraising and community voting event

Sunday 6th July 2.30-4.30pm at the community play-park/hall

Adults £3.00/Children under 16 £1.50

Tea, coffee, juice and home bakes

Quizzes, raffle, games and music

Choose from four designs and cast your vote!

ALL WELCOME

GROUPS, CLUBS & ORGANISATIONS

DIABETES SUPPORT GROUP

The next meeting is scheduled to be held on Wednesday 6th August at 3pm. It is hoped we will have a speaker coming over from the diabetes dietetics dept at Balfour for this meeting but I am still awaiting confirmation of this. It would be nice if a few more folk could show their support for this venture as we had a very small attendance this month.

Shirley Whiteman
Community Nurse
Stronsay
Orkney
01857 616480

STRONSAY POOL CLOSURE

Stronsay Pool will be closed from Sunday 6th July due to essential building works. We hope to be open again in October. Please watch the limpet, and local shops for reopening dates.

Thanks, the pool committee.

KIRK NEWS

Thank you to all who supported the kirk sale on Saturday 14th June. The sum of £590 was raised.

We look forward to Rev Alastair Gray and his family coming to the Manse for 2 weeks in July. Services during July are conducted by:-

- 6th July - Alastair Gray
- 13th July - Alastair Gray
- 20th July - David Fidler
- 27th July - Mike Erdman

Our slot in the Blue Door is getting nearer - it's 11th - 16th August. Donations will be much appreciated and can be stored in the Manse until nearer the time. Staff at the Blue Door have asked for volunteers to help during this week. Anyone able to give even a little time to help out please give your names to Elsie 616331 or Arna 616322.

Thanks to everyone who turned out to tidy up the Kirk and Manse grounds on Saturday 21 June.



Scottish Families
Affected by Alcohol & Drugs

Is someone you care about misusing alcohol or drugs?

Call our free and confidential helpline on

08080 10 10 11

We are here to listen, if you want to talk.
We can provide information on what support may be available to you and your family.

Or get information by email,
at helpline@sfad.org.uk.

www.sfad.org.uk

GROUPS, CLUBS & ORGANISATIONS

AGE CONCERN ORKNEY **SEEKS VOLUNTEERS ON STRONSAY**

Have you ever searched for information and wished that someone would come along and help you find it? Are you ‘an information collector,’ who happens always to know what takes place in your community? Would you like to share your knowledge about services and activities that are available to older folk so they can make informed decisions?

If your answer to these questions is ‘Yes,’ then we want to hear from you!

As part of our new project at Age Concern Orkney (ACO) we are now recruiting volunteers to become ‘information gurus’ in their communities. We are looking for people who are information ‘hungry’, who like to share what they know both with individuals and with groups, and who can inspire others to be positive about growing older.

For more information about this opportunity please contact Rob on 872897 or Caron on 872438.

STITCHERS



Thursday 26th June
Church Hall 7 - 9.30pm

Refreshments, £2.00 per person please

We're an informal, friendly group of people who meet up once a month to do our own projects, chat, share knowledge & experience, learn from and support each other. We ask each person for a contribution of £2.00 towards heating & lighting and offer tea, coffee, biscuits. Anyone is very welcome - you can bring any kind of craft work or unfinished project, providing it is suitable for doing in the Hall - it doesn't have to be “stitching”.

NEXT MONTH



Thursday 31st July

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 Street, Kirkwall KW15 1GU, on **870500** or email to carers@crossroadsorkney.co.uk

GROUPS, CLUBS & ORGANISATIONS (continued)

MOBILE LIBRARY

Next visit:

TUESDAY 1st July

Council Houses—9.00am - 10.00am

School—10.15am - 12.00pm

Kirk—12.30pm - 3.00pm

Fishmart—3.15pm - 5.30pm

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>

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.

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

The cutoff date for items 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

USEFUL INFORMATION

POST OFFICE OPENING TIMES

Monday	8:30—12
Tuesday, Wednesday, Thursday	8:30—12 and 1—3
Friday	Closed
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	Friday 1 August
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	101
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 stronsaylimpet@btinternet.com with attachment(s) (text, image or PDF); or phone Bruce Fletcher on 616297 (after 11am & before 9pm, please!); or write to *The Limpet, Claremont, Stronsay, KW17 2AR*.

Details of the deadline for the next edition are on the front page

POSTAL SUBSCRIPTIONS TO *THE LIMPET*

12 editions for £20.00 including P&P (The online edition is FREE!)

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>

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