



STRONSAY LIMPET

FUNDED BY STRONSAY DEVELOPMENT TRUST

ISSUE 132 - June 2016

Published on the last Thursday of the month



STRONSAY MACMILLAN SPRING WALK

THE FINAL TOTAL IS £2,800

(YES, TWO THOUSAND EIGHT HUNDRED POUNDS!)

MANY THANKS TO ALL CONCERNED

IS YOUR CLUB OR ORGANISATION PLANNING AN EVENT ON STRONSAY?

Why not advertise it in the Limpet? **It's free!** 100 copies of the Limpet are printed and distributed across the island every month and the Limpet is also freely available online. To advertise simply get in touch with the Limpet's editor (contact details are on the back page of every Limpet) and provide the following information:

- what your event is,
- who or what organisation is running it,
- what charity or organisation it is supporting,
- whereabouts it's being held and, finally,
- the date & time at which it's being held.

If you have missed the deadline for the regular Limpet then the Limpet's editor can spread your information via:

- the Limpet's email list,
- the Limpet's Facebook page and
- the Limpet's website.

The next edition of the *Limpet* will be published on **Thu 28 July**. Items for inclusion in that edition should be submitted by 7pm on **Sun 24 July**. Contact details on back page.

Limpet website address is <http://www.stronsaylimpet.co.uk>

LATEST BIRD SIGHTINGS

There were a few late Spring migrants at the end of May - Spotted Flycatchers and two Blackcaps. A party of five Great Northern Divers were seen off The reserve on 9th June – all in summer plumage and regularly uttering the eerie wailing call, and an exciting find on visitor Ken Barclay's last day was an Icterine Warbler in the garden at Airy on 13th June

The tern colony at Matpow has failed this year – driven out by the sheer presence of a party of Greylag Geese which took up residence there for a few days in mid-June. The Common Gulls have suffered a similar fate on the Rothiesholm Moor where there has been a huge drop in the number of nesting birds – including both species of skua - all due entirely to the presence of Greylag Geese.

A surprise sighting on 25th June was a House Martin near Gorie's but there is no sign of breeding on the island this year. Following the regular sightings of the species in Spring it seems quite probable that two pairs of Short-eared Owls have attempted to breed this year. Another plus is that Sedge Warblers are breeding again at Springwell and Margaret Crow reports two pairs breeding at Scoulter's.

There are currently many young birds emerging from the safety of their nests including Oystercatchers, Ducklings and Lapwings which may be met with anywhere around the roads (see photo). A first-summer male Hen Harrier has been present for several weeks, mainly in the Bu/Mt Pleasant area (see rear-on distant photo of bird on fence-post taken by Christine Richings).



'What was probably the same Short-eared Owl as the one in the photo which featured in the April 'Limpet' was far more obliging in May, turning to face the camera and allowing us to obtain a 'front-on' photo instead of the 'rear-on' as appeared in that issue.'

(Continued on next page)



‘This Shag, photographed on the ro-ro ramp in Whitehall Village in mid-June, appeared to have some oil on its flanks.’



‘Two Lapwing chicks in the road between the Kirk and The Mill had probably hatched in one of the adjoining fields.’



‘The first-summer male Hen Harrier opposite Cliffdale.’



This term Lower Primary became space biologists! They embarked on a voyage of discovery by growing seeds that had actually been in space – rocket lettuce seeds.

In September 2015, 2kg of rocket seeds were flown to the International Space Station (ISS) on Soyuz 44S where they spent several months in microgravity before returning to Earth in March 2016. The seeds were sent as part of Rocket Science, an educational project launched by the RHS Campaign for School Gardening and the UK Space Agency.

We are one of up to 10,000 schools to have received a packet of 100 seeds from space, which we grew alongside seeds that had not been to space and measured the differences over seven weeks. We did not know which seed packet contained which seeds.

Rocket Science is just one educational project from a programme developed by the UK Space Agency to celebrate British ESA astronaut Tim Peake's Principia mission to the ISS and inspire young people to look into careers in STEM (science, technology, engineering and maths) subjects, including horticulture.



Tim Peake looking after our Rocket seeds.

Lower Primary signed up to this project many months ago and could not wait to get started. In preparation for the arrival of our seeds we did lots of planting to help get those fingers green. We planted Daffodil, Crocus and Tulip bulbs, Nasturtium, Peas and Potatoes around the school grounds, in addition to this we planted some Spinach, Peas and Cress to take home and share.

(Continued on next page)



Starting the experiment and planting our Rocket seeds.



These photos are of us measuring in mm on Day 21.



We kept everyone posted on our progress on the school blog:
<http://stronsay-jh.blogspot.co.uk/>

(Continued on next page)

We also put a display up in the corridor which we share with the swimming pool, so everyone could keep track of the progress we made. Here are our results:



	Red Seed Packet				Blue Seed Packet			
	Replicate 1	Replicate 2	Replicate 3	Replicate 4	Replicate 1	Replicate 2	Replicate 3	Replicate 4
How many seeds were sown?	25	25	25	25	25	25	25	25
How many days until the first seed germinated?	3	3	4	3	3	3	4	4
The percentage seeds to germinate by Day 10.	92%	96%	60%	100%	92%	92%	92%	88%
How many days until the first seedling grew its first pair of true leaves?	16	14	14	14	14	14	16	14
The percentage of seedlings alive on Day 17.	92%	96%	60%	96%	88%	88%	92%	88%
The height in mm of the tallest seedling on Day 21.	75mm	68mm	70mm	67mm	70mm	80mm	60mm	71mm
The average number of leaves on five randomly chosen seedlings on Day 28.	4.4	4.4	5.2	4.8	4.4	4.0	4.2	4.4
The percentage of seedlings still alive on Day 35.	88%	96%	60%	92%	84%	88%	92%	88%

So which Rocket seeds do you think went to space? Red or blue? Tim Peake has now revealed the answer:

<https://www.youtube.com/watch?v=SV6bXBt4Ug0>

The Charities Isles Roadshows

Drop in and a whole lot more...



Stronsay Community Centre Saturday 2nd July

Amongst the other activities that are going on For Arts Sake will be bringing four of their workshops for you to join in

10.30 - 12.30 Needle Felting and Zentangle

1.30 - 3.30 Spinning and InkTense Pencils

We will provide all the materials and equipment, just £5 per person

Everybody welcome whatever their skill level

Under 12s to bring a responsible adult please

Maximum of 8 per group so please book to ensure your place.

Tel 01856 873234 or email fas@phonecoop.coop



6 Bridge Street, Kirkwall, Orkney, KW15 1HR

Tel. 01856 873234 www.fasorkney.co.uk

For Arts Sake Orkney CIC (FAS), a community interest company. Registered in Scotland No 365288. All profits not reinvested in the company are distributed to local charities.

STRONSAY LIMPET—CAPTION COMPETITION

PHOTOGRAPH FOR MAY'S COMPETITION



The winning entry was from Julie Andrew:

“As you can see your Majesty, a sudden change in wind direction can sometimes upset our outdated north isles communications system. Unfortunately, the smoke signal email you just sent to Westminster has inadvertently become a notice of your intention to declare war on Westray!”

Other entries were

- “She rose like a Phoenix from the ashes—I wonder what happened to the other one?”
- “(Mark to ‘Queen’): Don’t worry Ma’am – even if the fire did spread that far, the ‘Castle’ behind us is not one of yours!”
- “(‘Queen’ to Mark): That’s it my lad – we’ve done ‘The Lancers’ and the ‘Gay Gordons’ outside but we’re having ‘The Last Waltz’ in the hall!”
- “Her Majesty arrested after being caught burning job applications from Prince Charles”
- “Queen caught making a swift Brexit ..”

(June’s caption competition is on the next page)

CAPTION COMPTITION—PHOTOGRAPH FOR JUNE
CLOSING DATE FOR ENTRIES IS 7pm ON SUNDAY 24TH JULY



Please send your caption to the editor of the Limpet - contact details are on the back page of the Limpet. Don't forget include your own contact details with your entry.

LETTER FROM SCHOOL PLACE

The eyes of the world have been on Orkney this month for the Battle of Jutland centenary commemorations. Along with fellow councillors and representatives from our island communities, I attended the remembrance service in St. Magnus Cathedral (as you may have seen on telly). Camron Dowell's moving rendition of "Lonely Scapa Flow" had a particular poignancy for me because the Flow is the final resting place of my uncle—a casualty of the Second World War. The following evening, my younger son and I accepted an invitation from the Naval Regional Commander for Scotland & Northern Ireland to a reception and combined Royal Marine and Federal German Naval Band concert at the Picky. I also attended Sanday's own Battle of Jutland events, and we flew the Deutsche Bundesflagge from the West Manse flagpole to welcome ehemaliger Konteradmiral Heinrich Schuur and Professor Klaus Wellershoff. The former is the grandson of the flotilla commander of the B98, parts of which lie aground in Lopness Bay. A few days later, I took the opportunity to join P7 and S1 pupils from Sanday School when they went to see the ceramic poppy display and did a tour of the cathedral. When we reached the memorial to HMS Royal Oak, I told them about how she saw combat at Jutland in World War I and was sunk, along with 834 men and boys, in Scapa Flow at the start of World War II—prompting the construction of the Churchill Barriers. By far the best tribute the people of the world today could pay to the fallen of both world wars would be not to be fighting each other anymore.



Wreath laid by the Princess Royal



Wreath laid by the President of Germany

At a seminar I attended on rubbish recycling, feedback from Shapinsay and Westray on the alternate weekly collection was very positive, however, owing to Government Scotland's cuts to local authority funding, it looks like we are going to have to put its roll-out to the other isles on hold for the time being. At another seminar, we were told about an online budget simulator, with which, in due course, members of the Orkney public might be able to have their own stab at setting the Council's budget!

The Education, Leisure & Housing Committee has approved The Orkney Play Area Strategy, and I'd welcome any comments the public (especially the young users) may have on our play parks in the North Isles. At our Policy & Resources Committee meeting I was appointed OIC's representative on the Leadership Board of the Highlands & Islands Science Skills Academy, a "long-term programme that aims to transform the engagement of our young people with science, technology, engineering, mathematics and digital (STEM/D) disciplines" across the entire Highlands & Islands region.

(continued on next page)

Reports on the progress being made at empowering our communities on the pilot islands of Stronsay and Papay were presented at the meeting of the Empowering Communities Member/Officer Working Group. I got to see first-hand some of the good things happening in Papay when I flew there for the official opening of their Kelp Store Heritage & Craft Centre. Thank you RNLI ladies for the wonderful spread you laid on for us visitors. Papay has also been chosen to host a joint working pilot between two schemes aimed at tackling fuel poverty and improving energy efficiency: HEEPS:ABS and HEEPS:WHS.

I enjoyed a grand day (and another fine spread) in Westray at the North Isles Sports. Congratulations to our hosts for being overall champions and to Sanday for winning the Schools Cup. It was good to meet competitors and spectators from Stronsay, Papa Westray and North Ronaldsay, too. Maybe Eday and Papa Stronsay will send teams next year.

Other meetings I have attended include those of the: Change Programme Management Board, Westray Parent Council; Orkney College Management Council (at which we were given a presentation on the work of the Agronomy Institute); High Cost/Extraordinary Care Arrangements Group; a pre-meeting of Education, Leisure & Housing; Westray Community Council; Monitoring & Audit; Rousay, Egilsay, Wyre & Gairsay Community Council; and a discussion on the mobile library petition.

I have been asked what OIC is doing about Orkney's digital connectivity. The Convener informs me that the UK Government has responded to Council lobbying with a promise of a universal service obligation for digital communications of 10MB/s, and Government Scotland has committed to superfast broadband to all premises by 2021. However, we are not complacent and continue pressing at COSLA and the Convention of the Highlands & Islands for successive tranches of funding targeted to areas of lowest coverage so that improved services are faster and arrive sooner.

On the 27th June I shall be back in Rousay and on the 28th in Sanday for isles engagement events on the Inter-Island Air & Ferry Transport Study. The last General Meeting before the recess starts will be on the 5th July.



Cllr Dr Stephen Clackson
West Manse, Sanday
stephen.clackson@orkney.gov.uk

P.S. There have been some quite extensive problems with the Council's e-mail system lately, so if you have e-mailed me and not received a reply, please try again.

WHAT TO DO IF YOU FIND AN ENTANGLED WHALE!



British Divers Marine Life Rescue Large Whale Entanglement Awareness

BDMLR Emergency Hotline: 01825 765546

Or

HM Coast Guard: VHF Ch. 16

Whales can become accidentally entangled in fishing gear and other man-made materials. While this type of incident is rare and often not immediately fatal to the animal in question, these entanglements can hinder the recovery of endangered whale populations.

What to look for, what to do (and not do) and what to expect:

- Look for buoys and lines, moving or unusually clumped near a whale.
- Determine what species of whale is involved (see reverse). Do not approach the whale, stay at least 400m distance from the whale.
- Call **01825 765546** or relay through **HMCG (VHF Ch. 16)** if whale is entangled.
- Please provide the following information: position, species (or best description), behaviour, description of gear and entanglement and your contact details.
- You may be requested to stand by the whale or help track it on a voluntary basis.
- A vessel or aircraft will be despatched to assess the situation, transport the LWDT and stand by if required.
- The LWDT may attach a satellite telemetry buoy and VHF transmitter to locate the whale for future rescue attempts if a disentanglement cannot be conducted immediately due to sea state, weather and light conditions or availability of correct resources.
- **Do not attempt to disentangle the whale yourself.** Initial instincts to cut the whale free can actually make it more difficult for the LWDT to locate the animal and carry out an effective rescue. Removal of large amounts of gear can make it almost impossible for the LWDT to capture the animal if free swimming. **Entering the water with an entangled whale is extremely dangerous and must never be attempted under any circumstances.**
- Remember that large whales are extremely powerful and very unpredictable, especially if they feel threatened or are frightened by your presence

KEEP THIS NOTICE ON YOUR BOAT !

British Divers Marine Life Rescue - Large Whale Disentanglement Team (BDMLR-LWDT) has been trained in large whale disentanglement techniques by the Provincetown Centre for Coastal Studies (PCCS) in the United States of America. BDMLR is the only organisation in Europe that is trained and experienced in disentangling large whales and holds the only set of large whale disentanglement rescue equipment in Europe. It is vital that any entangled whales are reported immediately to BDMLR or HMCG to protect these critically endangered whale populations.

www.bdmlr.org.uk / info@bdmlr.org.uk

BRIDAL TREE

By Ellie from Newfield

At last May has arrived
And there stands the Bridal tree,
Blushing a charming pink.
How modest a bride is She,
The purest of white her adornment,
Perfumed, pretty and gay
Confetti swirls all around her
In the warmest of breezes in May.
She's the apple of our eye
Is the apple blossom tree
With the dancing bluebells
Gathered below
And showered in her petal confetti.

MILADY

Such a beauty is our bluebell
Dressed and ready for the ball,
Resplendent in her crinoline
She IS the belle of the ball.
See her curtsey to the breeze
While chiming her gay melody.
The milady of our doos
So loved by the honey bee.
Dance on blue crinoline lady
Under a clear May sky,
Enchanting our shady woodlands
While teasing the dragonfly.
Is your purpose to ring in the summer
With a gaiety you do so well?
The milady of our woodlands
Dearest blue crinoline bell.

©Helene Harrison

SALES, WANTS, GREETINGS, THANKS

THANK YOU

The final total for the Stronsay Macmillan Spring Walk is £2,800.

Well done everybody.

Sheena Cooper

THANK YOU

The SOS subgroup of Stronsay School Parent Council would like to thank Stronsay Development Trust very much for sponsoring the new Senior Netball Cup purchased recently for the annual North Isles Sports.

LOOKING FOR WORK

(full time or part time or flexible) between now and September 2016,
anything considered.

James Davidson, Greenfields, phone 616498 or 0756 528 20 20

Local sales, wants, etc are free!

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LOCAL BUSINESSES



STRONSAY FISH MART CAFÉ AND HOSTEL

The Fish Mart will remain open daily from 10am to 4pm except Sunday when we open at 11am. Tuesdays we will close early at 2pm after lunch is served. Menus for the Sundays in July are as follows:

Sunday 3rd July

- Soup of the day with homemade bread
- Chicken casserole with oatmeal stuffing, potatoes and vegetables
- Lasagne with garlic bread and chips
- Lemon cheesecake with cream/ice-cream
- Apple and cinnamon slice with cream/ice-cream

Sunday 10th July

- Soup of the day with home-made bread
- Roast pork with apple sauce, vegetables and potatoes
- Chicken curry with rice and naan bread
- Apple pie with cream/ice-cream
- Sticky toffee pudding with cream/ice-cream

Sunday 17th July

- Soup of the day with homemade bread
- Chicken and leek pie with potatoes and vegetables
- Chilli mince with garlic bread and rice
- Banoffee pie with cream/ ice-cream
- Ice-cream trio

Sunday 24th July

- Roast beef with Yorkshire puddings potatoes and vegetables
- Spaghetti bolognese with garlic bread
- Chocolate brownie with cream/ice-cream
- Sherry trifle with cream/ice-cream

Sunday 31st July

- Steak pie with potatoes and vegetables
- Cheese and broccoli quiche with salad and chips
- Jam roly-poly with cream/ice-cream
- Apple pie with cream/ice-cream

Local business adverts are free!

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LOCAL BUSINESSES

Neale Salisbury and his partner are part time inhabitants of Stronsay and have had Mingro at Rothiesholm for about ten years now. They recently moved up to the Highlands from Buckingham and have opened a B&B in between Tain and Invergordon, a perfect place to stop off whilst traveling South from Orkney.

The Old Manse Bed and Breakfast Logie Easter, Kildary IV18 0NZ



Dating back to the 1780s set in a large woodland garden just off the A9 and six miles from Invergordon, the Old Manse enjoys far reaching views.

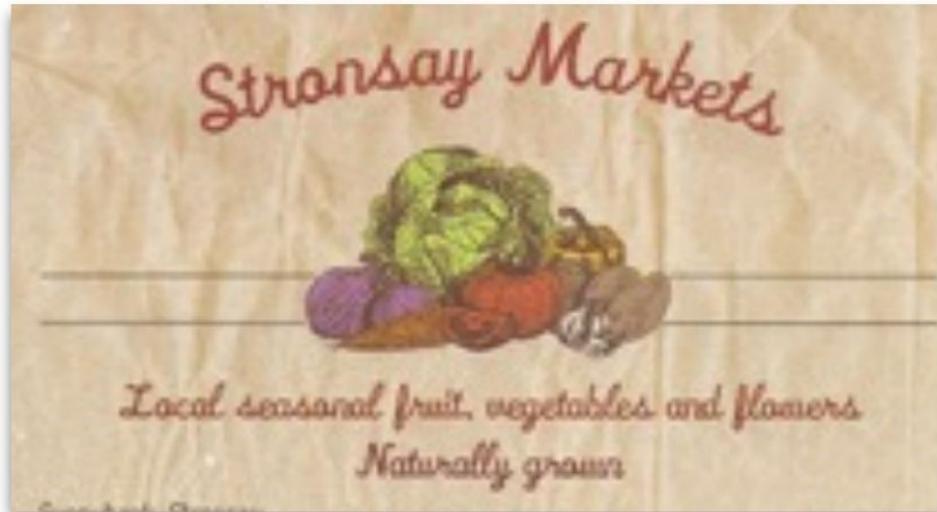
Ensuite Double and twin rooms

Telephone : 01862 842357

Website : www.oldmansebandbkildary.co.uk

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LOCAL BUSINESSES



*New business, a mini market garden, set up in late 2015 at
Sunnybank, Stronsay*

*Currently supplying mixed salad leaves, some winter vegetables and
bedding plants. There will be more as the season progresses.*

I will supply a list each week with availability

*Please look at my Face book page "Stronsay Markets" or
send me an email "stromsaymarkets@gmail.com and I will put you
on my mailing list*

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LOCAL BUSINESSES

STRONSAY HOTEL—TAKEAWAY MENU

Phone 01857 616213

Six days a week (Tuesday- Sunday)

5pm to 9pm

Homemade lasagne + chips	£5.95
Homemade sausagemeat pie + chips	£5.95
Homemade chicken curry + rice or chips	£5.95
Homemade chicken masala curry + rice or chips	£6.50
Homemade chicken & veg pie + chips	£6.50
Breaded haddock + chips	£5.50
Breaded wholetail scampi + chips	£6.50
2 sausages + chips	£3.00
2 fish fingers + chips	£2.80
“Stronsay Beast Burger” + fries	£4.50
“Stronsay Cheese Beast Burger” + fries	£5.00
Portion of chips	£1.30
Half portion of chips	£0.80
Portion of cheesy chips	£2.10
Half portion of cheesy chips	£1.10
Portion of onion rings	£1.20

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LOCAL BUSINESSES

CRAFTSHIP ENTERPRISE



Crafting classes

Learn a new skill or enjoy time making something for the home or to wear. Come in a group or on your own, everyone welcome. Crafts include: knitting, origami, greeting cards, home decoration, stitching cards and iris folding

Custom made cards and wedding decorations

Have an unique greeting card made just for that special person or occasion. We can also make paper wedding flowers, table decorations and favours in your choice of colours. Alternatively, make a party of it and bring your friends to create your own.

Craft retreat for visitors

We are pleased to announce two or three days crafting holidays available this year. There will be at least two classes to choose from each day, focussing on paper craft projects and yarn bombing. We can arrange other craft classes with visiting tutors. Such as, patchwork, peg looming and felting. Lunch will be included. (B&B accommodation and evening meals are available from our hotel, the Storehouse B&B and the Fishmart hostel)

Yarn Bombing

Join our project to Yarn bomb “The standing stones of Stronsay” A pipework structure built to resemble the famous stones of Orkney. Crochet or knit the covers, all contributors will have an entry in our maker's book. Pop in any time we are open, yarn will be provided but if you have a stash of wool that you have been wondering what to do with, please bring it along. (Acrylic based yarn is best)

The Crafteria

Our cafe is a peaceful place to relax and enjoy the view with a special coffee or tea. Light lunches, soups, sandwiches and our homemade bakes are also available.

The shop

Our craft shop is full of craft supplies, yarns and local handmade items.

For further information contact enquiries@craftshipenterprise.co.uk or call 01857 616249
www.craftshipenterprise.co.uk

Open 11.00 to 16.00 Saturday. Sunday, Monday, Tuesday and Wednesday

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LOCAL BUSINESSES



MENU

Soup of the day	£2.50
Bacon roll	£2.00
Sandwiches:	£2.95 (with crisps & salad garnish)
• Cheese & tomato	
• Cheese & onion	
• Tuna & cucumber	
• Ham & tomato	
Soup & sandwich	£5.00
Ploughman's platter	£3.50
	Orkney cheese, pickled onion, bread roll, crisps, pickle & salad garnish
Cakes	£1.50
	Tiffin, peanut butter marshmallow bar, ginger & apple cake, cheese scones, fruit scones & weekly special

ANYONE WITH ALLERGIES, PLEASE ASK TO SEE OUR INGREDIENTS LIST

DRINKS MENU

Coffees	£1.50
• Filter	
• American	
• Espresso	
• Cappuccino	
• Instant decaf	
Coffees	£1.85
• Latte	
• Latte Macchiato	
• Hot chocolate with Marshmallows	
Teas	£1.00
• Black	
• Earl Grey	
• Jasmine	
Caffeine free	
• Redbush	
• Camomile	
• Raspberry & Peach	

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LOCAL BUSINESSES

ATTENTION ALL FARMERS & HOMEOWNERS

R.A.M. GROUND DRILLING

**Orkney's Local Borehole Drillers
WILL BE DRILLING ON STRONSAY THIS SUMMER**

Anyone considering a borehole for water supply or
ground source heating is invited to contact us for a

FREE NO OBLIGATION QUOTE

Call Rachael on 01856 821 367 or email: ramdrilling@btinternet.com

**PATRICK
McGRATH
LTD**

**Gas Safe Registered Engineer
Plumber**

Services include:

- Installation, servicing, maintenance of all domestic gas appliances
- Landlords gas safety checks
- Bathroom fitting
- Bathroom supply
- General heatings
- All other types of domestic, commercial, industrial plumbing works
- Isles work welcome

Call Patrick on **07933 488283**
Email: patrickmcgrathltd@gmail.com


PLUMBING
& HEATING



DRIVING TUITION

Patient and friendly learner driver tuition with Richard. Including Pass Plus for passed drivers. To book lessons call 616268 or 07789104861. Or message my Facebook page 'Drive 2 Stay Alive'. Lesson times are very flexible to suit you, and lessons start and finish at your chosen address.

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LOCAL BUSINESSES

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 874723

<http://www.jennystoneart.com>

Email jenny@jennystoneart.com

Ebenezer Oil Heating Services

Oftec trained engineer



Oil Tank Installation



Boiler Servicing

Oil boiler servicing,
repair and replacement



**Boiler Installation
& Commissioning**

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

Tel 01857 616339
ebenezer@stronsay.org

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LOCAL BUSINESSES

ORKNEY STAR ISLAND SOAP

www.orkneystarsoap.co.uk



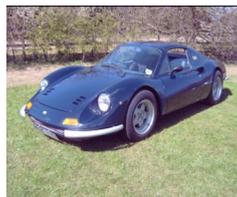
Isles View, Stronsay, Orkney, KW17 2AG, UK

Tel: +44 01857 616281

Email: info@orkneystarsoap.co.uk

Web: <https://www.orkneystarsoap.co.uk>

Face Book: <https://www.facebook.com/orkney.star.island.soap/>



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

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GROUPS, CLUBS & ORGANISATIONS

Calendar Competition

SOS are looking for photographs to compile a calendar for 2017:

- The theme is Stronsay
- One entry per person
- Free calendar for all successful entries
- Closing date 31st August 2016
- Entries should be sent to the school FAO Calendar Judge.



STRONSAY SCHOOL BLOG

The Stronsay School Blog has been available for some time now and is updated regularly. It shares some of Stronsay School's highlights through pictures and articles as well as a great deal of other relevant school information. You can access the blog at <http://stronsay-jh.blogspot.co.uk>.

FIBROMYALGIA

Do you suffer from fibromyalgia? There is a local Facebook group just for you. <https://www.facebook.com/groups/463333273823206>.

Announcements by charities, local groups, clubs and organisations are FREE!
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GROUPS, CLUBS & ORGANISATIONS

STRONSAY STITCHERS



THURSDAY 28rd July

From 7pm-9.30pm, Church Hall, refreshments & biscuits, £2

We like to meet and craft our own projects and chat in a relaxed atmosphere. If this sounds like something you might like why not pop along any time from 7pm to 9.30pm.

STRONSAY DIABETES SUPPORT GROUP

The next Diabetes Support Group meeting will be held on Wednesday 31st August 3-4.30pm in the carpet room at the community halls. All welcome.

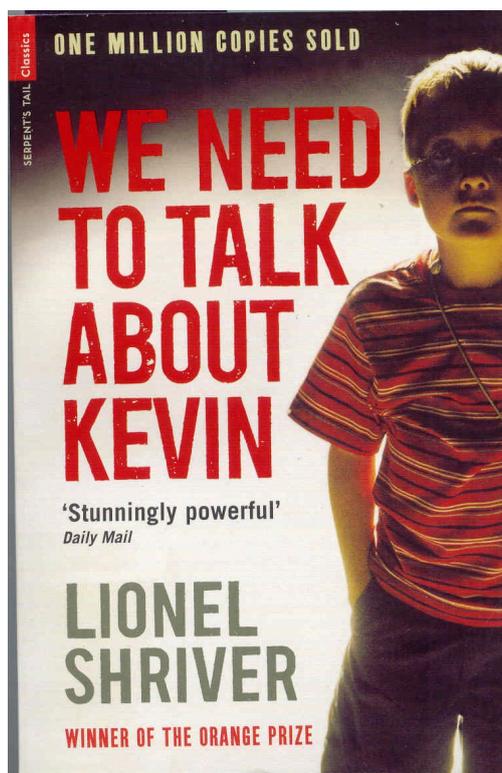
Shirley 616438.

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

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Stronsay Bookworms



We've chosen a more substantial book for our summer reading. We will be meeting again on Wednesday 17th August @ 7.30pm at School Brae where we'll discuss this book and "Behind Closed Doors" by B.A. Paris. All welcome.

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY HEALTHY LIVING CENTRE **supervised sessions**

Changes to supervised session times.

From Monday 11th April 2016

All Supervised Sessions will run from 4.30 pm to 6.30.pm

MONDAY	4:30—6:30
TUESDAY	Buddy system
WEDNESDAY	4:30—6:30
THURSDAY	4:30—6:30
FRIDAY	4:30—6:30
SATURDAY & SUNDAY	Buddy system by request

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 appointment only

Andy - 616277, Julie - 616335 or Tracey - 616350

Gym during supervised sessions - 616449

STRONSAY SWIMMING POOL **WE HAVE THE BLUE DOOR 23rd to 28th JANUARY 2017!**

Please save us your donations and when we get a collection/drop off location we will let you all know.....

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GROUPS, CLUBS & ORGANISATIONS

KIRK NEWS

With the new sound equipment in the Church it is now possible to record the services. If you are unable to get along to church each Sunday and would like to get a copy of the service week by week please give Elsie a phone on 616238. Services at 11am unless otherwise stated. A crèche is available for children aged 9 and under

- July 3rd Alistair Gray
- July 10th Alistair Gray
- July 17th Mike Erdman
- July 24th Stephen Manners or Martin Prentice
- July 31st David Bowen

- August 7th John King
- August 14th Mike Erdman
- August 21st David Bowen (communion)
- August 28th June Freeth

NEW ZEALAND—SLIDE SHOW & TALK

There is to be a slide show and talk about New Zealand on Monday August 8th at 7.30pm at the community hall. My two aunts are visiting Stronsay from NZ and will talk to us in conjunction with slides that my parents took on their holidays there. Entry will be by means of donations towards the PlayPark funds. Light refreshments will be served.

I appreciate this is a busy time of year for our community but if you can find time to join us, you would be very welcome.

Thank you.

Shirley Whiteman.

LIMPET EMAIL LIST

To receive the Limpet emails you must first "sign up" by going to the link on the Limpet webpage <http://stronsaylimpet.co.uk/MailList.html> and you must respond to the email asking for confirmation which you will receive very soon afterwards

There are quite a few folk who have signed up but have failed to respond to the confirmatory email - if that's you then please check your "junk" or "spam" email folder because that is where email software often sends the confirmatory email.

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY SWIMMING POOL TIMETABLE

Monday

Public session 6.30-7.10

Adult lane 7.10-7.50

Wednesday

Private hire 7-7.40

Private hire 7.40-8.20 (Prebook through Elsie Dennison please)

Saturday

Private hire 2-2.40

Public session 2.40-3.20

Swim club

Wednesday Beginners and developers 3.30-4.10

Thursday A and B squad 3.30-4.30

To enquire about Private Hires, phone Elsie on 616238.

To enquire about Swim Club, phone Sarah on 616406 or Andy 616277

POOL CHARGES

Public Sessions

Adults (16 and over) £2.40

Children £1.20

Private Hires

40 minute session - £15

60 minute session - £20

Swim Club

Children will be offered 10 week blocks which can be paid up front (non-refundable)

40 minute sessions - £16 block booking; £2 per session

60 minute sessions - £20 block booking; £2.50 per session

Men only and Women only Sessions (16 and over)

Block booking of 10 sessions over a 12 week period (non-refundable)

£24 block booking

£3 per session

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY ASSOCIATION

Chairman: Damian Stout, Vice Chairman: Garry Dennison, Secretary: Wilma Holland

STRONSAY GAMES CLUB **VOLUNTEER LEADER/ORGANISER**

Stronsay Games Club is looking for an enthusiastic, volunteer leader to run the long-established Games Club for young people aged between 10 and 18 years who have met every Friday evening between 8 and 10pm during school term times, used a wide range of games and equipment and participated in occasional youth-centred events in Kirkwall. Unfortunately with no one to take the lead, the Games Club has not met for several months.

You will not be alone. A pool of adult volunteers is available to assist and support you. You will need to be a PVG Member, enjoy working with young people, be organised and have a good sense of humour.

If you are interested in taking on this lead role, or require more information, please contact the Association's Secretary.

Go on, be positive and do something to help the youth of our island.

Wilma Holland
Secretary
Stronsay Community Association
Tel: 616 345

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GROUPS, CLUBS & ORGANISATIONS

MOBILE LIBRARY

Next visit:

TUESDAY 28th June and TUESDAY 26th July 2016

Council Houses 9:00 - 10:00

School 10:15 - 12:00

Kirk 12.30 - 3

Fish mart 3.15 - 5:30

Mobile library schedule http://www.orkneylibrary.org.uk/assets/Isles_Mobile_2016.pdf

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

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 pool all at £3 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, etc

Mon, Tue, Wed, Thu, Fri	08:30—12:00
Sat	09:00—12:00
Sun	Closed
Post collection times	07:30, Monday to Saturday
Bank day	Tuesday
Replacement bin bags..	Contact Island Link Officer in the Fishmart
Sunday service at the Kirk . . .	11 am (see http://tinyurl.com/pj7xtg5)
Our Lady's chapel, pier head	Mass 11.30am (weekdays), 10.30am (Sundays & Holidays)
Next Special Collection	5 August 2016
Rubbish collection	Tuesday (bags out ready by 9am)

Doctor	616321
Nurses	616480
Medical emergency	01856 888000
Stronsay registrar	616239
Hall bookings	616446
Post Office	616278
Companions	616261
Kirk	616311
Stronsay Hotel	616213
Olivebank	616255
Ebenezer stores	616339
Neil's on Wheels	616454
Taxi	616335
Airy Fairy	616231
Castle Bird Reserve	616363
Craftship Enterprise	616249
Star Island Soap	616281
Driving tuition	616268

Balfour hospital	01856 888000
Electricity problems	0800 300 999
Water problems	0845 601 8855
Highland Fuels	0800 224 224
Kirkwall Library	01856 873166
Kirkwall Police	101
Vets:	
Flett & Carmichael	01856 872859
Northvet	01856 873403
Dentists:	
Great Western Rd	01856 879683
King Street	01856 875348
Earls Palace	01856 872958
Golgotha monastery.	616210
Email contact@the-sons.org	

EMERGENCY! - POLICE, FIRE, AMBULANCE or COASTGUARD—dial 999

JIM HOLLAND HAULAGE—DELIVERIES

Catalogue deliveries made on Wednesday and Friday only.

Large items will be delivered on Saturday.

HOW TO CONTACT THE [LIMPET](mailto:editor@stronsaylimpet.co.uk)

Send an email to editor@stronsaylimpet.co.uk, phone Bruce Fletcher on 616297 (after 10am & before 8pm, 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](http://www.stronsaylimpet.co.uk)

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



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