



DATE	EVENT
26 February	Diabetes support group meeting
27 February	Stitchers
2 March	Stronsay community association AGM
2 March	Loganair summer timetable starts
7 March	Pub quiz
11 March	Peedie library
11 March	Adult table top games club
11 March	Computer club
23-29 March	Wellbeing week
24 March	Cycle training assistant course
26 March	Stitchers
30 March	Pop-up library in SDT office
20 May	Dementia support—training

MOBILE LIBRARY VAN

The repair work to the Mobile Library van is taking considerably longer than initially expected due to problems obtaining replacement parts and the vehicle is not expected to be back in operation before the beginning of April.

However, Kirkwall Library are arranging a pop-up Library in the Stronsay SDT office on 30th March from 10am - 4pm. (and the Peedie Library will be open on Wednesday 11 March!)

LOGANAIR TIMETABLES

Loganair's website no longer has downloadable timetables, these timetables were kindly supplied by the Kirkwall staff of Loganair.

Loganair timetable winter 2019-20 (27 October 2019 - 1 March 2020)

<http://stronsaylimpet.co.uk/LoganairWinter2019-20Timetable.pdf>.

Loganair timetable summer 2020 (2 March 2020 - 20 October 2020)

<http://stronsaylimpet.co.uk/LoganairSummer2020Timetable.pdf>.

HOW TO CONTACT THE *LIMPET*

Send an email to editor@stronsaylimpet.co.uk (preferred method); phone Bruce Fletcher on 616297 (after 10:30am & before 9pm, please!); or write to *The Limpet, Claremont, Stronsay, KW17 2AR*.

The next edition of the *Limpet* will be published on **Thu 26 March**. Items for inclusion in that edition should be submitted by 7pm on **Sun 22 March**. Contact details are on the back page. The Limpet's website address is <http://www.stronsaylimpet.co.uk>

STRONSAY HERITAGE CENTRE

As you may remember, a group of local volunteers got together last year with the aim of setting up a 'Pop up' Heritage Centre on the island and the Development Trust kindly offered the use of some of the units at Wood's Yard as a temporary location until they procured a permanent location for a Centre. With a good number of artefacts still in storage from the previous display in the Fish Mart, we had a decent mix of items to set up a display and our team of volunteers grew larger as we called on folk with a more artistic flair to help us out. After what seemed quite a short time, we had displays set up that we thought looked really good and were all set for the opening.

The opening of the Heritage Centre took place on 1st July last year and since then has had a steady flow of visitors, particularly during the summer months. We have been delighted with the feedback and comments received and hope to build on this as time passes. We've been very fortunate in receiving many more items for the Centre over the past months, particularly a wide variety of written records of relevance to Stronsay. Unfortunately, all these paper records have had to be removed over the winter as there is no heating in the building at the moment and the papers were being affected by dampness.

We have no funding at the moment and we've been trying to come up with some ideas to raise some funds to provide better storage facilities for the paper records and some form of heating to help preserve the artefacts and papers. We're hoping to have a fund raising event at some stage and are also considering the possibility of setting up a 'Friends of Stronsay Heritage Centre' type of thing. If you have any thought or ideas then please speak with one of the Heritage group – Anna, Doris, Elsie, Jennifer, Sarah, Scott, or Ian. In the meantime, if you feel able and inclined to make a donation to help with on-going costs it would be very much appreciated!

Ian Cooper

Stronsay Heritage Group

15 YEARS OF THE LIMPET

Back numbers of the Limpet have been available online for some time but some very early editions only existed in printed format and even these had some pages missing. The missing editions have now been scanned and the complete list of 176 downloadable editions is available through either:

- a link at the top of the Limpet's main webpage www.stronsaylimpet.co.uk or
- on webpage <http://www.stronsaylimpet.co.uk/Limpets.html>.

RECENT BIRD SIGHTINGS

February has been a very wet and windy month although generally rather mild, and there has been a good spread of sightings of the more common over-wintering species and as usual a few surprises including regular sightings of Water Rail in the garden at Gesty Dishes by Ant and Clare, and a Chiffchaff in the garden at Osen by David.

There were more positive signs at the Waterworks Pond in the village, where Coots, Moorhens and a pair of Mute Swans have been seen regularly – a sure sign that the pond has retained its attraction to ‘aquatic’ species in spite of all the recent work in the area. On the down-side there has been a noticeable increase in Greylag numbers which threatens several of the traditional nesting species throughout the open farmland and the Rothiesholm moor just as some were beginning to recover from almost three decades of almost total absence.

Up to 34 Whooper Swans have been present since the New Year, and one ‘lost’(?) individual has recently joined the small party of domestic geese opposite The Mill (see photos). A party of birds of the opposite colouration has been present for two weeks or so in the Samsonlane area – 12-15 Ravens.

Another group of birds which have been present for some time (probably over-wintered) is one of 5 or 6 Redwings and a Fieldfare or two in the Sunnybank/Old Schoolhouse area.

Birds of prey have been seen regularly – most sightings being of Hen Harrier and Merlin, and in mid-February a female Sparrowhawk (large brown bird opposed to the small greyer male) visited the Castle Garden – hoping for a late afternoon meal of Blackbird or similar. The following day a ‘ring-tail’ (brown bird) Hen Harrier also paid a visit to the garden but it too made a quick departure with nothing in it’s talons! There have been a few sightings of adult male Hen Harrier (perhaps the same bird) in the striking black, white and blue-grey plumage, but the sightings have - as ever – been brief and unexpected!

There was a very odd sighting early this morning (Sun 23rd Feb) when I went out to feed the local birds – an adult male Wigeon lying dead on the path right outside the kitchen window – no blood, no feathers missing, and nothing to indicate that it had flown into any of the panes of glass. A complete mystery! (No photo – it’s Sunday!).

...and later today, a phone call from Coweshouse alerted us to a small party of Reed Buntings in the garden there. The first of the year during the first calm spell of the week! Thanks to Carwyn and Dave.

Thanks again for all the calls. John & Sue Holloway.

(Photographs on next page)



'The Whooper Swan in the field opposite The Mill ('Castle' in the background).

STEPHEN CLACKSON'S LETTER FROM SCHOOL PLACE

Keeping the folk of the North Isles ward informed

Storms Ciara, Dennis and Ellen have been disrupting our lives this month, bringing ferry cancellations (North Ronaldsay has been particularly badly affected) and flooding. (I've even had to bring one of our waterfowl indoors for protection, see photograph below.) It can be frustrating when a ferry is cancelled and you had a vehicle booked on it, however Orkney Ferries does apply a rebooking procedure designed to be as fair as possible to everyone. They telephone all the booked customers in the sequence they appear on their manifest, which is generally the order in which the original bookings were made. It pays, therefore, to plan ahead and book early if you can.

Image removed



for copyright
reasons

Would a climate change project officer be able to source enough gopher wood to build us one of these?

If you get stuck in the town because of a transport disruption, or you need to stay over in Kirkwall to attend, or travel to/from, a medical appointment, the Red Cross Hostel (in Victoria Road, just behind the Red Cross charity shop) will probably be able to help. Bookings can be made by e-mail: SamanthaPayne@redcross.org.uk, or telephone: 01856-875372 or 07834-802810.

If you need emergency accommodation out of hours, you can ring OIC's Homelessness Service on 07921-582962 (or within office hours 07702-923577), or the Community Social Services Department on 01856-888000.

Brexit has now happened (sort of) and we have to await the outcome of the negotiations that will be taking place during the "Transition Period". Meanwhile, if you are Swiss or a citizen of a country belonging to the European Economic Area (the EU countries* plus Iceland, Liechtenstein and Norway) resident in Orkney who has not yet applied for "Settled Status" (deadline 30th June 2021), Orkney Islands Council is offering a FREE scanning service for your biometric passport. Just call in at the "One Stop Shop" (in the old Paterson Kirk), ask for the Registrar, and it can be done in minutes. !
(Continued on next page)

You will also get photographed, so if it's a windy day, you may wish to have a comb or a hairbrush handy. Be aware, however, that you have only ONE DAY to respond to the e-mail the Home Office will send you after the scan.

(* Citizens of the Republic of Ireland do not require "Settled Status" thanks to an agreement that dates back to 1923.)

This month, despite the travel disruptions, I have attended a training session for members of the Orkney College Management Council, meetings of the Education, Leisure & Housing Committee, Monitoring & Audit Committee and Policy & Resources Committee, a session with the programme director for the Islands' Deal, a briefing with the Council Leader, a special meeting of the full council, a seminar on local agriculture, and I've even fitted in some continual professional development for teaching.

Many parents, pupils, students and teachers may be unaware of the grants available from OIC to help, for example, with the cost of school clothing, student interview expenses, travel for talented individuals, and continuing in further education. More details can be found on the OIC website at <https://www.orkney.gov.uk/Service-Directory/G/grants-emas-and-bursaries.htm> or obtained by getting in touch with the Council by more traditional means.

Here's wishing everybody a Happy Pancake Day!



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



You can download "Letter from School Place" from lfsp.pbworks.com

Do you support a person with dementia?

Free education for family carers and volunteers.

The education for family carers and volunteers training programme has been created to support family carers and volunteers who support people with a diagnosis of dementia. It covers aspects of dementia care that many people find difficult. You will receive practical, up to date advice and information to support you.

**FREE
TRAINING!**

Craftship Enterprise, Stronsay
20th May 2020, 11am - 3pm

Contact Stephanie at Age Scotland on 01856 872438 or
stephanie.stanger@agescotlandorkney.org.uk to book your place.



This training has kindly been funded by The Robertson Trust and private funders.

Raising the Issue of Malnutrition

In Scotland, 103,000 older people over the age of 65 are estimated to be at risk of, or suffering from malnutrition.

Eat Well Age Well provides training to support those working, caring or volunteering with older people on how to raise the issue of malnutrition.



Training Includes:

- Information on common signs and symptoms of malnutrition
- How to support individuals using Food First advice.
- How to use tools such as armbands to identify at risk individuals
- Gain awareness in promoting good nutrition and hydration in older adults.

10.30am - 1.30pm

Training Date

ORKNEY - Thurs 7th May
Orkney Library & Archive
44 Junction Road,
Kirkwall KW15 1AG

Book your place at:

www.eatwellagewell.org.uk

Please be advised minimum numbers are needed for this training to take place



RECORDS OF A BYGONE AGE

The late Jim Work of Holland and Daisybank was born at the Lodge in Stronsay in February 1922 and lived there until 1945, when his parents bought the farm of Holland and the Work family moved there to farm. Jim always had fond memories of his time at the Lodge and many stories to tell of his time there and of the people and events in the surrounding area of Aith and Grobister.

The Twatt family, who were close relations of the Works, were in the Lodge for many years before Jim's parents Bill and Lizzie (nee Learmonth) moved there from Shapinsay, where Lizzie's father was manager at Balfour Mains.

Jim told of tales passed down to him regarding two serious fires at the Lodge in the second half of the nineteenth century. The account of the first fire, in 1858, was told in last month's 'Limpet' and here is the story of the second fire, which occurred on 23rd March 1879, firstly as recorded in newspaper reports at the time:



Jim Work and his brother William on horseback at the back of the Lodge. Holding the horses was

A serious fire occurred at the Lodge, Stronsay, Orkney, on Sunday evening, whereby ten cattle were burnt. It appears that the servant girl went out into the byre for the purpose of milking the cows. Her lamp, filled with paraffin oil, was accidentally upset among some straw, immediately broke into a blaze. The girl threw the milk in the pail over the fire, but without effect. She immediately ran into the house for help, but before assistance came the byre was ablaze. Every effort was made to get the cattle out, but all was of no avail. The rest of the buildings were saved, however. The byre and stock were not insured.

The steamer Orcadia, which arrived at Kirkwall last night from the North Isles, brought news to the effect that on Sabbath evening a fire had occurred at the farm of Lodge, island of Stronsay, resulting in the destruction of a byre and ten cattle. The accident occurred while a servant was milking the cows, through a boy who was holding a paraffin lamp allowing it to fall in the midst of the straw. The straw having ignited, nothing could stop the spread of the fire until the building was destroyed. The loss is not covered by insurance.

Then Jim's telling of the same fire, passed down to him by word of mouth and again a very accurate but more personal view of events, with a sad twist in the tale not recorded in any newspaper:

There was a second serious fire at the Lodge, maybe about twenty years after the bad fire that completely destroyed the dwelling house. Although there was no danger to life, it was likely more serious in a way than that first fire. At that time, and for a long while after, it was a necessity that every farm had some cows for producing milk for drinking, baking, cheese making and butter making.

(Continued on next page)

Anyhow, this was in the winter time and there were quite a few cows in the byre up next to the dwelling house, with two or three of them in milk. The servant lass at the time (she was Betsy Croy, who would have been Irvine Miller from Briarlea's great grandmother) was busy milking the cows one night and one of the young boys was holding a lamp for her. There was very little light coming from the lamp so the young lad opened the glass door on it to try to give the glass a clean and get a bit more light.

I'm not sure what happened - whether the lamp fell over or if he wasn't watching where it was set - but there was some straw nearby that caught fire and, despite the best efforts of the young lad and the servant lass, the fire spread so quickly that they had to escape themselves with no time to rescue the cows. The fire was eventually extinguished before it spread to any of the other buildings but the milking cows and all the other cattle in the same byre were lost. No insurance in those days, of course, so this was a huge loss in itself but it also meant that they were left with no milk which helped to provide so much of their diet.

On hearing of what had happened, some of their Twatt relatives in Shapinsay sent a milking cow over to them to tide them over, a real blessing in their situation. A few weeks later, the cow needed to pay a visit to the bull and, as was common, many of the smaller farms and crofts didn't have a bull so the cow had to be taken to a bull at one of the bigger farms. James Twatt got the branks (a type of leading halter) on the cow and set off leading her to the bull at the farm of the Bu. Sometime later he came trudging back in the Lodge road with no cow and carrying the branks in his hand. Apparently the cow had fallen and broken her back and had to be put down there and then. It's hard to imagine how he must have been feeling as he trudged home that day but it says something for the perseverance and resilience of farmers that he could put all this behind him and carry on farming, which he did for many a day after.

Ian Cooper



**Jim Work's parents and grandparents at the Lodge.
L to R – Lizzie (nee Learmonth), William senior, Elizabeth (nee Twatt) and William junior**

SHELTERED ACCOMODATION

By Ellie Harrison

Sheltered Accommodation.
Yes, that describes it so well
With “No Vacancies” at the moment,
At least, as far as I can tell.
The residents keep to themselves
With hardly any complaints at all.
All of them “early risers”
They’re most certainly on the ball.
If they should squabble amongst themselves
I’m not obliged to referee,
We have no written agreement
And it’s not part of their tenancy.
Bed and breakfast or long-term stay
As they pack in shoulder to shoulder,
Owners, of course, of all they survey.
Territorial and growing bolder,
Cheerfully singing from the start of the day.
And of course I’ll renew their tenancy
As they’ll expect it anyway.
Long-term Sheltered Accommodation
Are the trees and shrubs in my wood
In a much sought-after area,
For the raising of children it’s also good.
Many birds of all description reside
Preening their designer feathers
They covet the shelter of my trees, it appears
Where they’re content to just sit and blether!

It’s ©Helene Harrison

FOR SALE, WANTED, THANK YOU, etc

THANK YOU!

Brian and Margaret would like to say a big thank you to all those who helped with Brian's trip to Glasgow.

That's Mandy, who pushed him onto the boat for the outward trip, Andy, who collected him and delivered him through the back door (!) on the return, and Viv, who organised it all.

Also, a very big thank you to Paul who went with Brian as escort and whose help was invaluable.

And finally, for the many expressions of good wishes for his recovery which have been received.

Thank you all very much.

THANK YOU!

Thank you to SSE and Orkney Ferries for getting the power supply repaired so quickly this weekend.

Items on this page are free!

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



Fairtrade Orkney Fortnight The Great Chocolate Fairtrade Challenge is back!

The Fish Mart is one of the cafes across Orkney to be taking part in this event. On Saturday 29th February some chocolatey Fairtrade baking will be available. If you think it's up for winning an award just pop a vote in the box. Every customer vote is then entered into a prize draw being run by the Orkney Fairtrade Group.

There will be the usual Saturday treats up for grabs but Louise is bringing some of her recipes from her own previous business for the Fairtrade baking and some specialist dietary requirements (weather permitting we manage to make it on the ferry to get in the supplies).

For more information see <https://www.facebook.com/orkneyfairtrade>

We'd like to say a big thank you for all of your support for our first special evening at pizza night. You were all very patient waiting for your takeaway orders. Hand rolling and stretching almost 50 pizzas was no mean feat as well as fighting with an oven and the injuries from cooking them! Hopefully you all enjoyed a nice midweek treat.

Local business adverts are free!

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LOCAL BUSINESSES

MAURICE A. WILLIAMSON **YOUR LOCAL ONE STOP SHOP** **Grocer/Butcher/Fuel/Hardware Supplies**

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Tel:01857 616255

Email: m.williamson1@btconnect.com

Find us on Facebook at Maurice A. Williamson

PROUDLY SERVING THE COMMUNITY SINCE 1967

Serving all your butcher needs;

All cuts of beef; Silverside, topside, mince, rump, minute steak, stewing steak, fillet etc.

Pork/pork products; Loin, gammon, home-cured bacon, luxury medallions

Chicken; Whole, portions, breasts, kiev, cooked chicken strips

Our very own premium quality sausages; including a wide variety of flavours – Pork /beef /pork, cheese & chive/pork & red onion/pork & black pudding/ beef, onion & mustard etc.

Home-made; White puddings, black puddings, our very own Olivebank grill, sandwich fillings, ready-made meal options

....AND SO MUCH MORE!



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LOCAL BUSINESSES



Faces of Orkney

*Portraits in Oil
by an Orkney-based artist.*

*Pay tribute to your loved ones
with a commissioned portrait.*

Email: facesoforkney@gmail.com

Tel. Suzanne: 07914 379512

Special rates for Stronsay residents.

Local business adverts are free!

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LOCAL BUSINESSES



We are a brand new local company, we decided to take the plunge after many years of working for others, to set up our own business. Craig has many years experience in general building work, labouring, ground work ect. I am a time served joiner. We have all our own equipment so no need for the extra cost of hiring from elsewhere.

**We can do all types of ground work, pipe laying, guttering and roofing. Replacement windows and doors, finishings, concrete and general work. All types of work considered, no job too small, all work finished to a high standard. Full public liability insurance, safe, reliable and trustworthy.
Reasonable prices.**

Contact Craig or Christine for more information.

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LOCAL BUSINESSES

REDHOUSE PLANTS MARKET GARDEN

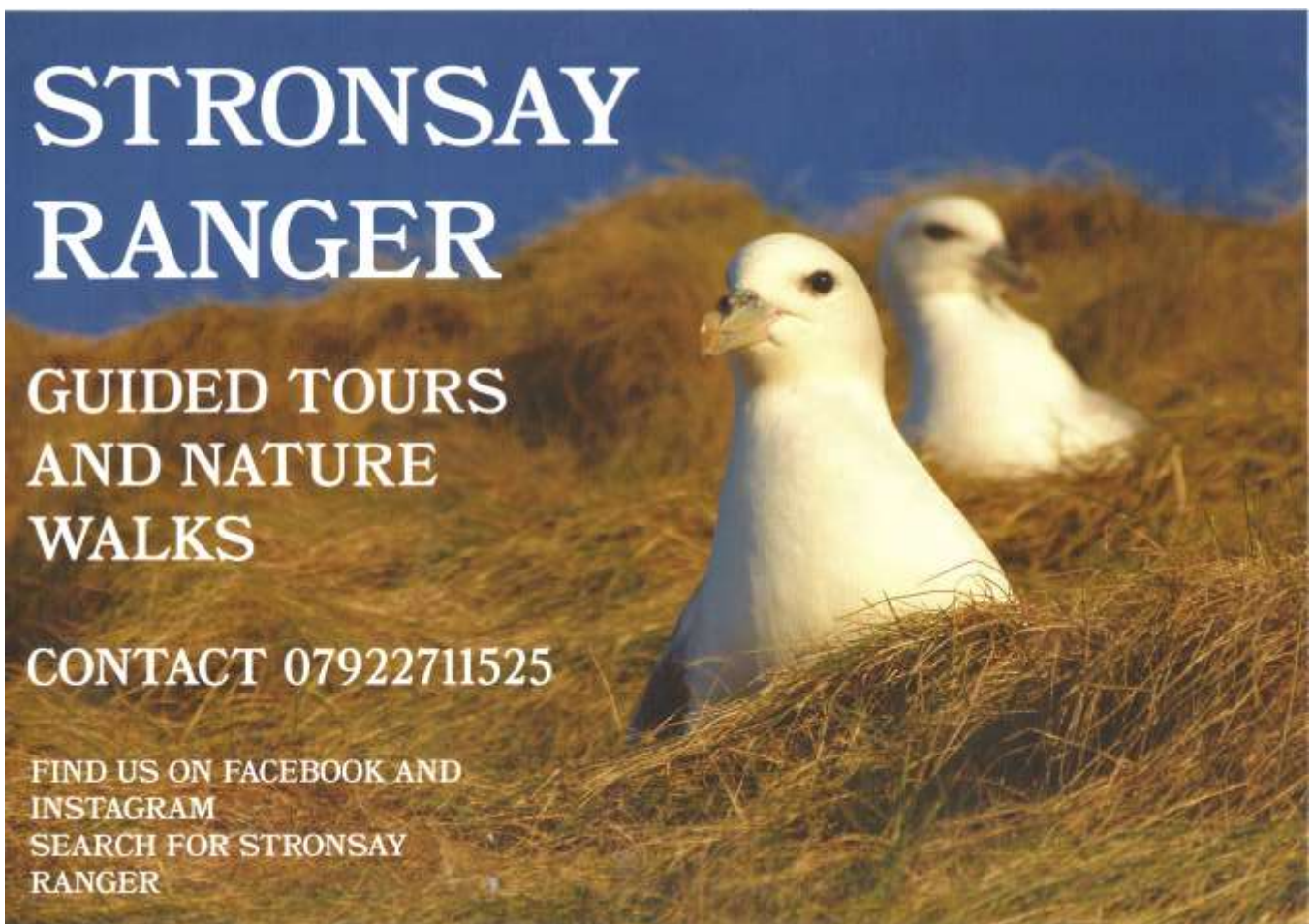


Seasonal vegetables available daily. Bedding, perennial and vegetable plants.

Local honey in season according to availability.

Open 09.00-17.00 Mon-Sat.

Redhouse, Lower Whitehall, Stronsay. Tel: (01857) 616 377



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RANGER**

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AND NATURE
WALKS**

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INSTAGRAM
SEARCH FOR STRONSAY
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LOCAL BUSINESSES

handmade  with love

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- ★ Handmade Quilts, cushions & clothes ★
- ★ Beautiful, bespoke & personalised gifts ★
 - ★ Handmade especially for you ★
- ★ Makower fabrics in stock £10 per metre ★
- ★ Studio visits welcome by appointment ★



Hazel Shearer, Airy, Stronsay, Orkney, KW172AG • Phone 01857 616231
hazel.airyfairy@gmail.com • www.airyfairyonline.co.uk

The Wyrð Weaver

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Email - thewyrdweaver@btinternet.com



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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 "stronsaymarkets@gmail.com and I will put you
on my mailing list*

**PATRICK
McGRATH
LTD**

**PLUMBING
& HEATING**

**Gas Safe Registered Engineer
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Services include:

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Call Patrick on **07933 488283**
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LOCAL BUSINESSES

JOHN DUNNE GARDEN SERVICES

- * General Garden Maintenance
- * Window Cleaning and Guttering Services

- * Reasonable rates
- * Quick and professional

NO JOB TOO SMALL

Tel: 616276

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
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Telephone : 01862 842357

Website : www.oldmansebandbkildary.co.uk

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LOCAL BUSINESSES

STRONSAY HOTEL

Phone 01857 616213

Open Tue, Wed, Thu, Fri, Sat, & Sun 5pm to 9pm

TAKE AWAY MENU

Homemade lasagne + chips	£5.95
Homemade chicken curry + rice or chips . .	£5.95
Homemade chicken & bacon pie + chips . .	£6.50
Breaded haddock + chips.	£5.50
Battered haddock +chips	£6.50
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
Half cheesy chips = minus 20p	
Cheesy chips = add 80p	
Half chips = minus 60p	
Half rice = minus 60p	

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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

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Boiler Servicing

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repair and replacement



Boiler Installation

A serviced boiler
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and will save you money

& Commissioning

Tel 01857 616339
ebenezer@stronsay.org

Anthony Potts
Foot Health Professional

Qualified Foot Health Professional
MCFHP MAFHP

About Me
I qualified as a foot health professional (FHP) in 2017 studying at the SMAE Institute in Maidenhead. I am a Member of The British Association of Foot Health Professionals.

Treatments offered
Nail cutting and filing
Callus (hard skin) removed
Corns treated
Nail conditions treated
Verrucas treated
General assessment and advice on foot health
Home visits
Please telephone for an appointment

Tel: 07570531618
antpottsguitar@btinternet.com
Gesty Dishes, Stronsay, Orkney, KW17 2AJ

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LOCAL BUSINESSES



The home of traditionally hand-crafted Orkney soaps, solid shampoo bars and balms.
Hand-spun yarns, woven throws, wall-hangings and more.

Member of Stronsay Craft Trail: Orkney Star Island Soap & Textiles, Isles View, Stronsay, Orkney.

Open all year round. Visitors welcome by arrangement. 

Tel: (+44) 01857 616 281. Email: info@orkneystarislandsoap.co.uk

Web: www.orkneystarislandsoap.co.uk.



BELLIE M DESIGNS

Tieve Studios, Berryhill Road, St Ola, Orkney KW15 1SF.

Online shop www.belliemdesigns.com

Orders also taken via Facebook, Twitter, Instagram or phone 07736838489 with email invoices that can be easily paid by card or PayPal.

Local business adverts are free!

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY COUNCIL

Chair: Ian Cooper Vice Chair: Shirley Whiteman

Dr. Roger Neville-Smith's Retirement

Stronsay Community Council wish to inform residents of the pending retirement of Dr Roger Neville-Smith, effective from 31 March 2020. We would like to thank him for his many years of loyal and dedicated service and wish him a happy retirement.

Dr Rosalind Fisher will continue to work part time and NHS Orkney will be advertising shortly to begin the recruitment process to fill the remainder.

Stronsay Island Link Officer
3 December 2019

PUB QUIZ

The Pub will be having a quiz at 7:30pm on Saturday 7th March, £5 per adult, £2.50 per child, ploughman's included. Raffle as well, any prizes gratefully received. All proceeds to a charity to be chosen. "

STRONSAY STITCHERS

Thursday 27th February, 7-9.30pm, Church Hall, £2/person, refreshments
Stronsay Stitches

Thursday 26th March, 7-9.30pm, Church Hall, £2/person, refreshments, all
welcome.

Announcements by charities, local groups, clubs and organisations are FREE!
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Volunteer Befriender – Stronsay

The Adult Befriending Service are looking for a one to one volunteer befriender in Stronsay

Do you have an hour a week to spare to visit an older person?

You could make a real difference in someone's life!

- Sit and chat
- Play a game
- Go out on a trip
- Go to a cafe

Training will be given.

If you are interested in becoming a befriender in Stronsay please contact the Adult Befriending Service on 01856872897 and ask to speak to Alison, Kasia or Lynn

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**STRONSAY WELLBEING WEEK
MARCH 23-29, 2020**

**SOCIAL SECURITY SCOTLAND
ADVOCACY ORKNEY
VAO BEFRIENDING
CYCLE TO ST JOHN'S VIEWPOINT
DROP-IN SESSIONS
CRAFTING FOR RELAXATION
EASTER EGGCASE HUNT WITH THE STRONSAY RANGER
AND MORE**

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GROUPS, CLUBS & ORGANISATIONS

ACTIVE SCHOOLS ORKNEY

CYCLING SCOTLAND

**ORKNEY
CYCLE
TRAINING
ASSISTANT
COURSE**

OPEN TO SCHOOL STAFF,
TEACHERS, VOLUNTEERS (16 YEARS +)

9.00AM - 5.00PM
KIRKWALL GRAMMAR SCHOOL

**24 TUESDAY
MARCH**

PARTICIPANTS ARE REQUIRED TO BRING A BIKE AND HELMET
CONTACT ACTIVE SCHOOLS TO BOOK

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY ASSOCIATION

Why not hire the Stronsay Community hall? We have a kitchen and fully licensed bar, with two large halls and a small meeting room; perfect for weddings, parties, games, meetings and much more!

- Disco equipment
- Table tennis
- Badminton
- Air hockey
- Pool Table

For more information & bookings contact Anthony Potts Tel: 616420/07570531618 or Email: antpottsguitar@btinternet.com

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

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

Find us on Facebook <https://www.facebook.com/hallcommittee>



STRONSAY COMMUNITY ASSOCIATION'S AGM

Will take place on Monday 2nd March 2020 at 7pm
in the carpet room of the Community Hall

STRONSAY HEALTHY LIVING CENTRE

supervised sessions

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 or Julie - 616335

Gym during supervised sessions - 616449

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GROUPS, CLUBS & ORGANISATIONS

KIRK CORNER

Locum minister—Scott Daily. Manse telephone 616286

This month saw the re-opening of the much beloved Fish Mart and the performance of a pantomime. In one I got to enjoy some wonderful food, in the other I learned the valuable lesson that you should not have your mouth open when being hit in the face with a “pie” of shaving foam! In one what I tasted left me longing for more, in the other what I tasted is best not described. Being a parent has reminded me again and again that we often don’t know if we like something or not until we actually taste or try it. It is common to have one of my sons tell me he does not like a certain food, only to find out he has never tasted it, frequently once he does he finds he likes it. Sometimes though the child is determined to not like the food or refuses to even taste it. When that happens, they might be missing out on something that I think they would actually enjoy or get benefit from.

In Psalm 34:8 it says, “taste and see that the Lord is good”. What a simple yet profound statement, we are told to taste, to sample God, and see that He is good. A few weeks ago, in our study in the book of Romans on Sunday mornings at the church, we saw that in Roman 5:5 our hope in Jesus does not disappoint, in fact God lavishes and pours out His love into our hearts. Sometimes a food product is advertised with a slogan saying you can’t eat just one, once you have a taste you will want more. Well the Bible is saying once you try God and His goodness you are going to want more. Once you let yourself actually taste of God you will not be disappointed, unlike food He never goes bad, His love, mercy, and faithfulness are never ending.

I am convicted about how easy it is to recommend a good place to eat physical food, and yes, I would certainly recommend the Fish Mart (though I might be reluctant if offered an apple by someone dressed like an evil queen). But it is easy to grow complacent about the fact that we know where to get true food for our soul, the real Bread of Life found in Jesus. What if we could get as excited about God, as eager to come to church as we would a restaurant, as expectant of good “food” from God as we are of good food for tea? I would imagine that it would change all of our lives if we truly tasted how good God is, I don’t think we could get enough or ever tire of Him. What purpose, what excitement, what joy and peace would follow from really enjoying God. Too often I find I am living on spiritual and emotional junk food, sure it seems to taste good in the moment, but it does not benefit me for long and in fact makes me unwell over time. Why am I ingesting the poison of life rather than coming to the abundant goodness of God? I want to encourage all of us to keep coming and tasting of the Lord, for He is indeed good.

Scott Daily, your locum minister

For details of services see the kirk website <https://tinyurl.com/y2ctm7o5>

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY SWIMMING POOL TIMETABLE

Monday

7-7.40 public session
7.40-8.20 adult lane (16+)

Thursday

7-7.40 private hire (pre-booked)
7.40-8.20 private hire

Saturday

2-2.40 private hire (pre-booked)
2.40-3.20 public session
3.20-4pm private hire

Swim club lessons weekly

To enquire about private hires, phone Elsie 616238

To enquire about swim club, phone Sarah 616406 or Andy 616277

POOL CHARGES

Public Sessions

Adults £3
Children £1.50

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

Adults (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

PEEDIE LIBRARY IN THE CHURCH HALL

We have a great many books on a wide range of subjects. We also have a DVD section. Tea, coffee, juice & biscuits available - sometimes even cake! Even if you're not a reader why not call in for a cuppa & a chat. If you need a lift please ask Viv Erdman (Ebenezer Stores) and we will arrange it. The next Peedie Library will be on Wednesday 11 March from 3pm to 4:30pm.

The repair work to the Mobile Library van is taking considerably longer than initially expected due to problems obtaining replacement parts and the vehicle is not expected to be back in operation before the beginning of April. .

Kirkwall Library are arranging a pop-up Library in the Stronsay SDT office on 30th March from 10am - 4pm. For more information or if you need any additional assistance please contact the Library on 01856 873166.

Mobile Library Timetable 2020

<u>Stronsay</u>	
<u>Dates</u>	<u>Stops and Times</u>
3 February	Times vary throughout the year depending on the ferry timetable.
30 March	
26 May	<u>Winter</u>
21 July	Council Houses 8.45—9.45
15 September	School 10—12
16 November	Kirk 12.30—3
	Fish Mart 3.15—4.45
	<u>Summer/Refit</u>
	Council Houses 9—10
	School 10.15—12
	Kirk 12.30—3
	Fish Mart 3.15—5.30

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GROUPS, CLUBS & ORGANISATIONS

Orcades Practice – Stronsay Branch

Geramount

Stronsay

12th December '19

Orkney Ferries refit timetable is due to start on the 5th January. During that time the weekly Eday visit will change from Thursday to Wednesday. We will therefore have GP clinics here on the Thursday instead of Wednesday until refit is finished.

Thank you

Dr Roger Neville-Smith

Dr Rosalind Fisher

COMPUTER CLUB

Computer club will be held on Wednesday the 11th March 1 till 2.45pm in the conference room in Unit 1 of Wood's Yard. There will be internet access and laptops available for use free of charge or feel free to bring along your own technology.

ADULT TABLE TOP GAMES CLUB

Games club will be held on Wednesday the 11th March at 7.00 pm till approximately 9.00pm. We will be meeting in the conference room in Unit 1 of Wood's Yard. This month we will be focusing on the Pokamon Trading card game and will have some spare decks should anyone wish to give it a go. There will be the usual games available to play as well.

Please contact Duncan Bliss-Davis on 616317 or duncandavis79@gmail.com for further details about the Computer or adult games club or if you need a lift.

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GROUPS, CLUBS & ORGANISATIONS

DIABETES SUPPORT GROUP

The next meeting of the Diabetes Support Group will be held on Wednesday 26th February at 3pm in the Community Hall (carpet room)

STRONSAY MEDICAL PRACTICE

In an emergency phone 01856 888000

Surgeries by appointment only

Phone 616321 to book an appointment

Monday 9:30—10:30, 15:30—16:30

Tuesday 9:30—10:30, 14:30—15:30

Wednesday 9:30—10:30, from 14:00

Thursday—no surgery

Friday 9:30—10:30, 15:30—16:30

Ordering repeat prescriptions

Phone 616321

Please note the changed email address orkney.stronsay@nhs.net

Website www.orkadespractice.co.uk

Please will patients order prescriptions at least 8-10 days before they are needed. This will reduce frustration when items have not been delivered from the mainland.

Collecting prescriptions

Please will patients collect their ordered prescription 10:30-11:30am or 2-4pm Monday, Wednesday or Friday. This avoids the busiest time when the prescription boxes are being unpacked.

In an emergency phone 01856 888000

JIM HOLLAND HAULAGE—DELIVERIES

Catalogue deliveries made on Wednesday and Friday only.

Large items will be delivered on Saturday.

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USEFUL INFORMATION

POST OFFICE OPENING TIMES etc

Monday to Saturday	8:30am—5:00pm
Sunday	Closed
Post collection times	07:30, Monday to Saturday
Bank day	Tuesday 09:00-15:00 (closed 12-1 for lunch)
Island Link Officer.	Fishmart office 10 to 12 on Tue, Thu & Sat. Phone 616475
SDT Office	Wood's Yard 10am - 11am Mon-Fri. Phone 616410
Sunday service at the Kirk . . .	11 am (see https://tinyurl.com/pj7xtg5)
Our Lady's Chapel, pier head	Weekday Mass at 11.20am, except Tuesdays 8am. Sundays and Holidays of Obligation, Mass at 10.30am.
Next Special Collections	?
Weekly rubbish collection	Tuesday (bags out ready by 9am)

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

Airy Fairy	616231	SDT office	616410
Castle Bird Reserve	616363	Stronsay Band	616335
Craftship Enterprise	616249	Stronsay Hotel	616213
Doctor	616321	Taxi	616335
Ebenezer stores	616339	Stranded seals, etc	616339/206/498
Electrician (Dave)	616230	Balfour hospital (24/7)	01856 888000
	<i>or</i> 07917 191 797	Electricity	
Fish Mart	616401	general enquiries	0800 048 3516
Hairdresser	616337	<i>lines open Mon-Fri 8am-5pm</i>	
Hall bookings	616397	problems (24/7)	0800 300 999
	<i>or</i> 07752 043 325	power cut (24/7)	105
Island Link Officer	616475	Water problems (24/7)	0800 0778 778
Medical emergency	616321	Highland Fuels	0800 224 224
Neil's on Wheels	616454	Kirkwall Library	01856 873166
Manse	616286	Kirkwall Police (24/7)	101
Nurses	616480	Vets:	
Olivebank	616255	Flett & Carmichael	01856 872859
OIC out of hours	01856 873535	Northvet	01856 873403
Post Office	616499	Dentists:	
Red House Plants	616377	Orkney Dental	01856 872030
Registrar	616239	King Street	01856 888258
School	616246	Deyanov Dental	01856 877118
Silver Darlings	616412	Golgotha monastery	616210
Star Island Soap	616281		<i>(Email contact@the-sons.org)</i>

HOW TO CONTACT THE [LIMPET](#)

Send an email to editor@stronsaylimpet.co.uk (preferred method); phone Bruce Fletcher on 616297 (after 10:30am & 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

