



TIMETABLES

[Loganair 20 Feb 2022 to 29 Oct 2022](#)

[Orkney Ferries 1 Aug to 25 Sep 2022](#)

[Orkney Ferries Sunday excursions 2022](#)

DATES FOR YOUR DIARY

| | |
|------------------------------------|--------------------|
| Stronsay Stitches | Thu 25 Aug |
| Intro to Marine Citizen Science | Thu 1 Sep |
| The big seaweed search | Fri 2 Sep |
| Organic veg growing—talk | Sun 4 Sep |
| Paper-making workshop | Mon 5 Sep |
| Wild life recording—coffee morning | Fri 9 Sep |
| Beach litter survey | Fri 16 Sep |
| “Washed Ashore” | Sun 25 Sep |
| Globe at night—stargaze | Fri 30 Sep |
| Library van visit | Mon 10 Oct, 28 Nov |
| Loganair timetable change | Sun 30 Oct |
| Christmas Craft Fair | Sat 3 Dec |

SHEILA BURGER 1938-2022

Mike Burger would like to express his grateful thanks to all the very many friends and acquaintances who sent cards and messages of condolence after Sheila’s sudden death.

GP & COMMUNITY NURSE ROSTER

The latest available roster for the Doctor and the Community Nurse can now be found on the Stronsay Limpet’s website at <https://stronsaylimpet.co.uk/RosterGPandNurse.html>

The next edition of the [Limpet](#) will be published on **Thu 29 Sep 2022**. Items for inclusion in that edition should be submitted by 7pm on **Sun 25 Sep 2022**, contact details are on the back page. The Limpet’s website address is <http://www.stronsaylimpet.co.uk>

HEALTHCARE SUPPORT WORKER - DOMESTIC

STRONSAY SURGERY

An opportunity has arisen to assist in the maintaining of a clean, safe working environment for the Stronsay Surgery in line with the NHS National Cleaning Specification. The post holders will be part of a team of staff providing cleaning and domestic services to the Stronsay Surgery.

The successful candidates must have previous experience of cleaning, experience of dealing with people and the ability to work as part of a team but also on their own initiative. Good communication skills are essential, and candidates must be able to maintain confidentiality at all times.

Previous experience of cleaning in a healthcare environment and COSHH and Infection Control training would be desired but is not essential as full training will be given.

If you would like further information about these posts please contact Michelle Grieve - Domestic and Laundry Team Lead by Telephone: 01856 888905, or email michelle.grieve@nhs.scot.

See <https://apply.jobs.scot.nhs.uk/displayjob.aspx?jobid=109928>

POWER CUTS

If your electricity supply fails then you can ring 105 to find out what's going on. SSE will tell you whether it's a local problem or something more widespread as well as the time by which power is expected to be restored. There is also a link for folk who have a smart phone during a power cut:

<https://powertrack.ssen.co.uk>

Using this link you can see outages all over the country, see which postcodes are affected in a list and on a map as well as receiving information about when power is expected to be restored.

THE ORKNEY NEWS

Bringing you the alternative news in Orkney

<https://www.youtube.com/c/TheOrkneyNews>

<https://theorkneynews.scot>

Recent Bird Sightings

There was a very welcome ‘commotion’ of several species during cutting/clearing of grassland in mid-summer. the most obvious ‘returns’ being Gulls, Lapwing and Curlew – all present in numbers close to those present pre the Greylag Goose ‘invasion’ which began in the early nineties. Golden Plover were also present in good numbers.

With a dearth of ‘winds from the east’ there have been just a handful of ‘small’ passerine species in early Autumn – 1 or 2 Wheatears feeding along the roads and one Pied Flycatcher – discovered by Margaret Crowe in the garden at Scoulter’s mid-month.

Birds of prey have featured regularly – at least two Hen Harriers, two Sparrowhawks and best ‘raptor’ of the year so far – a Red Kite - seen flying over Whitehall Village by David Askew on 11th August – the 5th record for Stronsay. David saw a Peregrine the same day.

Short-eared Owls have been seen on several occasions and as usual outside the breeding season, in the Meikle Water region.

A family party of Sedge warblers was discovered in a patch of ‘dockans’ at Arifea and a juvenile Reed Bunting was in the Castle garden mid-month. there have been far more Pied Wagtails present throughout the summer, indicating a good breeding season here. The birds are often seen feeding along the tarmac roads.

Two Gannets were found’ in mid-month – one near Midgarth, which we returned to the sea off the east pier. This bird appeared to have hit the overhead electricity cable but a few days later one was discovered in open ground at Arifea which may have contracted the ‘avian-flu virus’ and died shortly after. We did not handle this bird – two stranded Gannets is suspicious!

John & Sue Holloway
Thanks for all the calls.

Sightings of a Glossy Ibis towards the south end of the island have been reported on the internet earlier in the month but we have no details of date etc.



North Isles Natural Wellbeing Project



NEWSLETTER Aug 2022

The story so far...

The project is funded by the Idem Fund, a programme run by the British Science Association, enabling us to develop and try out ideas that address mental wellbeing problems, working with researchers. Our researcher, a PhD student in wellbeing geography, and I have visited the North Isles to investigate how we can use the resources that are available across Shirey more effectively.

A number of programmes have taken place on Stronsay as part of the research, assessing a range of services that can be offered to benefit wellbeing, social values and our natural environment. This has included bike rides and bike maintenance, buggy walks, outdoor learning sessions, residents attending the North Ronaldshire Sheep Festival to learn traditional skills and give back to an neighbouring community, as well as two collaborative projects with Stronsay School, producing a community project as part of the Prince Trust Arklow Programme and a national growing arts project, *Seedlings*. The next step is to look at other ideas, what services are offered there, what can be replicated and what established ideas can be best promoted. Improving communication of initiatives that are already established is key to benefiting all of the Isles communities. We don't want to reinvent the wheel, but perhaps make it a better priority!

From September I will be visiting the North Isles more, to promote the findings from our research on Shirey, seek your input and ideas and develop some of the current pathways in place. I'm always happy to meet community groups and would like to learn from you and offer any links to new projects.

Louise

Up the Garden Path



Work at the small greenhouse is underway as a community learning hub. A school group are taking part in the new national Dandelion Festival, promoting growing and sharing with arts and music. A summer programme ran through the holidays offering nature art activities and will be displayed at the event on 8th September. The project hopes to display potential creative nature based activities for the community, particularly over the winter months, by bringing nature indoors. Plans are being explored to regenerate the outside space into a wellbeing garden, for everyone to enjoy on Stronsay.

Get on your bike!



A part of Stronsay Bike Week, Magda from CyclingUK joined us with maintenance sessions, family drop ins and led rides. The event benefitted many residents who tried out the Development Trust's newest e-bike, as well as a free service for their bikes. The Rural Connections programme with CyclingUK aims to help our communities and can offer free use of bikes. After the success in June, Magda will be back on Stronsay on 5th, 20th, 27th August with led rides.



What is natural wellbeing?

There has been much research into the benefits of spending time in green spaces or bringing nature into your everyday life. Activities like growing food or flowers, walking or cycling, being with animals, even watching nature documentaries, have proven benefits on wellbeing and mental health by improving mood, reducing stress, increasing physical activity and connecting with your local community.

It shouldn't feel like hard work! The five pillars of wellbeing: being physically active, giving back, connecting with others, learning new skills and paying attention to the present, can be achieved through a range of hobbies and activities where the main focus is on wellbeing. There are many groups, programmes and initiatives already running across Orkney that can support mental health such as wildlife recording, photography, walking groups, wild swimming, art or horticulture. The North Isles Natural Wellbeing Project aims to provide a more open communication channel between community organisations, third sector organisations and the health services, to ensure that communities not only know about them, but can access them and the benefits of green health.

For information contact Louise

ed:projectofficer@gmail.com

WhatsApp 07749215691

fb @naturalwellbeingstronsay





September 2022



Stronsay Citizen Science Festival

What's it all about? The idea that the public voluntarily conducts and contributes to scientific research.

Take part in workshops and events, chat with visiting professionals and learn how to find programmes you can be involved in that suit your own interests.

Programmes are available in wildlife recording, marine environment, and astronomy to monitor light pollution.

Learn a new skill and give something back.

It's easy when you know how!

BE PART OF SOMETHING BIGGER

For more information or you are interested in being involved, please contact Louise

McQuaid

sdtprojectofficer@gmail.com

WhatsApp 07749215591

2022 **Stronsay** CitSci Fest

Sep 1st

INTRODUCTION TO MARINE CITIZEN SCIENCE talk with Marine Environmental Scientist, Dr Jenni Kakkonen
7pm Fishmart Cafe

Sep 2nd

THE BIG SEAWEED SEARCH with Dr Jenni Kakkonen
9am St Catherine's Beach

Sep 9th

WILDLIFE RECORDING COFFEE MORNING with Anne Bignall from North Isles Landscape Partnership Scheme
11am Fishmart Cafe

Sep 16

MARINE CONSERVATION SOCIETY BEACH LITTER SURVEY
10am St Catherine's Beach

Sep 23rd

TBA
TBA

Sep 30th

GLOBE AT NIGHT STARGAZE
8:30pm Community Greenhouse.

Be part of something bigger

FOR MORE INFORMATION CONTACT
sdtprojectofficer@gmail.com



INTRODUCTION TO **MARINE CITIZEN SCIENCE:**

Join Dr Jenni Kakkonen, Marine Environmental Scientist, to learn about marine research and it's impact in Orkney.

An informal talk to learn about current research projects, how to get involved and what to look for when you are beachcombing, swimming or diving in our seas. Learn about Seasearch and Project Seagrass, and how you can become involved as diving or snorkelling observers.

There will be a brief seaweed identification guide, ready for the community Big Seaweed Search on Friday 2nd.

Learn a new skill. Be involved. Give back to the community.

**Thursday 1st September,
7pm
Fishmart Cafe**

For more information contact Louise McQuaid
sdtprojectofficer@gmail.com
WhatsApp 07749215591

**BE PART OF SOMETHING
BIGGER**



BIG SEAWEED SEARCH



Big Seaweed Search

Join us for a community seaweed survey, a partnership with the Natural History Museum, Marine Conservation Society and community scientists. Join us to take a closer look at UK seaweeds and better understand and protect this important habitat.

Friday 2nd September

9am

St Catherine's Beach

If you require waterproofs or access equipment to attend please get in touch with Louise McQuaid for more information:

sd@projectofficer@gmail.com

WhatsApp 07749215591

**BE PART OF SOMETHING
BIGGER**



Nature recording in Stronsay

Would you be interested in forming a Nature Club or Wildlife Group with like-minded individuals?

Alternatively, you might like to undertake your own project or take photographs of Stronsay's wildlife that could be included in a small booklet?

The North Isles landscape Partnership Scheme is offering equipment for small wildlife recording and monitoring projects undertaken by individuals or as part of an informal group, culminating in the creation of a small booklet of Stronsay's wildlife records, taken over the course of a year.

Come along to a

Coffee morning

to chat, eat cake and discuss possibilities on

Friday 9th September, 11am

at the **Fishmart Café**

If you would like more information please contact
Anne.bignall@orkney.gov.uk or Louise McQuaid at
sdtprojectofficer@gmail.com



MARINE
CONSERVATION
SOCIETY



Beach Litter Survey

Friday 16th
September
St Catherine's
Beach 10am

Join a citizen science programme on Stronsay
As well as cleaning up our coastline, Marine Conservation Society Beachwatch volunteers note down all the items they find in a 100m stretch of beach. This data is hugely important as it helps track litter back to source, and enables MCS to campaign for change.
All equipment will be provided.

For information contact Louise McQuaid
sdtprojectofficer@gmail.com
WhatsApp 07749215591

BE PART OF
SOMETHING BIGGER



- Join Us For A -

Stargazing NIGHT

Globe at Night International CitSci programme
measuring night sky brightness

If you are attending, please get in touch in advance for an information pack about the programme with details of what we will be looking for and to download the app.

Friday 30th September
8:30pm
Meet outside
Community
Greenhouse

**BE PART OF
SOMETHING BIGGER**

For more information, please contact Louise McQuaid
sdtprojectofficer@gmail.com
WhatsApp 07749215591



Paper making
workshop with artist,
Lin Chau

Monday 5th September
Drop in 9:30-12:00

Community Greenhouse,
Stronsay

Working with Orkney International Science Festival, Orkney Climate Festival and the North Isles Natural Wellbeing Project, multidisciplinary artist, Lin Chau is bringing her papermaking workshop to Stronsay. The workshop will teach you how to make recycled paper incorporating dried flowers and seeds. Send them as greetings cards and the recipient can plant the card and watch it grow! A free, relaxed drop in workshop, open to all.

For more information contact Louise McQuaid:
sdtprojectofficer@gmail.com



Stronsay-based Events

Friday 2nd September

Stronsay Junior High School - In-school events: Beach Art activity with Molly Shearer & Creating a model of a Shanty Town from recycled cardboard

'Islands of Abandonment' with Cal Flyn - Stronsay Fishmart Cafe - 20:00-21:00: Book signing and talk about life in the post-human landscape and how nature reclaims space

Saturday 3rd September

Shoreline Investigations with Dr Andrew Want - Ayre of the Myres - 10:00-11:30: Join Andrew on the beach to learn more about shoreline species and how climate change is affecting the ecosystem.

Changes in a Lifetime - Climate Cafe - Stronsay Fishmart Cafe - 13:30-15:00: Join Stromness Museum staff for an informal chat about changes to your environment in your lifetime and take part in a metal jigsaw piece stamping activity



1st - 7th September

www.nhclimatehub.co.uk/orkney-climate-festival



Stronsay-based Events

Saturday 3rd September

'Scotland: Our Climate Journey' Documentary & 'The Lorax' Film Screenings - Community Centre - 19:00-20:30: Come along to one of our viewings - popcorn and drinks available!

Sunday 4th September

Beach Clean - Bu Sands - 10:00-12:00: Join Leah on the beach. Bin bags, gloves and litter pickers provided.

Organic Vegetable Growing Talk with Roger Neville-Smith - Community Polytunnel - 14:00-15:00: Join Roger for an informal chat about organic vegetable growing. Take the time while there to look at the displays for the 'Up the Garden Path' project and the new Community Fridge.



The banner features a blue background with green wavy shapes at the top. On the left is a circular logo for the Orkney Climate Festival, dated 1st - 7th September 2022. The main text in the center reads '1st - 7th September' in a large, bold, white font, with the website 'www.nhclimatehub.co.uk/orkney-climate-festival' below it. At the bottom, there are four logos: Stronsay Development Trust, a recycling symbol, North Highlands & Islands Climate Hub, and International Orkney Science Festival.

Orkney Climate Festival
1st - 7th September 2022

1st - 7th September
www.nhclimatehub.co.uk/orkney-climate-festival

Stronsay Development Trust

Recycling Symbol

NORTH HIGHLANDS & ISLANDS CLIMATE HUB

International ORKNEY SCIENCE FESTIVAL

Stephen Clackson's Letter from School Place

Regularly reporting on the exploits of your councillor in Kirkwall, the North Isles, and beyond.

Sadly, the risk of spreading avian influenza scuppered there being a poultry section at this year's Sanday Show—the section the Clackson Family usually does fairly well in. Undaunted, by means of a technical loophole, we were able to exhibit a dozen of our very youngest poultry in the industrial section, and won first and second prizes for "hen eggs, any other colour". When I was a lad, growing up in Somerset, village shows often featured ferret racing (in the recent past, an attraction at both the Sanday Show and the Shapinsay Show, too) and "terrier" racing, where visitors enter their pet dogs on the day (of any breed, although whippets invariably outclass the Pekingese). However, I wouldn't recommend the event tried one year at the Over-Wyresdale Local Livestock Show in Abbeystead, Lancashire—a chicken race. On release from the traps, the fowl fled in all directions, and for days afterwards the owners were coaxing their birds down from their roosts in the nearby trees!

I attended a memorial event at Aberdeen University to celebrate the life of my former colleague, Dr John Reid, who died in February 2021. In his *Reflections of a Natural Philosopher* (<https://homepages.abdn.ac.uk/npmuseum/article/Biogs/JSR.pdf>), written after over 40 years in academia, John observed: "Universities have become very stressful places to work. They didn't used to be. Inspiration and creativity are now managed within an inch of their lives. The tail seems to be wagging the dog, in that administration drives most activities, although academics have to pretend otherwise. Most research seems to be done by the temporarily employed, which is not a happy way to run the system; even the so called permanently employed have to spend a substantial amount of their research potential in selling their knowledge and ideas to justify their continuing existence; 'success' seems to be judged by specious measures and their ranking tables. The problem seems to be that those who fund research and who manage research staff have been asked to justify their allocation of resources. It seems an obvious and fair question but the honest answer is that the value of science is determined largely by posterity, which is the ultimate judge of whether knowledge gained has lasting value. A typical time between the publication of Nobel Prize winning science and the Nobel award is about 25 years, though there are exceptions. Management runs on short-term measures, so they compile statistics like publication rate, journals used, number of recent citations of published work, etc., summarised by impact factors; they analyse questionnaires whose answers are compiled into ranking tables. They peer at their spreadsheets and pronounce. The net result is that broadly speaking science is not carried on in the first place for the benefit of science but for the benefit of satisfying management." In my experience, this bureaucratic "management mindset" governs our entire educational system, and our healthcare system too—to the detriment of everybody.

Unfettered capitalist economics are also making their contribution to the detriment of everybody, which we are now encountering in the impending cost-of-living crisis. It is tempting to descend into a state of Weltschmerz or sink into the Slough of Despond, but a more constructive approach is to adopt the "make-do-and-mend" attitude of our forebears, and also to heed the wise words of Dr Samuel Johnson: "The proverbial oracles of our parsimonious ancestors have informed us that the fatal waste of our fortune is by small expenses, by the profusion of sums too little singly to alarm our caution and which we never suffer ourselves to consider together." More succinctly put: "Take care of the pennies and the pounds will take care of themselves." Maybe the Amish have got it right after all. They don't rely on mains electricity, and they use horse-drawn buggies (autonomous vehicles powered by biofuel) for transport, so they are less exposed to world energy-price fluctuations.

It is a supreme irony that, while Orkney is a net exporter of green energy to the rest of the UK, we pay the most per kWh for our electricity. This irony is now being compounded by delays connecting Orkney consumers to the power network. I believe the time has come for us to resurrect, and seriously reconsider, my past proposal to establish an Orkney energy company.

I shall be revisiting (in collaboration with Green Councillor Kristopher Leask) the possibility of getting a by-law enacted by the Council to restrict the importation of honeybees into Orkney. This is to protect the bees already here from becoming infected by diseases which, although endemic elsewhere, are thankfully still absent from our islands and not the bane of Orkney's beekeepers. This was something I attempted when I first became a councillor, ten years ago, however at that time EU regulations stood in the way. Now we have left the EU, Kristopher and I are trusting that this obstacle has been removed.

The probable closure of Stromness Church is regarded as newsworthy by the local media, yet the threat of such a fate has been hanging, unreported, over churches in the Isles for some time. On being informed of his appointment to the position of Moderator of the General Assembly of the Church of Scotland (2021-22), Lord Wallace of Tankerness proclaimed: "Hopefully I can reflect some of the spirit of island life." That spirit would seem to have been one of steady abandonment of island congregations by the Kirk, including in islands that formed parts of his constituency when he was an MP and an MSP. I see these closures as representing nothing less than the renunciation of the Church of Scotland's "distinctive call and duty to bring the ordinances of religion to the people in every parish of Scotland through a territorial ministry", enshrined a century ago in *Article Declaratory III of its constitution and the Church of Scotland Act 1921*. Q: What do the banks and the Kirk have in common? A: They are all closing their less-profitable branches!

The recess is now at an end, and I'm looking forward to being back at School Place.

Stephen

Cllr Dr Stephen Clackson
Member for the North Isles Ward
Vice-Convenor Orkney & Shetland VJB
West Manse, Sanday
stephen.clackson@orkney.gov.uk

Letter from School Place is also available on-line at clackson.info



Records of a bygone age A Clydesdale or a Ferguson - a matter of choice? Part 1

A few weeks ago Arna and I visited the Royal Highland Show at Ingliston. Nothing remarkable in that, you might think, but this was something that had been on my bucket list for nigh on 50 years! This show was always held during the last week of June and, while we were farming, we were always busy cutting silage at that time of year so couldn't attend.

With no show being held in 2020 or 2021, we had wondered if 2022 could be 'the year' and for once everything seemed to fall neatly in place for us! Ex-Agricultural Training Board Instructor and long-time friend Bob Laird and his wife May, who stay in Stirling, invited the two of us and friends Geordie and Maggie from Westray to come and stay with them for a few days. This was the last year they would be in Stirling before moving back north and they were keen for us to visit them and take in the 'Highland' before they moved. Well, we jumped at the chance and were wined, dined and toured around in style, including two fantastic days at Ingliston taking in the wonders of the show. And wonders they were! With this being the 200th anniversary of the show, the organisers pulled out all the stops to put on a magnificent show, including great weather – sunny but not too hot.

We spent some time touring the machinery stands, inspecting the livestock on show and watching them being judged, and visiting the myriad of tents promoting and selling just about everything imaginable. Some fantastic handicrafts were on show and there were also a number of competitions going on around us, including climbing an 80' wooden pole in something like 15 seconds!



*The sheer size of some of the machinery had to be seen to be believed.
This was a bucket to fit on a telehandler – the models were an optional extra!*

One of the competitions that stood out for me was the sheep shearing event where competitors tested their skills not only against the other competitors but also against the large and sometimes uncooperative sheep they were shearing. Included in this for the first time was a category for female shearers and those young lasses proved themselves every bit as capable of handling and shearing the sheep as their male counterparts.

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The other ‘stand out’ competition for me was the Farriers’ competition for shoeing heavy horses. In this, the farrier started off with a flat bar of iron and had to have a shoe forged, shaped and fitted to the horse within an hour. This was fascinating to watch and we were within touching distance of those magnificent Clydesdales as they stood quietly munching away at some hay while all this was going on around them.



The first picture here shows James Macleod shearing sheep at Midgarth – not yet graduated to the ‘Highland’ but perhaps some day? The second photo is of one of the farriers at the ‘Highland’ in the early stages of making a horse shoe. Two completely different skills but both equally demanding!

We sat in the Grandstand a few hours later to watch the Grand Parade of horses go round the ring, more than a hundred in all, from the magnificent Clydesdales down to a few miniature Shetland ponies, and a more impressive sight would be difficult to imagine.

It was these last two mentioned events that set me thinking about the role of the horse in farming and its relatively sudden demise. By way of introduction, I think it’s fair to say that I’ve never been what could be called a ‘horsey’ person! The day of the heavy horse was in the not too distant past when I started farming and ponies never held the attraction for me that they did for some but it was impossible to see those magnificent animals, all in their ‘Sunday best’ for the show, without having a twinge of nostalgia.

Although never being a horseman, nearly all my farming friends and relatives who were that bit older than me would speak of their days of farming with horse and how they felt about their loss. Some of the older men never fully accepted the new age of the tractor and had little interest in mastering the technology, preferring to concentrate their talents on the stock and crop husbandry on their farms. Others accepted it as a change that had to come, a new skill they had to learn and a leap which had to be accepted as ‘progress’. Yet others took to it like ducks to water and would service, strip down and re-assemble tractor engines and gearboxes with as little thought as a previous generation had fed and groomed their horses.

(Continued on next page)

My dad, who would have spent a great part of his farming life as a horseman, never really talked much about working with horses but I do think he would have fallen into the first category and been happier with a pair of Clydesdales than a Ferguson! I only found out after he passed away that he had a medal for ploughing and was a 'champion' horseman in his day.

He did speak a little, however, of how, when he was a young lad, horsemen on some of the farms were expected to be in the stable at 5 a.m. to feed, groom and muck out the horses to ensure that the horses were ready to start work at 6 a.m sharp. They were then yoked into the plough, cart or whatever implement was going to be in use that day. Their 'yoke' was from then until 11 a.m., although there was a break mid-morning to give the horses a short rest and the horseman a chance for a cup of tea and possibly some buttered bannocks or porridge. This was known for obvious reasons as their 'half yoke', coming midway between yoking time and 'lowsin time' (when the horses were loosed ('lowsed') from their yoke). There was a 2 hour break then, not for the benefit of the horseman but to give the horses a rest and something to eat. Then, come 1 p.m., the horses were yoked again and worked away, with another short half yoke break, until lowsin time at 6 p.m. when the horses were returned to the stable. This was the end of the day for the horses but not for the horsemen, who returned to the stable before they went to bed to 'supper' the horses.

Some farmers today can still be heard to speak of 'yoking time', 'lowsin time' and stopping for their 'half yoke' although, in horse terms, the events referred to would have come to an end long before they were born!



Three binders with their three-horse teams stopped for a rest. The farm of Holland can be seen in the background. The sheaves have already been set up into 'stooks' to help them dry out before being 'led' home into the stackyard and built into stacks.

(Continued on next page)

Horses were always well cared for, in some instances treated better than the farm workers themselves, and a career as a horseman was always regarded as a fairly prestigious job, second only to the grieve in farming hierarchy. On larger farms where a number of horsemen were employed, they were rated as '1st horseman', '2nd horseman' etc and the title of 1st horseman was regarded as a real feather in the cap.

The farmer who spoke most to me about the days of the working horse was without doubt the late Jim Work of Holland Farm who was a horseman through and through and had many stories to tell of them, most with fondness but never, I thought, through rose tinted glasses.

He spoke of ploughing day after day in what was often poor weather and, with oilskins not what they are today, of dampness slowly seeping through to the bone, and skin on legs and arms rubbed raw, sometimes to the point of bleeding. But even then, he recounted, there was still something very satisfying, after you had loosed the plough at the end of the day and were heading back to the stable with your pair of horse, to look down the rigs to view the results of your day's work.

Another of Jim's tales, related in full in issue 171 of the Stronsay Limpet, tells of the decline of the heavy horse at Holland and his successful attempt to prove that a team of horses could cut a crop of oats with a binder every bit as fast as a tractor and binder could!



Horses having a drink at the pond at Holland Farm. In the background is what must be fairly recently built stacks as they haven't yet been secured with 'simmons' (straw ropes) to prevent them from blowing away in the winter storms.

Long after his retirement from farming and still with an active interest in the heavy horse, Jim told of watching a modern-day demonstration of horse ploughing on TV one day. As the pair of horses came down the field toward the camera, he spotted that some of the harness had been wrongly fitted! Although it was something quite minor and it would have been more than fifty years since Jim would last have yoked a horse, he had noticed it immediately and expressed his disbelief that anyone could make such an elementary mistake!

Part 2 will be in next month's 'Limpet'
Ian Cooper
August 2022

FOR SALE, WANTED, THANK YOU, etc

THANK YOU

Thank you to everyone who sent messages of sympathy when I reported that my 17-year-old, green-eyed, pure white cat Surrey had passed away on Friday 12 August.

Bruce Fletcher

CLIFTON FREE RANGE EGGS!

EGGCITING NEWS!!

ENJOY SOME CRACKING GOOD EGGS

Our happy hens are delighted to let you know that they are now producing top quality free range eggs. The eggs are available from outside the annex at Clifton for only £1.50/box.

Help yourselves and just put the money in the box.

CHIROPODIST?

I am looking into getting a chiropodist out to Stronsay. If you would be interested please phone Anna on 616 410.

Thanks. Yvonne

VAN AVAILABLE FOR CHARITY WORK

The Pomona Prefect logo peedie red van is available for charity work on the island if anyone needs a man and a van and wants to help the island reach the target. Saturdays service and cost for this is suggested as £10 per hour min donation for half hour units. All to the Stronsay Defib fund. No live animals, persons transported or dirty, sloppy stuff carried. Limited load and not a taxi service. This is a temporary thing to raise money and not a challenge to any services on the island. Call Don and Julie for all taxi work and Jim Holland for freight!

Also, if anyone needs their car karcher jet washed and vaccuming and then can do at Ellerslie as you pass for a donation to same Defib Fund. Cost is £10 per basic body wash and wheels rinsed and boot/inside vacted. Limited to cars. No monster trucks, panel vans, lorries or camper vans sorry.

This charity service will be hopefully available until there are enough defib machines in position with the people trained to cover us all 24/7. Availability is limited to Saturdays.

Any questions and to book give me a call.

Nicandro J. Porcelli, Ellerslie. Telephone or text to - 07732 276046

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

Love Parties, but
hate waste?



Reduce landfill waste by hiring Peedie Party Packs range of children's reusable plates, cups & cake stands instead of buying disposable! we even have themed packages & games packs available, happy to accept hires from across Orkney including the Isles.



Peedie Party Packs



peediepartypacks2221



PeediePartyPacks@hotmail.com

Local business adverts are free!
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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

BUILDING WORK

Building work carried out by time-served tradesman

No job too small!

Please note changed telephone number

Phone Paul Williams on 616222 or email williams778@btinternet.com

ROYAL BANK OF SCOTLAND

No Royal Bank of Scotland visits until further notice. There are 2 telephone numbers:

0800 051 4177 for anybody in isolation and 0800 046 6734 for all NHS staff

Both lines are open 8-8

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

Send an email to editor@stronsaylimpet.co.uk or write to *The Limpet, Claremont, Stronsay, KW17 2AR.*

EMERGENCY NUMBERS

On the back page of every edition of the *Limpet* there is a list of useful telephone numbers including the emergency numbers for reporting problems with water or electricity.

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FOR SALE, WANTED, THANK YOU, etc

BUILDING PLOTS FOR SALE

2 Building plots, Whitehall Village, Stronsay, Orkney

£35K each. Planning in principle for 2/3 bed bungalow plus 2 parking spaces. Electricity and water supplies are on site.

The plots are behind the village street making a secluded location but within easy walking distance of the shop, ferry, cafe and hotel.

The tried and tested practice on the Orkney isles for building is to buy a house kit and either have it erected by the supplier or our island contractor Castlehill Construction (who can also do the ground works)

For information about Stronsay, our lifestyle, its good school and other facilities please visit www.visitstronsay.com

For further information about the sites please contact

- Sharon at Orkney Property Centre, Kirkwall on 01856 877866 or
- Dianne & Paul on 07785111126 or
- email drileymoore@hotmail.com

Planning ref: 18/038/PIP on Orkney Islands Council planning web site



Items on this page are free!

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LOCAL BUSINESSES

Holmsgarth Crafts



*Seasonal Gifts,
Memory bears,
Stronsay book bags, and much more
Many items can be personalised
Made To Order*



Contact Margaret McAnally - [Holmsgarth Crafts | Facebook](#)
[07432614089](tel:07432614089)

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LOCAL BUSINESSES

Stronsay
Hotel Takeaway Menu

Burgers

Olivebank hand crafted Cheeseburger and Chips 7.50
Chicken Burger and chips 6.50

Chicken fillet and Chips 6.50
BBQ Sauce 1.00
Sweet/Sour Sauce 1.00

Chicken Nuggets and Chips
Adult 6.00 Child 4.00

Battered fish and Chips 8.50
Scampi and Chips 7.00

Smoked Sausage and Chips 6.00
Battered Sausage and Chips 6.00

Macaroni and Chips 6.50

Chips / half chips 2.00/1.50
Cheesy Chips 3.00/2.50

Extra cheese 1.00
Onion rings 1.00

Thankyou

Telephone 01857 616473
Fridays From 5PM – 8PM

Stronsay Hotel new telephone number 616407

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LOCAL BUSINESSES



Stronsay Hotel

**Now open on Mondays
from 10 – 4**

Teas, coffees, home bakes and sweet treats available through the day

Lunch served 11– 2

Sample Menu

(items may change week to week or subject to availability)

Soup and a homemade white roll or cheese scone £4.50

Soup and sandwich meal deal £5

Sandwiches £4.50 or Toasties £5.50 (includes crisps and coleslaw)

Barbeque chicken and cheese on tiger loaf toastie, crisps and coleslaw
£6.50

Chicken Waldorf salad (chicken, mayo, grapes, celery and walnuts) in a
croissant and crisps £6.50

Warm chicken and cashew nut salad with balsamic dressing and a
homemade white roll £6.50

Children's soup and roll £3.50 or sandwich and crisps £4

Lemon cheesecake £2.50 Ice cream sundaes £2.50

Home bakes £1–2.50

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LOCAL BUSINESSES



Marion Miller Jewellery

Unique Jewellery inspired by the sea and shore.
Designed and handmade on the island of Stronsay, Orkney

www.marionmillerjewellery.com

Tel 0799550943 E-mail marionmillerjewellery@gmail.com



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LOCAL BUSINESSES



Traditionally hand-crafted in Stronsay—soaps, solid shampoo bars, conditioner bars and balms. Hand-spun and hand-dyed yarns from Orkney fleeces, woven throws, wall-hangings and more.

Orkney Star Island Soap, Isles View, Stronsay, Orkney, KW17 2AG.

Tel: (+44) 01857 616 281

Email: info@orkneystarlandsoap.co.uk

Web: <http://www.orkneystarlandsoap.co.uk>

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

**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



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LOCAL BUSINESSES

Roger at Stronsay Photographic

Available for:

Portraits - groups and individuals

ID photographs - printing on site

Tuition

Special commissions

Cozy studio with professional lighting

Home visits



Contact via Stronsay Photographic Facebook page and Facebook or tel 616228

Special offers also on Stronsay Facebook page

Roger at Stronsay Markets



Local seasonal soft fruit and vegetables

Grown naturally without artificial fertilisers, pesticides or weed killer

Cropped same day (usually)

Check out Facebook "Stronsay Markets"

Contact me on stronsaymarkets@gmail.com and I can add you to the regular list of available produce

See Stronsay Markets on YouTube https://youtu.be/8e6sz_Z2eQU

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LOCAL BUSINESSES

The Book Nook

Orcadia, Stronsay

It's a library! Borrow a book!
It's a book exchange! Swap a book!
It's a shop! Buy a book with a donation!



Over
1000



fiction books!

Opening Hours

Thursday to Tuesday 9am to 4pm

Wednesday 12 noon to 4pm

Open other times on request

Vicki 07873 982648

[facebook.com/TheBookNookatStronsay](https://www.facebook.com/TheBookNookatStronsay)



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LOCAL BUSINESSES

handmade  with love

Airy Fairy

- ★ 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

Handcrafted Textiles and Primitive Folk Art



Come and visit Eunice's studio at...
Newbigging, Stronsay, Orkney KW17 2AN

Open Daily
Phone - 01857 616230

Find and buy on Facebook @orkneywyrðweaver
Email - thewyrðweaver@btinternet.com



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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

The Old Manse Bed and Breakfast

Logie Easter, Kildary

IV18 0NZ



The Old Manse is a listed building dating back to the 1780s set in a large woodland garden just off the A9 and commanding far reaching views of the surrounding countryside.

We are ideally located for those travelling to and from Orkney. The ferry terminals of Gills Bay (Pentland Ferries) and Scrabster (North Link Ferries) are no more that 2.5 hours drive with John O’Groats just 2 hours away.

Ensuite Double and twin rooms

Tel 01862 842357 Email oldmanse.kildary@btinternet.com

Web www.oldmansebandbkildary.co.uk

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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.

HOW TO CONTACT THE *LIMPET*

Send an email to editor@stronsaylimpet.co.uk or write to *The Limpet*, Claremont, Stronsay, KW17 2AR. Details of the deadline for the next edition are on the front page

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GROUPS, CLUBS & ORGANISATIONS



Washed Ashore

Sunday, 25 September, 2-4 pm
in the Stronsay Community Centre
... a display of found items



**Every item has
a story... Would you share yours?**

Bring along something that caught your eye while walking along the shore. If you know what it is and where it came from, you can share the story. If it's still a mystery, maybe others will want to take a guess...

What do all of these things have in common?

Chunks of wax
Barrels of flour
Panels for house construction
Boxes of china
Whale vertebrae
Messages in bottles
A little crocheted bear
A ship's door
A wooden mask
A 55-foot-long beast

At one time or another, they were washed ashore on Stronsay.

Where did they come from?

How did they get here?

For more information or to share a story of a found object, please contact:

**Jennifer Graham (jdgraham67@gmail.com)
or Ian or Arna Cooper 616 322**

Hosted by The Stronsay Heritage Detectives
as part of the Seas of the North Isles Project,
sponsored by Wessex Archaeology and North Isles Landscape Partnership



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GROUPS, CLUBS & ORGANISATIONS

STRONSAY HERITAGE SOCIETY



STRONSAY HERITAGE SOCIETY

The aim of the Stronsay Heritage Society is to promote the past, present and natural heritage of the beautiful island of Stronsay. The Society also aim to deliver and manage a permanent sustainable heritage centre on the island. Options are being explored on how it can remain financially viable in the future and the society will be looking for feedback from the community of Stronsay.

The Society is a sub-group of the Stronsay Development Trust which was first formed in 2019 and delivered the present pop-up heritage centre. This group took a break due to COVID-19 and reformed in March 2022. The Society group comprises Ian Cooper (Chairperson), Gaynor Smith (Secretary), Jennifer Graham (Treasurer), Steve Weaver (Vice-Chairperson), Bill Hodgson (Social Media), Anna-Bliss-Davis (Community Development Officer), Elsie Dennison (Development Trust Director) and John Chalmers (Member).

Potential future developments including the delivery of a new heritage centre, renovation of historical sites, signposting and information boards.

(Continued on next page)

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GROUPS, CLUBS & ORGANISATIONS



North Isles Natural Wellbeing Project – summer round up



It's been a busy summer with even more to come! A group working on Dandelion programme in collaboration with school have completed their summer activities programme. They brought nature indoors with candle making using flowers, decoupage, scrapbooking, and clay embossing and we loved using the space at the community greenhouse to run these activities over the holidays. Thank you to all the plot holders for sharing the space, stopping by to chat and see what we were up to. The project will accumulate to an event to display their growing and art on 9th September.

Magda has been back with CyclingUK for more led rides and drop-in sessions. CyclingUK Rural Connections programme has been running across the isles, getting people back into cycling or supporting residents by offering equipment to support cycling. Several families have benefitted from long term bike hire or e-bike hire for free as well as community organisations and schools. If this will benefit anyone, please get in touch with Magda by email Magdalena.choluj@cyclingsuk.org The last ride will be on Saturday 27th August meeting at 10am at the community hall. Families welcome with under 16s accompanied by an adult.

September is a busy month launching Citizen Science month on Stronsay. Some of the events are in collaboration with the Orkney Climate Festival and we are aiming to demonstrate how you can turn a walk or swim in the sea into a contribution to scientific research. It gives back to others, promotes physical activity, you can connect with others at events, and you can learn a new skill, all pillars of mental health and wellbeing. Marine environmental scientist, Dr Jenni Kakkonen is kick starting the event on 1st September it with an informal talk on marine life, research programmes, the impact of research in Orkney and how it is being used locally. Leah also has a full programme of events for Climate week. *(continued on next page)*

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GROUPS, CLUBS & ORGANISATIONS

We are pleased to have Stronsay involved with the Orkney International Science Festival. Multidisciplinary artist Lin Chau is bringing her paper making workshop to Stronsay. You can learn how to make recycled paper with native seeds and flowers embedded in it. Completely sustainable and if you plant the seed paper, it will grow! Completely free just drop in at any time during the workshop on Monday 5th September. We are also pleased to be working collaboratively with OISF schools programme and Stronsay school to facilitate nature conservationist Polly Pullar, visiting primary pupils to talk about her work during her time here with the festival.

For more information about any of the events, please contact Louise sdtprojectof-ficer@gmail.com



Songs and stories

*An hour of play, stories, songs and crafts for under 5s
and a chance to chat for grown-ups.*

Please join us in the **church hall** at **2pm** on
the **first Thursday** of each month.

ALL WELCOME -
starting Thursday 1st September

Any questions contact 616284.

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GROUPS, CLUBS & ORGANISATIONS

One of the main aims of the Stronsay Heritage Society is to obtain funding and deliver a new heritage centre for the island. The Old Mission Hall at Lower Whitehall has been purchased by the Stronsay Development Trust for this purpose. Funding is being sought for the renovation of this building and how it can remain financially viable in the future. The Old Mission Hall will house the new heritage centre and include items of historical importance and study/research areas. The Society are also looking at the potential option to incorporate at least one residential property on the site to fill the islands need for rental homes. The views of the community will be sought as to the layout and use of this building. Below are a few photos of the Old Mission Hall as it is today.

You can follow the work of the Stronsay Heritage Society on a dedicated Facebook page via the following link

https://fb.me/g/p_FkwaDRsjDKnTknrz/JQPyeCu3



(Concluded on next page)

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GROUPS, CLUBS & ORGANISATIONS



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STRONSAY POOL LEAGUE 2022



Anyone who wants to join the Stronsay Pool League Feel free to contact Jim Seaton on Facebook messenger or on 07470111871.

All entry's to be in by the
29th of August.

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GROUPS, CLUBS & ORGANISATIONS

Washed Ashore

What do all of these things have in common?

Chunks of wax
Barrels of flour
Panels for house construction
Boxes of china
Whale vertebrae
Messages in bottles
A little crocheted bear
A ship's door
A wooden mask
A 55-foot-long beast

At one time or another, they were washed ashore on Stronsay.

Where did they come from?

How did they get here?



**Every item has
a story...**

Would you share yours?

Coming in September to the Stronsay Community Centre

... **a display of found items**

A chance to show. A chance to see.
A chance to participate in history.



**If you have something
you'd be willing to show,
please speak to/contact**

**Jennifer Graham
(jdgraham67@gmail.com)**

**or Ian or Arna Cooper
616 322**

Hosted by The Stronsay Heritage Detectives
as part of the Seas of the North Isles Project,
sponsored by Wessex Archaeology and North Isles Landscape Partnership



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GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY COUNCIL

As from 10 August 2022, the following have been confirmed as members of Stronsay Community Council: -

| | |
|------------------------|---|
| Shane HOURSTON | Housebay Cottage, Stronsay, KW17 2AJ tel: 07593965600 email: s.hourston@yahoo.co.uk |
| David LOCKE | Church of Scotland Manse, Stronsay, KW17 2AF tel: 07776448301 email: dlocke@churchofscotland.org.uk |
| Leonardo MARTINI-BROWN | Brynley Cottage, 12 Whitehall, Stronsay, KW17 2AS email: lmartinibrown@yahoo.co.uk |
| Paul RILEY | Tullimentan, Stronsay, KW17 2AE tel: 616416 email: pauljriley46@hotmail.co.uk |
| James SEATON | Thorfinn, Stronsay, KW17 2AS tel: 07470111871 email: safehandsno_1@hotmail.com |
| Damian STOUT | Linksness, Stronsay, KW17 2AT tel: 616258 email: damienstout@btinternet.com |
| Shirley WHITEMAN | St. John's Cottage, Stronsay, KW17 2AT tel: 616438 email: shirleywhiteman@icloud.com |

The role of a Community Councillor is to ensure that they work for the best interests of the whole community and remain representative of, and accountable to, the represented community.

Office Bearers, including the Chair and Vice Chair will be decided at the first meeting of the new Community Council, the date yet to be agreed.

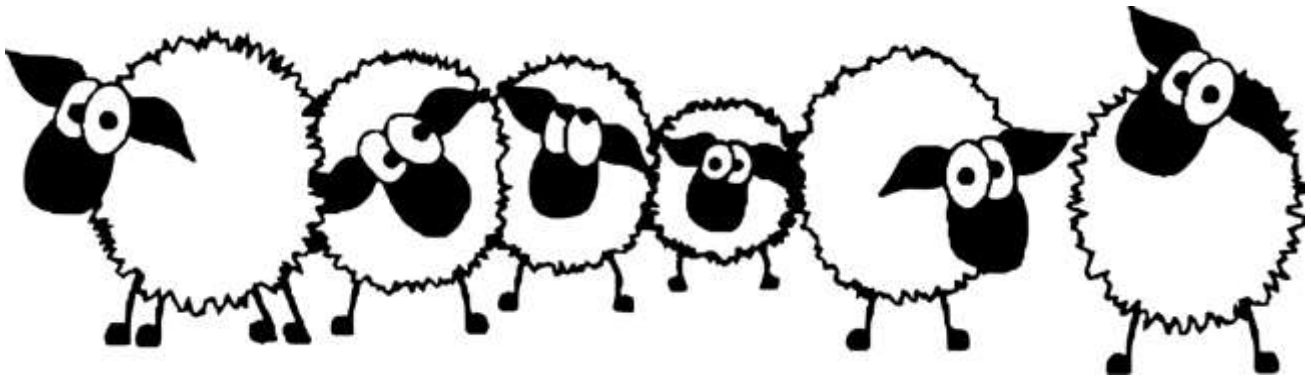
If you have a community related issue that you wish to bring to the attention of the Community Council, please contact any of the above members, or the Clerk, tel: 616446 email: stronsaycc@gmail.com

CMc
13 Aug 2022

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY STITCHERS



AUGUST - Thursday 25th August, 7.00pm-9.30-pm
Church Hall, £2/person, bring own refreshments.

STRONSAY'S CLIMATE FESTIVAL
WRITING COMPETITION "CLIMATE CHANGE"

Open to students aged 11-16 (if interest, can open an adult competition too!)

500 word limit

Climate Change is affecting us all and it is an inescapable truth that it will have a greater effect on you, the next generation. This is your chance to write a 500 piece about climate change. It could be a story set in a dystopian future, a discussion about the real effect of individual recycling as opposed to corporate recycling, it could be 500 words about how you feel about the world that you are inheriting.

Submissions should be sent to :
leahishearer@gmail.com

Closing Date: 1st September 2022

Submissions will be displayed at the Climate Festival (2-4th September) and a small prize will be awarded to the winning entry.

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GROUPS, CLUBS & ORGANISATIONS

TESTING OF MEMORIALS **AT St NICHOLAS (HOLLAND) CEMETERY**

Orkney Islands Council wishes to give notice that it intends to carry out memorial safety inspection and testing at the following cemeteries to provide a safe environment for visitors and staff:

- St Peters
- St Nicholas (Holland)
- Lady (Bay)

The inspections are currently scheduled to take place on the week commencing 8th August but may be pushed back or brought forward depending on staff availability, inspection programme progress, weather etc.

In line with guidance from the Scottish Government, inspections will be carried out on a five-year rolling programme to track any deterioration and growing risk in certain memorials. The Council wishes to give reassurance that the testing will be carried out respectfully and within national guidelines. Prior to safety testing, a notice will be displayed on the edge of the appropriate cemetery section to advise of pending inspections. Where a memorial is found to be unsafe, action will be taken to highlight the gravestone, drawing attention to the hazard. The Council will attempt to make contact with the grave owner to arrange a repair or to make safe.

If you have any concerns about the safety of your memorial or require any further information regarding the safety testing procedure, please contact the Burial Grounds Officer.

OSAG (Orkney Scam Action Group)

OSAG (Orkney Scam Action Group) is made up of a number of local organisations – Police Scotland, OIC’s Trading Standards and The Learning Link, the Citizens Advice Bureau, Age Scotland, AbilityNet (a charity which assists people with a disability to access and use digital technology) the Business Gateway and the NFU. The main aim of OSAG is to spread information about recent scams to look out for, to provide advice on how to protect yourself from scams and to suggest where to go for help. It does not generally assist with complaints about scams – those would be signposted to the Police/ Trading Standards/CAB/the person’s bank etc.

(See leaflet on next two pages)

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GROUPS, CLUBS & ORGANISATIONS



Orkney Scam Action Group

Avoid Online Rip-Offs

- When you shop online, look for clear signs that you're buying from a reputable company. The padlock symbol and 'https' in the address bar show that the website you are using is secure.
- Check to see if the website lists a geographical address which it should do under e-commerce requirements.
- Use safer ways to pay. Middle person services like PayPal, where the seller never sees your card or account details reduce the risk. Link Paypal with a credit card or bank account to increase the amount of time you have to appeal any fraud.
- Credit card purchases over £100 provide extra protection via the card provider if things go wrong and the trader won't resolve. Debit card purchases provide protection under the voluntary "Chargeback" scheme.
- Sounds too good to be true? **IT PROBABLY IS.**

Phone Scams

If you receive a suspicious phone call:

- Remember, you do not have to get into discussions over the phone with anyone and never give out any personal information such as: bank or credit card details.
- Keep your business, your business. Just say "No thank you I am not interested" and hang up.
- Consider using a call blocking device. Please be aware that no genuine provider will ever cold call offering a call blocker. **Call blockers are available for elderly folk or anyone with additional support needs in Orkney. If you or someone you know needs a call blocker, call Trading Standards on 01856873535 or email trading_standards@orkney.gov.uk.**
- Fraudsters often claim there have been fraudulent transactions on your bank account and that you need to take action. Your bank will NEVER call you and ask you for your 4 digit PIN to transfer or withdraw money or to give your card to a courier.
- Remember it takes two people to terminate a call, caller and recipient – fraudsters can keep your phone line open by not putting down the receiver at their end.
- If you feel something is suspicious or you feel vulnerable, hang up, wait five minutes to clear the line, or where possible use a different phone line or mobile, then call your bank or card issuer on their advertised number to report the fraud.



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GROUPS, CLUBS & ORGANISATIONS

Postal Scams

There are many postal scams but here are some common ones to look out for:

- Lotteries/prize draws
- Psychics and clairvoyants
- Pyramid Schemes or multi-level marketing
- Hard luck stories
- Bogus job offers
- Inheritance scams



Identity Theft

Here is some advice on how to safeguard your identity:

- Take a few moments to check through transactions on your bank statements
- If you're unhappy and spot anything unusual or suspicious, contact the bank directly to establish fraud at an early stage
- If you are expecting correspondence from your bank and it doesn't arrive, contact the bank immediately to inform them of your concerns.
- If you move house, tell your bank and credit card company immediately
- Royal Mail offers a redirection service to help prevent identity fraud when you move house
- Regularly get a copy of your personal credit file from a credit reference agency
- If your passport or driving licence has been lost or stolen, contact the organisation that issued it.
- Don't use the same password for more than one account and never use banking passwords on other websites. Avoid using your mother's maiden name or dates of birth as passwords.
- NEVER give bank details to anyone unless you know and trust them and, even then, be cautious.

If you need advice about a scam or something that you think might be a scam, contact any of the OSAG partners;

- Police Scotland on 101 or call into the station in person
- Orkney Islands Council Trading Standards on 01856 873535, trading_standards@orkney.gov.uk
- Citizens Advice Bureau on 01856 875266, bureau@orkneycab.casonline.org.uk
- Business Gateway Orkney, 01856 886666, business.gateway@orkney.gov.uk
- Age Scotland Orkney, 01856 872438, enquiries@agescotlandorkney.org.uk
- NFU Scotland, 01856 898691, Kirkwall_agency@nfumutual.co.uk

You can also find information at:

Twitter: @Orkneyscams Facebook: Orkney Scam Action Group

Email: Orkneyscamactiongroup@gmail.com



Please let us know if you would be interested in a free scam awareness session by contacting one of the partners above.

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GROUPS, CLUBS & ORGANISATIONS

FISHMART CAFE SUMMER OPENING TIMES

(April-September)

| | | |
|------------------|--------------------|--|
| Monday | CLOSED | |
| | | (Breakfast only served from 7am - 10am on weekdays) |
| Tuesday | 7am - 3pm | |
| Wednesday | 7am - 3pm | |
| Thursday | 7am - 3pm | |
| Friday | 7am - 3pm | |
| Saturday | 9am - 2pm | (Breakfast served all day) |
| Sunday | 11am-2:30pm | (Breakfast served all day) |

FISHMART CAFE WINTER OPENING TIMES

(October-March)

| | | |
|------------------|--------------------|--|
| Monday | CLOSED | |
| | | (Breakfast only served from 7am - 10am on weekdays) |
| Tuesday | CLOSED | |
| Wednesday | 7am - 2pm | |
| Thursday | 7am - 2pm | |
| Friday | 7am - 2pm | |
| Saturday | 9am - 2pm | (Breakfast served all day) |
| Sunday | 11am-2:30pm | (Breakfast served all day) |

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GROUPS, CLUBS & ORGANISATIONS

MOBILE LIBRARY VAN VISITS IN 2022

Monday 15 August, 10 October, 28 November

For further information go to web page <https://orkneylibrary.org.uk/mobile-library>,
email library@orkney.gov.uk or telephone 01856 873166.

| | | | | |
|---------------|----------------|-------|---|------|
| Winter | Council Houses | 8.45 | - | 9.45 |
| | School | 10 | - | 12 |
| | Kirk | 12.45 | - | 3 |
| | Fish mart | 3.15 | - | 4.45 |
| | | | | |
| Summer/Re/fit | Council Houses | 9.25 | - | 10 |
| | School | 10.15 | - | 12 |
| | Kirk | 12.45 | - | 3 |
| | Fish mart | 3.15 | - | 5.30 |

RECYCLING GUIDE FOR OUTER ISLES

Orkney Islands Council has published a “Household refuse and recycling welcome pack” which is available online at <https://tinyurl.com/3bjcbacm>.

EMERGENCY NUMBERS

On the back page of every edition of the *Limpet* there is a list of useful telephone numbers including the emergency numbers for reporting problems with water or electricity.

THE ORKNEY NEWS

<https://www.youtube.com/c/TheOrkneyNews>
<https://theorkneynews.scot>

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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 Anne-Maree Carter (Tel: 616263 or Email: annemaree.carter@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>

ADVERTISE YOUR EVENT!

If you are planning to hold an event on Stronsay then why not use the free publicity available from the Limpet, the editor's contact details are on the back page of every edition of the [Stronsay Limpet](#). You can advertise in the monthly editions of the Limpet and your event can be publicised via the Stronsay Limpet email list. It's always a good idea to check the [Visit Stronsay calendar](#) when planning an event, could avoid embarrassing clash of dates.

HOW TO CONTACT THE *LIMPET*

Send an email to editor@stronsaylimpet.co.uk or write to *The Limpet, Claremont, Stronsay, KW17 2AR.*

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CROSSROADS ORKNEY

and



We would like to help ease the loneliness and difficulty of lockdown for Dementia sufferers and their carers at home. We have a variety of puzzles, crafts and activities which we can post or deliver. All free of charge. If you know someone who could benefit from this or wish more information please call Crossroads 870500 or Lorna Reid 781329



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GROUPS, CLUBS & ORGANISATIONS

DEVELOPMENT AND INFRASTRUCTURE

ISLES SPECIAL COLLECTION ROTAS



The dates for the isles special collections up to 31 March 2023 are detailed below.

If you wish to have domestic bulky items uplifted you can apply online via the Councils Website, see link <https://www.orkney.gov.uk/Service-Directory/S/Special-Refuse-Collections.htm>, if you do not have internet access then please contact Customer Services on telephone number 873535 to book. Bookings must be placed as soon as possible and up to 2 working days prior to the week commencing collection date, any special collection bookings received after 5pm on the Wednesday prior to the week commencing collection date **will not be processed and will be held over until the next available collection date.**

Special collections from commercial premises can be arranged by contacting Development and Infrastructure on telephone number 873535 extension 2725.

Eday

Week Commencing: 3 October 2022, 12 December 2022 and 27 February 2023

Graemsay

Week Commencing: 17 October 2022 and 23 January 2023

Hoy and Flotta

Week Commencing: 24 October 2022 and 30 January 2023

North Ronaldsay

Week Commencing: 10 October 2022, 9 January 2023 and 20 March 2023

Papa Westray

Week Commencing: 31 October 2022, and 16 January 2023 and 27 March 2023

Rousay, Egilsay and Wyre

Week Commencing: 7 November 2022, 9 January 2023 and 13 March 2023

Sanday

Week Commencing: 21 November 2022, 5 December 2022 and 20 February 2023

Shapinsay

Week Commencing: 17 October 2022, 5 December 2022 and 30 January 2023

Stronsay

Week Commencing: 31 October 2022, 5 December 2022 and 13 February 2023

Westray

Week Commencing: 14 November 2022 and 6 February 2023

For further information on refuse and recycling services please refer to the Council's website www.orkney.gov.uk

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GROUPS, CLUBS & ORGANISATIONS

SWIMMING POOL - OPENING TIMES

Charges - Adults £3, Children £1.50, Private Hires £15.

Maximum 12 in the pool.

To book a private hire phone Elsie on 616238.

LIFEGUARDS WANTED!

Stronsay swimming pool is looking for enthusiastic, reliable and conscientious peo-

| | | |
|-----------------|--------------------------|--------------------------|
| Monday | Public session 6:30-7:10 | Adult lane 7:10– 7:50 |
| Thursday | Private hire 6:30-7:10 | Public session 7:10-7:50 |
| Saturday | Private hire 2-2:40 | Public session 2:40-3:20 |

ple to become part of the pool team.

We will train you using the national standard RLSS National Pool Lifeguard Qualification and in return all we ask is you help us keep our small pool open and sustainable.

The ability to swim and a degree of fitness is required before you start your journey into 'lifeguard life'.

Interested parties should contact Andy Rose: email andyrose85@btinternet.com, phone 01857 616277 or mobile 07769 689 310

OVERSEERS WANTED

Looking for reliable overseers for the swimming pool reopening please! Previous volunteers welcome. Involves taking payment, handing out bands, helping with evacuation procedures etc. Contact Mairi Dennison via Facebook messenger or tel 616331.

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GROUPS, CLUBS & ORGANISATIONS

HANDY EMAIL ADDRESSES:

Ebenezer Stores stronsaystores@gmail.com

Olivebank m.williamson1@btconnect.com

Fishmart café fishmartcafehostel@gmail.com

For telephone numbers see the back page of this edition.

TIMETABLES

[Loganair 20 Feb 2022 to 29 Oct 2022](#)

[Orkney Ferries 1 Aug to 25 Sep 2022](#)

OUR LADY'S CHAPEL, PIERHEAD **NOW OPEN FOR PUBLIC MASSES**

Our Lady's Chapel on the pier is now open for public Masses with the permission of the Bishop of Aberdeen.

Mass times are as follows:-

- Sunday & holidays: 11am
- Tuesday: 8.00am
- All other days: 11.20am

GOLGOTHA MONASTERY, PAPA STRONSAY **DAILY STREAMING BROADCAST**

There is a daily streaming broadcast from Golgotha Monastery, Papa Stronsay.

<http://www.papastronsay.com/live>

The broadcast runs from 4pm – 7pm (the times shown are approximate):

- 4pm Short talk by one of the priests.
- 4:30pm Recitation of the Rosary.
- 5pm Mass.
- 6pm Further prayers and office of the day.

STRONSAY KIRK

Weekly service at 11am.

Minister—Rev David Locke, phone 616284.

Stronsay kirk's website:

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

Stronsay kirk's Facebook page:

<https://www.facebook.com/groups/1553904828107651>

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GROUPS, CLUBS & ORGANISATIONS

Sunday 21st July 2022

The Manse, Stronsay KW17 2AF
DLocke@churchofscotland.org.uk
01857 616284

KIRK CORNER



Hello again everyone.

I am writing this towards the end of the Massive Stronsay Weekend; the sun shone and there were lots of people having fun; well done everyone involved, not least those who braved life and limb and clothes in the obstacle course, and those who dressed up in startling ways for the floats. My son's favourite events were undoubtedly the two bouncy castles, followed narrowly by a Williamson's hot dog and being on the prize-winning Play Group float portraying Stronsay's variable weather; saddest moment not winning the toy he had his eyes on in the raffle! Overall a great weekend and well done Stronsay. Life's ups and downs, obstacles and weather can sometimes be fun, but certainly not always. In recent weeks in church we have been thinking about how to find help through the down times, and especially the help prayer can offer.



We had visitors recently from Kirkwall East church joining in with our church folk here, and one of things we did was pray together.. for everything and anything. We found it uplifting, to share our concerns with each other and with God. One of the different ways we prayed on that occasion, was through each of us expressing our prayers or thoughts pictorially on stones painted white. Those stones now form a path of stones at the front of the church. Others can add their own prayer stone, so please if you want to add your own prayer on a stone and add your prayer in this way with those of others, just ask at the church for a stone, paint something simple on it words or picture, return it and Viv will varnish it and put it outside.

We can all pray in different ways; there are no rules or required words! One lady wrote on her prayer stone a grace anyone can say when giving thanks for a meal. *Up with your paws, doon with yer heid, thank the good Lord, for giving us jaws!*



Many people say they are not religious, but many who do not go to church, can also still put up prayers during hard times; and my experience is that prayer can still help those who have no contact with church. I recently said a prayer with someone who does not attend church who had lost a loved one but had not yet properly had a chance to let out his feelings- the prayer seemed to help him do that.

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GROUPS, CLUBS & ORGANISATIONS

There are many different ways to prayer; art can be a prayer, quick hasty words asking for help can be a prayer; songs, hymns and music can be prayer; your inner sighs of pain or sadness, or joy when you see beautiful scenery, all can be prayer. And reading someone's words of prayer or poetry can be prayer. In our church prayers, the minister tends to say words out loud, to help people think their own thoughts of prayer - it is not that the minister has the right Godly words - God is willing to hear anyone's prayers.

Prayer is especially however a chance to be still and orientate our inner thoughts to the spiritual, to the divine, to the Holy. To me prayer is a timeless and better version of the current trend of 'mindfulness' a way of pausing, reflecting, seeking inspiration, strength and spiritual guidance to act rightly.

Sometimes our prayers are answered amazingly, sometimes they are not ..or not in the way we wanted.
Mother Theresa said this;

"I used to believe that prayer changes things, but now I know that prayer changes us and we change things."

Jesus of course prayed a lot and especially when facing his greatest trial, found prayer gave him the strength to face the horror of what lay ahead. Here is a modern translation of what Jesus said about how to pray: "Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace. When you pray, don't babble on and on as some do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask him! Pray like this:

Our loving Father in heaven, may you be honoured
May your Kingdom of goodness come
and your will be done on earth, as it is in heaven.
Give us today the food we need,
and forgive us the wrongs we do as we forgive those who hurt us.
Help us not to give in to temptation, and rescue us from evil
For in you is the life of goodness, the power to live.
All praise to you. Let it be, please

The Lord's Prayer [translated above] which many of us learnt when young, can be a real help to give us a pattern to follow or even particular words to say when we can't find any within us. It is a prayer I have prayed in times of trouble, and with others on so many occasions and circumstances; in times of joy, marriage, birth, death, danger, illness, anxiety, fear, worry, exams, loneliness, weariness, and much more. It can sum up or give you the words you cannot find yourself. They can be said anywhere, any way, any time. Try them next time you feel the need to let out your feelings to the heavens, and have a time of stillness to allow God to hear your thoughts and maybe even touch your heart anew!

May God bless you in your prayers

David Rev David I W Locke MA M Sc., BD

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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 |
| Special collection. | Week Commencing: 31 Oct 2022, 5 Dec 2022, 13 Feb 2023 |
| 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 . . . | Weekly service at 11am |
| Our Lady's Chapel, pier head | Mass: Sun & holidays 11am, Tue 8am, other days 11.20am |
| Weekly rubbish collection | Tuesday (bags out by 8am but not on the night before!) |
| Recycling skips nearly full? . . | Send email to at recycling@orkney.gov.uk |
| Forward scam texts to | 7726 |
| Forward scam emails to | report@phishing.gov.uk |

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

| | | | |
|--------------------------------|--|-------------------------------|------------------------------|
| Airy Fairy | 616231 | Silver Darlings | 616412 |
| Castle Bird Reserve | 616363 | Star Island Soap | 616281 |
| Community council | 616446 | Stranded seals, etc | 616207/206/498 |
| Companions Club | 616352 | Stronsay Band | 616335 |
| Craftship Enterprise | 0778 511 1126 | Stronsay Pub & Hotel . . . | 616407 |
| Doctor | 616321 | Taxi | 616335 |
| Ebenezer Stores | 616339 | | |
| Ebenezer Oil Heating . . . | 616207 | Balfour hospital (24/7). . . | 01856 888000 |
| | <i>or</i> 07500 682 867 | Dentists: | |
| Fish Mart | 616401 | Daisybank Clinic . . | 01856 870547 |
| Golgotha monastery. . . . | 616210 | Deyanov Dental . . . | 01856 877118 |
| | <i>or</i> contact@the-sons.org | King Street | 01856 888258 |
| Hairdresser | 616337 | Orkney Dental | 01856 872030 |
| Hall bookings | 616263 | Electricity | |
| | <i>or</i> annemaree.carter@btinternet.com | general enquiries | 0800 048 3516 |
| Island Link Officer | 616475 | | (lines open Mon-Fri 8am-5pm) |
| Kirk secretary | 616238 | problems (24/7) . . . | 0800 300 999 |
| Limpet editor | 616297 | power cut (24/7). . . | 105 |
| Medical emergency | 616321 | Highland Fuels | 01856 873766 |
| Neil's on Wheels | 07723 304 260 | Kirkwall Library | 01856 873166 |
| Manse | 616284 | Police (non urgent) (24/7) | 101 |
| Nurses | 616321 | Scottish Fuels | 01856 873105 |
| Olivebank | 616255 | Vets: | |
| OIC out of hours | 01856 873535 | Flett & Carmichael . | 01856 872859 |
| Post Office | 616499 | Northvet | 01856 873403 |
| Red House Plants | 616377 | Water problems (24/7) . . | 0800 0778 778 |
| Registrar | 616239 | | |
| School | 616246 | | |
| SDT office | 616410 | | |

HOW TO CONTACT THE [LIMPET](#)

Send an email to editor@stronsaylimpet.co.uk or write to *The Limpet, Claremont, Stronsay, KW17 2AR*. Details of the deadline for the next edition are on the front page