

STRONSAY HEALTHY LIVING CENTRE

A new term heralds the start of the new school year. Time to get back into a routine for most of us. This would be a good time to find a slot or two in your weekly routine to visit the gym on a regular basis.

The new opening times are below and we hope that there's something to suit everyone. We're even opening on a Sunday morning for a trial period. We'll see how popular this proves to be and hopefully it will become a regular session.

To any one who feels nervous about trying the gym for the first time or returning after a long break – please come along and talk to one of us. We will happily run through an induction with you. We need the practice too!

Also don't forget about Exercise on Prescription - which is currently available for free to anyone who has a health problem that would benefit from regular exercise. No matter what your financial situation is. Ask one of the medical team for a referral. Session times are separate from the advertised supervised sessions. Ring us to find out when they are. Tel 616449.

Hope to see you soon!

Supervised Sessions up to Friday 8th October 2010

	am	pm
Monday	9.45-11.45	4.15 - 6.15
Tuesday	Buddy	7 – 9
Wednesday	9.45-11.45	4 – 6
Thursday	Buddy	7 – 9
Friday	9.45-11.45	4 – 6
Saturday	Closed	2 – 3.30
Sunday	10-12 (trial period)	Closed

STRONSAY POST OFFICE



CHANGE OF OPENING HOURS

Unfortunately it is no longer feasible for the Post Office to be open outside contracted hours.

The new opening hours will commence on Monday, 30th August 2010:

Monday	8.30 - 12
Tuesday	Closed
Wednesday	8.30 - 12
Thursday	8.30 - 12 and 1 - 3
Friday	8.30 - 12
Saturday	9 - 12

FERRY REVIEWS

Leo Martini-Brown (616332)

On 4th August as transport rep for the Community Council I attended a Picky Centre seminar on the "Scottish Ferries Review" Consultation Document from the Scottish Government issued 10 June 2010.

This is 72 pages long. Pages 58 – 71 consist of 33 consultation questions. Graham Laidlaw the Scottish Government official presented a slide show and answered questions. The report on page 36 identifies 7 different fare options. In a table on page 42 Stronsay is shown as having higher economic challenge/disadvantage and lower potential to contribute to Scotland's Economic Growth. Where should public subsidy (if any) be best located or spent until 2022? Clearly the Scottish Government feels the need to "improve consistency in the provision" and wishes to "secure funding for the future" (question 1).

The report has been generated via an economic department of the Scottish Government and has incredibly made proposals about the Orkney services without full consultation directly with the Orkney Ferry Board or OIC Transport Committees. So we had the suggestion in the report that the ferry service to Eday would be slower but that there should be no change to the Stronsay service! Sanday and Westray would get extra services! No reference is made in the report to air transport.

I have a 7-page copy of Laidlaw's slide show bullets points. If you wish to have a copy please let me know. The 72-page report can be obtained via the Scottish Government web-site. It is important to note that the closing date for this consultation (& the 2 others noted below) is 30 September.

There is also a consultation review on the future of the Northlink ferry service (due for re-tendering from 6 July 2012). This is a 24-page report with 14 consultation questions on pages 12- 17.

The 3rd Review "looks at measures to reduce costs relating to the current service provided to Orkney and Shetland by Northlink Ltd. This includes the issue of slowing down the service by 2 hours by running on 2 engines. What views do you have on this and which arrival and departure times would suit you? Should there be fewer services or a faster turn-round? Should the food/bar facilities be put out to separate tender? What should be the pricing policy re passenger/freight?

All 3 papers have been referred to Stronsay Community Council's (on our CC agenda 26 Aug) but everyone has the right to submit their individual views.

I had previously written to the OIC Transport Dept about the rumours regarding the removal of the canteen services on the Northern Isles ferries; the Community Council having received no formal consultation document on the subject. Apparently the CC will only be consulted after the Unions and staff has been consulted.



FREE WORKSHOP PROGRAMME
SEPTEMBER TO NOVEMBER 2010

Date(s)	Days	Duration	Workshop title	Venue
7th/8th Sept	Tues/ Wed	2 day	New Business Start Up	Kirkwall
11th Sept	Sat	1 day	IT for Business	Westray
14th Sept	Tues	1 day	How to Tender for Public Sector Contracts	Stromness
15th Sept	Wed	1 day	Marketing & Selling	Stromness
16th Sept	Thurs	1 day	Whistle Stop Employment Law	Kirkwall
2nd/3rd Nov	Tues/ Wed	2 day	New Business Start Up	Stromness
4th Nov	Thur	1 day	Financial Record Keeping	Kirkwall

For further details or to book please contact Kirsten on tel 01856 886666; or by email business.gateway@orkney.gov.uk; or call along the office at 14 Queen Street, Kirkwall, KW15 1JE

**** Please note booking in advance is essential due to limited numbers ****

www.bgateway.com

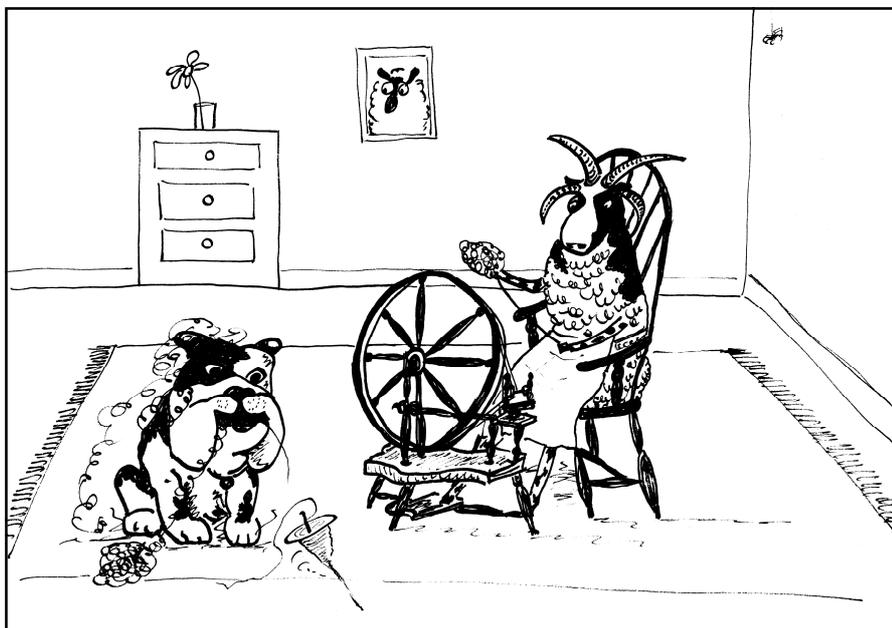
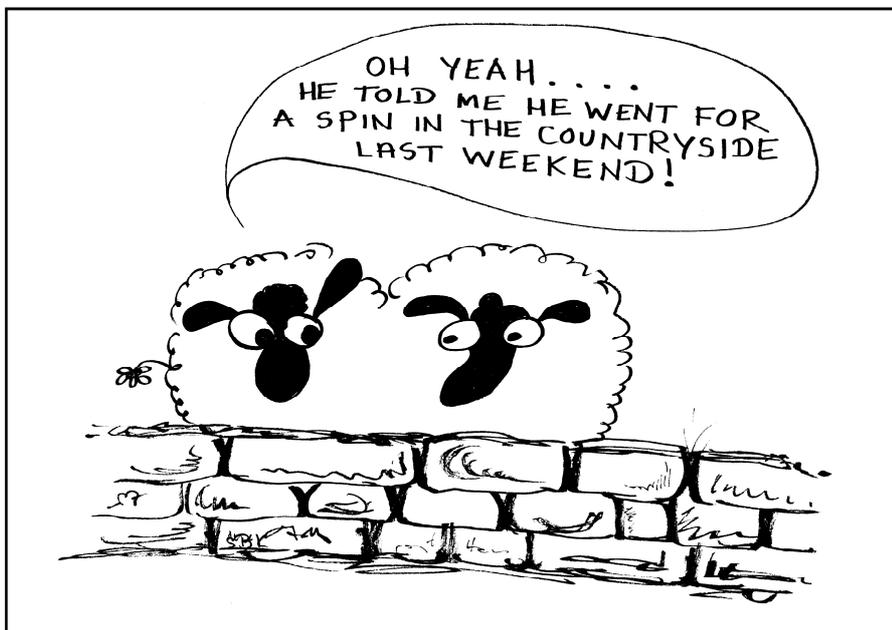
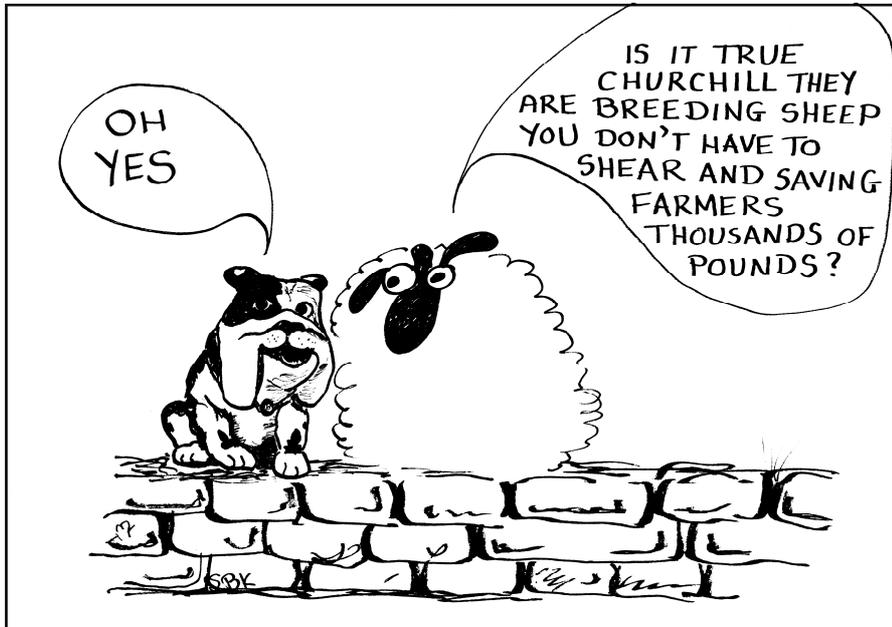
OLI OYSTERCATCHER

By Christine Richings.

Little Oli Oystercatcher did not take long to peck out of his speckled egg in fact he came out faster than most which surprised his parents. It was not long before he left his nest a little dusty hollow in a grassy field and started copying his mum and dad poking his extra long bill into the ground to find his food. As he grew and learnt to fly he loved to peck it was his favourite thing to do he made holes in the farmers wrapped bales which made them very cross, he tried to peck through flat felt roofs in the early hours of the morning making so much noise that he woke the people up inside the houses they would shout at him out of their windows to go away he also liked to peck on concrete.

One day he was pecking about on a concrete path when he spotted a worm down a hole in the path so he poked his extra long orange bill down to catch it but when he tried to pull his bill out he found it was stuck, he wriggled and pulled, wriggled and pulled but however hard he tried he could not get his bill out of the hole so there he stood not able to move he tried to make a pic pic sound but could not even do that.

He was very uncomfortable, he began to feel tired his long pink legs began to ache his eyes started to close. He did not know what he was going to do he felt fed up then rain drops began to fall down onto his oily black and white feathers the rain ran off his head down his bill and trickled into the hole. It seemed that hours had passed by but it was no use he could not get to sleep standing up and the rain was making him feel cold so he shook his feathers and to his surprise he found his bill pop out of the hole. Oli Oystercatcher opened and shut his bill he stretched his wings then away he flew to join the other Oystercatchers who were finding food on the beach nearby and this is where he stayed until it was time to fly away for the winter.



AN ORKNEY ORATION!

By Ellie from Newfield

You just slip on your wellington boots
and quietly go out the door.
Then, closing it gently behind you,
step out and then stand in awe!
In the silence of all that surrounds you
(except of course for those birds
or a beast in the field over yonder)
you'd struggle to put it to words!
To look on those glittering precious diamonds
that parade as the morning dew
While the starlings, who arrive from nowhere,
put on a cabaret just for you.
The wild iris the colour of sunshine,
already awaiting those bees,
seem to give a standing oration
along with the nodding trees.
Try as you may, you won't do it!
Put a name to the perfumed air.
Wild iris? Fresh leaves? Maybe barley?
There's nothing quite like it anywhere.
Turning full circle in your pleasure,
starting from the east, I would say
a sigh of contentment is in order.
It will escape from you anyway.
And of course she'll be stood beside you,
Mother Nature, who sets this scene.
While a cock crows in the farm yard
it's clear that we live the dream!

©Helene Harrison

DAFT (AND NOT SO DAFT) HOMEMADE POETRY

By Bill Embleton

(Number 27)

THE NUMBER 52 BUS

On holiday in Gateshead while queuing for a bus
A stocky woman in front of me was making such a fuss.
She was shouting, she was screaming what she was going to do
to the Pakistani conductor on the Number 52
All the Half Moon pub turned out, on hearing her rant and rave.
She was going to have him sacked, if it took her to her grave.
He wouldn't let her on the bus, as it was pretty full,
So she kicked and punched the poor man, shouting "What a load of bull".
She clung onto the handrail, determined to have her say.
But then fell backwards off the bus, as it slowly pulled away.
"I will murder him" she hollered, turning to the crowd.
"I'll have his guts for garters" she shouted very loud.
Her shrieking stopped the traffic, the road became quite blocked
Even the busy Tyne Bridge was jammed as more and more folk flocked.
Some even thought a murder was on and so the cops were called.
But when the coppers touched her, "Get off me!" she bawled.
Quite a struggle then ensued between her and the law.
"Get your rotten paws off me or get knocked to the floor!".
In the end they took her off, handcuffed, in a van.
The traffic began to move once more as the crowd left to a man.
Minutes later the rest of us filed onto a bus,
An empty number 52, so why make such a fuss

(Number 28)

STUCK FOR WORDS

I wish there were other ways to say
how much I love you every day,
So you would know as well as me
that it was said with sincerity.
Because I love you is what I mean, I cannot change that simple phrase.
So once again, I love you pet, and will do all my days.
Know it's true, not merely words, no one could love you more than I.
Having no cause to ever stop, I will love you till I die.

THANKYOU

I would like to thank everyone for the gifts and cards received on my 40th birthday.

I had a lovely day, thankyou all.

Gaynor x

Business adverts

Up to 25 words - £1.50. 25 word advert with photo - £3. 25 to 50 words - £3 and so on.

Private adverts (for sale, wanted, birthday greetings etc)

Up to 25 words - £1.00. 25 word advert with photo - £1.50. 25 to 50 words - £1.50 and so on.

Adverts for the next (September) edition of *The Limpet* must be placed by Saturday 25 September

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

LOCAL BUSINESSES

INSTANT PHOTOS

Passport, visa, travel pass, driving licence,
gun licence, etc.

Personalised birthday, Christmas & get well
cards with your own special message or
photograph.

Business/Invitation cards.

You name it! Tell me what you want & I'll
supply it.

Call Bill Miller on 616420

STRONSAY ARTS AND CRAFTS SHOP

Stronsay and Orkney craft products,
Fiction and non-fiction books, cards,
Gifts, maps, Rowan and North Ron wool
stockist.

Opening hours

Tuesday to Saturday 10.00—6.00 pm

Sunday 12.00—6.00pm

Tel 616434

www.stronsayartsandcrafts.co.uk

STRONSAY ARTWORKS

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

Phone Jenny on 616475

REDHOUSE PLANTS

Available now

Perennial plants

Seasonal vegetables

Contact Gil or Lindsay 616377

STRONSAY FISHMART CAFE & HOSTEL

Phone 07793621669

Day		
Monday	12-2	5-7
Tuesday	CLOSED	CLOSED
Wednesday	12-2	5-7
Thursday	12-2	5-7
Friday	12-2	5-7
Saturday	12-2	5-7
Sunday	Sunday Roast (Bookings ONLY) 12-2	5-7

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY GREEN FESTIVAL

STRONSAY COMMUNITY HALL 3-5th SEPTEMBER

“Come and join us in a weekend of Craft Workshops, Drama Performance, Food and Fun for adults and children alike!”

September 3rd - “Isle of Egg - Drama Night with Eco Drama” 7.30 pm

Island of Egg is a place where dreams come true...

A fable inspired by the true story of Eigg, an island off the west coast of Scotland. Through interactive storytelling, live music, eco gadgets and humorous characters, Eco Drama brings to life an uplifting story.
(See the advert on page 1)

September 4 and 5th – Craft Workshops 10.30 am-4.30 pm

The craft workshops focus on using recycled and natural materials. There will be a chance to learn to make your own paper, spinning, weaving and making other useful things with what you may already have in your home. (Bring along materials if you like!) A café will be open from 11-2.30 in the hall serving soup, homemade rolls, salads, baking etc. (Menu using as many local ingredients as possible.)

Come along for something to eat!

For further information about Stronsay Green Festival phone Marion: 01857 616354

CITIZEN’S ADVICE BUREAU

The CAB will be visiting Stronsay and holding sessions in the Fishmart from 1pm to 4:30pm on the following dates

Wed 8th Sept

Wed 13th Oct

Wed 10th Nov

Wed 6th Dec

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

GATHERING FOR A RIGHT BLETHER

Are you aged between 12 & 25? If the answer is “yes” then you are all invited to a “Gathering for a Right Bletcher” to discuss growing up and life on Stronsay. It is to be held at the Community Hall from 7pm to 9pm on Friday 27 August.

- What do you like about Stronsay?
- What would you change?

Come along and meet Yvonne, your island Youth Development Worker as well as the OIC CLD (Community Learning Development) team and 2 members of the SDT (Stronsay Development Trust).

Free refreshments available.

Hope to see you all there, Yvonne

STRONSAY COMMUNITY ASSOCIATION

Team Clay pigeon shooting tournament in the Bu links on Saturday 28th August at 10am, spectators welcome. Followed by a social evening in the community centre at 9pm Sat 28th August, bar facilities, pool, darts, ps2, raffle, 100 club, supper, music; entry £1.

GAMES CLUB

The Games Club will begin again soon, look out for notices.

The Games Club is run entirely by volunteers. Please help by not dropping your children off until after 8pm and picking them up again promptly before 10pm.

Thanks, sheena

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GROUPS, CLUBS & ORGANISATIONS (continued)

NEW POOL TIMETABLE
VALID FROM 24TH AUGUST
UNTIL CHRISTMAS HOLIDAYS

Tuesday	7:00 - 8:00pm	Octopush (Sarah 616406)
Wednesday	7:00 - 7:40pm 7:40 - 8:20pm 8:20 - 9:00pm	Private hire Public Public
Thursday	7:00 - 7:40pm 7:40 - 8:20pm	Public Adult
Saturday	1:00 - 3:00pm 3:00 - 4:00pm	Swimclub (Sarah 616406) Extra private hire

Private hires £15 to be booked via Elsie Dennison 616331.

Extra Saturday private hires available for £20.

Anyone wishing to train as a lifeguard (blue or yellow shirt) please contact John on 616253, test to be taken in March 2011.

FRIDAY NIGHT GAMES CLUB

Ages 10 or over only
Friday night 8pm until 10pm
Entrance £1
Come along for a fun filled night
Air hockey table
Pool table
Play station 2
Nintendo WII & Sing Star
Snooker
Juice, crisps and sweets available

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EDAY SHOW 2010

EDAY SCHOOL: SATURDAY 28 AUGUST

SHOW OPENS 3pm

Throughout the afternoon:

Viewing of exhibits

Various stalls

Competitions

Afternoon tea

3:30pm Games for peedie folk and bigger peedie folk

4:30pm Auction of donated goods

8:00pm Presentation of awards followed by dance, bar, supper & raffle

Come across for the afternoon or stay the night for the dance with Don Peace & the Stronsay Band. Details of accommodation on Eday available at www.visiteday.com

Book the Fast Ferry by calling 01857 616339

Depart Stronsay	2:00pm
Depart Sanday	2:30pm
Arrive Eday	3:00pm
Depart Eday	5:30pm
Depart Sanday	6:00pm
Arrive Stronsay	6:30pm



Orkney Ferries services as follows:

Saturday 28th

Depart Kirkwall	4:00pm
Depart Stronsay	5:45pm
Arrive Eday	6:20pm

Sunday 29th

Depart Kirkwall	8:40	Depart Kirkwall	9:00
Depart Eday	10:10	Depart Eday	10:25
Arrive Stronsay	10:35	Arrive Sanday	10:45

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GROUPS, CLUBS & ORGANISATIONS (continued)

MOBILE LIBRARY

Next visit - Tuesday 14 September

Council Houses: 9.00am-11.00am

Stronsay School: 11.30am-2.00pm

Stronsay Kirk: 2.30pm-4.30pm

Stronsay School: 6.30pm-8.00pm

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

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

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

STRONSAY COMMUNITY ASSOCIATION

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

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

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

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

For details and booking contact Colin on 616446.

DO YOU RECEIVE *THE LIMPET* EVERY MONTH?

If you live on Stronsay and your house doesn't receive a regular copy of *The Limpet* just give your name & your address to either Ebenezer Stores, the Post Office or Olivebank and a copy will be there for you on the last Thursday of each month. If you would like to receive your very own copy of *The Limpet* every month via Royal Mail or you would like to send a copy to someone else then you can take out a postal subscription, details are on the back page of every edition of *The Limpet*.

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USEFUL INFORMATION

POST OFFICE OPENING TIMES (from 30 Aug 2010)

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

Post collection times 07:30, Monday to Saturday
Replacement bin bags. Telephone OIC (Technical Services) on 01856 873535
Sunday service at the Kirk 11 am
Our Lady's chapel, pier head Daily Masses at 7:30 am and every Sunday at 9 am
Next Special Collection 17 Sep, 26 Nov & 04 Feb 2011

Doctor 616321	Castle Bird Reserve 616363
Nurses 616480	Balfour hospital 01856 888000
Medical emergency 01856 888000	Hydro 0800 300 999
Registrar 616239	Kirkwall Library 01856 873166
Hall bookings 616446	Kirkwall Police 01856 872241
Post Office 616217	Vets:
Companions 616261	Flett & Carmichael . . . 01856 872859
Kirk 616311	Northvet 01856 873403
Stronsay Hotel 616213	Dentists:
Fish Mart 07793 621 669	Great Western Rd 01856 879683
Olivebank 616255	King Street 01856 875348
Ebenezer stores 616339	

HOW TO CONTACT THE LIMPET

Send an email to ricardian@btinternet.com, phone Bruce Fletcher on 616297 or write to *The Limpet*, Claremont, Stronsay, KW17 2AR

The Limpet is published on the last Thursday of the month. Items for inclusion in *The Limpet* must reach Bruce by the Saturday before the last Thursday in the month. The cut-off date for the next (September 2010) edition is Saturday 25 September.

SUBSCRIPTIONS TO THE LIMPET

Why not send a subscription to a friend or relative for a birthday present?

12 editions for £10.00 including P&P

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

Contact Bruce, details above

The Stronsay Development Trust, a Scottish Charity SC038888

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

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