



STRONSAY LIMPET

FUNDED BY STRONSAY DEVELOPMENT TRUST

ISSUE 98 - August 2013

Published on the last Thursday of the month



REPEAT PRESCRIPTIONS

The Health Board have decided to introduce a system of dispensing repeat prescriptions from the mainland pharmacist in place of the island dispensary. This has already been done on North Ronaldsay, Shapinsay, Rousay and Sanday.

- Prescriptions will be checked by a pharmacist for potential errors.
- VAT will be saved for the cost of the items.
- Prescriptions will be ordered at surgery as usual.
- Prescriptions will be dispensed at a Mainland Pharmacy and sent to Stronsay by haulier.
- The sealed packets of medicine will be collected from the surgery as usual.
- An emergency supply of medicines will be kept on Stronsay in case of bad weather delaying delivery.
- Prescriptions will need to be ordered at least 7 days before required.

Start date anticipated to be 1 September 2013

We will work hard to make this work for you.

Dr Roger Neville-Smith

Dr Rosalind Fisher

LIMPET BLOG

Since there has been no reaction whatsoever to the question on page 1 of last month's edition the Limpet's blog has been discontinued and a new Limpet Facebook "Fans of the Stronsay Limpet" is now in use (it's NOT the same as the previous Facebook page).

Limpet Facebook page = <https://www.facebook.com/StronsayLimpetFans>

RUBBISH COLLECTION ON TUESDAYS

Please remember to put your rubbish bags out ready for collection by 9am on Tuesdays.

The next edition of the *Limpet* will be published on Thu 26 Sept. Items for inclusion in that edition should be submitted by 7pm on Sun 22 Sept. Contact details on back page

CONCERT IN MONCUR MEMORIAL CHURCH **ON 24 AUGUST**

The concert was part of the Stronsay Fest and despite the dismal weather the kirk was absolutely packed well before the start time of 2pm; it was so packed that extra seating had to be brought in. Before the concert commenced Jaquie Dennison, on behalf of the Stronsay Community Fund, presented a cheque for £5,500 to the kirk's organ fund. The cheque was received by Margaret Dennison on behalf of the kirk.

The concert then began with Sinclair Scott playing a couple of items on the bagpipes. Then the audience heard an eclectic mixture of items - pop music, Gregorian chant, country music, folk music, choral works, music played on the harp and music played on brass instruments: everything from the Beatles to Sir Edward Elgar and a lot more besides. In between the items, whilst the sound engineer set up the next item, the audience was entertained with some jokes (including more than a few really ancient "old groaners"!) from the compere, Rev David Bowen. The concert concluded with a vote of thanks from Gaynor Smith to everybody involved in making the concert possible followed by the audience & performers singing "Amazing Grace" accompanied by Sinclair Scott on the bagpipes.



Jaquie Dennison presents a cheque from the Stronsay Community Fund to Margaret Dennison on behalf of Moncur Kirk

LATEST BIRD SIGHTINGS

A very unusual find towards the end of July was a 'first-summer' Iceland Gull near The Kirk, the same bird being seen subsequently at several other parts of the island over the next week or so - including bathing at the Bu Loch.



The Iceland Gull near The Kirk

Another unusual sighting was a Cuckoo by the Matpow Loch and then in the garden at Dale, on 2nd August. What was almost certainly the same bird then took up residence at the Osen where David was delighted to find that it was helping itself to the caterpillars on his cabbages there. Cuckoos are extremely wary birds and although this bird spent the next two weeks in the area around Osen - where it foraged between the vegetable patch and compost heaps - it would fly off at the least disturbance.

A few Swifts were recorded in early August when the number of Swallows rose considerably but there were very few of the usual arrivals of Golden Plover and other visiting waders among the late cut silage fields this year. Whimbrel were quite numerous, and generally - as ever - to be found among the Curlew flocks in the freshly cut meadows.

(continued on next page)

Autumn migration is now well under way, with Wheatears bobbing along the roads, showing off their white rumps and black & white tails as they try to keep ahead of traffic. The road between Dale and the Bu is often a good area for the species in Autumn, as is the road to Cleat where Jim Cooper saw two mid-month. In Spring the birds are more likely to be found on freshly-ploughed land - in Autumn on road-side fence-posts!

The Bu Loch has attracted a good mixture of wading birds throughout the last four weeks - mainly Dunlin, Knot and Black-tailed Godwit, the majority in summer-plumage - whilst at the Matpow Loch there have been regular but brief sightings of 2 different Ruff and a Greenshank, and on 3rd August 3 Green Sandpipers together. Single Green Sandpipers (quite rare here) were also seen at two sites on 9th August - possibly the same bird?



One of the Knot in full summer-plumage at the Bu Loch in early August'

(continued on next page)

Other signs of Autumn include the arrival of several Willow Warblers during the SE winds around the 22nd August when three Pied Flycatchers were also seen - one in the Castle Garden and two along the fence at Holin Cottage. Regular visitor Ken Barclay came across a Short-eared Owl near Oddie on 23rd where birds have been recorded throughout the summer months again this year. A Kestrel was seen near the Rothiesholm School on 23rd and a Wood Pigeon was there next day when at least 5 Willow Warblers arrived on the island from the other side of the North Sea. Another arrival from Continental Europe arrived in the Castle garden - a Garden Warbler - just a few minutes before the deadline for this months 'Limpet Piece'! No doubt there are more to come.

On 12th August Jim and Fran at Banks found an injured juvenile male Merlin and brought it to us. It had a damaged wing but it did not appear to be broken so we adopted our usual approach and kept it in a dark box over-night, hoping that it would be alive next morning. It certainly was, so we took it into the walled garden at the end of the house to test its mobility, and to our surprise - although it clearly could not fly - it hopped along the garden wall and immediately plucked a House Sparrow from near the top of a currant bush. It spent the next hour or so devouring every single scrap and we reasoned that as it had caught one 'meal' without needing to fly, it could probably catch more and so we decided to leave it to fend for itself in the wild. The Merlin was never seen again and - thanks to Jim and Fran - we like to think that it is now flying around fully recovered from what appeared to be nothing more than a strained wing. Many readers will know our friend Joyce Maples from Bath - now 92 and recovered from a major operation to free a trapped nerve - witnessed the whole event on what was the last day of her three week holiday here!

Thanks for all the calls etc. John & Sue Holloway



Merlin on the Castle garden wall

BLOW AWAY GARDENING TIPS - AUGUST 2013

The long warm summer should have been a bonus for my gardening output but, sadly, distraction, holidays, inadequate watering, ventilation and misplaced optimism have led to less than a bumper harvest. However, I have been involved in self crafted research projects and will be publishing them in the "Beano on-line" later this year. My 6 different varieties of tomato have shown a range of produce from modest to pathetic. One type (Koralik) which I must have read were great, turned out to be very poor. I suppose that I should not complain because no sign of blight, few aphids and mould barely making a show.

Outside I have been testing green manure - plants to improve the fertility of the soil and, ideally, smoother weeds. The results are as follows:

1. Digging grass land with a spade and fork is hard work and takes for ever when extracting all the weed roots
2. Four small areas were defined for Rye, Red Clover, Tares, Agricultural lupins and Mustard. Sown in July, either broadcast or in furrows depending on my random decisions. Watered once and then ignored.
3. Rye - patchy germination but growing well. Will be dug in to improve soil texture in spring
4. Red Clover: very patchy germination, struggling with blanket of weeds. May survive long enough to flower. The roots have nitrogen fixation nodules so improve fertility and the plants can be cut to grow again or dug in. Makes good compost
5. Tares: germination very poor, weeds winning easily. I keep trying this plant and failing. Perhaps I should give it up!
6. Lupins: poor germination and weeds easily winning. I will try a better sowing technique next time.
7. Mustard: very good germination but seed too thickly spread with resulting poor growth. By far the most vigorous and suppressed weeds successfully. I have cut them down and lay them down on the soil. To be dug in to break down in soil. In some areas they can be left to grow over winter.

I am not sure what all this proves but I am sure it is and a vital contribution to gardening. This weekend, as I write, there is an open day at the Community Greenhouse. I know that SDT and all visitors will be impressed by the activity and produce created. It is a great place to relax, exercise and socialize; there continues to be a waiting list for the plots which is an endorsement of its success. Autumn plans will begin soon which will give me lots to write about.

Roger Neville-Smith

STRONSAY HEALTHY LIVING CENTRE



Supervised session times from Monday 4th March 2013

	am	pm
Monday	Buddy	4.15-6.15
Tuesday	Buddy	Buddy
Wednesday	Buddy	4.15-6.15
Thursday	Buddy	4.15-6.15
Friday	Buddy	4.15-6.15
Saturday	Closed	Closed
Sunday	Closed	Closed

Under the 'Buddy' system members may use the gym if they feel confident to exercise with another member who is also inducted, over 18 and pre-paid.

Buddy hours are the same as school opening times.

A code will be needed to access the gym.

14 & 15 year old member—use is limited to periods when a fitness advisor is on duty (see above).

16 & 17 year olds must be with an inducted member who is over 18 or at a time when a fitness advisor is on duty.

New inductions by appointment only.

TEL No : 616449

CRICKET REALLY IS A SIMPLE GAME?

By Brian Crowe

Some readers may have been a little bemused – or perhaps not, by the cricket jokes published in last month's Limpet. As the end of the cricket season is fast approaching, and to dispel any questions that you might have about the game, you may find the following information helpful:-

You have two sides, one out in the field and one in

Each man that's in the side that's in goes out, and when he's out he comes in and the next man goes in until he's out.

When they are all out, the side that's out comes in and the side that's been in goes out and tries to get those coming in, out.

Sometimes you get men still in and not out.

When a man goes out to go in, the men who are out try to get him out, and when he is out he goes in and the next man in goes out and goes in.

There are two men called umpires who stay out all the time and they decide when the men who are in are out.

When both sides have been in and all the men are out, and both sides have been out twice after all the men have been in, including those who are not out, that is the end of the game!'

'Whizz Denn' = Wisden' - the cricketer's Bible.

LETTER FROM SCHOOL PLACE

No letter from Stephen Clackson this month because of the council recess. However, on 22 August Stephen wrote to the leaders of the 3 unions involved in the ferry dispute describing the plight their action puts us islanders in and requesting that they suspend their industrial action pending the result of their respective ballots.

MY FATHER

By Ellie from Newfield

A quiet-spoken man my father,
A wizard of wisdom I would say.
A foreseer of the future
His words now take fruit every day.
Good advice that fell on deaf ears
Given to me in sincerity.
For as the saying goes, I recall,
The patience of saint had he.
If he despaired he didn't show it
Whilst I laughed his advice away.
Now, too late, I see the sense of it
For I would gladly take it today,
Youth in all its arrogance,
Always knowing it all.
Whilst he'd retain that gentle smile
And catch me when I would fall.
Those fatherly words of wisdom
All bestowed with the best of will
In the thankless job of parenting
He'd remain patient and tranquil.
How sorry I felt for my father
Who in the dark ages dwelt,
Old and set in his ways, poor soul!
Such a shame, I felt.
How often I would sigh aloud,
Frustrated by old-fashioned ideas.
Only now do I see his point.
After rivers of un-necessary tears
Now do I see the full picture
As experience will out.
For my father in my childhood
Was a prophet, I have no doubt.

©Helene Harrison

LOCAL BUSINESSES

STRONSAY HOTEL

The Stronsay Hotel is offering take away meals from 5pm daily (earlier if required). This menu is also available to eat in at the hotel (for a small extra charge) with the addition of some fine Orkney beef steaks, Rump or Sirloin the choice is yours.

Phone 616213

TAKE AWAY MENU

Homemade lasagne plus chips	£4.95
Homemade sausagemeat pie plus chips	£4.95
Homemade chicken curry plus rice or chips .	£4.95
Homemade chicken pie plus chips	£5.50
Breaded haddock plus chips	£5.50
Breaded wholetail scampi plus chips	£6.50
2 sausages plus chips	£2.40
2 fish fingers plus chips	£2.40
Portion of chips	£1.20
Portion of cheesy chips	£2.00
Portion of onion rings (8)	£1.00

STRONSAY FISH MART

The Fish Mart Cafe will be closed for business from the 2nd of September.

I would like to thank everyone who has supported the cafe so well over summer. It has been much appreciated!

Lauren

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

HAIRDRESSING

Emma will be hairdressing at Airy on Fri 4th and Sat 5th October

Please ring Hazel to make an appointment.

Thank you

Business adverts

Up to 25 words - £1.50. 25 word advert with photo - £3. 25 to 50 words - £3 and so on. The cutoff date for adverts to be included in the next edition of the *Limpet* is on the front page. Contact details for the *Limpet* are on the back page

LOCAL BUSINESSES



“NEIL’S ON WHEELS”

All mechanical work undertaken, welding specialist,

MOT prep work, home start, towing service, no call out fee.

MOBILE: 07723 304 260

HOME: 01857 616454

ORKNEY STAR ISLAND SOAP



Real soap made by hand in Stronsay. Lovely as gifts, souvenirs, or all year round. This year’s new collection now available plus all your favourites. The new soaps are: Stronsay Goats’ Milk & Bere, Goats’ Milk & Marigold Petals, Green Wave & Kelp, Stronsay Sunset, The Beach, Wild Island Flowers and Dry Stone Wall. They are on sale at Olive Bank and the Post Office in Stronsay. Also available in mainland Orkney shops and online via my website at www.orkneystarislandsoap.co.uk.

Tel: 01857 616281.

STRONSAY ARTWORKS

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

Phone 01856 870075

<http://www.jennystoneart.com>

Email jennystone001@btinternet.com

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GROUPS, CLUBS & ORGANISATIONS

FILM SHOW AT THE KIRK

Film “A man called Peter.”

The story of a Scottish immigrant to the USA.

Tuesday, 10th September at 7:30pm

Free of charge—all welcome to a good family film.

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

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY STITCHERS

September's meeting will be on Thursday 26th September from 7 - 9.30pm at the Church Hall.

September Pop Up Shop

Our final craft sale this summer at the Fish Mart will be on Sunday 1st September 10.30am - 4.30pm. (Times may be revised slightly according to boat timetable). This will be Lauren's last day working at the Fish Mart before she goes off to University. We would like to wish her all the best with her studies and if her success at the Fish Mart is anything to go by, then she will sail through it all with flying colours.

Craft Sales

Our little project this Summer has been a success and might be something to consider doing again next year. We would like to say a big thanks to everyone who worked hard to make it possible, especially to everyone who came along and supported us, to Lauren for her support and generosity and to the Stronsay Community Council. We have been asked by a few folk if we could do a pre-Christmas Craft Sale and this seems like such a good idea that we will work towards doing it. We would hope to hold it at the end of November in good time for buying Christmas gifts and sending them off. We will let you know more nearer the time. In the meantime, all interested crafty peeps, get crafting please - it's only a few months away!

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GROUPS, CLUBS & ORGANISATIONS (continued)

MOBILE LIBRARY

Next visit:

TUESDAY 10 September

Council Houses: 9:15—10

Stronsay School: 10—12

Stronsay Kirk: 12:30—3

Fishmart: 3:15—5:30

Mobile library schedule http://www.orkneylibrary.org.uk/html/mobile2_timetable.htm

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

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

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

Check new library opening times

www.orkneylibrary.org.uk/html/opening.htm#NewHours

FRIDAY NIGHT GAMES CLUB

Ages 10 or over only

Friday night 8pm until 10pm

Entrance £1

Come along for a fun filled night

Air hockey table

Pool table

Play station 2

Nintendo WII & Sing Star

Snooker

Juice, crisps and sweets available

STRONSAY COMMUNITY ASSOCIATION

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

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

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

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

For details and booking contact Colin on 616446.

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USEFUL INFORMATION

POST OFFICE OPENING TIMES

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

Post collection times	07:30, Monday to Saturday
Replacement bin bags	Telephone OIC (Technical Services) on 01856 873535
Sunday service at the Kirk	11 am
Our Lady's chapel, pier head	Daily Masses at 7:30 am and every Sunday at 9 am
Next Special Collection	?
Rubbish collection	Tuesday (bags out ready by 9am)

Doctor	616321	Balfour hospital	01856 888000
Nurses	616480	Hydro	0800 300 999
Medical emergency	01856 888000	All water enquiries	0845 601 8855
Registrar	616239	Kirkwall Library	01856 873166
Hall bookings	616446	Kirkwall Police	01856 872241
Post Office	616278	Vets:	
Companions	616261	Flett & Carmichael	01856 872859
Kirk	616311	Northvet	01856 873403
Stronsay Hotel	616213	Dentists:	
Olivebank	616255	Great Western Rd	01856 879683
Ebenezer stores	616339	King Street	01856 875348
Neil's on Wheels	616454	Earls Palace	01856 872958
Taxi	616335	Golgotha monastery.	616210
Castle Bird Reserve	616363	Email contact@the-sons.org	

JIM HOLLAND HAULAGE—DELIVERIES

Catalogue deliveries made on Tuesday and Friday only.
Large items will be delivered on Saturday.

HOW TO CONTACT THE [LIMPET](#)

Send an email to stromsaylimpet@btinternet.com, phone Bruce Fletcher on 616297 (after 10:30 & before 21:00, please!) or write to *The Limpet, Claremont, Stronsay, KW17 2AR*. Details of the deadline for the next edition are on the front page

SUBSCRIPTIONS TO [THE LIMPET](#)

You can send a subscription to a friend or relative for a birthday present?

12 editions for **£20.00** including P&P

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

The Stronsay Development Trust, a Scottish Charity SC038888

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

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