

STRONSAY LIMPET

FUNDED BY STRONSAY DEVELOPMENT TRUST

ISSUE 114 December 2014

Published on the last Thursday of the month



OPENING HOURS OVER CHRISTMAS & HOGMANAY

<i>Date</i>	<i>Olivebank</i>	<i>Ebenezer</i>	<i>Post Office</i>	<i>Hotel</i>	<i>Surgery</i>
Mon 22 Dec	Normal	Normal	8:30am-noon	Closed	Normal
Tue 23 Dec	Normal	Normal	8:30am-noon & 1-3pm	4:30-11pm	Normal
Wed 24 Dec	Normal	7:30am-7:30pm	08:30-noon	4:30pm-noon	Normal
Thu 25 Dec	Closed	Closed	Closed	noon-2pm	Closed
Fri 26 Dec	Closed	10-noon	Closed	Closed	Closed
Sat 27 Dec	11am-1pm	8:30am-6:30pm	8:30-noon	4:30pm-1am	Normal
Sun 28 Dec	Closed	10am-1pm	Closed	4:30pm-11pm	Closed
Mon 29 Dec	Normal	8:30am-6:30pm	8:30-noon	Closed	Normal
Tue 30 Dec	Normal	8:30am-7:30pm	8:30am-noon & 1-3pm	4:30pm-11pm	Normal
Wed 31 Dec	Normal	8:30am-7:30pm	8:30am-noon	8pm-1am	Normal
Thu 1 Jan	Closed	10am-noon	Closed	Closed	Closed
Fri 2 Jan	Closed	10am-2pm	Closed	Normal	Closed
Sat 3 Jan	11am-1pm	8:30am-7:30pm	Normal	Normal	Normal
Sun 4 Dec	Closed	Normal	Closed	Normal	Closed

FORTHCOMING EVENTS

(See inside for more details)

- 18th December - 7pm, Stronsay Stitchers
- 20th December - 7pm, Santa's Float
- 21st December - 11am Sunday Club Christmas Service
- 21st December - 2pm, Sunday Club Party
- 24th December - 11:30pm, Christmas Eve Service - David Bowen
- 25th December - 11am, short Christmas Day service
- 31st December - 10pm, Hogmanay Dance

STRONSAY MEMORY BOX

The Stronsay Memory Box is now live. If you wish to add photos, text or video or comment on existing photos please go to <http://stronsaymemory.freeforums.net/>

The next edition of the *Limpet* will be published on Thu 29 Jan. Items for inclusion in that edition should be submitted by 7pm on Sun 25 Jan. Contact details on back page

LATEST BIRD SIGHTINGS

What bad luck – as soon as we had left the island at the end of October, the wind went round to the SE and stayed there for much of our holiday. Almost three weeks of our favourite wind!

There were some obvious arrivals during the period, including thrushes and Black-birds, with a few sightings of ‘owls’ in gardens – almost certainly Long-eared Owls, and several Woodcock flushed unexpectedly as ever. We can only guess what we might have missed!

A few small parties of Snow Buntings were also seen, with odd birds still present into mid-December, one very confiding male being seen several times in the road between Holin Cottage and Millbank. A party of 40 or so Barnacle Geese were seen in the Cleat area and this had swelled to over 70 by mid-December.

On returning from holiday in mid-November we noticed more Rock Pipits than in the previous ten years or so – including a party of five in the village street. A Grey Plover was on the beach in Lower Whitehall towards the end of the month, when a Whimbrel was also seen there. A party of Whooper Swans had taken up residence on the Bu Loch, sharing the territory with the family party of 5 Mute swans which were on the Matpow Loch for much of the summer. A Dabchick was also on the Bu Loch towards the end of November and two Goldeneye have been seen there on and off. An unusually late Ruff was in the field adjacent Holin Cottage on 2nd December, and Redshank are very numerous this year, but there are very few Curlew and Golden Plover this Winter – a real mystery, as both species are normally present in huge numbers. It is quite probable that they – like the wildfowl on the Meikle Water in particular – have been ousted by the sheer presence of the many thousands of Greylag Geese.

A real surprise in the Odiness garden on 1st December was a very late Yellow-browed Warbler, and a late Chiffchaff was seen there next day. Quite a few Goldcrests were seen at the beginning of the month when Snipe were very noticeable in huge numbers. Our rather dry, sandy, oat-patch alone had over sixty present on several days – and the area hardly seems suitable for this marshland/wetland species.

There have been a few sightings of birds of prey in early Winter, including 2-3 different Hen Harriers, at least two Merlins, a Kestrel, and one or two Peregrine Falcons.

Thanks once again for all the calls.

(Photographs on next page)



*Two very similarly-plumaged birds of similar size were photographed in late Autumn – the female Bullfinch taken by Diane at Tullimentan; the male Blackcap (in the hand) taken by Andy at St John's.
(The Blackcap was picked up exhausted on the door step at St John's but quickly recovered and flew off)*

SCIENCE EXPERIMENT REPORT

This term our topic is food in Upper Primary. So far we have been looking up foods from different places in the world. We've also been looking at labels on food packaging and learning about nutrition and the human body. For homework we each got given a food area like fat and vitamins. Then we had to make a poster about it.

On Wednesday 3rd December we went into Mrs Rose's science lab. We were doing a science experiment on how many calories are in the food.

Mrs Rose, who is our science teacher, kindly let us into her science lab to burn some food for our food topic. She told us what we needed to get and lots of other stuff. She gave us safety instructions like how to light the Bunsen burner. We burnt 3 types of food (e.g. spaghetti, prawn crackers etc.) to find out how much energy was in the food. We burnt the food to see how much the temperature of the water in the test tube rose. We recorded it on our result tables to find out what food had the most energy.

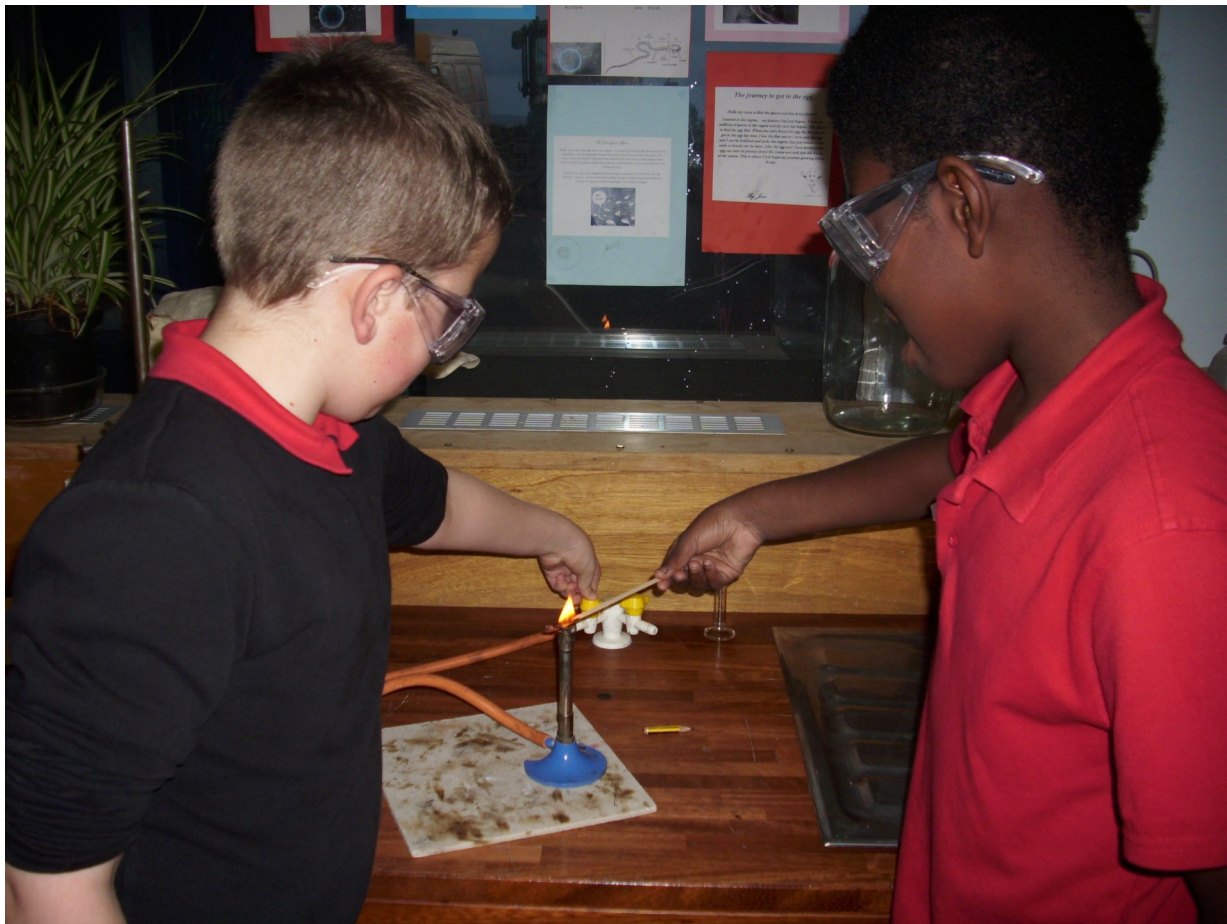
The burning food made a lot of smoke which set off the fire alarm twice in five minutes. We didn't get our final results properly because of the fire alarm going off.

We thought it was fun and we learned how to measure energy in calories without using the label. We learned how to set up and use equipment safely.

We would like to thank Mrs Rose for letting us use the science lab.



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LOBSTER PONDS / ENTERPRISE ZONE UPDATE

Unfortunately the Building Warrant application which was submitted early in November was referred back to the architect for further structural information. That information has now been submitted to Building Standards and the Trust is hopeful that it will receive approval before Christmas, which would allow work to start on 5th January.

WRC Ltd, the building contractor, will be constructing the stud walls in their workshop in Kirkwall and transporting them in sections to Stronsay. This will allow them to work longer days and not be weather dependent.

Revising the original specifications for the build has led to a considerable delay for the project but will mean that it should be finished within budget. Fortunately WRC Ltd were able to put all the groundworks in place before the weather deteriorated.

Carole Cotterill

Chair, Stronsay Development Trust

BOOK FAIR!

by Upper Primary

In November Lewis, Mikey, John, Philip and Erik started to plan the book fair.

Philip and John made a treasure hunt with riddles.

Mikey made a guess who? He had to crop pictures of a book character and print it out. We made quizzes and we organized a raffle. Erik made some decorations and he had to blow up balloons for decorating. We did some posters for the book fair. Gaynor made 2 cakes.

Parents and Community were invited to the book fair on Friday 26th November. There were loads and loads of books as well as stationery and posters at the book fair. Everyone liked the treasure hunt, guess who and the free raffle etc. The pupils also got to come to school in their pyjamas. At the kitchen Arna and Wilma were handing out hot chocolate, cookies, tea, coffee and juice. We all thought it was fabulous. Fraser thought it was “epicabulous” and Elizabeth thought it was “AMAZING”. The total amount raised was a whopping £560.36. Stronsay school will receive 40% commission for new books in the library. We would like to thank everyone who was involved in the book fair and those who came and helped us make lots of money.



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STRONSAY COMMUNITY ASSOCIATION **CHRISTMAS CRAFT SALE**

This year's Christmas Craft Sale was another overwhelming success. A big thank you to Stronsay Community Association for organizing it, setting up the Halls and supplying all the wonderful home bakes, yummy hot chocolates, teas, coffees and raffle. It was an even bigger turn-out than last year, so a massive thank you to everyone who came along for your support and for making it such a success. Finally, a huge thanks to our crafty community for consistently putting on such marvellous displays of work and talent at this sale and throughout 2014.



(another photograph on next page)



STRONSAY'S CHRISTMAS TREE LIGHTING CONCERT

The tree lighting ceremony was held on Saturday 13 December and was followed by a concert. Roger Neville-Smith took some photographs of the concert.



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BEAUTIFUL STRONSAY

Roger Neville-Smith took these photographs this month



Build-up of cloud

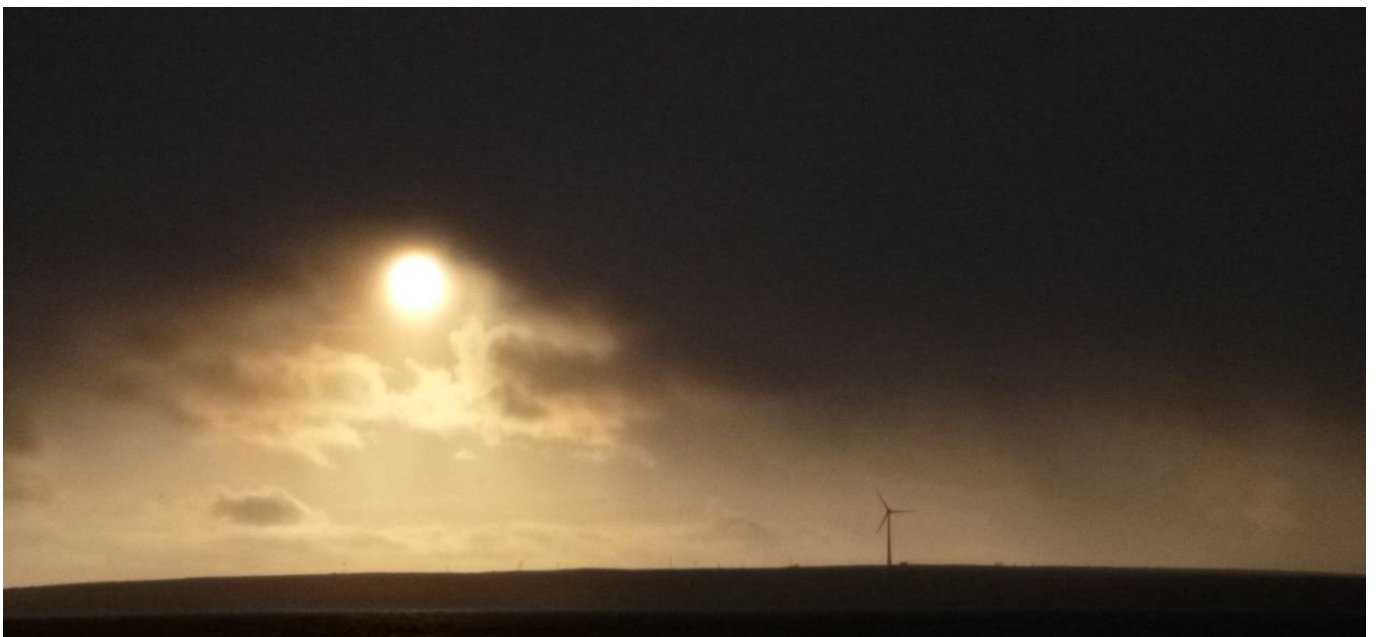


Double rainbow, taken from Geramont surgery

(More photographs on next page)



Flooding at Rothiesholm



Now just one turbine on Rothiesholm

GROWING OLDER IN ORKNEY

I would like to extend my thanks to everyone who came to the intergenerational group in Stronsay and Kirkwall and helped to gather some Stronsay Memories for an online Memory Box.

The photos have been put on Growing older in Orkney, <http://www.goio.co.uk/#!our-stronsay-4/cmk4> in the first instance.

We will also be setting up a forum dedicated only to Stronsay Memories where the public can add to photos, add names where we don't have them as yet and comments or memories of events that we have photos of. Once this work is done we will notify the island through the Limpet of the link to the forum.

My thanks to Bruce Fletcher who will very kindly be moderating this forum to ensure that we don't get any inappropriate posts.

Please feel free to share the link to the Growing older in Orkney (GOIO) site with anyone who is interested in what we have been doing.

I would also be keen to encourage some of the younger residents to visit the older people on island and collect their memories to add to the online Memory box. If you are interested in doing this please contact me on 01856 872897 or email:

Jacqueline.Dennison@vaorkney.org.uk

CONTACTING THE LIMPET—NEW EMAIL ADDRESS

Don't forget that the Limpet's email address has changed!

It is now editor@stronsaylimpet.co.uk

SKIN!

By Ellie from Newfield

Now why does the cow wear leather
While man “makes do” with skin?
Which to be fair is water-proof
Leaking out but never in.
Our designer, I feel sure, must look down
And maybe with regret.
For man would far buch better in leather
So there’s room for improvement yet.
The cow spends winters indoors
With a roof over its head,
Surely then he wouldn’t suffer
Wearing man’s skin instead.
That common cold suffered by all
Aided by impractical skin
While the cow in his leather “onesie”
Keeps dry from the outside in.
So then maybe upon reflection
With a word in the right ear
The designer might re-consider
Having all farmers born into leather gear.
Then when standing out in the fields
And rain appears from the west
Alas, caught out again is our farmer
Who’d now benefit from a leather vest.
And then in time of hailstones
I’d no longer flinch in my leather attire
But simply do as the cows do,
Placing my backside in the line of fire.
And mother’s words in times gone by
Which went “I’ll tan your hide”
Will become clear at last
When in possession of a leather backside.

©*Helene Harrison*

SEASON'S GREETINGS

- Wishing all readers of the Stronsay Limpet a very happy Christmas and best wishes for the New Year.
Bruce Fletcher (Limpet editor), Claremont
- Wishing all my wonderful customers and stockists a very happy festive season and many good things for 2015. Thank you so much for your support and custom throughout this year, it's truly appreciated.
Simone, Orkney Star Island Soap.
- Julia @ Clifton wishes everyone a happy, healthy Christmas and all the best for 2015
- To everyone in Stronsay and especially my friends I wish for you jolly good celebrations and a new year of opportunity and happiness.
Simone
- Shirley, Andy, Dan and Sam from St. John's would like to wish all their friends and fellow islanders a very Happy Christmas and send their best wishes for 2015. We are still very happy living amongst you all and look forward to many more years to come x x
- A Merry Christmas and Happy New year along with a big thank you to all our customers who have seen us through two years on Stronsay!
Chris & Debbie at the Stronsay Hotel
- Norman, Hazel, Leah and Molly wish all their friends and family a happy Christmas and best wishes for 2015
- Flora & Butch would like to wish all their friends and neighbours in Stronsay a Happy Christmas and Prosperous New Year
- Happy Christmas to everyone from Jonas, Lisa, Emilia and Josephine at the Post Office

THANK YOU

I would just like it to be generally known how much I appreciated the Limpet's support in dealing with my request, and to everyone who contacted me as a result of this. It has meant so much to me, and I look forward to hopefully meeting up with you all when I visit Stronsay next year.

All the best, Patricia Hay (nee Richardson)

Private adverts (sales, wants, greetings)

Up to 25 words - £1.. 25 word advert with photo - £3. 25 to 50 words - £3 and so on.

Thank you notices are FREE!

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

LOCAL BUSINESSES

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 01856 870075

<http://www.jennystoneart.com>

Email jennystone001@btinternet.com



Oil Boiler Servicing
Call Mike on 616339

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

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



Introducing My New Body Balms

No longer satisfied with proprietary creams I decided to make my first pot of balm a few years ago and have never looked back. It was only a matter of time before friends were asking if they could try some and I was so pleased to hear that they were just as impressed with the results as I was. Not only that, they were coming back for more and suggesting I should commercialize it. So I'm very happy to be offering you handmade balms as well as soaps. Presented in lightweight, attractive aluminium jars they make the perfect accompaniment to any soap gift.

What exactly are balms and how do they work? They work to help protect, nourish, moisturize and bring back balance to your skin against the things in life that can affect it such as harsh winter weather, sun, pollution, stress, work, ageing.

Similar to body butters they can be used exactly like creams and work by lubricating and softening skin and preventing moisture loss by forming a barrier. Some people may find using a balm instead of cream a bit strange at first and worry that it may be too oily for their skin. If you use only a little to begin with you'll soon get used to it and become confident in its ability to be totally absorbed by your skin, leaving it fresh-looking and plumped.

My unique recipe of oils, butter and wax is full of vitamins and nutrients which nourish the skin, unlike mineral preparations such as Vaseline which do not. These balms have been specially created to suit most skin types. They are 100% natural and made entirely from botanical ingredients.

Simple All Over Balm

Base ingredients: Sunflower Oil (rich in vitamins A, D, and especially vitamin E and essential fatty acids); Sweet Almond Oil (helps to leave skin soft and satiny smooth, non-greasy, easily absorbed, rich in vitamins A, B1, B2, B6 and E, calms skin irritation); Watermelon Seed Oil (a very light, very nourishing, super-absorbant oil, rich in omega 6 & 9 EFA); Olive Wax (obtained from olive oil, similar to beeswax); Avocado Butter (); Vitamin E Oil (promotes skin rejuvenation, elasticity and health).

This is your basic "good for everything" balm and very handy to have around (I wouldn't be without a jar of this!). Made with the base recipe ingredients it is fragrance-free and ideal for those with sensitive skin and helps care for cracked heels, splits and cracks, chapped lips, insect bites, minor cuts, grazes, minor burns, cold sores, sunburn, dry, itchy skin. I know it's common sense, but I have to say please be aware that for serious skin conditions and injuries it is always advisable to consult with your doctor.

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LOCAL BUSINESSES

Vanilla Body Balm

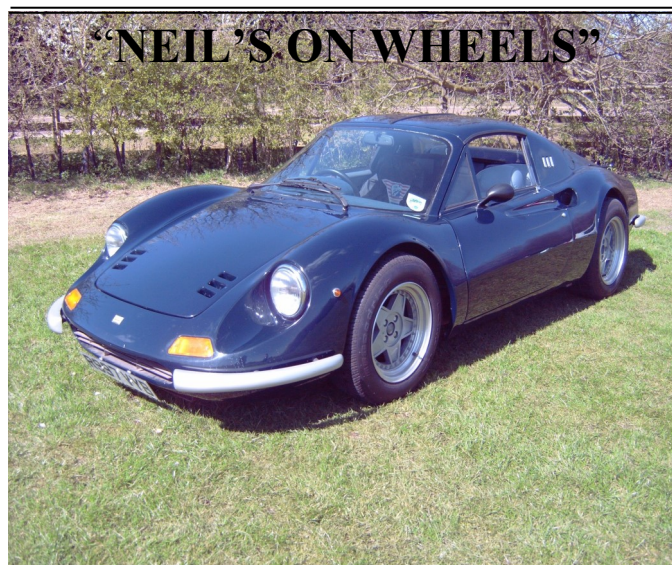
Base recipe and organic vanilla essential oil. A warming, welcoming fragrance, in aromatherapy said to ease stress, anger, frustration, imparting a feeling of comfort. Massage into any place that may need caring for at any time or use as a luxurious après-bath or shower body treat. For very dry skin apply to damp skin.

Frankincense All Over Body Balm

Base recipe and frankincense essential oil. A spicy, woody, haunting fragrance, in aromatherapy said to have a calming effect on the mind, imparting a sense of inner peace. Also said to soothe pain associated with muscular aches and to have a healing, rejuvenating and balancing effect on skin. Massage into any place that may need caring for at any time or use as a luxurious après-bath or shower body treat. For very dry skin apply to damp skin. Can also be used as a deep cleansing treatment: apply balm to face and neck (avoiding area round eyes), add water to where the balm has been applied to emulsify the oils and massage gently for a few minutes, then remove with a damp cotton cloth.

Simone

Available from: Ebenezer Stores, Stronsay; Stronsay Post Office; from the house (by arrangement only please) Tel 01857 616281; Ortak, Kirkwall; or from the online shop at www.orkneystarislandsoap.co.uk.



- All mechanical work undertaken.
- Tyres
- ECU/ABS/airbag diagnostic testing
- Welding specialist
- MOT prep work
- Home start
- Towing service

MOBILE: 07723 304 260

HOME: 01857 616454

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GROUPS, CLUBS & ORGANISATIONS

KIRK NEWS

Services at 11am unless otherwise stated:

- 21st December Sunday Club Christmas Service. Sunday Club Party 2pm—4pm
- 24th December at 11.30pm - Christmas Eve Service - David Bowen
- 25th December - short Christmas Day service
- 28th December - David Bowen
- January 4th - David Bowen
- January 11th - Mike Erdman
- January 18th - David Fidler
- January 25th - Viv Erdman

STRONSAY SCHOOL BLOG

We would like to remind everyone about the Stronsay School Blog which has been up and running for a few months now. The Blog shares some of Stronsay School's highlights through pictures and articles as well as other relevant school information. You can access the blog at <http://stronsay-jh.blogspot.co.uk>. We hope you find the site interesting.

STRONSAY STITCHERS



Thursday 18th December, 7 - 9.30pm in the Kirk Hall
for our last meeting before we take our winter break.

STRONSAY DIABETES SUPPORT GROUP

The group will take a break in January due to the dark afternoons but will meet again on Wednesday February 4th at 3pm. It would be really good if a few more folk could join us. Why not make it a New Year resolution? We are a very friendly group and not at all intimidating.

Please speak to Shirley if you want any more information.

S.O.S. Santa Float!



Saturday 20th December 2014

Leaving Jim's Yard at 7pm prompt.

**Come and meet Santa after in the
Stronsay Hotel.
There will food and plenty of music.**



STRONSAY COMMUNITY ASSOCIATION



HOGMANAY DANCE

**WEDNESDAY 31ST DECEMBER 2014
IN THE HALL
10pm TILL MIDNIGHT**

ADULTS: £3 CHILDREN: £1

EVERYONE WELCOME!

GROUPS, CLUBS & ORGANISATIONS

STRONSAY HEALTHY LIVING CENTRE

supervised sessions

These times will run up to the Christmas break.

MONDAY	3.45-5.45
TUESDAY	Buddy system
WEDNESDAY	3.45-5.45
THURSDAY	3.45-5.45
FRIDAY	3.45-5.45
SATURDAY & SUNDAY	Buddy system by request

The gym can be accessed throughout the day if you have a 'buddy' to go with.

A code is required, please speak to one of the team if you have any questions

Inductions by appointment only

Andy - 616277, Julie - 616335 or Tracey - 616350

Gym during supervised sessions - 616449



Crossroads Orkney have been contracted to provide an additional new service on a 12 month pilot basis only, funded through the Change Fund, to offer direct care and support to people who are living on their own and do not have a carer to provide support. This new service is available on Sanday, Stronsay, Westray, Hoy and Shapinsay. This is to meet the needs of people for care and support where there has been an unpredictable increase in their care needs and generally to be delivered as part of a short term/unplanned package of care in conjunction with other services.

This is a new service for Crossroads Orkney whose core business is to provide respite services as support to carers of people with support needs. Please make referrals directly to **Crossroads Orkney** by contacting **Olivia Tait** at the Travel Centre, West Castle Street, Kirkwall KW15 1GU, on **870500** or email to carers@crossroadsorkney.co.uk

GROUPS, CLUBS & ORGANISATIONS (continued)

MOBILE LIBRARY

Next visit:

JANUARY (Date unknown at time of publication)

Council Houses	8.45am - 9.45am
School	10.00am - 12.00pm
Kirk	12.30pm - 3.00pm
Fishmart	3.15pm - 4.45pm

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>

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.

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

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USEFUL INFORMATION

POST OFFICE OPENING TIMES

Monday	8:30—12
Tuesday, Wednesday, Thursday	8:30—12 and 1—3
Friday	Closed
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 (see <http://tinyurl.com/kvk5gfp>)
Our Lady's chapel, pier head Daily Masses at 7:30 am and every Sunday at 9 am
Next Special Collection 28 February
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	101
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 Wednesday and Friday only.
Large items will be delivered on Saturday.

HOW TO CONTACT THE *LIMPET*

Send an email to editor@stronsaylimpet.co.uk, phone Bruce Fletcher on 616297 (after 11am & before 9pm, please!) or write to *The Limpet*, Claremont, Stronsay, KW17 2AR. Details of the deadline for the next edition are on the front page

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>

Supported in its activities by HIE Orkney, Orkney Islands Council, and
Orkney Community Planning Partnership