

STRONSAY LIMPET

FUNDED BY STRONSAY DEVELOPMENT TRUST

ISSUE 12 APRIL 2006



PHILLIP HENRY HOLLAND 1932 - 2006

Phil Holland achieved a distinction bestowed on few incomers despite his relatively short (in Island terms) residence on the island. He rapidly established a rapport with the farming community he joined and over the course of the next twenty-eight years came to be regarded as "one of our own" a status normally achieved only after two or three generations. This was due in no small part to his outgoing personality, his gentle, friendly nature, his love of the island and his enthusiasm for his chosen profession.

Phillip Holland was born into a farming family at Ashmore Brook Farm in Ashmore, Lichfield.

He was the youngest of nine children and weighed in at four and a half pounds. Intensive Baby care consisted of liberal applications of goose fat to maintain body heat.



He attended school until he was fourteen before starting work on his father's dairy and arable farm at the princely wage of ten shillings (fifty pence) per week. His accompanying the local vet on his rounds furthered his keen interest in animals. His apprenticeship was served during the Second World War and ploughing was by horse drawn plough. There were four Italian prisoners of war working on the farm who brewed the best coffee he had ever tasted and taught him how to trap and cook hedgehogs.

His outgoing personality led to his becoming involved with the local Young Farmers Association and developing a lifelong interest in dancing – both Ballroom and Traditional. He also developed a good singing voice but, despite his love of music, he never learned to play an instrument.



He married Ann Hampton in 1956 and had three children Jane, Jackie and Jim. Unfortunately the marriage ended in divorce and Phil met and married Mary with whom he also had three children Gaynor, Tracey and Michael. They moved to Stronsay in 1978 when they bought the Grind. Rumour has it that although his offer was not the best it was accepted because the owners felt that he was the right person for Stronsay – a decision that was to be truly vindicated. Starting a new life on a smallholding Phil was prepared to turn his hand to any available work including farm work at Housebay, in the local fish factory and on the Islands roads, He and Mary spent the next nine years at the Grind before moving to Kirbister which he worked until 2001 when his son Michael took over.

Phil became deeply involved in the social life of Stronsay and together with Ingram Shearer sang at various functions. They also started to teach the local children traditional dancing, a venture which has paid massive dividends as witnessed by the skill and enthusiasm of the young people of the community on the dance floor.

Retirement never figured highly in Phil's plans and even on the morning when he was admitted to hospital for the last time he was disappointed that he had no opportunity to see to his animals. He is survived by his wife Mary, six children, twenty eight grandchildren and eight great grandchildren all of whom contributed to what Phil described as the happiest years of his life spent on the island. He will be sadly missed in the community but the sorrow is tempered by the joy he brought to all he met and his popularity was underlined by the attendance at his funeral service.

BIRTHDAYS & ANNIVERSARIES & ANNOUNCEMENTS

LOUISE HAPPY BIRTHDAY

ON 25th APRIL LOTS OF LOVE STEVE, YVONNE, CRAIG, JODY, X X X X

A SPECIAL NIECE

SHANNON 11 ON MAY 9th
ALL OUR LOVE
UNCLE STEVE, AUNTIE VON
CRAIG, JODY, JUNO, HERA, SMOKIE,
PRECIOUS & DILLIGAF
XXXXXXXX

HAPPY BIRTHDAY SHANNON

ON 9th MAY MUCH LOVE FROM PEACE AND WALTER XX

TABLE TOP SALE

SUNDAY 21st MAY FROM 12 pm
Till 4pm
AT THE HALL
IN AID OF BLIDE TRUST
£5 A TABLE TO BOOK PHONE
ELLEN 616443
Tables to be set up 1 hour before start

LAST SALE RAISED £30 FOR BLIDE TRUST

A VERY ENJOYABLE evening was held on 1st April to bring to an end this winters dancing sessions.

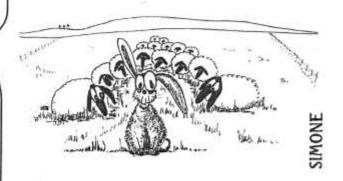
Thanks must go to Gaynor Smith, who has willingly played for us over this past many years, ably
assisted at different times by Dr Jon Buchan,
Michael Cooper, Michael Smith, James Smith,
Michael Holland and Tracy Holland. Tribute must
go to Phil Holland, who started with us and whose
energy and enthusiasm for dancing lives on
through our young dancers.

He is greatly missed by us all. Ingram & Doris Shearer

HAPPY BIRTHDAY LOUISE

ON APRIL 25th LOVE AND BEST WISHES FROM PEACE & WALTER XX

FOOD FOR THOUGHT



"FEELING PRETTY CONFIDENT, EH? WELL EASTER'S OVER, PAL!"

LOCAL BUSINESSES

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, Tel. 616282

GOING AWAY?

Do you need someone to look after your animals at your house? I have 8 years experience with all kinds of animals. Contact Beth Erdman

SPARKY

616339

For all your electrical & Plumbing needs Contact John at 11 Whitehall Tel: 616466

Unit 9/10

Orkney Auction Mart HAMISH MACLEAN FARM PRODUCTS Kirkwall, Orkney

KW15 1RE Tel 01856 871700

Mobile 07710526153

STRONSAY FISHMART

Cafe, Hostel & Interpretation centre. Hostel open all year round. Hot meals, light snacks, home bakes, teas, coffees refreshments.

Thursday 12pm - 2pm Friday 5pm - 7pm Saturday 12pm - 2pm & 5 pm - 7pm Sunday 12pm-7pm Special occasions catered for by arrangement Tel 616386

INSTANT PHOTO'S

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 616420 Sycamore Cottage

Tankerness Orkney KW17 20U Tel/Fax 01856 861214

MINERALS AND PROTEINS
Orkney natural protein
Orkney finisher
Orkney general purpose
Orkney pre-calver
Orkney builing mineral
Orkney dairy mineral
Orkney dairy mineral
Orkney sheep mineral Orkney sheep mineral Superfeeds for ewes and finishing lambs

Tribex fluke drench

Ovispec wormer S & C Supaverm fluke and worm *Cattle pour on - various *Crovect Dectornax Spot On Selenium and cobalt drench A, D & E injection De-horning paste

TRACTOR SPARES & WORKSHOP TRACTOR SPARES & WORKSHO!
New/secondhand tractor spares
inc: mudguards, wheels and tyres
WO-40 - light bulbs - gloves grease - hand cleaner - welding
rods - gopples and masks
"Paint including farm oxide
Anti fraeze - batteries - cutting
discs - pressure washers torches - hammers - pansknives torches – hammers – pen-knives – Easy Start – trailer boards etc.

Ewe rolls Calf nuts Young stock mix Calf creep mix Lamb creep mix Tup mix Bull mix

HORSES

Pasture mix and nuts (D&H) Hi Fi – Alpha A Budget pasture mix and nuts Shavings and garlic powder Mineral licks Feed buckets Haynets

100mm2.100mm2.2000年100mm2.000 VARIOUS

VARIOUS
Rat bait – cattle clippers –
Colostrum – oilskins – calving
machines – scour capsules –
boiter suits – ear tags – Formalin –
boots (all kinds) – milk (call and
lamb) – hypochloride; spades,
forks and shovels – troughs – coal
bunkers – observation systems –
dustbins – drinking bowis – seat
covers – — weed killer covers

BOLUS ETC

Coppasure – cow and calf Copinox – ewe and calf Tracesure – calf and cow Tracesure – lamb and ewe

PET FOOD

Dog and cat -- bags of complete feed or tins
Rabbit food
Peanuts
Bird seed
Cat litter

JANITORIAL AND HOME
Washing powder and fabric
conditioner, toilet rolls, J-cloths,
bleach, dishwasher tablets, floor
cleaner; drain cleaner, washing upliquids, traffic film remover,
blue rolls and much, much more

* Denotes items on special offer. This is just a sample of our stock please come and look around. General public, trade customers all welcome 9-5 Monday - Friday

LOCAL BUSINESSES

REDHOUSE PLANTS

AVAILABLE NOW
PERENIALS AND SHRUBS
ORDERA NOW BEING TAKEN FOR
BEDDING PLANTS AND VEGETABLE
PLANTS. COME AND CHAT TO GIL OR
LINDSAY OR PHONE 616377

OLIVEBANK

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25-50 WORDS £2 AND SO ON
Lost & Found free
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Tel:- Yvonne 616375
e-mail hfazak@btinternet.com
Letter:- Lower Leaquoy

ADVERTS

FREE TO GOOD HOMES
CAN BE SEEN WITH PARENTS

READY AFTER MAY 25th PHONE SUE 616439

FOR SALE

LIBRARY

NEXT VISIT 9th MAY WHITEHALL 9am - 11am SCHOOL 11.30-14.00 GORRIES 14.30-16.45 SCHOOL 18.30-20.00 PARKER KNOLL LOUNGE UNITS 2 GLASS CABINETS AND TV/VIDEO CORNER UNIT £200 OR WILL SPLIT PLEASE PHONE NAINE ON 616340 FOR MORE INFORMATION

NANA IS HAVING A BREAK THIS MONTH SHE HAS ASKED US TO PRINT A POEM THAT YOU MIGHT LIKE

POEM BY LEAH SHEARER AGED 8

ADVICE FOR MICE

BE WARY OF THE SNEAKY CAT THAT LIES IN WAIT AND LISTENS FOR A LITTLE SQUEAK SO HE CAN GO SNAP, SNAP.

BE WARY OF THE PIECE OF CHEESE
THAT'S SET UPON A SPRINGER
OR YOU COULD FIND YOURSELF INSIDE
A VERY NASTY PINGER.

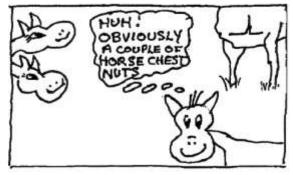
WHAT'S WORSE CATS SNAPS OR TRAPS I'D STAY AWAY FROM BOTH MY CHAPS

PEEDIE THE PONY

BY W.E.

Nº 2





GROUPS, CLUBS AND ORGANISATIONS

STRONSAY COMPANIONS

Not sure what to do on Monday afternoons why not come to the companions in the hall from 2- 4pm. Anyone age 50 & over are welcome.. LUNCH CLUB. In the hall at 1.00pm anyone age 50 & over are welcome and under no obligation to stay to the companions. Price is £3.00. Names in by the Friday before each lunch club, contact Jeano on 616307 or Wilma on 616261.

CLAY PIGEON SHOOTING ON BU LINKS

STARTS AT 1pm, every 1st & 3rd Sunday £6 to shoot 25 rounds For more info phone Mike on 616345

FRIDAY NIGHT GAMES CLUB
CHILDREN AGE 10 AND OVER
£1 ENTRY PLENTY TO DO
COME AND HAVE SOME FUN THIS
FRIDAY 8pm - 10pm
TEL: YVONNE 264 or SHEENA 306

OPEN NIGHT, GUILD MEETING

FRIDAY, 20Th APRIL
7.30pm IN THE CHURCH HALL
DAFFODIL TEA RAISING FUNDS
FOR
'DARE TO CARE'

SALE TO RAISE FUNDS FOR NORWAY TRIP

6 th MAY 7.30 AT THE HALL DONATIONS TAKEN BETWEEN 2 & 4 ON DAY OF SALE

PLEASE COME ALONG AND SUPPORT US

STRONSAY SINGERS

MEET EVERY MONDAY FROM 19.30-21.30 IN THE HALL BRIAN CROWE 616464

MOTHER AND TODDLER GROUP

THURSDAY'S at the HALL
ALL WELCOME from Birth to School Age
9.30 - 11 am

OCTOPUSH

(FOR EXISTING MEMBERS ONLY) CONTACT JOHN 253 FOR DATES

COMMUNITY ASSOCIATION

.New reduced rate £5 per hour for room up to £15 max plus £5 for DISCO equipment. A DJ from the Hall list must be used.

Now available to hire.

Badminton £2 per hour + hydro

Coming soon table tennis £2 per hour +

Hydro
Adult supervision (over 18) must be present
During hire. Any damage nust be paid for to
book

CONTACT COLIN ON 446

SWRI MEETING

26th APRIL AT 7.30pm QUIZ & RAFFLE FOR MEMBERS IN THE HALL FEEL FREE TO COME ALONG

QUIZ NIGHT AT THE HALL

22nd APRIL 7.30 START
COME ALONG AND HAVE SOME FUN
FOLLOWED BY A MUSIC NIGHT
BRING AN INSTRUMENT OR JUST COME
ALONG FOR A GREAT NIGHT

SURGERY HOURS

Monday-Saturday Open Surgery 9.30-10.30

Monday-Tuesday-Thursday-Friday 4pm - 5.pm by appointment

Repeat Prescription collection times Monday-Friday 10am-12pm and 1.30 - 4.30pm

USEFUL NUMBERS

DOCTORS	616321/308	B&B CLESTRAIN	616340
NURSES	616453/232	B&B AIRY	616372
HYDRO	61633/375	CAMPING BARN	616314
BALFOUR HOSPITAL	01856888000	COMPANIONS	616307
DENTIST KING STREET	01856875348	GALA	616463/339
VET - FLETT & CARMICHAEL		REGISTRAR	616239
VET - NORHTVET	01856873403	FISHMART	616386
KIRK	616311	HALL BOOKINGS	616446
STRONSAY HOTEL	616213	POST OFFICE	616217
MAURICE'S	616255	SPECIAL CONSTABLE	616216
EBENEZER STORES	616339	STRONSAY LIMPET	616375/453

USEFUL INFO AND DATES

POST OFFICE TIMES- MON & THURS 9am-4pm TUE, WED, FRI & SAT 9am-1pm NEXT SPECIAL RUBBISH COLLECTION MAY (date will be in a later issue nearer the time) REPLACEMENT BIN BAGS TEL: 01856 873535 SUNDAY SERVICE AT THE KIRK SUNDAY 11am

OUR LADY'S CHAPEL, PIER HEAD. - DAILY MASSES 7am SUNDAY 9am OUIZ

- 1. What sort of building derives its name from the Greek for 'seat'?
- 2. Which musical instrument is the largest member of the tuba family?
- 3. In the ranking of the aristocracy, what comes between a Baron and an Earl?
- 4. Which Andrew Lloyd Webber musical is performed on roller skates?
- 5. In which European country did Punch and Judy originate?
- 6. Which Brazilian dance became popular throughout Europe in 1989?
- 7. In the E.M.Forster novel A Room with a View, which city provided the view?
- 8. Which fashion designer created 'The New Look' in the 1950's?
- 9. What is made from a mixture of linseed oil and powdered chalk?
- 10. What is the capital of Norway?

ANSWERS NEXT ISSUE

March answers. 1. Joan of Arc 2. The Sorbonne, the common name for the University of Paris 3. The Moulin Rouge 4. The Palace of Versailles 5. Bonnie Tyler 6 Laurent Blanc 7. Marseilles 8. Tricolour 9. Vichy France 10. The Pyrenees

The Stronsay Development Trust is supported in its activities by Orkney Enterprise, Orkney Islands Council, Communities Scotland, The Crofters Commission and Orkney Community Planning Partnership.

THE GREAT TRAIN JOURNEY by Dr George Mackay

Part three

On across the Forth Bridge, shorter in length than the Tay but, even to a child, of much more impressive design and finally into Waverly station in Edinburgh. Half a century certainly dims the recollection. Did the train have a buffet car? If it did he certainly cannot recollect seeing it. He does, however, vaguely remember newspaper vendors and stalls selling mugs of tea - real or imagined at this distance in time who knows? On then through the night, the lights shaded in an effort to catch a few hours sleep. A definite memory of a fairly well dressed, worried looking man, wandering the corridor. Who or what was he? No one knew, but he was soon singled out as someone worth the watching, possibly a fugitive from justice. There is a vague memory of being roused from sleep and unceremoniously bundled out on to the cold platform, possibly in Newcastle with the instruction that they had to change trains then, without apology, bundled back into the same compartment to continue their journey. Did this happen or was it all part of his imagination? Who knows? One definite memory of looking for a piper from the carriage window while stopped in the station in York as a newsvendor walked the platform shouting "Moning Piper". On, on, on would the journey never end? Till at last their little group parted company with the main line express in either Grantham or Peterborough to await the arrival of the local train to take them along the north Norfolk coast to Great Yarmouth. One definite memory here, a heart stopping moment, when thundering down the line came a "Mallard" class steam engine, beautifully streamlined, blue painted, the absolute apogee of steam engine technology.

Now they had been traveling for about eighteen hours. They were tired, grubby and desperate for the end of their journey. The small local train was in no hurry however. They stopped at every small station on the line, names now forgotten, except that all seemed to end in -ham. On through endless orchards with massive pigs lying below the trees munching on windfall apples until

at last, in mid morning they finally pulled in to the station at Great Yarmouth.

From this point on his memory is a blank. How did they find accommodation? How did they get there from the station? Alas all is now hidden in the mists of time. No memory of their arrival remains, not even first impressions of this new town. Find accommodation they did, and good accommodation at that. From memory it seems to have been quite a modern, detached house standing close to a road junction.

However, he was now very tired, homesick and decidedly grouchy. He missed his pals, he missed his cat, he found that one of the bars of his chair had something sticky on it and from then on the house became known as "Sticky Chairs" Oh, the pleasures of youth. Despite total amnesia of this period he was obviously enrolled in a local school. This came as something of a revelation to him. Although he was backward in the things which appeared to be most important here, sport, music, drama, he was light years ahead in basic education. Any exercises he was set were completed in record time allowing him more time to read. His teacher was male. The first time, except for his local headmaster, that he had encountered this strange species. However, he was a kind, gentle man different in every way from the sarcastic, nasty little music master - could this have been the start of his total dislike of this particular species? On Monday morning they were loaded in a double decker bus and transported across the town to a well equipped sports ground and lecture hall for football - it still did not fire him with any enthusiasm for the sport. Why could they not each be given a ball to kick instead of having to share one between twenty two? His life long aversion to the sport is obviously deep seated. Their tenancy at "Sticky Chairs" appears to have been short lived - the reason unclear - but there is a feeling that the landlord may not have been the owner of the property. They found other accommodation in a house in a row of brick terraces close to the beach and here they remained for the rest of their stay.

Fortunate indeed that they were so close to the beach. Food was included in their accommodation and they found the English style potatoes totally inedible. These were massive things, each weighing almost half a pound, put whole into a pan of water and slowly boiled for hours on end. By the end of this time they had the consistency and flavour of soggy blotting paper

The Highlands and Islands Fire and Rescue Service is currently operating a scheme in Stronsay offering free Home Fire Safety Advice visits, the logic being that it is much better to prevent a fire in the first place than to have to come to put one out! We hope by these visits to help raise your awareness of fire safety and to help make your home a safer place in which to live. The visit simply entails an inspection of your house looking for fire hazards (we would only be going where you are happy for us to go!), checking you have enough smoke detectors and that they are correctly sited and giving advice on fire safety and what to do in the event of having a fire. We will also check that your smoke detectors are working correctly and supply and fit new ones free of charge if you need them. This inspection would be carried out by two members of the local Fire Service at your convenience.

If you would like your local Firefighters to carry out a visit or would like more details please contact Ian on 616322, William on 616220 or Harald on 616233 and we will gladly give you more information or arrange a suitable time to come along to see you.

ORCADES comes to Stronsay!

The Orkney Cardiovascular Disease Study or ORCADES is a large research project which aims to understand the causes of diseases like stroke, heart disease, diabetes and obesity. A person's risk of getting these diseases depends on their lifestyle (such as whether they smoke, how much exercise they take) and also on their genes, that is whether it runs in their family. If we could understand better the effect of genes then we could eventually develop new ways of diagnosing illness and new ways of preventing and treating disease, this is the ultimate aim of the study. The first step is to unravel to what degree inheritance and lifestyle contribute to the risk of disease.

The people of the North Isles have been chosen as the stability of the population allows large families to be traced, and when studying inheritance large families are a great help. There is also less variation in diet and physical activity than in cities, at least in the past when the majority of people worked in agriculture and fishing.

The study is run by a large team led by Jim Wilson, who is an Orcadian and is a researcher at the University of Edinburgh and the Medical Research Council. There are two full time and two part time research nurses who will be carrying out the clinics in Stronsay, which will take place in a specially modified vehicle which will be parked at the surgery in May and June, before heading to Sanday in July.

After giving informed consent, volunteers will get a number of different risk factors measured - first a blood sample is taken in the morning after an overnight fast. This is used to measure blood sugar and fats and is also the source of DNA for the genetic analysis. Volunteers return for a second clinic in which a number of measurements are made, including blood pressure, and newer tests of hardening of the arteries, and a photograph of the back of the eye to see the small blood vessels. If they wish, participants and their GP get some of the readily understood results returned to them as a cardiovascular health check or MOT, along with an explanation of their meaning.

In Edinburgh the DNA of all participants will be analysed to try to understand which patterns of DNA are inherited by people with, say high cholesterol, but not by people with low cholesterol. This is how we find genes influencing these risk factors.

Last summer about 200 people in Westray took part in the study and this summer it is the turn of Stronsay, Sanday and Shapinsay. Over 300 people with North Isles blood living on the Mainland of Orkney have also taken part in the study, but we are aiming for over 1000 people overall.

The project is funded by the Scottish Executive Health Department and has approval from the NHS Orkney ethics committee. Volunteers must be over 16. All information will be kept in strictest confidence and samples and data stored anonymously so that no names are associated with health information.

It is not often that the chance comes along to be part of a study which will help improve the health of future generations while checking your own health, so if you are interested and have at least one grandparent from the North Isles you can volunteer either by emailing orkney@ed.ac.uk or by phoning 0131 651 1643.

Stop press: There will be a health information evening on the 9th of June run by the ORCADES team and open to all in Stronsay.

Dear madam.

May I use the pages of your excellent news letter to thank the people of Stronsay for making us so welcome on our recent visit, especially Carol at the hotel for a really comfortable stay. My wife's father Emie Stout, son of Jock Stout the baker, left Stronsay at the age of 16 to join the Royal Flying Core just before it became the RAF. After the war he settled in Easter Ross and married a local girl and went on to have 6 of a family, 2 boys and 4 girls one of whom is my wife Sylvia. Ermie told me a few stories of when he was a boy on the island, and here's a couple to keep your readers amused. Ernie's father Jock bought an old Russian sailing ship called the "Riga" to use as a coal hulk for supplying coal to the fishing, industry. When they were stripping the hull in preparation for the coal it was discovered that the ship's holds. Jock got young Emie to load up a wheelbarrow and distribute some of the coconuts around the village, as you can imagine they were quite a rarity. When Ernie was dishing out the nuts he eventually came to the hotel where a fellow by the name of Charlie Calmers was painting the hotel windows. Charlie took one of the nuf's, scraped the hair off and proceeded to paint on the legend, "This nut was found onboard the Russian sailing ship "Riga", mentioning the date and Stronsay hotel. The nut remained in the hotel for years till the owners moved to Golspie and took the nut with them and displayed it in the bar of their new hotel in Golspie. About 12 years ago Emie visited the hotel (both sadly passed on). Emie started to tell the yam about the coconut, when the fellow stopped him in his tracks and produced this wizened leathery object from behind the bar, and yes youv'e guessed it it was. The coconut and the writing was still legible. Ernie inherited the nut and and passed it on to ourselves, we had a wood and glass display case made to house it along with the story. When Ernie passed away 5 years ago we gave the coconut to young Ernie who lives in Falkirk, now hopefully after

Ernie often used to wonder if it was still there, and who knows, maybe it still is!! wouldn't that be a catch for your peedie muesum. That's all for now and i hope your readers enjoy reading this stories as much as i did listening to them. Every success to your publication,

Regards, Sylvia and Mike Sutherland.

WHITE KNIGHT ELECTRICAL

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SS Athenia lifeboat --- the result of the recent vote was as follows:-

those preferring that the lifeboat be restored as a lifeboat - 10 those preferring that it be restored as a houseboat/lifeboat -- 25 votes

Many thanks to those who voted. The Development Trust are currently awaiting the result of a marine survey report on the lifeboat, and once this is to hand, which we hope will be quite soon, we will have some idea of the work needed and the costs involved. We hope that within the next 2/3 months we will be in a position to actively seek funding for this project. We will keep you advised of developments. Thanks again, Brian Crowe

WELL WE HAVE NOW FINISHED THE LAST PAGE OF THE APRIL LIMPET. IT IS OFFICIALLY 1 YEAR OLD TODAY WE HOPE YOU ARE ALL STILL ENJOYING IT AND PLEASE FEEL FREE TO GIVE CONSTRUCTIVE COMMENTS. IF ENOUGH PEOPLE WANT US TO CHANGE SOMETHING WE WILL OTHERWISE WE WILL PUDDLE ALONG IN BLISSFUL IGNORANCE. SO GET BACK TO US