

STRONSAY LIMPET

Funded by the Stronsay Development Trust

ISSUE 164 - FEBRUARY 2019





STRONSAY COMMUNITY ASSOCIATION AGM

Monday 25th February 2019 7:30pm Carpet room at the Stronsay Community Hall

STRONSAY PREMIER LEAGUE DARTS

The final was held in the Stronsay hotel on 23 February and the winner was Jim Holland! Well done to Jim and all the players. It was a super night with plenty of good darts being thrown.



Jim Holland with his trophies

STRONSAY DIABETES SUPPORT GROUP MEETING

The next meeting of the diabetes support group will be on Wednesday 27 March at 3pm at the Fishmart. Look forward to seeing you all there.

Shirley.

HOW TO CONTACT THE LIMPET

Send an email to <u>editor@stronsaylimpet.co.uk</u> (<u>preferred method</u>); phone Bruce Fletcher on 616297 (<u>after</u> 10am & <u>before</u> 8pm, please!); or write to *The Limpet, Claremont, Stronsay, KW17 2AR*.

The next edition of the <u>Limpet</u> will be published on <u>Thu 28 Mar</u>. Items for inclusion in that edition should be submitted by 7pm on <u>Sun 24 Mar</u>. Contact details are on the back page. The Limpet's website address is http://www.stronsaylimpet.co.uk





Just Enterprise : Business Development Workshops : Writing for the Web : Kirkwall

Copywriting for the web is different to writing offline. The challenge for every website is, firstly, to be found and, secondly, to be read. Failure in either undermines marketing efforts and the level of business enquiries received. This course increases understanding of not just "how" but "why" formatting for the web has such a crucial impact on your organisation's on-line and social media performance. It reveals what the human eye sees on a webpage and how to ensure visitors to your site read more and investigate further. We disclose some of the secrets to improve your search engine rankings and discuss why site testing is a must before launch. Delegates attending this course will never look at a website in the same way again.

Who should Attend? This full day workshop combines presentation with interactive activities and is ideal for any manager or staff member who has an influence over the final performance of their organisation's on-line channel. Whether you critically appraise the writing of in-house colleagues or do it yourself, this course is for you.

Key Learning

Delivered in a friendly, non-technical and informal style, the workshop explores the following key areas:

What are the aims of a website?

Why use search engine optimisation (SEO) and how to find keywords people search on

What visitors to your website see

How to write on-line copy and engineer what people read

Accessibility

How to run a usability study

The importance of interaction on your site

When & Where Friday 29th March 2019 (10.00am to 4.00pm) – Room 3, Kirkwall & St Ola Community Centre, Broad Street, Kirkwall, Orkney, KW15 1DH

Cost Free of charge for members/staff of third sector organisations

How to Book Click <u>here</u> to complete the on-line registration form. Places are limited and are offered on a first come, first served basis so please book early to guarantee your place.

Just Enterprise is a Scottish Government funded programme specifically designed to assist the growth of Scotland's third sector. Visit www.justenterprise.org or telephone 0141 425 2939 for details of the full range of support available.



Follow @justenterprise for all the latest programme and event news

Recent Bird Sightings

4 Chaffinches were feeding at Helmsley at the end of January, during which time elsewhere, a few Reed Buntings were recorded. A flock of 30 or so Twite was seen by Ant near Gesty Dishes in early February, and later in the month a flock of at least 40 were seen on several occasions in the Castle/Fire Station/Samsonslane area. The only other small bird of note was a Stonechat perched high on the New Zealand Flax plant at the end of the Cliffdale drive on 31st Jan. A Woodcock was flushed from the Castle drive on 1st Feb, by which time Pintail numbers at the Blan Loch had risen to 20 – a record total here! The birds soon 'paired up' and over the next two weeks the single flock had been reduced considerably but several pairs could still be seen around the perimeter of the loch.

A party of 20 or so Whooper Swans which had taken up residence in the Eastbank/ Newfield area around the end of January were still present on and off until late February. The first influx of Oystercatchers was a week early this year – 60 arriving in the Holin Links area on 31st January. This number was soon boosted by others arriving from the wintering grounds further south in the relatively 'balmy' weather around this time. The first Skylarks were heard singing very early this year including one near Holin Cottage (Sue H) and one at Huip (Bonnie).

Shelduck have traditionally nested on the island – usually in disused rabbit burrows – but numbers have dwindled in recent years, so after a single arrived on the Matpow Loch on 12th Feb the sudden arrival of 12 on the Bu Loch on 19th was totally unexpected and a record total for this time of year.

It is difficult to assess numbers of waders wintering on the island as many species prefer the damp field of short grass rather than areas along the shoreline but a flock of 60 or so Purple Sandpipers found by Ant between Sound and Tor Ness were in typical habitat for the species - tide-wrack.

There has been a welcome increase in the numbers of wintering duck on the smaller lochs in particular, and in spite of the work going on in the Waterworks area at the Ayre of the Mires, Coots (5) and Moorhens (2) have returned this year.

Once again there have been regular sightings of birds of prey – always unpredictable at any time of year – Merlin and Hen Harrier the most numerous - but Peregrine, Kestrel, Sparrowhawk and Buzzard have also been recorded. One of the 'ring-tail' Hen Harriers (mainly brown plumage with white rump-patch denoting a female or juvenile male) seen by Postman Andy, appears to have a damaged (drooping) leg.

Thanks for all the calls. John & Sue Holloway.



'The Whooper Swans opposite Eastbank – will soon be heading North to the breeding grounds in Iceland.'

CARTING AND EXPORTING SHELLS

Many years ago, and this only for a short time, one of Stronsay's little known exports was sea shells that had been washed up on the shores near Odiness Point and here Bobby Chalmers (ex the Castle and the Lodge) shares his recollections of what this entailed and his involvement in the process.

"When I was a young boy there was a tremendous lot of shells at Odiness Point. The biggest piles were just to the Mill Bay side of the point where the shells would have been built up to a depth of several feet. Just after the war there was a big demand for shells to be used, I think, as part of the glass making process and for a year or two much of the shells that were there were carted away and shipped south. To begin with, the company that bought the shells just wanted the whole shells but as time went on they were happy to take the broken shells and smaller stuff too.

Jackie Groat from Lower Millfield had a crawler tractor at that time and Jackie and

Robbie Shearer from Lower Leaquoy (who was a Bevan Boy and wasn't long home from working in the mines) had the job of shovelling the shells on to a trailer which was then pulled up over the shore with the crawler and tipped off on the grass in the field at Odiness Point. Jim Swanney did a lot of the haulage work on the island at that time and provided a lorry to cart the shells away from there. He employed Jim Work of Knugdale as lorry



Bobby Chalmers with some of the shells

driver and me as a labourer. Jim and me would load up the lorry by hand and take it down to the village where it was tipped off on the west pier. We would usually mange to cart three loads in the morning and another four in the afternoon, with maybe a further two after tea if there was a boat to be coming soon There were no hydraulic tippers then and the lorry had to be tipped by means of a big screw fixed to the body of the lorry with a handle on each end that had to be turned manually to screw up the body and tip off the load – hard work!

When we had gathered a big pile of these shells on the pier, a cargo boat would come in to take them all away. The shells all had to be hand loaded into tubs like they used on the coal boats and there were a few extra local men taken on for that job. This would have been the third time the shells would have been shovelled up! The tubs were then swung aboard the boat and the shells tipped out until the hold was full up and it headed away south with its cargo. I can't mind where it went or if any of the other islands were shipping shells the same way. After the boat left, the pier had to be swept clean and this was another task that fell to Jim Work and me. I can well remember what we were paid for this - we each got a ten shilling note for the complete job! James Scott from Kirkwall was agent for the company that bought the shells and he would come out and measure up the heap on the pier to estimate the volume of the shells before the boat came. The shells weren't very heavy and weren't too bad to shovel, being a lot lighter than gravel or sand.

(Continued on next page)

As far as I can mind, this would have started in 1946 and there were a few cargos of shells shipped out that year. I think some shells were sent away the next year as well but that was the beach pretty well cleared by that time and that was the end of it. The shells had likely gathered there for a long, long time but, sad to say, they never came back in any quantity after that."

Following on from that, I asked some of the older residents if they could remember anything about this. Raymond Dennison remembers going with 'piece' to his father Peter Dennison and Jim Dennison of Fingeo who were carting shell sand from the shore at Odiness Point with a horse and cart and 'beaching' it in the field there. He thought some of it was to be used as aggregate for harling and it was carted from Odiness Point by lorry and tipped in the 'farlins' at Wood's yard out past the west pier. Jim Cooper also has memories of this, with some of the shell sand being stockpiled in the middle of the Ness field at Odiness before being carted away by lorry and tipped in a shed at the top of the east pier awaiting collection. He thought some of the shell sand was used as grit for feeding to hens to strengthen the egg shells. Raymond and Jim had both been told that a great lot of the shells, consisting mainly of big buckies and horse mussel shells, had all been cast ashore one day after a big gale,

As a matter of interest, in Patrick Neill's journal of a visit to Stronsay in 1804, he records "Upon the north-east shore of Stronsa, near the Ness of Odness, there is a very large bed of shells, which, I was assured, was thrown up by the sea in the course of a single stormy night about twenty years ago. The shore here is very rocky, and the people say that, till that event, it was a rarity to find on it any kind of shell." He then goes on to add "From this shell-bank the farmers around might derive several hundred cart-loads of broken shells to lay upon their stiff or clayey lands." Although probably in excess of a hundred years apart, there is a striking similarity between this record and the gale Raymond and Jim spoke of which poses the question — was this a 'once in a lifetime' combination of wind and tide that caused these huge amounts of shells to be cast ashore at one time, or was it that, after being decimated by a previous storm, the shell beds subsequently took many decades to recover?

The Harbour ledger now kept in the Stronsay Hotel listed a great number of the boats that came in to Stronsay from 1937 up to about the turn of the century. Of the boats that docked in 1946, very few had the cargo listed but there were more details shown for the vessels that berthed in 1947 and 1948. Among them were a number of small cargo ships or coasters where the cargo was listed as 'sand'.

These noted in 1947 were:

THOSE HOLES	111 17 17 11010.		
May 16 th	SS Rota	69 tons sand	
July 5 th	SS Rota	200 tons sand	
Sept 17th	SS Drumlough	243 tons sand	
Sept 26th	SS Rimsdale	173 tons sand	
And in 1948:			
Mar 25 th	SS Cushag	171 tons sand	
June 28 th	SS Rota	202 tons sand	
July 8 th	ST Ben Arthur	184 tons sand	
July 16 th	SS Wisbech	184 tons sand	
August 5 th	SS Pandora	188 tons sand	
(Continued on next page)			



The Coaster SS Cushag

As The 'Rota' operated a service between Orkney and Leith for a number of years, while the coasters 'Cushag' and 'Wisbech' were owned by Bremner and Co of Stromness. They all carried whatever cargo could be had, much of it at that time war-related materials from Scapa Flow and round about - such things as wooden hut sections, armaments, scrap metal and, of course, sand and shells, taking their loads to southern markets and returning with coal or whatever other cargo was to be had.

There were no more entries listing sand as a cargo so it would appear that this would have been an end to the exporting of shells and sand from Stronsay. From that time the shells have never come back in any quantity, although there are still plenty of shells to be seen around Odiness Point, including the odd groatie-buckie lying waiting for those with a keen eye and sufficient patience.

Ian Cooper February 2018

If anyone has any memories or has heard anything about the shell and sand carting and shipping or a photo of any part of the process I would be delighted to hear of it, either by giving me a phone on 01857 616322, emailing ian.cooper56@gmail.com or just drop in past Steenysheed.

WHAT'S HAPPENING ON STRONSAY?

See the diary of events at webpage http://visitstronsay.com/events/list

STEPHEN CLACKSON'S LETTER FROM SCHOOL PLACE

Reporting on the work of your councillor in Orkney and beyond

The meeting of the Education, Leisure & Housing Committee was untypically more about housing than education, but spiced with a little light leisure relief. On the Rae's Close sheltered housing issue, I was one of the 5 councillors supporting the amendment not to simply stop the sleep-in service, but to let it gradually expire by no longer offering it to new tenants. Sadly, for those relying on a promise made by OIC decades ago, 7 other councillors thought differently. My point of view is that the public has to be able to have confidence in Council promises. I was pleased to see that our museum Collections Development Policy incorporates policies compliant with nationals standards, because, as I pointed out, in the past Orkney has not had a glowing record of looking after its heritage. I cited the Odin Stone, Kirkwall Castle and the great auk as examples! The Committee received a very comprehensive update and action plan for support for learning. I requested that future updates be just as comprehensive and not "dumbed-down for councillors". The Scottish-Government-imposed "Early Learning & Childcare" worries me. In my mind it is too reminiscent of what went on in communist countries, where the mothers worked while the state indoctrinated their children. ("Give me a child until he is 7, and I will show you the man.") I asked if funding could be given directly to parents to enable them to stay at home and do their own early learning & childcare, but it seems this option is not available—unless the parent happens to have the appropriate early learning & childcare qualifications!

I joined the Orkney Youth Conference around lunchtime and was pleased to see that pupils from the Sanday and Westray Junior High Schools were able to attend. In fact, there was even a contingent from Shetland!



At our Special Policy & Resources Committee meeting setting OIC's budget and council tax levels for 2019/20, I was delighted that my former amendment (see my December 2018 Letter) had become part of the recommendations and was passed, meaning that (subject to ratification at the Special General Meeting*) "from 1 April 2019, a second home discount of 50% should apply where a person's sole or main residence in Orkney is separated from their place of work by a body of water, the transport provision over which does not permit daily commuting between their sole or main residence and their place of work, and they occupy a second home in Orkney to enable them to maintain that employment." Furthermore, I have received assurances that a dispensation from charging for overnight parking is going to be looked into for those who keep a campervan or caravan on the Mainland for the same reason, particularly as some Isles' residents had mentioned this use in their response to the Consultation on proposed new and increased charges. (continued on next page)

Regrettably, less notice had been taken of the consultation where the majority of the respondents had been against the proposed charges for collecting special household waste (increase of 179%!) and bin replacement. I said that ignoring this simply reinforces the public perception that consultations are pointless. Although my amendment to remove these changes was defeated (16 votes to 5), a further amendment by my colleague, Dr Woodbridge, which concentrated solely on removing the special household waste charge increase for Isles' residents, succeeded (12 votes to 9). So, all in all, it was a good day for "Isles-proofing". Decisions on charging for staying in the Papdale Halls are to be deferred until after its consultation has taken place.

At the normal Policy & Resources Committee meeting, I congratulated officers for explicitly recognising "peripherality and island-proofing" in our new *Community Consultation and Engagement Policy*. However, the Isles are being forgotten when it comes to road safety. Our annual grant from Transport Scotland to support safer streets in Orkney is being used to extend the 20mph speed limit on Pickaquoy Road, rather than reduce the 40mph limit around some of our Isles' schools.

Other meetings I have attended this month include: a budget-setting seminar, an update on the Islands Deal project, a meeting of the Monitoring & Audit Committee, a strategic projects update, and the Air & Ferry Consultative Forums.

I shall be coming to Shapinsay on the 27th February for a meeting of their community council.

* The Special General Meeting for ratifying our budget and council tax levels for 2019/20 has been deferred until we know how much money will actually be coming our way from Government Scotland.

Cllr Dr Stephen Clackson

West Manse, Sanday

stephen.clackson@council.orkney.gov.uk

You can download "Letter from School Place" from Ifsp.pbworks.com

COME WITH ME

By Ellie from Newfield

Andy Pandy it was The very first book I read. Taught at the infant's school, The ABC's drilled into my head And what a gift it has been. For a book is a friend indeed, A companion on a lonely night. They planted a nourishing seed So many places I have been On my journey through those pages, Meeting people on the way In a time-scan through different ages. How I suffered with "Black Beauty" And all his equestrian friends For it was here that I learned of cruelty And sadness that never ends. And when at last he arrived back home The joy that I felt was real, For a story so well written Will enable its reader to "feel". I went with Alice to the party, The Mad Hatter I found quite hairy For being only eight at that time I found the characters were often scary. A lifetime of fun and excitement I have found in the written word For how true is the saying "the pen is mightier than the sword". A book is truly a best friend Who's always ready to share All its journeys and its secrets Close at hand and always there.

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1



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Friday 1st March 2019

Fish Friday special

Sunday 3rd March 2019

- Soup of the day with homemade loaf
- Chicken and ham pie, vegetables and potatoes
- Chilli con carne OR Tuna mayo and baked potatoes
- Syrup sponge and custard
- Rice pudding and fruit (cream / ice-cream)

Sunday 10th March 2019

- Soup of the day with homemade loaf
- BBQ pork, roast potatoes and vegetables
- Meat balls in tomato sauce, spaghetti and garlic bread
- Trifle (cream / ice-cream)
- lemon and meringue pie (cream / ice-cream)

Friday 15th March 2019

• Fish Friday special

Sunday 17th March 2019

- Soup of the day with homemade loaf
- Beef olives, vegetables and potatoes
- Chicken fillets, dip and chips
- Tiramisu (cream / ice-cream)
- Semolina (cream / ice-cream)

Sunday 24th March 2019

- Soup of the day with homemade loaf
- Gamon, pineapple, vegetables and potatoes
- Chicken curry, rice and Naan bread
- Gateau (cream / ice-cream)
- Trio of ice-cream

(Continued on next page)

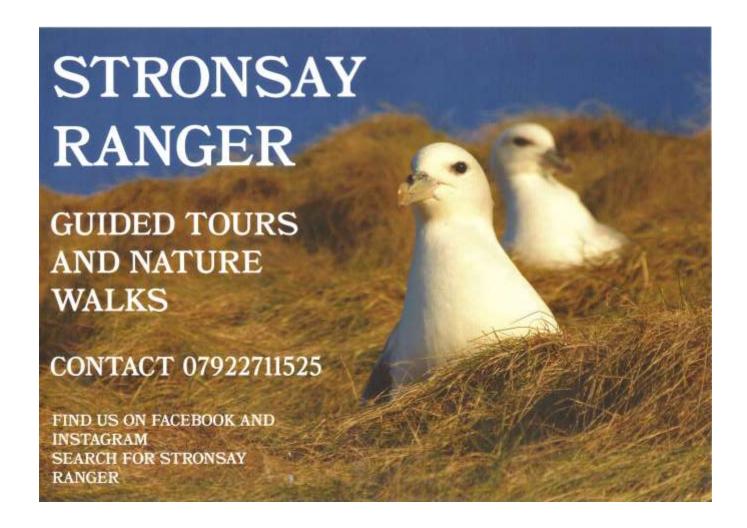
Local business adverts are free!

Friday 29th March 2019

• Fish Friday special

Sunday 31st March 2019

- Soup of the day with homemade loaf
- Hunters chicken, chips and vegetables
- Home made burgers, chips and onion rings
- Banoffee pie (cream / ice-cream)
- Chocolate brownie (cream / ice-cream)



Local business adverts are free!

The cutoff date for adverts to be included in the next edition of the *Limpet* is on the front page

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



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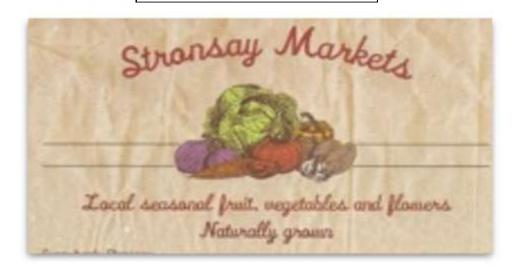


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"Stronsay cheese beast burger + fries	£5.00
Portion of chips	£1.30
Half portion of chips	£0.80
Portion of cheesey chips	£2.10
Half portion of cheesey chips	£1.10
Portion of onion rings	£1.20
Half cheesey chips = minus 20p	

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WOULD YOU WRITE A BLOG FOR OUR VISIT STRONSAY WEBSITE?

The Visit Stronsay Group (who set up the website and regularly update it) would like to ask Stronsay residents of all ages to take part in telling the stories of our island by sending us something you've written & photographed for our island blog.

Wondering what to blog about? Here are just a few suggestions to get you started - people's stories about moving to the island, working here, school trips, clubs, nature watching, bagging bruck, sporting events, hobbies, secret gardens, special events or anything that you like or enjoy about life on the island.

If you've not yet had a look, check out The Whiteman Family Story http://visitstronsay.com/blog/

It's a great blog but looks a bit lonely on its own, so we could really do with more to make that page really interesting. That's where you come in. There must be lots of stories to share, so will you have a think about it and better still, will you do it?

We look forward to hearing from you and here's where to send your blogs: info@visitstronsay.com

Visit Stronsay Group Simone Kirk, Dianne Riley, Shirley Whiteman, Ian Cooper, Bruce Fletcher.



CYCLE TRAINING ASSISTANT'S COURSE

A message from Yvonne Scott, Road Safety Officer, Corporate Services, Orkney Islands Council, Council Offices, Kirkwall, Orkney, KW15 1NY Telephone 01856 873535 Extension 2620

"Hi All

I am organising a Cycle Training Assistants course on Tuesday 26 March 2019. The CTA course is designed to give candidates the information they need to deliver Bikeability Scotland Levels 1 (P5 pupils) and 2 (P6 pupils). It gives them the opportunity to experience the games and manoeuvres as participants, as well as demonstrating the delivery of this training with their peers prior to delivery with children. I would like to clarify that prior to the course candidates should be able to cycle competently and confidently and have access to a bike for the course.

The CTA course has a credit rating on the SCQF (Scottish Credit and Qualifications Framework) at Level 5 with one credit point. To meet SCQF requirements, the CTA course is 10 hours long: 3 hours of pre-course learning and 7 hours of contact time. I would welcome names of interested participants in order to get candidates registered and then they will receive the pre-course learning information.

If you have further queries please do not hesitate to contact me.

Look forward to hearing from you.

Regards

Yvonne"

STRONSAY COMMUNITY ASSOCIATION

Why not hire the Stronsay Community hall? We have a kitchen and fully licensed bar, with two large halls and a small meeting room; perfect for weddings, parties, games, meetings and much more!

- Disco equipment
- Table tennis
- Badminton
- Air hockey
- Pool Table

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

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

For more information & bookings contact:

Pam Shearer Tel: 616397 Email: <u>pamshearer@hotmail.com</u> Find us on Facebook <u>https://www.facebook.com/hallcommittee</u>



STITCHERS

As Usual Thursday February 28th, 7.00pm-9.30-pm, Church Hall, £2/person, refreshments available.

AND... FABRIC, MATERIAL & KLAZE EVENING



A collection of different fabrics that would be great for patchwork, quilting, upholstery, curtains, cushions, felt work etc.

Ladies' clothes - blouses, skirts, tops, dresses, scarves (sizes approx. 16/18)

Everyone welcome on Feb 28th from 7.30 – 9.00pm, Church Hall

Donations would be gratefully accepted

SPINNERS

Saturday March 2nd, 11am-2pm, Church Hall, £2/person, refreshments available, bring your own lunch

Stronsay Community Association Presents;

DARTS & EUCHRE

Saturday 9th March

At 7:30pm

-Challenge Cup (14 years and over)

-Junior Darts (8-15 year olds)

-Team Darts (Under 40 v 40 & Over)

-Euchre

Bar Open-

Supper-

Raffle-

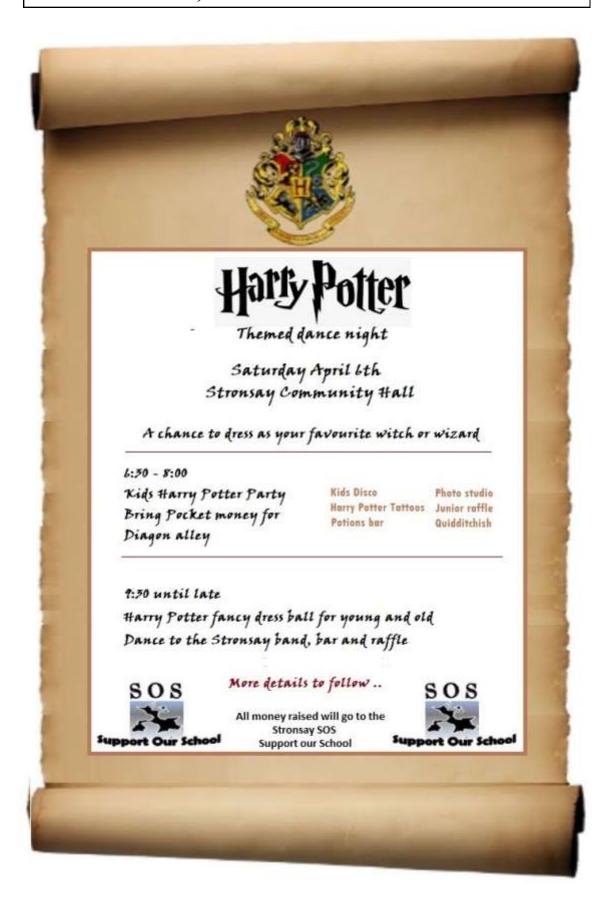
100 Club-

Adults: £3-Children: £2-

The Pool Table will be out too!

14 13

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



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STRONSAY SWIMMING POOL TIMETABLE

Monday

7-7.40 public session 7.40-8.20 adult lane (16+)

Thursday

7-7.40 private hire (prebooked) 7.40-8.20 private hire

Saturday

2-2.40 private hire (prebooked) 2.40-3.20 public session 3.20-4pm private hire

Swim club lessons weekly
To enquire about private hires, phone Elsie 616238
To enquire about swim club, phone Sarah 616406 or Andy 616277

POOL CHARGES

It is well over 6 years since there has been an increase in public hire charges.

From 1st November 2018 charges will become £3 for adults and £1.50 for children.

All other charges remain the same

Public Sessions

Adults £3 Children £1.50

Private Hires

40 minute session - £15 60 minute session - £20

Swim Club

Children will be offered 10 week blocks which can be paid up front (non-refundable)
40 minute sessions - £16 block booking; £2 per session
60 minute sessions - £20 block booking; £2.50 per session

Adults (16 and over)

Block booking of 10 sessions over a 12 week period (non-refundable) £24 block booking £3 per session

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KIRK CORNER

Locum minister—Scott Daily Manse telephone 616286

It has not been a bad winter, but I am looking forward to the coming of Spring, there is something wonderful about seeing plants growing and all of nature appears to have new life. Spring often feels like a "youthful" time, a time when life is renewed and revitalized. I would like to share a bit about these two themes of youth and renewal.

The Sunday Club, the excellent program for children put on by the wonderful teachers at the kirk, starts up again beginning Sunday, 3 March. It was so great to see so many children coming last year, I hope that even more can come this year. Stronsay is blessed to have both so many children on the island and such caring adults who will teach and entertain the children. Speaking as a father, I love that my children have a place they enjoy coming to where they can build on friendships they have made and learn important lessons in a way they can easily understand. I certainly want to encourage the children to come!

Briefly on my second theme of renewal. Without getting overly "preachy" let me say that Spring is also a good time to start fresh in life. If you have drifted away from God or the church, now is a great time to "come on back y'all" (as they say in the southern States). Whether or not you come to the church (and I sincerely hope you will) I do pray that you are right with God. The great thing is that it is not about what we have done, either bad or good, it is about what God has done for us. Not one of us is worthy of salvation, yet every single person is so precious to God that He died to redeem us. Simply repent (which means to admit you are wrong and turn and go another way) and come to Him.

If there is anything that I can help you with or anything you would like me to pray about, please let me know. May you have an enjoyable Spring time.

Scott Daily

Sunday services start at 11am unless otherwise stated.

For details of services see the kirk's website:

http://www.orkneycommunities.co.uk/stronsaykirk/index.asp?pageid=595575

PEEDIE LIBRARY IN THE CHURCH HALL

We have a great many books on a wide range of subjects. We also have a DVD section. Tea, coffee, juice & biscuits available - sometimes even cake!

Even if you're not a reader why not call in for a cuppa & a chat. If you need a lift please ask Viv Erdman (Ebenezer Stores) and we will arrange it. See you there!

The Peedie Library will be open between 3pm and 4:30 pm on these dates in 2019:

- March 5th
- April 2nd
- May 7th
- June 4th
- July 2nd
- August 13th
- September 3rd
- October 8th
- November 5th
- December 3rd

KIRKWALL MOBILE LIBRARY VISITS TO STRONSAY

Date of mobile library van's next visit to Stronsay in 2019

Monday 15 April

Winter

- Council Houses 8.45 9.45
- School 10 12
- Kirk 12.30 3
- Fish mart 3.15 4.45

Summer/Refit

- Council Houses 9 10
- School 10.15 12
- Kirk 12.30 3
- Fish mart 3.15 5.30

For full details visit the library's website http://www.orkneylibrary.org.uk

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

STRONSAY HEALTHY LIVING CENTRE supervised sessions

All Supervised Sessions will run from 4.30 pm to 6.30.pm

MONDAY	4:30—6:30
TUESDAY	Buddy system
WEDNESDAY	4:30—6:30
THURSDAY	4:30—6:30
FRIDAY	4:30—6:30
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 or Julie - 616335 Gym during supervised sessions - 616449

JIM HOLLAND HAULAGE—DELIVERIES

Catalogue deliveries made on Wednesday and Friday only.

Large items will be delivered on Saturday.

STRONSAY MEDICAL PRACTICE

In an emergency phone 01856 888000

Surgeries by appointment only

Phone 616321 to book an appointment Monday 9:30—10:30, 15:30—16:30 Tuesday 9:30—10:30, 14:30—15:30 Wednesday 9:30—10:30, from 14:00 Thursday—no surgery Friday 9:30—10:30, 15:30—16:30

Ordering repeat prescriptions

Phone 616321

Please note the changed email address orkney.stronsay@nhs.net

Website www.orcadespractice.co.uk

Please will patients order prescriptions at least 8-10 days before they are needed. This will reduce frustration when items have not been delivered from the mainland.

Collecting prescriptions

Please will patients collect their ordered prescription 10:30-11:30am or 2-4pm Monday, Wednesday or Friday. This avoids the busiest time when the prescription boxes are being unpacked.

In an emergency phone 01856 888000

STRONSAY DIABETES SUPPORT GROUP MEETING

The next meeting of the diabetes support group will be on Wednesday 27 March at 3pm at the Fishmart. Look forward to seeing you all there.

Shirley.

USEFUL INFORMATION

POST OFFICE OPENING TIMES etc

Monday to Saturday 8:30am—5:00pm

Sunday Closed

Post collection times 07:30, Monday to Saturday

Bank day Tuesday 09:15-14:45 (closed 12-1 for lunch)

Island Link Officer...... Fishmart office 10 to 12 on Tue, Thu & Sat. Phone 616475

SDT Office Wood's Yard 10am - 11am Mon-Fri. Phone 616410

Sunday service at the Kirk ... 11 am (see https://tinyurl.com/pj7xtg5)

Our Lady's Chapel, pier head Weekday Mass at 11.20am, except Tuesdays 8am.

Sundays and Holidays of Obligation, Mass at 10.30am.

Next Special Collections . . . ?

Rubbish collection Tuesday (bags out ready by 9am)

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

Airy Fairy 616231	Stronsay Hotel 616213
Castle Bird Reserve 616363	Taxi 616335
Craftship Enterprise 616249	Stranded seals, etc 616339/616206
Doctor 616321	Balfour hospital 01856 888000
Ebenezer stores 616339	Electricity
Fish Mart 616401	problems 0800 300 999
Hairdresser 616337	power cut 105
Hall bookings 616397	Water problems 0800 0778 778
or 07752 043 325	Highland Fuels 0800 224 224
Island Link Officer 616475	Kirkwall Library 01856 873166
Medical emergency 616321	Kirkwall Police 101
Neil's on Wheels 616454	Vets:
Manse 616286	Flett & Carmichael . 01856 872859
Nurses 616480	Northvet 01856 873403
Olivebank 616255	Dentists:
OIC out of hours 01856 873535	Orkney Dental 01856 872030
Post Office 616499	King Street 01856 875348
Registrar 616239	Deyanov Dental 01856 877118
School 616246	Golgotha monastery 616210
Star Island Soap 616281	(Email contact@the-sons.org)

HOW TO CONTACT THE LIMPET

Send an email to <u>editor@stronsaylimpet.co.uk</u> (<u>preferred method</u>); phone Bruce Fletcher on 616297 (<u>after</u> 10am & <u>before</u> 8pm, please!); or write to *The Limpet, Claremont, Stronsay, KW17 2AR*. Details of the deadline for the next edition are on the front page











