



BRITISH SUMMER TIME STARTS
AT 1AM ON SUNDAY 28 MARCH 2021

GP ROSTER

Dr Oliver Cooper	Mon 29 Mar—Wed 7 Apr
Dr Mark Astill	Thu 8 Apr—Sun 18 Apr
Dr Rosalind Fisher	Mon 19 Apr—Sun 9 May
Dr Alison Lievesley	Mon 10 May—Sun 30 May

COMMUNITY NURSE ROSTER

Nurse Shirley Whiteman	Thu 25 Mar—Wed 28 Apr
Nurse Helen Britton	Wed 28 Apr—Wed 19 May

RUBBISH BAGS— OUT BEFORE 8am

Starting from Tuesday 23 March please put your rubbish bags out **before 8am** so that the rubbish collection can be completed earlier.

STRONSAY SURGERY—USE OF 616321

This is a reminder that the surgery telephone number is only accessed between the hours of 9-12 and 1.30-4.30pm. Out with these hours the calls are automatically transferred through to Balfour Hospital switchboard. We have been advised that the switchboard are receiving an increasing number of calls between 12-1.30pm (Katrina's lunch break) which is adding to their workload. Please can we request that routine surgery calls are only made when our reception staff are here to respond to them. Please only phone out of these hours if your call is urgent and you are needing to page the Doctor or Nurse.

Thank you.

Stronsay Surgery.

HOW TO CONTACT THE *LIMPET*

Send an email to editor@stronsaylimpet.co.uk or write to *The Limpet, Claremont, Stronsay, KW17 2AR.*

The next edition of the *Limpet* will be published on **Thu 29 April**. Items for inclusion in that edition should be submitted by 7pm on **Sun 25 April**. Contact details are on the back page. The Limpet's website address is <http://www.stronsaylimpet.co.uk>

FOOD BANK REFERRALS

Orkney Citizens Advice Bureau

If you are facing financial difficulty and struggling to afford food, please get in touch with us so that we can make a food bank referral for you. These are extraordinary times which nobody was prepared for so please don't feel embarrassed at asking for help, there are so many others in the same situation. To request a referral you can email the following address:

bureau@orkneycab.casonline.org.uk

Our service is free and confidential.

If you are a Food Bank referrer you may wish to read the latest Referral Agency Handbook which is available on the Limpet's website:

<http://www.stronsaylimpet.co.uk/ReferralAgencyHandbookJan2021draft3.pdf>

SCOTTISH BROADBAND VOUCHER SCHEME (SBVS).

The SBVS will ensure that every address in Scotland has the ability to access a superfast broadband connection by the end of 2021, regardless of whether or not it will ultimately receive a superfast connection through the other two strands of activity.

This webpage has details of the scheme:

<https://scotlandsuperfast.com/how-can-i-get-it/voucher-scheme>

MESSAGE FROM STRONSAY SURGERY STAFF.

Message from Stronsay surgery staff.

All clinical staff will continue to wear PPE when seeing patients, both in the surgery and on home visits. This will include plastic aprons, gloves and masks. It would be appreciated if patients attending the surgery would wear face masks wherever possible.

Thank you, Stronsay Surgery.

ORKNEY BEACHCOMBING - UNWRITTEN RULES

By the Orkney Beachcombing group on Facebook

There's a strong and deep rooted historical tradition in Orkney beachcombing to place items of interest found ashore well above the high tide mark. It's most usually done with things that are a bit too big or heavy to carry. The placing above the high tide mark implies two things:

1. It's been found and claimed,
2. The finder will return to remove it.

Sometimes the finder might secure their finds a bit, perhaps tying with a rope or weighting down with a stone. However, regardless of any extras, the placing above high tide had always been understood as a demonstration of ownership, with the object being found and claimed. It's a lovely bit of unspoken knowledge that has always been understood and respected by those who work the shore.

There are fewer and fewer people beachcombing nowadays, as society has moved on from those days when beachcast bounty was needed, valued and worked hard for. But this tradition from those times remains as testimony to an important part of our social past.

Face Covering Exemptions: Not Everyone Can Wear One

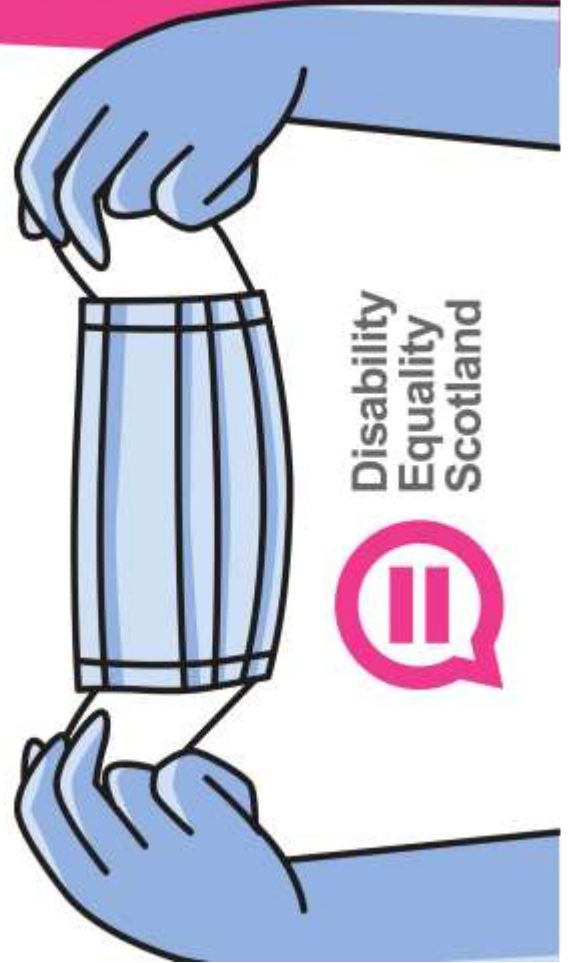
People may be exempt if:

- ✓ They have a disability or health condition that means they cannot wear a face covering
- ✓ A covering will cause them severe distress or anxiety
- ✓ They need to communicate with someone who relies on lip reading
- ✓ They have a reasonable need to eat, drink or take medicine

Disabled people should never face intimidation for not wearing a covering.

For more information on exemptions visit:

www.exempt.scot



ORCADES PRACTICE—STRONSAY BRANCH

In an emergency phone 01856 888000

(*NOTE NEW EMAIL ADDRESS* ork.stronsay@nhs.scot)

CORONAVIRUS UPDATE

Please phone as usual if you require an appointment on 616321
or email ork.stronsay@nhs.scot (*NOTE NEW EMAIL ADDRESS*)

All appointment requests are being triaged by Admin through the GP who will then contact you and give you an appointment if you need a face to face consultation. These arrangements will continue for the foreseeable future.

REPEAT PRESCRIPTIONS **CORONAVIRUS RISK REDUCTION**

Until further notice:

- No more paper requests to be handed in.
- Please phone 616321 or email ork.stronsay@nhs.scot to order. (*NOTE NEW EMAIL ADDRESS*)
- Check one week later to see if they have arrived.
- Time slots will be given for collection.

Thank you

Dr Rosalind Fisher, Dr Mandy Fry and Dr Alison Lievesley

GOVERNMENT ADVICE ON FACE COVERINGS

WHEN TO WEAR FACE COVERINGS AND HOW TO MAKE THEM

<https://tinyurl.com/y6ayxdc6>

WHO IS EXEMPT FROM WEARING FACE COVERINGS

<https://tinyurl.com/y4e7gpgu>

NHS SCOTLAND—CORONAVIRUS

NHS Scotland website for information on coronavirus is

<https://www.nhsinform.scot/coronavirus>

If in doubt phone the surgery on 616321












SCOTTISH GOVERNMENT STRATEGIC FRAMEWORK

Five level plan to vary rules for rapid but proportionate response to COVID-19

For full details go to <https://tinyurl.com/y5ec6nln>

Recognising Coronavirus (COVID-19) Symptoms



Symptoms	Covid-19 Symptoms range from mild to severe	Flu Rapid onset of symptoms	Cold Gradual onset of symptoms
 Fever (37.8C or above)	Common	Common	Rare
 Fatigue	Sometimes	Common	Sometimes
 Cough	Common (usually dry)	Common (usually dry)	Mild
 Sneezing	No	No	Common
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Sometimes	Common
 Sore throat	Sometimes	Sometimes	Common
 Diarrhea	Rare	Sometimes (for children)	No
 Headaches	Sometimes	Common	Rare
 Shortness of breath	Sometimes	No	No
 Loss of taste or smell	Common	No	Sometimes

TEST & PROTECT: A STEP-BY-STEP GUIDE

Following these steps is vital to tackle coronavirus in Scotland

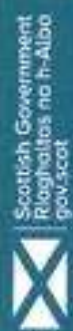
<p>1</p>  <h3>RECOGNISE SYMPTOMS</h3> <p>A new persistent cough, fever, or loss or change in sense of taste or smell means you should immediately begin household isolation.</p>	<p>2</p>  <h3>REQUEST A TEST RIGHT AWAY</h3> <p>It is important to get a test as soon as possible. Visit NHSinform.scot/test-and-protect or call 0800 028 2816 if you cannot get online.</p>	<p>3</p>  <h3>ISOLATE</h3> <p>Isolate for 10 days from symptom start date, longer if fever continues and 48 hours after fever ends. Others you live with should isolate for 14 days.</p>
<p>4</p>  <h3>GET TESTED</h3> <p>When isolating, you should only leave home to get tested. There are various ways of having this done.</p>	<p>5</p>  <h3>GET RESULTS</h3> <p>They should be with you within 48 hours and no more than 72 hours.</p>	<p>6</p>  <h3>PROVIDE DETAILS</h3> <p>If you have coronavirus, NHS contact tracers will contact you to ask who you have had close contact with recently.</p>
<p>7</p>  <h3>NHS INFORMS CONTACTS</h3> <p>The NHS will then contact the people you have had close contact with. Your name will not be shared unless you give permission. All data will be held safely and securely.</p>	<p>8</p>  <h3>CLOSE CONTACTS ISOLATE</h3> <p>They will be asked to isolate for 14 days from the last time they had contact with you.</p>	<p>9</p>  <h3>HOUSEHOLD OF CLOSE CONTACT</h3> <p>If the close contact has no symptoms, others in their household don't need to isolate. If the close contact develops symptoms, they should begin household isolation and request a test straight away.</p>

If you do not have community or family support and need essential help, call the National Assistance Helpline on 0800 111 4000 (Mon-Fri 9am-5pm) or via textphone on 0800 111 4114. The helpline is for those who cannot leave their home or get the help they need elsewhere.

For current health advice and more information about the Test & Protect service visit [NHSinform.scot/test-and-protect](https://nhs.uk/inform.scot/test-and-protect)



Extra protection level advice for people at highest risk from coronavirus (COVID-19)



This is advice, consider which level of protection is right for you.

All levels: we will not ask you to distance from people within your own homes or to stop taking outdoor exercise.

	Level 0	Level 1	Level 2	Level 3	Level 4
Contact with others	Follow the level advice to the general population	Follow the level advice to the general population	Reduce the number of people or households you have face to face contact with Avoid one metre zones	Limit meeting people outside your own household, avoid indoor public spaces	Minimise contact with people outside your own household if you can You should not take public transport
Shopping	Strictly follow the guidelines when shopping	Strictly follow the guidelines when shopping	Strictly follow the guidelines when shopping	Strictly follow the guidelines when shopping and limit the number of times you go to a shop	Strictly follow the guidelines when shopping and limit the number of times you go to a shop Shop at quieter times
If you cannot work from home	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you The majority of workplaces can be made safe	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you The majority of workplaces can be made safe	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you The majority of workplaces can be made safe. Where you have a concern you should discuss this with your employer	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you The majority of workplaces can be made safe. Where you have a concern you should discuss this with your employer	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you The majority of workplaces can be made safe. If you have any concerns you should discuss these with your employer However, at this level the Chief Medical Officer will issue a letter which is similar to a fit note and which will last for as long as your area is under Level 4 restrictions. This letter can be used in the few cases where it is not possible to make your workplace safe Please note that this does not automatically mean you should not attend work. You should discuss this further with your employer, and if this results in adequate protection, you can continue to work
School/formal Childcare	Follow the level advice to the general population	Follow the level advice to the general population	Follow the level advice to the general population	Parents or guardians should discuss with their GP or clinician whether children should still attend	Children on the shielding list should not attend in person

Everyone in Scotland should follow the guidance for their area, but there are some extra steps you might want to take at each level. Think about what you'll do differently if your Protection Level changes.
In all Protection Levels, you can be in close contact with people living in your household. You can also take outdoor exercise.

Find your Local Protection level at www.gov.scot/coronaviruslevels
or call the **National Assistance Helpline** on 0800 111 4000.
(Monday-Friday, office hours).



ANNOUNCEMENTS

AGM

The Stronsay Development Trust is now in a position to announce its 2019-2020 AGM on 26th May 2021, which will be a little different due to COVID restrictions and guidelines. After seeking advice and looking at the options available to us here, we have taken the decision to conduct the relevant business utilising the postal and written methods outlined in the articles of association of the Trust.

This will mean that every member will receive an AGM pack as normal in the coming weeks containing detailed information on the process, as well as a copy of accounts and annual report.

If there is anyone that is not currently a member but would like to be then please get in touch or complete a membership form found on our website

Community Ownership

The Stronsay Development Trust is looking for community members interested in being part of a community ownership project.

The Trust is currently investigating ways in which the community would be able to purchase the Stronsay Hotel through the creation of a Community Benefit Society and Utilising funding from Scottish Land Fund and Community Shares. We are currently at the early stages and would like to gauge interest from the community in a number of areas. Over the coming months more information will be presented and opportunities will arise for the community to feedback and guide this project.

The Stronsay Hotel has a key role to play in our community and this project would enable the community members to truly have a say and be actively part of that role moving forward.

Look at these questions and tell us

Would you like to be a member of the Community Benefit Society Board and be part of the process from the beginning.

Would you like to be kept upto date on the possibility of being able to own shares in the Stronsay Hotel.

Would you like to be part of the fundraising team.

Would you like to hear more about the idea, how it might work and how you can be involved?

If you answered yes to any of these questions then please get in touch,

in writing to Unit 1 Woods Yard, Stronsay, KW17 2AR

by email to cdostronsay@gmail.com by phone 01857 616410

(continued on next page)

Heritage

The Stronsay Development Trust is happy to announce the successful purchase of “The Mission Hall” with Funding from Highlands and Islands Enterprise (HIE), with a number of hurdles along the way including delays with COVID the Heritage committee is looking forward to the work beginning to create a permanent heritage centre here on the Island.

Work is underway to gain additional funding for renovations and development of the heritage centre. Partial funding has already been secured and we continue to work with NILPS and other partners. Community consultations will be taking place later this year on a variety of heritage proposals. We ask for everyone’s continued support in the Stronsay Heritage efforts and welcome anyone that may wish to be involved in anyway to get in touch.

Recycling Centre

The Stronsay Recycling Centre will have new opening times as of 3rd April, The Card-board and Glass bins are still available to access out of these hours and we will soon be announcing additional items that can be dropped off, for the most up to date information please head over to our Facebook page ‘Stronsay Waste Matters’ or get in touch with our waste officers.

Opening Times

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	10am-1pm
Thursday	Closed Bins still open for drop off
Friday	10am-1pm
Saturday	9am – 1pm
Sunday	Closed Bins still open for drop off

STRONSAY DEFIB APPEAL

The response to this appeal has been fantastic and we thank you. Please continue to share the online appeal page which is available on our Wellbeing Facebook page and Trust website.

Special thanks to Ebenezer front porch who have already donated £1065 and continue to offer items for sale with all proceeds going to the appeal

Additional thanks to all those that have donated a prize to our Raffle which is being held in the Fishmart over Easter, more information to follow. Tickets are now on sale in both shops, Fishmart and the Trust office.

Please get in touch if you would like to be involved, donate or buy raffle tickets

All proceeds go direct to the appeal.

The Board of Directors
Stronsay Development Trust



Chairman: Mike Erdman Vice Chairman: Kevin Kent

Tenders Invited

Beechwood renovations

The Stronsay Development Trust Invite tenders for the works needed to renovate Beechwood as part of the local housing project.

Work will include but will not be limited to;

The Installation of a new Kitchen, Floor coverings, Insulation, Heating system, Internal decorating.

General repairs and maintenance, external works including guttering and roof repairs.

Can be taken on as a whole or divided into various tasks.

Housing Maintenance

As part of the housing project the Stronsay Development Trust will be looking at offering a local housing maintenance contract.

This will include general maintenance and repairs on an annual basis as well as emergency and as & when needed service.

How to apply

If you are interested and would like full details of either of these tenders please contact the Stronsay Development Trust office on 01856 616410 or email sdtoperations@btconnect.com

Deadline for Expressions of interest Thursday 15th April 2021

HEART ART EXHIBIT



The June theme is BEACHES.**

We would ask that all submissions be A4 size or smaller. If you would like to participate please drop off your submission to the SDT office at Wood's Yard or email to: sdtwellbeing@gmail.com by 3pm on May 24th.

**It is free to participate in the Heart Art Exhibit. All funds raised will be used for the Stronsay Defib Appeal. By submitting artwork or a craft you agree that it may be used in marketing and further fundraising for the Stronsay Defib Appeal.



From the Stronsay Community Wellbeing Coordinator Sarah Powers Richings

sdtwellbeing@gmail.com or 616495

April Health Walks

Is anyone else excited about the changing weather? I want to thank everyone who has been coming to the Health Walk! I love seeing so many people get out and enjoy the fresh air. If you haven't made it yet, feel free to join us on one of our upcoming walks. It is a great way to get out and have a chat with a few of your neighbors. All ages welcome!

Mondays-April 5,12, 19 and 26- We are doing a shorter walk in the village. No longer than 30 minutes. This walk is for all abilities, and we will keep to a pace and length that will enable everyone who wants to walk to join in.

Wednesdays-April 7, 14, 21 and 28- This is a longer walk, but no longer than one hour in duration. Hills may be involved.

Walks start @ Wood's Yard at 10am. Watch Facebook for updates/cancellations.

Community Groups

If you are involved in a local community group and would like to start planning the return to activities but are unsure of how to manage while following COVID-19 guidelines, I can help. While we may have new rules come into place, or a change in the tier specifics, I am happy to have a look at the guidance documents to help you and your group come up with a plan. If you have any questions, please be in touch.

Same Project, Different Name

The Enhancing Wellbeing in Our Island Communities Project is changing its name. From here on out, we are the Island Wellbeing Project. It is the exact same project, just with a new name and, hopefully soon, a logo. If you have any questions about the project, or what my role is, please be in touch.

Focus Group

I am looking for a few volunteers for a focus group on Community Led Wellbeing. I have a couple of ideas brewing around Active Wellbeing and Mental Wellbeing and would love some community feed back before I start putting grant applications together. The focus group would be up to three Zoom meetings, either individually or as a group during the month of April. Please be in touch if you have any interested in being a part of this group.

Stronsay Dementia Friendly Project Steering Group



What is a steering group?

**The role of this group is to steer work being undertaken by others.
Members of steering groups use their experiences, skills and
knowledge of specific topics and sectors to help make strategic
decisions.**

Everyone and anyone is welcome!!

**Your contribution and ideas would be greatly
appreciated.**

Meetings will be held quarterly.

**For further questions and information contact Teri at
dementiafriendlystronsay@gmail.com or on 01857 616410**

Stronsay Dementia Friendly digital drop-in sessions

Starting December 16th from 11am-2pm



These drop-in sessions will be held every third Wednesday of each month from 11am-2pm

Please do not hesitate to call or email about anything regarding the project.

Email: dementiafriendlystronsay@gmail.com

Tel: 01857 616410

HIGHLAND FUELS—PHONE NUMBER CHANGED

The phone number for Highland Fuels has changed to 01856 873766.
The old 0800 number tends to go direct to Inverness rather than to Kirkwall.

CROSSROADS ORKNEY

and



We would like to help ease the loneliness and difficulty of lockdown for Dementia sufferers and their carers at home. We have a variety of puzzles, crafts and activities which we can post or deliver. All free of charge. If you know someone who could benefit from this or wish more information please call Crossroads 870500 or Lorna Reid 781329



CORRA
FOUNDATION
voice • power • change

Community Wellbeing Fund
projects@corra.org.uk
T: 01551 444 8027
W: www.corra.org.uk

RECENT BIRD SIGHTINGS

As might be expected in late Winter, most of the interesting sightings have been of 'water birds' and 'birds of prey' but a few early migrant 'land-birds' have been seen, including 2 male Chaffinches in early March. The most unexpected arrival was a Rook – formerly a regular visitor but now very rare - seen by Donald Omand near Sunnyside. A few small parties of Redwing and Fieldfares have been seen in the grassy fields but most had soon moved on in their rush to the breeding grounds further north in Scandinavia. Just a single Song Thrush has been seen and the first Lesser Black-backed Gull was seen along the Airy Rd on 4th March – a typical date.

Shelduck (see photo) numbers at the Bu peaked at 18 in early March when the Matpow Loch still held a party of 8 Tufted Ducks, 2-3 Pintail and many Teal and Wigeon. most of which had dispersed by the middle of March. The Dabchick was still present at Matpow until mid-month (see photo), and an Iceland Gull was seen among a mixed flock of gulls at Bomasty Bay on 14th (see photo – long distance!). A real surprise on 17th was a Water Rail which dashed up from the Mill Stream and stood motionless for a few seconds on the grassy bank as Sue and I were heading for the shop. No hope of a photograph!

The most obvious feature of the last month has been the number of birds of prey. We have seen at least one or two species virtually every time we go out in the car – mainly 'ring-tail' (brown) Hen Harriers (see photo), but also several sightings of 'grey' adult males (possibly the same bird). Merlins have been just as regular and there have been a few sightings of Sparrowhawk and one or two of Peregrine.

Our garden Wren has begun singing and many Skylarks have taken up territory across the island, the males singing regularly on fine days.

Thanks for the calls. John Holloway.



'Shelduck at the Bu Loch'

(continued on next page)



'Iceland Gull – at long range - Bomasty Bay'



'Dabchick at the Matpow Loch'



'Hen Harrier – by the roadside at Dale'

(concluded on next page)



'Wood Mouse – formerly known as Field Mouse - is a common species on Stronsay and is a much 'cleaner and smarter' animal than the House Mouse.'



'Very difficult to photograph in the wild, this bird had found the bird-seed we put out in front of the kitchen window at Castle, but did not stay long.'

STEPHEN CLACKSON'S LETTER FROM SCHOOL PLACE **(CURRENTLY WEST MANSE)**

*Keeping the folk of the North Isles ward informed
with Orkney's only councillor newsletter*

Useful sources of information and contact details for these unprecedented times

Orkney Islands Council website: <https://www.orkney.gov.uk/> Orkney Islands
Council central telephone number: 01856-873535

Orkney Ferries: <http://www.orkneyferries.co.uk/> or ring 01856-872044

Loganair inter-island flights: [https://www.orkney.gov.uk/Service-Directory/T/
internal-air-services.htm](https://www.orkney.gov.uk/Service-Directory/T/internal-air-services.htm) or ring 01856-872494 / 873457

Business support: telephone 01856-886666 or e-mail business.gateway@orkney.gov.uk

NHS Orkney Covid-19 information: [https://www.ohb.scot.nhs.uk/coronavirus-covid-
-19-latest-information](https://www.ohb.scot.nhs.uk/coronavirus-covid-19-latest-information)

Covid-19 testing: telephone 01856-888211 British Red Cross Coronavirus Support Line: 0808-196-3651

Scottish Government Covid-19 guidance: [https://www.gov.scot/coronavirus-covid-
19/](https://www.gov.scot/coronavirus-covid-19/)

OIC's Homelessness Service: ring 01856-873535 or 07921-582962 (out of hours)

EU citizens' helpline: 0800-916-9847 Orkney Citizens' Advice Bureau: 01856-875-266

I received my first dose of the AstraZeneca Covid-19 vaccination at the Sanday Surgery on the 3rd March, injected into my arm by Dr Neal Gillespie. (See photo below, kindly taken by the receptionist, Tina Brown.) Gathering outside the surgery, waiting to be called in, was the nearest we've had to a community event for a long time! Someone said they felt it was "historic". And it will be historic if this marks the beginning of the end of the pandemic. So don't hesitate to get your jab/jag when called.

Covid restrictions (currently "Level 3" for Orkney) are due to continue until at least 26th April (unless changes arise from the Scottish Govt's newly proposed "lockdown route map"). From the 22nd February, pre-school children and P1-P3 (and higher in composite classes and in the smallest schools) were able to return to the classroom in our Isles' schools. On 15th March, P4-P7 were also able to return, and secondary pupils were able to receive some in-school teaching each week, the Papdale Halls being re-opened to facilitate this for those at KGS. It is expected that all secondary school pupils will be back in school on a full-time basis after the Easter holidays. This is all rather complicated, and schools will contact parents/carers directly with details of when individual pupils should attend school. If you're having difficulties with any of this, please get in touch with me.

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I was given a guided tour of Sanday School (next door to me) by the headmaster, Stewart McPhail to see the extensive Covid-prevention adaptations that have had to be made to allow all Sanday pupils to return to classroom learning and to accommodate the Eday pupils on the days they come over. It has taken a lot of effort, and I congratulate all those involved.

OIC has funding to provide “Spring Hardship Payments” to families on low income eligible for free school meals. Applications can be made online at www.orkney.gov.uk/School-Benefit or call 01856-873535 for a paper application form.

Owing to an essential hospital visit, I had to miss the Special (Budget & Council Tax) Policy & Resources Committee meeting. These days, this is largely a formulaic meeting, the budgetary decisions having been thrashed out in advance at budget-setting seminars. I am pleased to say that the push I made at the final one of these (see my last *Letter*), for more spending on roads repair and maintenance, succeeded, with the Council Leader proposing a contribution of £2.1 million to our “Repairs & Renewal Fund” specifically for this purpose, this being taken from the non-earmarked General Fund balance. It was agreed to allocate a total of £89,392,500 this year to running Council services, with no increase in Council Tax, and with £7,470,000 drawn from our Strategic Reserve Fund. All this was ratified at the subsequent General Meeting (which I was able to attend). For the 2021/22 financial year, we’ve received a specific grant allocation of £7,855,900 towards running our ferry services.

A special Monitoring & Audit Committee meeting was held to scrutinise the internal audit report on our quarry procurement procedures—a matter of public concern that has been covered extensively in the press. The audit found “fundamental weaknesses in the framework of governance ...” This was presented in the report as a failure of internal control in council management, but I posed questions on where the role of councillors sits in this framework of governance, particularly whether the chairs of the service committees carry (or should carry) a level of accountability. In my opinion, they should. Otherwise we have chairs who behave like literal chairs, being sat on by the officialdom rather than exercising due governance over it.

At a meeting of the Board of Orkney Ferries, I brought up the desire by many passengers for some form of catering facility to be reinstated on the Outer North Isles sailings. At my suggestion, there is going to be a detailed press release about this, but meanwhile here is an excerpt: “Given the current regulations still in force in respect of social distancing and the geography of the vessels, it is not possible to do this [catering] at present. We have followed guidance from Environmental Health and the Scottish Government in taking this decision and must stress that this is a temporary situation until social distancing is relaxed.”

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Other meetings I have attended “virtually” this month include a North Isles Ward catch-up; meetings of the Orkney College Management Council (we used to get sandwiches at the College when these meetings were “real”, but “virtual” sandwiches are just not the same!); and community councils for Stronsay, Westray, Sanday, Shapinsay, and Rousay/Eglisay/Wyre/Gairsay (where I was pleased to lend my support to the “Trumland Safe Harbour and Marina” project).

Keep well, get vaccinated (when called), and carry on,



Cllr Dr Stephen Clackson,
West Manse, Sanday
stephen.clackson@orkney.gov.uk



You can download *Letter from School Place* from lfsp.pbworks.com

THE “ORKNEY VIEW” & “LIVING ORKNEY” MAGAZINES



Still searching..... This is likely a bit of a long shot but would anyone have some copies of “The Orkney View” or “Living Orkney” magazines they would part with? I’ve been trying to put together a collection of both magazines to go into the Heritage Centre and am missing a number of copies of both magazines. Since my appeal in the last ‘Limpet’ I’ve been fortunate in getting a few more copies of each but am still on the look-out for the last elusive ones. Can you have a look in your attics or cupboards to see if you can help?

What I’m still looking for are:

- Issues 7 – 10 and 12 - 19 of the Orkney View;
- Also issues 137, 151, 154, 156, 159, 161, 163 and 165-169 of Living Orkney.

If you could find any of these issues and would be willing to part with them I would be fair chuffed! Please give me a phone on 616322 or message me on Facebook if you can help.

Ian Cooper

RECORDS OF A BYGONE AGE

GAAN TAE THE SPOOTS – PART 1

Strictly speaking this isn't a record of a bygone age at all, as 'gaan tae the spoots' is still a pastime enjoyed by a dedicated but seemingly ever decreasing group of folk, although apparently not taken as seriously as in days of yore. Spoot is, of course, an Orcadian word and, according to the Orkney Word Book, 'spoot' has several meanings:

To spout (send out liquid in a forcible stream)

A razor fish or razor clam

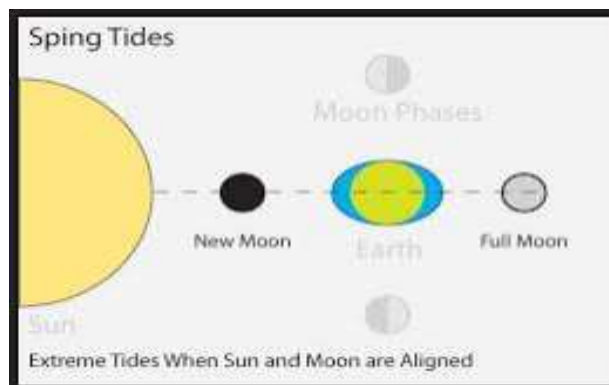
A rain gutter under the eaves of a house

Lemonade

The spoot I'm talking about here is the razor fish, or razor clam. Found in many sandy bays around Orkney, it gained the name of 'spoot' by its mechanism when disturbed of spouting out a jet of water as it digs itself deep down into the sand away from any predator.

Spoots are, as you probably realise, only to be found in the areas of sand exposed during the extremely low tides that occur near the Spring and Autumn equinoxes. This phenomenon of exceptionally low tides at those times of year are described on Google as follows.

"During full or new moons - which occur when the Earth, sun, and moon are nearly in alignment - average tidal ranges are slightly larger. This occurs twice each month. The moon appears new (dark) when it is directly between the Earth and the sun. The moon appears full when the Earth is between the moon and the sun. In both cases, the gravitational pull of the sun is "added" to the gravitational pull of the moon on Earth, causing the oceans to bulge a bit more than usual. This means that high tides are a little higher and low tides are a little lower than average. In the weeks around the spring and autumn equinoxes, the Sun exerts a stronger pull on the Earth than the rest of the year, because of the alignment between the sun and the equator. Consequently, the water surface is strongly attracted by the Sun, which accentuates tides. We call them "great tides"."



How the position of the sun and moon affects the tides

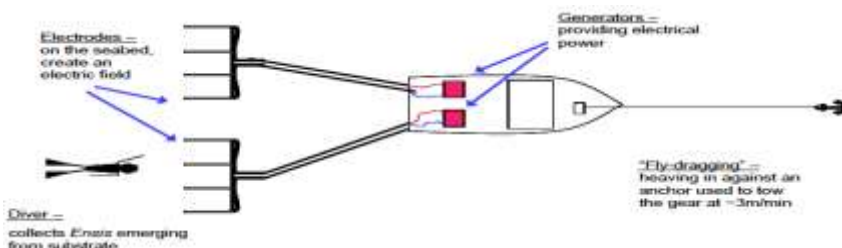
Orcadians tend to describe this in more down to earth and much shorter, but no less descriptive, terms as 'spoot ebbs'.

(continued on next page)

On Stronsay, a number of beaches and sandbanks are home to the elusive spoots but St Catherine's Bay was always by far the most popular place for catching spoots. Sadly, the future of this whole bed and others like it was put at risk a few years back. A fishing boat with divers aboard was seen on numerous occasions going very slowly back and forth across the bay and there was concern locally that the crew were making use of the highly illegal method of electro-fishing for the razor clams in that area. This method uses electrodes trailing from the boat to shock the clams in the seabed, causing them to rise up out of the sand where they are then easily collected by divers. This practise, banned across Europe since the 1990s, soon attracted the attention of the Fisheries Protection Agency and before long, a Fisheries Protection Vessel appeared around Rothiesholm Head.

A Rigid Inflatable Boat (RIB) was quickly deployed in the direction of the fishing boat which immediately set off at full steam through Linga Sound, with the Fisheries RIB in hot pursuit! This was really no contest and the RIB very soon overtook and stopped the boat, then came alongside at which point Fishery officers boarded her. After some considerable time, when it would have been good to have been a fly on the wall, both boats went on their way, with the RIB returning to 'mother ship' and the fishing boat continuing down the sound at a much reduced speed. We had a grandstand view of all this taking place from our kitchen window and it certainly made for an entertaining afternoon. Who needs reality television when this sort of drama can be viewed live right outside your window?

There was suspicion locally that the divers may have jettisoned their equipment on sighting the RIB and, sure enough, the boat appeared back briefly a couple of days later which, it was assumed, may well have been to recover their equipment off the seabed.



The illegal practise of electro fishing for clams and spoots.

Luckily, this seemed to put an end to this practise locally but the beds don't seem to have fully recovered yet as the spoots are much fewer in number than previously,

When I first remember going to the spoots there could be twenty or more folk on the sands at St Catherine's, spread right along the water's edge, but now I'm afraid there are seldom more than two or three diehards looking to catch their supper.

Gaan tae the spoots was (and still is) a serious business. As said previously, the highest and lowest tides (spring tides) normally occur a few weeks on either side of the spring and autumn equinoxes and they also have a direct relationship with the phase of the moon. The lowest tides occur on or, more usually, a day or two after, a full moon or a new moon and this is when the 'spoot sand' is exposed – the lower the tide, the more sand is exposed. Simple, really.

(continued on next page)

But this is only a start. The serious spoot goer, once he or she has consulted the calendar to determine the moon phase and checked the 'Orcadian' for the tide times, then goes to the barometer (the gless) on the wall and gives it a good hard tap to make sure it is doing the job it is supposed to and to see what it can tell. The higher the atmospheric pressure, the more pressure is exerted on the surface of the sea and hence the lower the tides. But there is more to do yet; the weather forecast must be consulted. An offshore wind also helps to make the sea recede that peedie bit further and might just expose that small smidgen of sand 'where no man has gone before' – or not for a while anyhow!

Part two of this article will be in next month's 'Limpet'.

Ian Cooper

DO YOU WANT TO SUBSCRIBE TO THE LIMPET'S EMAIL LIST?

The emails sent to this list will be used to disseminate occasional time-sensitive information which is really only relevant to the current residents of Stronsay but may give potential visitors an idea of the island's community life.

To receive these emails you must first "sign up" by going to the Limpet website www.stronsaylimpet.co.uk and using the option at the foot of the page. You must also respond to the email asking for confirmation which you will receive very soon afterwards. There are quite a few folk who have signed up but have failed to respond to the confirmatory email - please check your "junk" or "spam" email folder if you have not received a reply within an hour or so. You can also unsubscribe from the list by using the same link

The Limpet website also provides a handy link to a list of all downloadable editions of the Limpet

FOR SALE, WANTED, THANK YOU, etc

HOUSE FOR SALE
ERRAID STATION HOUSE
LOWER WHITEHALL, STRONSAY



Single storey house overlooking Papa Stronsay, dating from around 1900, with an internal floor area of approximately 88m² and comprising 2 bedrooms, bathroom, utility, open plan kitchen/lounge.

Externally there are 2 blockwork sheds and a summer house with approximately 14m² of floor space and double doors opening onto the large garden with flower borders and vegetable beds. In addition, there is a recently completed self-contained annex/income suite with a floor area of approximately 28m². Awaiting valuation.

For more information contact Christine on 01857 616296

Items on this page are free!

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FOR SALE, WANTED, THANK YOU, etc

WANTED

I am looking to come to Stronsay in Feb/March 2021 to stay for a year. I hope to rent a one or two bedroom place and wondered if anywhere was available.

Feel free to contact me directly for further information.

mike.hannam@rediffmail.com

WANTED

Hi there, I just wondered if rental property with land is available on the island at all? Looking for a place on the islands for myself my five year old daughter and our animals. We are looking at properties to buy too but should we be able to rent that would speed up our progress. I work from home so can live anywhere but a rural place with plenty of space and some land around it is what we are looking for. I am registered with agents but there seems very little available.

Many thanks.

Anna Holland (annacholland@icloud.com, Scottish Borders)

WOULD THERE BE VALUE IN HAVING A HELIPAD AT THE BALFOUR HOSPITAL?

This year, in my last year (S6) at KGS, I am doing the Scottish Science Baccalaureate, for which I must complete an interdisciplinary project. My project is called "The value of having a helipad at the Balfour Hospital in Kirkwall, Orkney" where I am exploring the reasons why it may or may not be beneficial to have a helipad at The Balfour.

On early plans for a new Balfour Hospital, a helipad was included for the use of the air ambulance helicopter. However, when the new hospital was built, no helipad was included. Consequently, the air ambulance helicopter has to land at Kirkwall Airport, and the patient is transferred from there to the Balfour Hospital using a land ambulance.

From your experience as a patient, or from hearing about the experiences of others, do you think a helipad should have been included at the new hospital?

What would be the advantages/disadvantages?

Do you have any other comments?

Please get in touch with me via my email (frideswidedec@gmail.com) or by post at West Manse, Sanday, Orkney, KW17 2BN

All contributions will be treated in the strictest confidence.

Thank you in advance for your help,

Frideswide Clackson

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FOR SALE, WANTED, THANK YOU, etc

BUILDING PLOTS FOR SALE

2 Building plots, Whitehall Village, Stronsay, Orkney

£35K each. Planning in principle for 2/3 bed bungalow plus 2 parking spaces. Electricity and water supplies are on site.

The plots are behind the village street making a secluded location but within easy walking distance of the shop, ferry, cafe and hotel.

The tried and tested practice on the Orkney isles for building is to buy a house kit and either have it erected by the supplier or our island contractor Castlehill Construction (who can also do the ground works)

For information about Stronsay, our lifestyle, its good school and other facilities please visit www.visitstronsay.com

For further information about the sites please contact

- Sharon at Orkney Property Centre, Kirkwall on 01856 877866 or
- Dianne & Paul on 07785111126 or
- email drileymoore@hotmail.com

Planning ref: 18/038/PIP on Orkney Islands Council planning web site



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LOCAL BUSINESSES

REDHOUSE PLANTS MARKET GARDEN



Seasonal vegetables available daily. Bedding, perennial and vegetable plants.

Local honey in season according to availability.

Open 09.00-17.00 Mon-Sat.

Redhouse, Lower Whitehall, Stronsay. Tel: (01857) 616 377

BELLIE M DESIGNS

Tieve Studios, Berryhill Road, St Ola, Orkney KW15 1SF.

Online shop www.belliemdesigns.com

Orders also taken via Facebook, Twitter, Instagram or phone 07736838489 with email invoices that can be easily paid by card or PayPal.

Local business adverts are free!

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FISHMART

EASTER CRAFT AND CUP CAKE DECORATING

Why not come along with your kids for a fun afternoon of easter crafts and get creative, £5 per child decorating baskets, cupcakes as well as some colouring

Easter raffle

All proceeds going
towards the Stronsay
defib appeal

Come down with a decorated
Easter bonnet and we will
judge to find a winner....
Prize to be won

Saturday 3rd April 12:00 – 3:00pm
**Please call 01857 616401 to book a
table slot**

**Normal menu available between 9am – 3:00pm
as well as Easter treats from £1.50**

Local business adverts are free!

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LOCAL BUSINESSES

Roger at Stronsay Photographic

Available for:

Portraits - groups and individuals

ID photographs - printing on site

Tuition

Special commissions

Cozy studio with professional lighting

Home visits



Contact via Stronsay Photographic Facebook page and Facebook or tel 616228

Special offers also on Stronsay Facebook page

(Indoor portrait photography is allowed in tier 3 - covid precautions to operate)

Roger at Stronsay Markets



Local seasonal soft fruit and vegetables

Grown naturally without artificial fertilisers, pesticides or weed killer

Cropped same day (usually)

Check out Facebook "Stronsay Markets"

Contact me on stronsaymarkets@gmail.com and I can add you to the regular list of available produce

Local business adverts are free!

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LOCAL BUSINESSES

STRONSAY HOTEL

Phone 01857 616213, email cjdbuk@gmail.com

STRONSAY HOTEL AND THE VIRUS

In these challenging times we have changed the hours that we are open. We will still provide a Takeaway service and we can deliver if required. Ordering can be done via phone or email.

- Mon, Bar closed
- Tues, Bar closed
- Wed, Bar closed
- Thurs, Bar closed Takeaway available from 5pm.to 7pm
- Fri, Bar closed, Takeaway available from 5pm to 7pm
- Sat, Bar closed Takeaway available 5pm to 7pm
- Sun, Bar closed Takeaway available 5pm to 7pm

We know this is very drastic but it is a drastic time, hopefully it will not last too long.

TAKE AWAY MENU

Homemade lasagne + chips	£5.95
Homemade chicken curry + rice or chips . .	£5.95
Homemade chicken & bacon pie + chips . .	£6.50
Breaded haddock + chips.	£5.50
Battered haddock +chips	£6.50
Breaded wholetail scampi + chips	£6.50
2 sausages + chips	£3.00
2 fish fingers + chips	£2.80
“Stronsay beast burger” + fries	£4.50
“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	
Cheesey chips = add 80p	
Half chips = minus 60p	
Half rice = minus 60p	

Local business adverts are free!

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LOCAL BUSINESSES

Holmsgarth Crafts



Book Pillows, Table Runners

Napkins, Face Masks,

Scrunchies,

Tote Bags,

Pencil Cases and More

Made To Order



Contact Margaret McAnally - [Holmsgarth Crafts](#) | [Facebook](#)

Local business adverts are free!

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LOCAL BUSINESSES



An award-winning skincare company with a purpose; to help create a healthier, greener more empowered world.

FREE Catalogue available for pick-up or drop off.

Please be in touch with Sarah Powers Richings at 01857 616495 or follow me on Instagram: @sarahmarie.tropic or on Facebook: Tropic with Sarah Marie

Local business adverts are free!

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LOCAL BUSINESSES



We are a brand new local company, we decided to take the plunge after many years of working for others, to set up our own business. Craig has many years experience in general building work, labouring, ground work ect. I am a time served joiner. We have all our own equipment so no need for the extra cost of hiring from elsewhere.

**We can do all types of ground work, pipe laying, guttering and roofing. Replacement windows and doors, finishings, concrete and general work. All types of work considered, no job too small, all work finished to a high standard. Full public liability insurance, safe, reliable and trustworthy.
Reasonable prices.**

Contact Craig or Christine for more information.

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LOCAL BUSINESSES

handmade with love

Airy Fairy





- ★ Handmade Quilts, cushions & clothes ★
- ★ Beautiful, bespoke & personalised gifts ★
- ★ Handmade especially for you ★
- ★ Makower fabrics in stock £10 per metre ★
- ★ Studio visits welcome by appointment ★



Hazel Shearer, Airy, Stronsay, Orkney, KW172AG • Phone 01857 616231
hazel.airyfairy@gmail.com • www.airyfairyonline.co.uk

The Wyrð Weaver

Handcrafted Textiles and Primitive Folk Art









Come and visit Eunice's studio at...
 Newbigging, Stronsay, Orkney KW17 2AN

Open Daily
 Phone - 01857 616230

Find and buy on Facebook @orkneywyrðweaver
 Email - thewyrðweaver@btinternet.com



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LOCAL BUSINESSES

“NEIL’S ON WHEELS”



- 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

Ebenezer Oil Heating Services

Oftec trained engineer



Oil Tank Installation



Boiler Servicing

Oil boiler servicing,
repair and replacement



Boiler Installation

& Commissioning

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

Tel 01857 616339
ebenezer@stronsay.org

**PATRICK
McGRATH
LTD**



Gas Safe Registered Engineer
Plumber

Services include:

- Installation, servicing, maintenance of all domestic gas appliances
- Landlords gas safety checks
- Bathroom fitting
- Bathroom supply
- General heatings
- All other types of domestic, commercial, industrial plumbing works
- Isles work welcome

Call Patrick on **07933 488283**

Email: patrickmcgrathltd@gmail.com



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LOCAL BUSINESSES

ORKNEY STAR ISLAND SOAP



Traditionally hand-crafted soaps, solid shampoo bars, conditioners and balms.
Hand-spun yarns, woven throws, rugs, wall-hangings and more.

Orkney Star Island Soap, Isles View, Stronsay, Orkney, KW17 2AG

Tel: (+44) 01857 616 281 Email: info@orkneystarsoap.co.uk

Web: <http://www.orkneystarsoap.co.uk>

Facebook: <https://www.facebook.com/orkney.star.island.soap>



The Old Manse Bed and Breakfast Logie Easter, Kildary IV18 0NZ



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GROUPS, CLUBS & ORGANISATIONS

STRONSAY PARENT COUNCIL STRONSAY JUNIOR HIGH SCHOOL

Chair: Anna Bliss Davis Vice Chair: Adrian Miller

PARENT REPRESENTATIVE VACANCIES NOMINATIONS INVITED

Nominations are invited to fill four vacancies that have arisen for Parent Representatives to join the Stronsay Parent Council.

Parents may be nominated by one other parent (but not their partner) for election to the Parent Council. Following nominations there will be an election by ballot papers circulated to all parents of the school from Nursery to Secondary 4 age. An election will only be held if there is a greater number of nominees than Parent Representative places.

If you have a child from Nursery to Secondary 4 age currently attending Stronsay Junior High School then you are eligible to both nominate and stand as a Parent Representative.

The aims of the Parent Council, which usually meets once a term, are:-

- to work in partnership with the school to create a welcoming school which is inclusive of all parents;
- to promote partnership between the school, its pupils, all its parents and the wider community;
- to work in conjunction with the school to develop and engage in activities which support the education and welfare of the pupils;
- to identify and represent the views of parents on the education provided by the school and other matters affecting the education and welfare of the pupils.

Nominations close at **4pm on Wednesday 31 March 2021** and should be forwarded to The Clerk to Stronsay Parent Council, The Hill, Stronsay, KW17 2AT or e: cmcthehill@hotmail.co.uk

If you require more information then please do not hesitate to contact the Clerk or any of the following Parent Council Parent Representatives: Anna Bliss Davis, Adrian Miller, Naomi Bremner.

Colin McAlpine
Clerk to Stronsay Parent Council
3 March 2021

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

All Prizes donated with thanks and include
Gift vouchers, Easter Hamper, Tropic Skincare, Easter Egg,
Wine, Serving dishes, Blankets and more

Draw to take place at Fishmart on
Sat 10th April @ 2pm

Tickets on sale at
Fishmart, Olivebank, Ebenezer and Woods Yard
£1 per strip

Please contact Anna on 616410 or email cdostronsay@gmail.com for further information

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY COUNCIL

Chair: Ian Cooper Vice Chair: Shirley Whiteman

ISLANDS OF ORKNEY BROCHURE 2021

Due to the Covid –19 restrictions the 2021 Islands of Orkney brochure will be a repurposed publication of the 2020 brochure. A sticker will be affixed to the existing 2020 brochures explaining that this is a repurposed publication.

The digital version of the brochure may be updated, to include up to date timetables and details on any new island businesses/services or of services no longer available.

If you have a new business or service or details of one you would like removed, please contact Colin McAlpine, e: stronsaycc@gmail.com t: 616446 before 26 April 2021.

If more information is required please do get in touch.

Colin McAlpine
Stronsay Island Link Officer
10 March 2021

EMERGENCY NUMBERS

On the back page of every edition of the *Limpet* there is a list of useful telephone numbers including the emergency numbers for reporting problems with water or electricity.

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY COUNCIL
Chair: Ian Cooper Vice Chair: Shirley Whiteman

INVITATION TO TENDER

STRONSAY SEAL HIDE

Following a recent site visit to check the condition of the seal hide, it was found repairs and maintenance are required to keep the hide in good condition.

Tenders are invited to carry out the following repairs and maintenance to the hide:

- Replace the broken corner post at the entrance to the seal hide and repair the surrounding fence;
- Refit the galvanised gate and replace the catch;
- Paint the exterior of the windows and door;
- Paint the internal window sills;
- Free up and lubricate all catches and hinges; and
- Remove algae off the handrail fence and apply two coats of brown wood preservative.

Tenders should be submitted before noon on **THURSDAY 1st APRIL 2021** in a sealed envelope marked **SEAL HIDE TENDER** and addressed to:

Colin McAlpine,
Island Link Officer,
The Hill,
Stronsay,
KW17 2AT.

Please note that work has to be completed by 30 September 2021 and that the landowner, Mr C Fraser, has to be contacted before any work commences.

If further information is required please do not hesitate to contact the Island Link Officer.

Colin McAlpine
8 March 2021

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY COUNCIL
Chair: Ian Cooper Vice Chair: Shirley Whiteman

INVITATION TO TENDER

STRONSAY BIRD HIDE

Following a recent site visit to check the condition of the bird hide, it was found repairs and maintenance are required to keep the hide in good condition.

Tenders are invited to carry out the following repairs and maintenance to the hide:

- Remove the existing roof and replace with dark green or dark grey 0.7mm box profile sheets, incorporating two roof lights and necessary flashings;
- Remove algae, prepare and paint the external cladding with two coats of brown wood preservative;
- Fit all new gutter brackets along the eaves and refit the existing guttering and down pipe;
- Free up and lubricate all catches and hinges; and
- Clean the board walkway and handrail fence on either side and apply two coats of brown wood preservative.

Tenders should be submitted before noon on **THURSDAY 1st APRIL 2021** in a sealed envelope marked **BIRD HIDE TENDER** and addressed to:

Colin McAlpine,
Island Link Officer,
The Hill,
Stronsay,
KW17 2AT.

Please note that work has to be completed by 30 September 2021 and that the landowner, Mr C Fraser, has to be contacted before any work commences.

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GROUPS, CLUBS & ORGANISATIONS



ORKNEY
ISLANDS COUNCIL

EDUCATION, LEISURE & HOUSING

Sport & Leisure Fitness Advisor (3 posts)

1 x Stronsay Healthy Living Centre
1 x North Walls Healthy Living Centre
1 x Hope Healthy Living Centre

Annualised hours contract working 208 hours per year

Temporary for a period up to 31 March 2022

£22,085 pro rata (Including Shift Allowance and Distance Island Allowance)

A Fitness Adviser is required to assist in carrying out the operational procedures in the above Healthy Living Centres.

You must hold a Level 2 Gym Instructor Qualification and a First Aid Certificate or aim to achieve both within 1 year of starting in the post.

Experience of dealing with the public and an awareness of Health and Safety requirements are essential.

Duties will include carrying out inductions, designing personal programmes as required, supporting customers in the use of equipment and providing an excellent customer service at all times.

The successful candidate will be expected to have a flexible approach to working hours. Prospective applicants are invited to discuss the post for more information by contacting Katell Roche, Senior Duty Officer, Council Offices, Kirkwall, 01856 873535 Ext 2430.

Closing date: Sunday 28 March 2021

<https://www.myjobscotland.gov.uk/councils/orkney-islands-council/jobs/fitness-advisor-210945A>

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY DEFIB APPEAL

The STRONSAY DEFIB APPEAL is working with the Community Heartbeat Trust to raise funds for public access defibrillators (AED) to be sited in three locations across the Island including Whitehall village and Rothiesholm. This would increase the number of community available defibrillators across the island which includes the Stronsay School and airport and give full coverage, decreasing the amount of time to get to a device, thus increasing the chance for survival.

After a cardiac event for every minute that the heart is stopped the chance of survival decreases by 10%. By having an AED in key locations across the island it shortens the time it takes to get the lifesaving device to the individual and increases the chance for survival.

First Aid training is not necessary to use an AED but helps create confidence, especially when the training is with a particular AED that is available in the community. The more community members trained on island, the more who can help in the critical moments before medical personnel arrive.

Our fundraising goal is £6800, to cover purchase, maintenance and installation costs as well as providing AED/defibrillator first aid courses for interested residents. Fundraising will be ongoing and will include but not limited to, funds raised through the Ebenezer front porch, the Heart Art Exhibits and through a donation website: [The Community Heartbeat Trust: The Stronsay Defib Appeal \(enthuse.com\)](http://TheCommunityHeartbeatTrust:TheStronsayDefibAppeal(enthuse.com)).



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GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY COUNCIL

Chair: Ian Cooper Vice Chair: Shirley Whiteman

GRASS CUTTING TENDERS 2021

Stronsay Community Council hereby invites tenders for the following contracts. Details and application forms are available from the Island Link Officer and must be returned in a sealed envelope marked "Grass Cutting " by noon on Thursday 1st April 2021:

- Maintenance of Bay Burial Ground
- Maintenance of Village Burial Ground
- Grass cutting at St John's Viewpoint
- Grass cutting of Picnic Site at Ayre of the Myers
- Grass cutting of Village Area – Royal Bank to Strynie
- Grass cutting at Stronsay War Memorial
- Grass cutting of area behind numbers 7 & 8 Whitehall
- Grass cutting of grassed area at Wardhill
- Grass triangular area adjoining 2 Whitehall
- Grass rectangular area within numbers 7 to 14 Whitehall

Please note that as there are separate contracts for each of the above listed areas it is possible to tender for them individually.

Colin McAlpine, Island Link Officer,
Stronsay Community Council,
The Hill,
Stronsay,
KW17 2AT.
Tel: 616446
3 March 2021

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

HANDY EMAIL ADDRESSES:

Ebenezer Stores stronsaystores@gmail.com

Olivebank m.williamson1@btconnect.com

Stronsay Hotel cjdbuk@gmail.com

Fishmart café fishmartcafehostel@gmail.com

For telephone numbers see the back page of this edition.

OUR LADY'S CHAPEL, PIERHEAD **NOW OPEN FOR PUBLIC MASSES**

Our Lady's Chapel on the pier is now open for public Masses with the permission of the Bishop of Aberdeen.

Mass times are as follows:-

- Sunday: 10.30am
- Tuesday: 8.00am
- All other days: 11.20am

GOLGOTHA MONASTERY, PAPA STRONSAY **DAILY STREAMING BROADCAST**

There is a daily streaming broadcast from Golgotha Monastery, Papa Stronsay.

<http://www.papastronsay.com/live>

The broadcast runs from 4pm – 7pm (the times shown are approximate):

- 4pm Short talk by one of the priests.
- 4:30pm Recitation of the Rosary.
- 5pm Mass.
- 6pm Further prayers and office of the day.

EMERGENCY NUMBERS

On the back page of every edition of the *Limpet* there is a list of useful telephone numbers including the emergency numbers for reporting problems with water or electricity.

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KIRK CORNER

The period of Lent is ending. We are going to mark the Holy Week leading up to Easter with special ecumenical services with the Kirkwall Council of Churches. On Monday, Tuesday, and Wednesday of the Holy Week (29th-31st March) we will have a daily reflection/service led by a leader of a different denomination. On Maundy Thursday Moncur Memorial Church Stronsay, Kirkwall East and Shapinsay will hold a Zoom Maundy Thursday service at 7 pm. Then Good Friday will see the customary Walk of Witness organised by the Kirkwall Council of Churches – but online. This will be a series of short reflections from the 8 Kirkwall churches. All the above will be available via the Moncur Memorial Church Stronsay Facebook group as well as the Kirkwall Council of Churches Facebook page. For details of how to connect with the Zoom communion service on Maundy Thursday (either online or by phone), please contact me.

Have a blessed and peaceful Easter and may the coming month bring hope and joy!

Rev Julia Meason, 01856 874789, JMeason@churchofscotland.org.uk



MON 29 - WED 31 MARCH 2021

A daily reflection available from 1.15pm on the Kirkwall Council of Churches Facebook page, led by a different denomination each day.

GOOD FRIDAY, 2 APRIL 2021

To replace the Walk of Witness, from 8am there will be a short reflection from each of Kirkwall's eight churches on the Facebook page.



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MOBILE LIBRARY VAN VISITS TO STRONSAY IN 2021

BookyMcBookFace will be visiting Stronsay on the following dates & times in 2021:

Tuesday	11 May
Tuesday	6 July
Tuesday	31 August
Monday	25 October
Monday	20 December

STOPS AND TIMES

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

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POST OFFICE OPENING TIMES etc

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

SDT office 616410
 Stronsay Band 616335
 Stronsay Hotel 616213
 Taxi 616335
 Stranded seals, etc 616207/206/498
 Balfour hospital (24/7) . . 01856 888000
 Electricity
 general enquiries 0800 048 3516
 lines open Mon-Fri 8am-5pm
 problems (24/7) . . . 0800 300 999
 power cut (24/7) . . . 105
 Water problems (24/7) . . 0800 0778 778
 Highland Fuels 01856 873766
 Kirkwall Library 01856 873166
 Kirkwall Police (24/7) . . 101
 Vets:
 Flett & Carmichael . 01856 872859
 Northvet 01856 873403
 Dentists:
 Orkney Dental 01856 872030
 King Street 01856 888258
 Deyanov Dental . . . 01856 877118
 Golgotha monastery . . . 616210 or
 email contact@the-sons.org

HOW TO CONTACT THE *LIMPET*

Send an email to editor@stronsaylimpet.co.uk or write to *The Limpet, Claremont, Stronsay, KW17 2AR*. Details of the deadline for the next edition are on the front page



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