



FUNERAL OF MRS JANINE PENTON-JONES

The funeral service for Mrs Janine Penton-Jones will be held at the church on Tuesday 23rd November 2021 beginning at 11am, and will be followed by a burial service at the graveyard. Everyone is welcome to come to the church service and also join the family for refreshments and further sharing at the Fishmart following the burial service.

LIMPET—DECEMBER EDITION DATES

Please note that the December edition of the Limpet will appear one week earlier than usual so that it will be available in time for Christmas & Hogmanay. As usual the deadline date is shown at the foot of this page.

LIMPET—PRINTED COPIES

Every month 57 copies of the Limpet are printed by the Orcadian printshop and distributed through Olivebank & Ebenezer. The printing is quite an expensive process yet each month quite a few copies of the Limpet lie in the shops, unloved & uncollected—such a waste of paper (and money). Therefore, the existing list of folk who receive printed copies of the Limpet will cease to exist from Saturday 1st January 2022.

If you **really** want a printed copy you are encouraged to either print it using your own computer & printer or ask a friend to print it on your behalf; you don't have to print every page, you can just print a particular page or pages. If you are unable to arrange this and have no other way to obtain a printed copy, please contact the Limpet's editor before Saturday 1st January 2022 giving your address and the shop (Ebenezer or Olivebank) from which you wish to collect your printed copy.

Contact details for the Limpet's editor are on the back page of the Limpet.

GP & COMMUNITY NURSE ROSTER

The latest available roster for the Doctor and the Community Nurse can now be found on the Stronsay Limpet's website at <https://stronsaylimpet.co.uk/RosterGPandNurse.html>

ARTICLES FOR PUBLICATION IN THE LIMPET

The editor is always pleased to receive articles for publication in the Limpet, the format isn't all that important, they can even be hand-written. However, if you are considering submitting an article for publication, please ensure that it has some relevance to Stronsay in particular or to Orkney in general.

The next edition of the [Limpet](http://www.stronsaylimpet.co.uk) will be published on **Thu 16 December**. Items for inclusion in that edition should be submitted by 7pm on **Sun 12 December**, contact details are on the back page. The Limpet's website address is <http://www.stronsaylimpet.co.uk>

ORCADES PRACTICE—STRONSAY BRANCH

In an emergency phone 01856 888000

LATEST NEWS

The doctor's morning surgery has returned to being by appointment, while the afternoon will still be open for 'on the day' calls for urgent needs. Both will initially be phone calls, with an invitation to attend the surgery if an examination is needed. In an emergency you will of course be fitted in straight away.

If you require an appointment please phone 616321 as usual or email ORK.stronsay@nhs.scot. When you book your appointment Katrina will give you a time for your initial call; the doctor will call as close to that time as possible, and hopefully within about 30 minutes. This will hopefully make your day easier to plan. Please help us by bringing just one problem, so that we can help you by sticking as close as possible to time.

If you are travelling abroad and need evidence of your vaccination status, you can now use the link below to obtain it. Please be patient as records are updated, and please don't request your record if you don't need it! Thank you

<https://www.nhsinform.scot/covid19status>.

REQUESTING REPEAT PRESCRIPTIONS

- No more paper requests to be handed in.
- Please phone 616321 or email ORK.stronsay@nhs.scot to order.
- Check one week later to see if they have arrived.
- Time slots will be given for collection.

UP-TO-DATE CONTACT DETAILS

Please can we ask you to contact the surgery (phone 616321 or email ORK.stronsay@nhs.scot) if you have any changes to make to the information we hold. It really helps us if we have your up to date information should we need to contact you.

For example

- *Name*
- *Address*
- *Telephone number (landline)*
- *Mobile number*
- *Email address*

Thank you, Dr Rosalind Fisher and Dr Alison Lievesley

ROYAL BANK OF SCOTLAND

No Royal Bank of Scotland visits until further notice. There are 2 dedicated tel numbers:
0800 051 4177 for anybody in isolation and 0800 046 6734 for all NHS staff
Both lines are open 8-8

COVID VACCINATIONS

We are nearing the end of vaccinating our over 18's population. If you have previously declined but would now like to have the vaccine, or have been giving the matter further consideration and decided you would now like to be vaccinated, can you please contact the surgery to let us know, so we can order vaccines in as appropriate. We are trying to achieve a high percentage of vaccinated residents so we can have a good level of immunity within our island community.

Stronsay Surgery

STRONSAY SURGERY—USE OF 616321

This is a reminder that the surgery telephone number is only manned Monday to Friday between the hours of 9-12 and 1.30-4.30pm. Between 12.00 and 1.30pm, when Katrina is at lunch, there is an answerphone service and calls won't be put through to Balfour so please avoid phoning at lunchtime. If it is an urgent matter, please dial 01856 888000 and ask them to page the Stronsay GP (or nurse if more appropriate). Outside these hours the calls are automatically transferred through to Balfour Hospital switchboard.

Thank you,
Stronsay Surgery

IMPORTANCE OF VITAMIN D

From Geramount Surgery

You may know that vitamin D is important in supporting bone and muscle health. A small amount can be absorbed from our diet, but most of it comes from sunlight. Not so much in Scotland though – although 15-20 minutes of sunlight daily (equivalent of both arms from a t-shirt sleeve down) is enough to top up your stores, we only get the right 'type' of sunlight from April to September, mostly from 11am-3pm.

The Chief Medical Officer in Scotland advises that we should all consider taking a daily 10 microgram (400 units) vitamin D supplement, especially during the winter months (beginning of October to end of March inclusive): these can be bought over the counter in the chemist or a supermarket, or online - some places have 3 for 2 offers. Please do use them! (and don't forget to use sunblock once you've had your 20 minutes - sadly we can still burn even this far north!)

ADVERTISE YOUR EVENT!

If you are arranging an event on Stronsay then why not use the free publicity available from the Limpet and from the Visit Stronsay website [visitstronsay.com](https://www.visitstronsay.com)? Just contact the Limpet's editor (contact details are on the back page)

FIRST IMPRESSIONS OF STRONSAY

My name is Johnathan Cobb and I have recently joined the permanent team of GPs on Stronsay, alongside Dr Rosalind Fisher and Dr Alison Lievesley. My first stint on the island ran from 25th October to 7th November, and I have been invited to reflect on that experience.

First, a little bit about me. I am 57 years old and my first day as a GP was November 1994 when I joined Thurcroft Village Surgery, Rotherham. I have been a GP partner



Rebecca, her husband Chris, and their three children

there for the last 27 years and I was reaching a point in my career when I might reasonably have been considering retirement. My wife, Gail, is also a GP and a partner at the same practice. We met at medical school in 1982, got married in 1987 and had our first child, Rebecca, three years later. Our son, Oliver, followed 2 years later and now both are doctors themselves.

Rebecca, who is training to be a GP, is married to a GP and now herself has three children. So, with the kids having flown the nest, why not settle down to grandparenthood and retirement?

The practice I joined was an ex-mining village in South Yorkshire, consisting of 6,500 patients. I became the third GP, and we had a team of 2 nurses. 27 years later, the patient population had swelled to 8,500 and the practice now had 7 GPs and we were helping to train 4 young GPs at a time. The nursing team was now 7 strong and that practice also had numerous additional staff including three pharmacists, a mental health worker and other shared roles with neighbouring practices. As the Senior Partner, I had become aware that more of my day was spent managing the business and the sheer volume of work was difficult to get through. However, I still really enjoyed the daily contact with patients and when the advert for the job in Orkney was posted, it got me thinking about where I saw my future. Here was an opportunity to return to the General Practice I remembered from my younger days. I didn't want to retire, here was an opportunity to use my experience and learn new skills.



Myself, Gail, and Oliver, along with Rebecca's family

So, what do I now think? The work on Stronsay is a mix of the familiar and the new. Those moments with patients in the consulting room are what I have been doing for a long time now. It is what I have always enjoyed most, and I am so grateful for the opportunity to do that work with a sense of time and space.

(Continued on next page)



Sunrise from the Surgery

What has been particularly welcome has been re-learning old skills. Getting to grips with the challenges of when the GP suddenly becomes the Accident and Emergency Department. I have had to learn about how healthcare delivery is structured in Orkney, and I know I still have much more to get my head round. However, the work has been energizing and refreshing and I am looking forward to the ongoing expansion of my horizons.

Everyone I have met on Stronsay has been so kind and welcoming. My work team of Katrina, Maxine, and then Helen, have been brilliant (but you all know that), and I am so grateful for the time Alison gave me showing me the ropes of being a GP on this lovely island. Clearly, living in the GP Practice is a very new experience for me, but I have really enjoyed the tranquillity and the sense of space. What I am having to come to terms with is that Stronsay is not a natural cycling destination, since that sport is my main hobby. Gail and I have just returned from a week of cycling in the Sierra Nevada of Spain, with the longest cycle climb being over 10 miles long and 4,000ft of ascent! I guess I am going to have to dust off my running shoes.

My next stint out on the island will cover the Christmas period. I will be out on December 12th and returning to South Yorkshire on January 10th. I am really looking forward to what I hope will be a memorable stay although being away from the family over that holiday period will feel quite different.

Johnathan Cobb

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.

STRONSAY WASTE MATTERS – NEWS

At Stronsay Waste Matters, we've had a few events over the last couple of months, so we thought we'd share our news and recycling progress with you all.

What are we currently accepting?



Glass, cardboard and brown paper, and all kinds of cans can be dropped off into the outside bins at the Recycling Centre, Unit 2, Wood's Yard, 24/7. There is also a small box for bottles of used vegetable oil to be placed in. Viv, one of our Community Waste Management Officers, is also now accepting old pillowcases and bed linen during opening hours, which she can repurpose into sacks for the cardboard briquettes and reusable shopping bags.

For those living in Whitehall Village or the Lower Station, who have difficulty bringing their cardboard to the yard, please contact Viv and she can arrange collection with the electric cargo bike. Viv can be contacted on 616207 or by email: viverdman@gmail.com. If you have any other questions regarding the current recycling at the yard, please also contact Viv.

“Recycle Week” (20th to 26th September)

WRAP “Recycle Week” is an annual event in which retailers, brands, waste management companies, trade associations, governments and the media come together to “galvanise the public into recycling more of the right things, more often”. During this week, we ran events to encourage more recycling within the community; they can be summed up by these 5 Bs: Bins, Briquettes, ‘Bugs’, Bags and Beaches’.

Trial Collections:

We offered trial collections of soft plastics, batteries, printer ink cartridges and electronics. We decided to continue running the collections until the 11th of November and many recyclables were received. Once these have been delivered to the relevant facilities in Kirkwall, we hope that we will once again be able to offer these recycling options on-island.

Briquettes:

Our cardboard briquettes were on a “Buy One Get One ½ Price” deal from the 11th of September until the end of October. During this time, we also introduced our Halloween ‘Spooktacular’ Deal: a free box or three free bags of briquettes if you find ‘The Witch’s Broom’ (a paper banner rolled around one of the briquettes and hidden in a box or bag).

We will be announcing our Christmas deal soon so keep an eye on social media to find out more!

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‘Bugs’:

Leah, our other Community Waste Management Officer, went into school on Tuesday and Wednesday mornings to talk to the Upper Primary, Lower Primary and Nursery pupils about climate change and food waste. She showed the children how to make their own wormeries, and these will be used at the school as a way of disposing of the children’s food waste from snack time effectively.

A big thank you to Petra Maclay, Mairi Dennison and Sarah Evans for helping to organise the event, and to Marion Miller, Sheena Cooper, Yvonne Weaver and Gaynor Smith for helping to build the wormeries and clean up the mess! The pupils were enthusiastic and had lots of great questions for Leah. They worked well together to build the wormeries and learned the importance of recycling food waste correctly.

Upper Primary pupils were asked to write a sentence of what they had learned at the end of the session, here are a few of the notes Leah received:

- “How food waste is sometimes worse than plastic”.
- “Today I learned that just tiny little worms can make a huge impact on climate change.”
- “I learnt what countries produce the most carbon dioxide.”
- “The cardboard that we tore up into little bits and put in the wormery helps the air-flow.”

Here are a couple of photos from the Lower Primary/Nursery session:



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Bags:



Anna, our Development Officer, ran an upcycling sewing event on the Thursday in ‘Recycle Week’. The event was well-attended, and everyone enjoyed learning how to make reusable items from waste fabrics. We hope to run more of these courses in the new year. The items made were all beautiful! Here is an example of one of the bags made on the afternoon course:

Beach:

A Beach Clean at Mill Bay with the secondary school pupils was originally planned for the Friday of ‘Recycle Week’ but had to be postponed due to bad weather. The Beach Clean instead went ahead on Friday 8th of October at the Bu Sands. Almost the entire stretch of the beach was covered in two hours, with eight bags of rubbish gathered. Rope was the most common material found, although other items such as plastic bottles and balloons were also present.

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A big thank you to Doris Shearer, Donald Omand, Carwin Miller, Filip Miller and Marion Miller for helping Leah with the Beach Clean. We plan to have more Beach Clean events in the new year and hope to get the school pupils, as well as the wider community, involved as originally intended.

The bags have been left at the entrance to the beach to be collected. Please do not add to the rubbish as litter that is not appropriately bagged may attract vermin; instead, please bring any beach litter home with you and dispose of correctly.

Future Events

To ensure that you do not miss out on events and briquette deals please follow Stronsay Waste Matters on Facebook @WoodsYard. Leah can be contacted on Facebook Messenger through this page if you have any ideas or questions about on-island recycling. She regularly posts helpful tips onto the Facebook page and will advertise any upcoming events on there, if you are interested.

THE SCOTTISH ISLANDS PASSPORT COMES TO STRONSAY

Islanders are being offered the opportunity to help shape the future of a new app which encourages people to explore more of Scotland's islands for more of the year.

The Scottish Islands Passport app was developed by islanders and spans 72 islands from Unst to Arran. Whilst a pilot was run in Shetland last autumn, plans to launch the full app in 2020 were delayed by the pandemic. The app is currently being promoted on-island and to those already travelling, with plans to use it to promote wider sustainable travel to islands who would welcome more visitors as we emerge from the pandemic.

The app connects people with islands they might like to visit by matching their interests with a database of over 700 activities and experiences offered by different islands. Users can also collect passport 'stamps' (designed by local artists) for islands they visit, and collect and share photos of their trips.

The team worked with locals to collect content on all islands in early 2020 but are keen to hear if island residents have any suggestions that would improve the information they provide about Stronsay to help visitors plan their trips, and also to make sure they are highlighting what islanders think is important about their own community.

Longer term, the project team is looking at ways to promote island businesses and community initiatives to visitors, including the potential to allow visitors to donate to local charities, and encouraging people to buy from island businesses even after they have travelled home.

The Scottish Islands Passport app is available to download for free from Google Play and the Apple Store and there is a link in the 'more' section of the app to provide suggestions for amendments or additions.

The Scottish Islands Passport Project is a LEADER and Scottish Government project delivered by HITRANS from their office on the Isle of Jura using paid support from a range of islanders. You can find out more about the project at www.islands.scot.



SCOTTISH
ISLANDS
PASSPORT



EXPLORE MORE WITH THE SCOTTISH ISLANDS PASSPORT

Discover new islands, get
tips from locals and collect
passport stamps!

Download from your app
store or head to our website:

www.islands.scot



RECENT BIRD SIGHTINGS

Well, not many this month – ‘scraping the barrel’ comes to mind – but there were a few unusual sightings, including a Chiffchaff in the ‘Castle’ drive on 1st Nov.; a Lesser Redpoll in the tiny garden at Park Cottage on 2nd Nov (see photo), followed by three Brambling for a few days mid-month – one a ‘bright’ male (see photo).

Duck have been returning to the Matpow Loch – a few Goldeneye and Gadwall included, and there have been several sightings of Herons by the lochs and along the shoreline.

Donald Omond has once again contributed the majority of ‘wildfowl’ sightings, the most interesting during the last four weeks or so have been - 270 Barnacle Geese near Holland, and 24 Whooper Swans nearby. A huge flock of 800 Golden Plover have been seen regularly in the Banks area and among them were at least 50 Turnstones and one (male) Ruff, the latter rather hard to find!

Small numbers of Redwing (90 max) have been seen daily and very few (less than 10) Fieldfares have been seen on any one day, but one species which has been recorded in larger numbers than usual is the Raven, with big gatherings towards the south end of the island regularly seen. D.O. saw a total of well over 100 (singles and small groups) flying over in a southerly direction on one occasion in late afternoon – probably going to a roost on Stronsay or elsewhere ?

Thanks for all the calls. John Holloway



The Lesser Redpoll feeding on Dandelion seeds – Park Cottage 2nd November. Present for one day.

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Male Brambling – also in the Park Cottage garden - mid-November.

Stephen Clackson's Letter from School Place (actually from West Manse)
Keeping the folk of the North Isles ward informed — with Orkney's only councillor newsletter

The cancellation of the Sanday Harvest Home, reduced staffing at Stronsay School, and the closure of the ferry office, all due to Covid-19 infections, are reminders that the Pandemic is still with us. Worldwide, Covid death figures have now passed the 5 million mark, and Orkney is recording its biggest spike in cases since the start of the Pandemic. Furthermore we'll have this winter's 'flu virus to contend with. (And for our poultry, Avian 'flu is now back!) So make sure you're fully vaccinated, and stick to the hygiene precautions. Much as I hate gagging and sticking things up my nose, I always take a lateral-flow test before travelling anywhere. "Blended" OIC meetings have ceased until matters improve, and we've gone back to "Teams" meetings only. If you can get hold of the film "Contagion", it's well worth watching. Made back in 2011, the plot is remarkably prophetic.

Image removed



for copyright
reasons

Probably my last trip away on Council business for the time being was to Westray for their Parent Council meeting. It was good to visit the island again and meet folk. I was also at their Community Council meeting, but only "virtually".

I had the pleasure, on behalf of the Lord Lieutenant of Orkney and OIC, to deliver bouquets to two couples who celebrated respectively their diamond and their blue sapphire wedding anniversaries. If you know of any couple approaching their 60th, 65th, 70th or 71st+ wedding anniversary, please let us know in good time by contacting OIC's Democratic Services or me.

At the special General Meeting on the Scottish Government's proposed national care service for Scotland, I highlighted how, so far, "local decision making" has failed Isles' residents requiring residential care, which (excepting Westray) they are unable to access on their home islands. Maybe a national service with consistency in standards of care (and in the pay & conditions of carers) could deliver something better. The "Orkney Matters" survey, posted to every household, gives us an opportunity to make our wishes known on various matters. Do fill it in, and be sure to make good use of the "Any Other Comments" boxes.

Communities in the Isles have been frustrated for years in their requests to OIC for 20mph zones around their schools. Despite a resolution being passed by D&I back in 2017, progress has been glacial. To melt this glacier, I've lodged a Notice of Motion for the next General Meeting on 7th December. The motion reads: "That the Council install before the end of 2022 a 20mph zone or speed limit on the roads in the vicinity of each of those schools in Orkney that still do not have one."

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It has been countersigned by seven other councillors, and I hope it will garner enough support among the remainder to succeed in bringing the same road-safety standards to Isles' schoolchildren as other schoolchildren in Orkney have long enjoyed.

At the Education, Leisure & Housing Committee meeting, I raised in public the dire situation with the Isle's swimming pools. Meanwhile, behind the scenes, I am in contact with officials, and I am monitoring progress on getting the problems sorted.

Councillors had a presentation on the role and responsibilities of a statutory harbour authority (which OIC is). I asked about the "open port duty", with reference to Venice restricting the entry of cruise liners into its harbour. It turns out this is governed by §33 of the *Harbours, Docks and Piers Clauses Act 1847*, i.e. a national law applying to the UK only and not to Italy. So, while the Venetians can pick and choose what ships they allow into their harbour, unless the law changes, we cannot.

Other meetings I have attended "virtually" this month include: College Management Council meetings; Orkney Ferries Board; confidential meetings of members and the Chief Executive; North Isles ward catch-ups; Monitoring & Audit Committee; seminar with HIAL; UHI Foundation; and an urgent island community councils and Orkney Ferries meeting.

Praise must go to our community councils for their critical role in Orkney's community resilience during "Lockdown" and beyond. Thanks to them and their engagement, OIC won the Community Involvement category in the LGC Awards 2021.

My councillor colleague John Ross Scott and I enjoyed lunch at the Orkney Blide Trust with Dr Clare Allison, its new Service Director (see photograph below). Clare, who has connexions with Rousay, told us about all the good work the charity is doing. The Blide is Orkney's only dedicated mental health charity. It provides personalised support to anyone in Orkney, including the Isles, who experiences mental illness and mental-health difficulties, such as low mood, anxiety and depression. Folk can access the Blide Trust at 54 Victoria Street, Kirkwall, and they can take part in the many therapeutic activities that go on there. Their café is open to the public. The Blide is open 365 days a year and offers counselling on Monday & Thursday evenings and on Saturday mornings. If coming into Kirkwall to take part in these activities is difficult, sometimes funding for travel is available, and the Blide Trust also offers mental health support and counselling over the telephone. You can find out more on their website www.blidetrust.org.uk, by emailing admin@blidetrust.org, or by ringing 01856-874874.

Whilst looking forward to Christmas and New Year, do not forget that this February, **by law**, we will all have to have interlinked smoke and heat alarms plus CO detectors operating in our homes. Details of the mandatory standards for these (e.g. no removable batteries) can be found online at: <https://www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes/>

Keep safe 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





Rural Connections

CYCLE LOANS
FREE short and long-term cycle loans to help people find a cycle that works for them. From pedal and balance bikes for children, to hybrid, mountain, tandem and electric bikes.

ACTIVITIES
A wide range of cycling and walking activities for all abilities, from 1-2-1 confidence sessions, buddy, led rides or after dark riding sessions.

UPSILLING
Of volunteers to deliver activities in their communities and keep cycles working if there is no local bike shop.

SUPPORT
For local organisations to coordinate and add walking, wheeling and cycling opportunities to their existing activities.

CONNECTIONS
Localised networks of organisations, communities and individuals supporting walking and cycling initiatives

E: magdalena.choluj@cyclenguk.org www.cyclenguk.org/rural-connections www.facebook.com/cyclengukorkoey



Shift
we are cycling UK

TRANSPORT SCOTLAND
CÒMHAIL ALBA

Creating cycling communities

Grants available for organisations.
Apply for up to £800 now.

cyclenguk.org/shift

Island Self Management Group

Are you living with a long-term condition on one of Orkney's ferry-linked isles?

We have launched an online group for anybody living with a long-term physical condition who is interested in self-management.



You will have an opportunity to meet others living with a long-term condition and to learn self-management techniques from qualified tutors.

Find out more and sign up at:
www.islandwellbeing.org/ISMG



Island Self Management Group

This month will see the launch of a new group for those living with a physical long-term condition on the ferry-linked isles. Some of these conditions may include, but are not limited to diabetes, heart disease, stroke, chronic pain, and visual and hearing impairments.

The group will support self-management, which is about enabling people with long-term conditions to feel more in control of their health and wellbeing. Self-management means having the knowledge and skills to manage some of the day-to-day challenges of your condition.

There are three ways the Group will support self-management:

Creating Connections: We will bring together those with a shared experience of living with a long-term condition in the isles, creating a safe space for supportive friendships to form.

Demonstrate new techniques: Qualified tutors will demonstrate self-management techniques designed to help manage the day-to-day challenges of long-term conditions.

Share insights from experts: We will hear from speakers with an expertise in long-term conditions and self-management, who will share their knowledge and insights with the group.

The group will be taking place online, via a programme called 'Zoom'. If your internet connection isn't strong enough to support a video call, or if you don't feel confident using the computer, get in touch and we'll try to find a way for you to take part. This might mean setting up a device in a community space for you to use.

The group will meet once a week – with the day and time to be confirmed to best fit everybody's availability.

To express your interest in the group, please fill out the self-referral form on our website:

<https://www.islandwellbeing.org/ismg>

Once you have filled out the form, you'll receive a call from our Group Coordinator, Jamie Donaghey. Jamie will explain the group and help you decide if it's a good fit for your needs, as well as finding out about your skills and interests.

If you have any questions or would like support filling out the self-referral form, please contact Jamie by email on jamie.donaghey@vaorkney.org.uk or call 01856 872987.





**Experienced designers are sought for the creation of
various interpretation/orientation boards for the
North Isles**

Sanday

The design of **6** x A1 interpretation boards for Sanday footpath routes

Stronsay

The design of **one** A1 interpretation board for the Vat of Kirbuster
footpath

Shapinsay

The design of **4** x A1 and **1** x A2 interpretation boards for various
heritage sites in Shapinsay

Note: Unless stated, all text and images will be supplied and designers
will be asked to follow the NILPS design guide.

Prospective contractors can quote for all of the above works, or those
on a particular island.

**For a detailed brief and more information,
please contact**

anne.bignall@orkney.gov.uk



Contractors sought for the following works in the North Isles:

Eday

1. Works to gates, signage and other infrastructure on the Eday Heritage Trail
2. The building of three stone plinths for interpretation boards on the Eday Heritage Trail and repairs to other stone plinths

Stronsay

1. Works to gates, signage and other infrastructure on the Vat of Kirbuster footpath
2. The building of one stone plinth for an interpretation board on the Vat of Kirbuster footpath

Shapinsay

1. Works to gates and signage at the Burroughston Broch
2. The construction of one stone plinth for an interpretation board, repairs to existing stone plinths and installation of interpretation boards at various sites

**Note: contractors can quote for all, or individual elements of
the above works**

For detailed briefs and specifications , please contact

anne.bignall@orkney.gov.uk

Struggling to heat your home?

You may be eligible for an energy saving improvement grant to cut fuel bills and make your home warmer.



Warmworks is still accepting applications to the EES Area-Based Scheme in Orkney. Just give us a call on the number below and see how we can help you stay warm this winter.

Find out how we can help. Contact Warmworks on **01856 881513** or visit **The Store, 5 West Tankerness Lane, Kirkwall**

Grants funded by EES: ABS (Orkney)
Scheme delivered by Warmworks Scotland and Orkney Islands Council



THE GOOD OLD DAYS IN STRONSAY?

Excluding Sweden Scotland was the last European country to abolish feudal tenure – under the devolved Government less than 20 years ago. How complex land management was before then. Ian Cooper in recent *Limpet's* has highlighted the fact that the TENANT at HOUSEBAY in 1892 went bankrupt, even though it was a much improved farm. Like much of Scotland the owner was non resident and extracted increasing rents. But what was the situation at HOUSEBAY a Stronsay farm which can be traced back to Viking days?

Housebay is the principal farm to feature in ***“Orkney Crofters in Crisis” by William Thomson (Orkney Public Library ref: 630.Y) published in 2013.*** A Royal Commission headed by Lord Napier began enquiries in 1883 into the dire position of crofters. James Maxwell, crofter at Housebay, speaking for 13 families gave evidence (pages 58 – 67) and then James Twatt tenant at Rothiesholm, Stronsay (pp 67-73). The crofter feudal relationship to the Housebay tenant was that his crofters had to

- (a) “furnish a woman hirer to work on the farm at Housebay for 6 (SIX) months in the year” (my emphasis). The hirer was paid wages to keep but the crofter supplier had to provide board and lodging except for the five weeks of harvest time when the tenant paid. John said this woman cost £3 10s a year to supply. Not all families had spare daughters and handy maids whether willing workers or not!
- (b) during those five harvest weeks the crofter had to supply Housebay with a farm labourer; the tenant paid the hirer and the crofter provided the lodging.
- (c) during the harvest week the crofter had also to provide another hirer to prepare food and deliver it in the field to the other hirers. The cost of food and lodging for this third person was paid by the crofter. A few crofters had kelp income.

The crofters rents (& the tenants) had been several times raised (though this was not over a period of inflation rather deflation). Common land formerly available to crofters had been “taken in” and was not able to be used to graze cattle. John Maxwell had about 5 acres of arable land out of 15 on which he had one cow, a stirk, a calf, a ewe and offspring, plus one horse. Some crofters had ponies.

So when you read Victorians praising agricultural improvements – which is correct – just ask – how was the benefit shared out? For too long history has been viewed within a too narrow focus; restricted by nationality, economic and social class, gender etc. In Stronsay the poorest 19th century residents at Lower Station, Whitehall (in 37 single storey terraced cottages) were denied the poor rate allowances because they had immigrated from Fair Isle and were considered outsiders. Resources nearly always are limited and folk of the day have to make choices to support some and ignore others, by values which may seem fair to one generation but unfair or harsh in different times.

Leo Martini-Brown

lmartinibrown@yahoo.co.uk

Records of a bygone age

The first S.S. Saint Rognvald – Part 2

In last month's *Limpet* we left the St Rognvald in the early morning of 24th April 1900, hard aground on Burgh Head and the passengers all safely ashore at Odiness and neighbouring farms. The story continues:

Later that morning, after news of the shipwreck reached Kirkwall, the Orcadia was despatched to Stronsay where she took on board all the Rognvald's passengers and conveyed them to Kirkwall. They were then taken to Aberdeen by the St Ninian the following day. Mr Merrilees, the manager of the North Company, had left for Orkney as soon as he heard of the grounding and hired the steamer Fawn to take him to Stronsay on Wednesday 25th, where he saw for himself that there was no hope of refloating her in her present condition, although he still had hopes of a successful salvage operation. The Fawn returned to Kirkwall with Mr Merrilees and most of the St Rognvald's crew later that day. The crew were then conveyed to Aberdeen where, on arrival, they were able to sign on to crew the North Company's steamer St Magnus and take her to Newcastle, where she was due for her annual refit.

The Orcadia was to make another trip out to Stronsay on Thursday 26th, this time an excursion trip, leaving Kirkwall about 3 pm and carrying passengers to the scene of the wreck so that they could see first-hand the St Ronald lying in such a sad state.

Captain Young of the Liverpool Salvage Association, along with some divers, also visited the wreck on Thursday 26th, and tugs and pumping equipment had already been sent for but, as a result of the examination made, these were stood down and by Saturday the steamer had been declared a total wreck. The following Monday, 30th April, a strong gale of easterly wind raised the sea and the St Rognvald slipped off the ledge she was lying on into deep water where she began to break up.

Nine years previously, the St Rognvald had stranded at the Head of Work near Kirkwall while entering the harbour there and, by strange coincidence, two of the passengers that night, a Lerwick merchant Mr J L Pole and Rev Robert Andrew from Walls in Shetland had also been passengers in the previous stranding.

The stranding and sinking of the St Rognvald must be one of the best documented shipwrecks on Stronsay, as many of the passengers aboard her recorded their own stories of the event, many of which were published around that time. Many of the accounts bear testimony to the fact that, if there had been a heavy sea running that night instead of it being perfectly calm, not a soul would have reached shore alive. Below is one such account given by Rev Robert Andrew, who was a long-time minister in Shetland, and recorded his story in the *Shetland Times* of 28th April 1900:

Exciting narrative by a Shetland minister

Twice stranded on the St Rognvald

Rev Robert Andrew, MA, parish minister of Walls and Sandness, Shetland, related a very interesting narrative of his experience on board the St Rognvald. Mr Andrew, who had been 15 years in Shetland, having been appointed to his present charge in 1885, is a native of Paisley, and was on his way from Walls to Edinburgh.

(continued on next page)

He stated that shortly after 2 o'clock on Tuesday morning, when all the cabin passengers were asleep, and everything was still, he was suddenly awakened by the sound of the vessel grinding and grating on the rocks.

I wondered what had happened when I heard the steward crying "get the lifebelts". We were all awake in a few moments, and some in very scanty clothing rushed on deck. But there was nothing to be seen.

I hastily dressed myself and went on deck. The vessel was lying on her side practically, and there was nothing in front but a high precipitous cliff, frowning above the vessel. There was not a sign of panic, hardly any excitement; just a severe nervous tension, for everybody was wondering what next would happen. Fortunately the weather was calm, and the sea hardly rippling, although there was a thick fog hanging around. I heard some story about a lack of lifebelts, but what truth there is in that I cannot tell; all I can say is that there were plenty for all the cabin passengers. We were all calm and collected; indeed one could scarcely imagine that the St Rognvald was in a precarious position so far as the after passengers were concerned. Probably there was some excitement among those in the fore part of the vessel, but I did not go there, and I don't know what happened there.

There were 12 ladies on board, and they kept their nerves in admirable control; I have been on a stranded vessel before, and I can assure you that I never saw such serenity and quietness as they exhibited on Tuesday morning. The order was given to put on the lifebelts, and we did so. Then the lifeboats were made ready for lowering. I don't want to make any remarks about the lowering of the lifeboats; the seamen, I am convinced, did their best, and if there was any at all it will be discovered in the inquiry.

Now, as regards the weather, I don't know what kind it was before the St Rognvald struck but immediately we jumped into one of the lifeboats a shifting mist, which sometimes completely obscured the land hung around us; then, in a minute or two it would lift and disappear. As I said, the night was extremely quiet. Had that not been the case, not a single soul of the passengers would have been saved. Ahead of the boat rose a range of precipitous rocks. The St Rognvald from amidships to the fore part was firmly wedged on a reef, hanging over towards deep water, about 7 fathoms. Just after she struck, and while the boats were being launched, the vessel rocked and reeled in a very dangerous way; how dangerous we did not really comprehend until daylight.

Then we saw that had the rocking continued she would have tilted upside down into 40 feet of water.

(continued on next page)



The Saint Rognvald as she lay stricken at Burgh Head on 24th April 1900

Had the weather been squally, the St Rognvald with every soul on board would have been thrown over the rocks, and nothing could have saved anybody. Even had we managed to launch the boats it would have been impossible to take them ashore in a gale through all the reefs and rocks which abound on that coast. As it was, with a perfectly placid sea, we managed to get everybody into the lifeboats without mishap, but we couldn't land anywhere near the place that the vessel was stranded. The sailors pulled us a mile and a quarter round the coast to a place called Odiness. There is a farm at that place, and when the people there learned about our position they took us in and made us as comfortable as they possibly could. Indeed, we were all very grateful to Mr James Twatt, the farmer, for his hospitality. You know that there were about 70 passengers on board the St Rognvald. I think there were four boats, and we had to go back for another load of passengers before all were on dry land again.

Capt Masson remained on his vessel directing the removal of the passengers and keeping everybody cool by his demeanour. But when all had been landed, the officers and seamen took to the boats and rowed about in the vicinity of the St Rognvald all night. You will understand by that fact alone that the captain expected the vessel to founder any moment. About midday, the people of Kirkwall had heard all about our accident, and the Orcadia was sent in relief. When we looked at the St Rognvald in daylight we could only congratulate ourselves upon what seemed a marvellous escape. The vessel was lying broadside on a ledge of rocks, with a high, bare mass of cliffs behind. What seems to have happened is this; the St Rognvald would be speeding straight for the cliffs, when she encountered the sunken rocks. Apparently she got over them and stuck there. That was a merciful Providence. If the vessel had gone on she would have crashed against the solid wall of rock and been smashed to pieces. That is the general opinion; but of course, don't quote me as an authority.

I remarked that I was in a stranded ship once before. The stranded ship was the St Rognvald. This is a very curious coincidence, is it not? Of course, during the 15 years that I have been minister at Walls I have crossed from Shetland to the mainland many times, but I have only twice been a passenger on the St Rognvald.

(concluded on next page)

The first time was nine years ago, when the vessel stranded near the spot where she lies today. The second time – well, I have been describing my second experience.

So far as my luggage is concerned – well, I got a bag, but I've lost my watch and chain, and I'd rather have let everything else go than these. I had put the watch under my pillow, and in the hurry and stir I overlooked them. Strangely enough other things have been got from the cabin in which I was sleeping, but not the watch and chain – they have been perhaps forgotten.

The Orcadia took the passengers from the farm at Odiness to Kirkwall, where we were lodged until the arrival of the St Ninian. As yet we have not been asked to pay anything by way of expenses. A few of us will have a bill for effects lost, I should think.

In concluding his interview, Rev Mr Andrew remarked that he had heard some story, the accuracy of which he could not vouch for, regarding a momentary excitement among second-class passengers after the steamer grounded, but afterwards when they got into the boats, all were in a settled calm.

The final part of the St Rognvald's last voyage will be in next month's Limpet.

Ian Cooper
November 2021

WHITEHALL FARM IN THE 1930s

Maurice Pottinger has written down the childhood memories of his younger brother David and himself on Whitehall Farm in Stronsay in the 1930s. You can read his blog at <https://tinyurl.com/ct85c2en>.

“VISIT STRONSAY” WEBSITE

The Visit Stronsay website visitstronsay.com is back in action.

Contact details for groups & clubs listed on the website (<https://visitstronsay.com/useful-local-information/groups-clubs>) have not been updated since the onset of Covid-19. Please check club/group details and send any changes that need to be made either to info@visitstronsay.com or to editor@stronsaylimpet.co.uk.

The website's calendar <https://visitstronsay.com/events> is back in action. Check it to see forthcoming events on Stronsay. If you want to add your own event(s) to the calendar just send the information (what, where, when, etc) either to info@visitstronsay.com or to editor@stronsaylimpet.co.uk.

FOR SALE, WANTED, THANK YOU, etc

HELLO TO STRONSAY!

I'm looking for the possibility to either buy a traditional stone built bungalow - with or without outbuildings

OR

To rent somewhere to live until a property becomes available. I'm not too picky a caravan, small house, room (with access to kitchen and bathroom) or may even consider a boot! Hey joke, unfortunately wouldn't fit into a boot! Maybe long or short term, would be grateful if someone on the great island of Stronsay could please possibly help!

Look forward to hearing from anyone, who may have any of the above - (or may know someone who might).

Contact Paul on mobile 07802 426992 or email pauwat1@gmail.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)

WANTED

Shorefront piece of land/barn/small house, must be secluded. For Ross-shire crofting couple looking to relocate. We need 2+ acres as we have livestock but would be very happy with just a field that we would look to get planning permission on. Any help would be greatly appreciated. Cash waiting.

Please contact Malcolm and June Purvis on 01445 731681 or email purvis193@gmail.com

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FOR SALE, WANTED, THANK YOU, etc

VAN AVAILABLE FOR CHARITY WORK

The Pomona Prefect logo peedie red van is available for charity work on the island if anyone needs a man and a van and wants to help the island reach the target. Saturdays service and cost for this is suggested as £10 per hour min donation for half hour units. All to the Stronsay Defib fund. No live animals, persons transported or dirty, sloppy stuff carried. Limited load and not a taxi service. This is a temporary thing to raise money and not a challenge to any services on the island. Call Don and Julie for all taxi work and Jim Holland for freight!

Also, if anyone needs their car karcher jet washed and vaccuming and then can do at Ellerslie as you pass for a donation to same Defib Fund. Cost is £10 per basic body wash and wheels rinsed and boot/inside vacced. Limited to cars. No monster trucks, panel vans, lorries or camper vans sorry.

This charity service will be hopefully available until there are enough defib machines in position with the people trained to cover us all 24/7. Availability is limited to Saturdays.

Any questions and to book give me a call.

Nicandro J. Porcelli, Ellerslie. Telephone or text to - 07732 276046

HOW TO CONTACT THE *LIMPET*

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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

BUILDING WORK

Building work carried out by time-served tradesman

No job too small!

Phone Paul Williams on 616443 or email williams778@btinternet.com

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LOCAL BUSINESSES



Marion Miller Jewellery

Unique Jewellery inspired by the sea and shore.
Designed and handmade on the island of Stronsay, Orkney

www.marionmillerjewellery.com

Tel 07919550943 E-mail marionmillerjewellery@gmail.com



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LOCAL BUSINESSES



Traditionally hand-crafted in Stronsay—soaps, solid shampoo bars, conditioner bars and balms. Hand-spun and hand-dyed yarns from Orkney fleeces, woven throws, wall-hangings and more.

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

Tel: (+44) 01857 616 281

Email: info@orkneystarlandsoap.co.uk

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

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

**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

**PLUMBING
& HEATING**

gas safe

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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

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

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LOCAL BUSINESSES

The Book Nook

Orcadia, Stronsay

It's a library! Borrow a book!

It's a book exchange! Swap a book!

It's a shop! Buy a book with a donation!



Over
1000



fiction books!

Opening Hours

Thursday to Tuesday 9am to 4pm

Wednesday 12 noon to 4pm

Open other times on request

Vicki 07873 982648

[facebook.com/TheBookNookatStronsay](https://www.facebook.com/TheBookNookatStronsay)



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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 5pm.to 7pm
- Fri, **Bar open** 5pm to 11pm (last orders 10:30pm). Takeaway 5pm to 7pm
- Sat, **Bar open** 5pm to 11pm (last orders 10:30pm). Takeaway 5pm to 7pm
- Sun, Bar closed Takeaway 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	

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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](#)

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GROUPS, CLUBS & ORGANISATIONS

The Stronsay Community Association would like to say a huge **THANK YOU** to everyone who has supported us in 2021; through hiring the hall or coming along to events! This really helps a lot and makes a huge difference in such a small community, thank you for supporting your local community hall.



**MERRY CHRISTMAS
and
A HAPPY NEW YEAR!**



We are always looking to improve and appreciate any feedback where possible or any suggestions for what you would like to see in the hall in the future:



Find us on Facebook: [Stronsay Community Association](#)

DATES FOR YOUR DIARY

- 24th November Peedie Library 2:30-4:30 in the Church Hall
- 25th November - Stronsay Stitchers at 7:30pm in the Church Hall
- 27th November - Christmas Craft Fair at 1pm in the Community Hall
- 4th December - Tree lighting at the Community Hall
- 11th December - Community Christmas Party at 1pm in the Community Hall.
- 12th December - Carols by Candlelight at 6pm in the Church Hall.
- 24th December - Watchnight Service at 11.30 pm in the Church.
- 25th December - Short Informal Service at 10 am in the Church Hall.

See the Visit Stronsay calendar (<https://visitstronsay.com/events>) for fuller details

Announcements by charities, local groups, clubs and organisations 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

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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

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



Dating back to the 1780s set in a large woodland garden just off the A9 and six miles from Invergordon, the Old
Ensuite Double and twin rooms

Tel 01862 842357

Email oldmanse.kildary@btinternet.com

Web www.oldmansebandbkildary.co.uk

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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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Christmas Craft Fair



~ Crafts ~

~ Home-bakes ~

~ Tea/Coffee ~

~ Raffle ~



Saturday 27th November

1-4pm



Community Hall

Everyone Welcome!

Brought to you by the
Stronsay Community Association

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GROUPS, CLUBS & ORGANISATIONS



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GROUPS, CLUBS & ORGANISATIONS



Saturday 11th December

Stronsay Community Hall

A chance to share a festive meal with your neighbours.



No charge, just bring some food to share for lunch. Could be a family favourite recipe or something store-bought for busy people!

Doors and bar open at 11am

Lunch at 1pm

**For your entertainment, Christopher Andrew Maier will
be playing Christmas Carols and A Century of Hit
Tunes!**



A raffle will be held with proceeds going to the RNLI with heaps of prizes including vouchers from Cooke Aquaculture, Fishmart and Marion Miller Jewellery and goodies from Ebenezer Stores, MORcrafts, Nothernstar Pompoms, Craftship Enterprise, Beauty at Home with Mairi, Blankets from Flo, Stronsay Hotel and many more!!!!

There will also be a RNLI souvenir stall for all your last-minute Christmas presents!

Any questions please get in touch with Vicki Coats
Please message on 07873 982648 or via Facebook

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY HEALTHY LIVING CENTRE

After the recent changes to the Scottish Government COVID-19 guidance Orkney Islands Council have reviewed the procedures for the Healthy Living Centre. The following procedures now apply:

- 5 people can use the gym at any one time.
- The previous buddy system has still to be reinstated as the gym needs to be fully cleaned after each use.
- The opening hours are as follows:
 - Monday 18.00 - 18.45
 - Tuesday 18.00 - 18.45
 - Wednesday 11.00 - 11.45 and 17.30 - 18.15
 - Thursday 17.30 - 18.15
 - Friday 11.00 - 11.45 and 17.30 - 18.15
 - Saturday 10.00 - 10.45
- Booking need to be made 24 hours in advance either through the council website or by emailing stronsay.hlc@glow.orkneyschools.org.uk.
- Memberships can still be purchased or patrons can pay as they go.

There may be a little flexibility around opening times but these need to fit around the availability of Andy and Bill. Any further updates will be communicated through the Limpet and the Stronsay FaceBook page.

Thank you for all your support.
Bill Hodgson

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



For more information & bookings contact Anne-Maree Carter (Tel: 616263 or Email: annemaree.carter@btinternet.com)

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

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

Find us on Facebook <https://www.facebook.com/hallcommittee>

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GROUPS, CLUBS & ORGANISATIONS

ORKNEY LIBRARY & ARCHIVE IN THE 21st CENTURY

If you live, work or study in Orkney then you can become a full member of Orkney Library while visitors to Orkney are welcome to join on a temporary visitor membership. See <https://orkneylibrary.org.uk/joining-the-library>.

Kirkwall library has an on-line database of all its books, eBooks and journals as well as other electronic and non-print materials. You can search by author, by title or by keyword. Just point your browser at <https://prism.librarymanagementcloud.co.uk/orkney>.

There is also an extensive archive of material <https://orkneylibrary.org.uk/orkney-archive> but please note that all visits to the archive must be booked in advance - phone 01856 873166 or email archives@orkney.gov.uk.

The opening hours of the library and the archive are available at <https://orkneylibrary.org.uk/opening-times>.

Mobile Library Timetable 2021

<u>Stronsay</u>	
<u>Dates</u>	<u>Stops and Times</u>
18 January	<u>Summer/Refit</u>
15 March	Council Houses 9.00—10.00
11 May	School 10.15—12.00
6 July	Kirk 12.30—3.00
31 August	Fish Mart 3.15—5.30
25 October	<u>Winter</u>
20 December	Council Houses 8.45—9.45
	School 10.00—12.00
	Kirk 12.30—3.00
	Fish Mart 3.15—4.45

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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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



Community Wellbeing Fund
wells@corra.org.uk
T 01353 444 8007
W www.corra.org.uk

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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 & holidays: 11am
- 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.

STRONSAY KIRK

Weekly service at 11am.

Minister—Rev David Locke, phone 616284.

Stronsay kirk's website:

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

Stronsay kirk's Facebook page:

<https://www.facebook.com/groups/1553904828107651>

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GROUPS, CLUBS & ORGANISATIONS

Sunday 21 November 2021

The Manse, Stronsay KW17 2AF **KIRK CORNER**

DLocke@churchofscotland.org.uk

01857 616284



Hello again to everyone.

We held amidst wild weather our community rally to speak out about the COP26 Climate Change Conference. You may ask about the rally and COP26: was it worth it, given the outcomes from all the discussions? Well yes, I say it's worth it because each voice that speaks up for change can be heard and is heard somewhere and can add encouragement



for the future. My little son was given a T-shirt which he wore on the day- it says, '*I can change the world*', and I believe that, for we can all make a difference, one step at a time, whether we are aged 3 or 103; with our words, actions or even just letters, emails or smiles.

We also on the day collected ideas about what each of us could do practically in our

lives about climate change and collated them as a source of ideas for others; they were displayed in the church for the past 2 weeks. If you want an idea what you can do, let us know.

The rally was postponed by a week as there was nervousness about the island about Covid. Church services were also postponed, but we showed on-line services through our Facebook pages which seemed to be appreciated even as far away as Germany. You never know what impact your words can have. Services are now back to normal in the church, so may not reach Germany! But if the church can do something to help you or the community here, do let us know.

We all face storms, as Stronsay folk know perhaps better than most, but our actions and words even in the midst of them can make difference, as our Remembrance Sunday memorials demonstrate; each person who died in service for our country is remembered and can inspire people of all ages even today.

(continued on next page)



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GROUPS, CLUBS & ORGANISATIONS

Individual actions and words matter. At Christmas we will hear famous bible words from the start of John's gospel, that the Word of God was made flesh, full of grace and truth, and we saw his glory. That means that in Jesus, God's living Word of grace and truth came to live alongside us, human like us, to brighten our lives. The nights are getting darker and the days shorter, but Advent starts next Sunday, and hopefully some of the brightness of Christmas will start to shine through with all the events, church services, window displays and more. The church is going to try to brighten up the middle of the island a bit by having some lights around the church, with the help of a grant from Cooke Aqua. Let's all try and add a bit of light to folk around us in coming weeks, even with our words.

May the light of the coming of Jesus shine out to you amidst darkness, and may God bless each one of you and this amazing island of Stronsay

Sincerely, , *David* Rev David I W Locke. *MA M.Sc., BD*

UP-COMING EVENTS

Some dates for your diaries;

Saturday 27th November: Christmas Craft Fair

Saturday 4th December: Tree Lighting



Please keep an eye out for more information nearer the time via our Facebook

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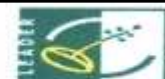
POST OFFICE OPENING TIMES etc

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

Silver Darlings 616412
 Star Island Soap 616281
 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

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