



TIMETABLES

[Loganair 20 Feb 2022 to 29 Oct 2022](#)

[Orkney Ferries 8 May 2022 to 31 July 2022](#)

[Orkney Ferries Sunday excursions 2022](#)

DATES FOR YOUR DIARY

Special collection	Mon 25 Jul
Orkney Ferries timetable change	Mon 1 Aug
County show	Sat 13 Aug
Library van visit	Mon 15 Aug, 10 Oct, 28 Nov
Stronsay's Massive Weekend!	Sat/Sun 20/21 Aug
Loganair timetable change	Sun 30 Oct
Christmas Craft Fair	Sat 3 Dec

STRONSAY PHONE DIRECTORY

If you are still looking to purchase a phone directory and haven't managed to catch them when they are in the shops please email me at cdostronsay@gmail.com or phone 616410 telling me where you wish to collect i.e. which shop or Wood's Yard office and I will make sure you get one set aside.

Apologies, it is a slow process which I'm trying to fit in around other work and didn't imagine so many would go so quickly.

Anna Davis

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>

ROYAL BANK OF SCOTLAND

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

The next edition of the [Limpet](#) will be published on **Thu 28 July 2022**. Items for inclusion in that edition should be submitted by 7pm on **Sun 24 July 2022**, contact details are on the back page. The Limpet's website address is <http://www.stronsaylimpet.co.uk>

“DISTANCE AWARE” SCHEME

The Distance Aware scheme is designed to help those worried about mixing with others as we adapt to living with COVID-19. Find out how to get a Distance Aware badge or lanyard to show others you need more space:

<https://www.gov.scot/publications/coronavirus-covid-19-distance-aware-scheme>

ORCADES PRACTICE—STRONSAY BRANCH

In an emergency phone 01856 888000

LATEST NEWS

The doctors' 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 Alison Lievesley, Dr Rosalind Fisher and Dr Johnathan Cobb .



It has been a busy month for the project! There are collaborative projects underway with Stronsay School in the secondary Achieve programme and our Up the Garden Path project at the community greenhouse. The greenhouse is now a member of Social Farms and Gardens along with the other community greenhouses on North Ronaldsay, Sanday, Westray and Rousay which offers training, resources, and funding support. We've managed to fit in a couple of family buggy walks and Bike Week with CyclingUK Orkney coming over for some events and I am getting things in place for summer.

The project researcher, Andy came for his first visit, had a whistlestop tour of Stronsay, Sanday, Westray and North Ronaldsay and we managed to have a good chat with folk across the North Isles. We were particularly interested in the use of the greenhouses across the North Isles and how we could sustain these as part of natural wellbeing. It's a significant time for this with the consultation of the poly-tunnels at the Balfour following a pilot in Shetland to use horticulture for health. The positive impact that gardening on your health and wellbeing is nothing new, but it is aiming to promote these initiatives as a key part of community health. With the NHS introducing more new schemes, it will hopefully create a framework to make this more commonplace and alleviate the barriers that third sector organisations face in maintaining sustainability through funding applications.

There will be some surveys being published and would be useful if you could complete them. So far, we have avoided any box ticking (I know you get fed up filling them in) and spent a lot of time instead talking to residents and using recent events on Stronsay to assess public engagement and demand

As always, if you have any questions about the project, feel free to contact me.

Email sdtprojectofficer@gmail.com | WhatsApp 07749215591 | Twitter @LouiseMc_sdt | fb @naturalwellbeingstronsay





Up the Garden Path

Some school children have been involved in a wellbeing project with Ms Bar-Tor at the greenhouse. As part of the Natural Wellbeing Project, we have use of the small greenhouse (behind the community greenhouse) and named it *Up the Garden Path*. An initial clean up of the space transformed the greenhouse so we could get inside. Big thanks to Roger for his help and support with this (and all 5 McQuaid bairns for getting dragged along to work with me to pull thistles that were taller than they are).

Up the Garden Path is part of a new national programme, Dandelion. An ambitious creative programme demonstrating the power of collective action through a major grow-your-own initiative of modern times. Combining growing, science, art and music, Dandelion is an invitation to the whole of Scotland to cultivate, create and share everything from ideas and stories to misshapen veg.

The group is independently growing and planning a harvest event to showcase their work, producing a harvest event in September. They took a trip to Kirkwall to but plants and equipment for their project and have been at the greenhouse planting. Over the summer holidays, we have a programme to work on at the greenhouse, incorporating nature and creativity, producing outdoor art. We will work on invitations, decorations and how to display the work at the event, as well as maintaining the greenhouse and planning what can be made from the produce to serve to their visitors.



Before and after





Bike Week

Stronsay Bike Week was a great success! CyclingUK Orkney joined us with Dr Bike sessions, family drop in and two led bike rides. It was great seeing so many people access the servicing before summer, all for free on the island to save the trip to town. The bairns had fun trying out bikes as well as the adults testing the new e-cargo bikes and lots of useful goodies for keen biking families to take away and use. CyclingUK also offer long term free loan of bikes, so several families took the opportunity for some summer fun.

The Friday ride was a beautiful sunny day off to Bu ands and the Bay of Bombasty. The Saturday led ride was a washout with wind and rain, so I took the opportunity once again, to use my own family as guinea pigs! Off we went with Hamish and Magnus in the e-cargo powered by Michael, I took an e-bike and Zander was under his own steam on a push bike. With driving rain and headwinds, the e-bike took all effort out of cycling. We were completely soaked, but it was an easy ride- I barely put in any effort! Perfect for anyone with long term health conditions to get out and about.

3 more events will be held in August.

Stronsay summer led bike rides:

- **Saturday 6th August 9:30 meet at pier**
- **Saturday 13th August 9:30 meet at pier**
- **Saturday 20th August 9:30 meet at Community Hall**

Children are welcome but must be accompanied by an adult. If you require a bike, please contact magdalena.choluj@cyclinguk.org



Cycling UK inspires and enables people to cycle and keep cycling. It is a non-profit organisation, so all events are free! The Rural Connections programme offers buddy rides to encourage people to get out on their bikes and in Orkney, makes it accessible across the Isles. There are success stories of those with long term health conditions who struggle to be active, having free long-term hire of an e-bike and can now get outside every day.

Cycling UK has been delivering projects in Scotland since 2010, as well as running campaigns and influencing policy at Holyrood and locally, supporting over 4,000 members and advocating for cycling across the nation. The projects allow more people to discover the joy of cycling, whether that's zipping about on errands, exploring the local area or finding ways improve their physical health or wellbeing. Through funding for local organisations and delivery of projects in communities and work with over 20,000 people each year across the country.





Summer events

All events are free!

Friday 8th July - Outdoor Bookbug session

10:00 at the park

Suitable for under 5s but siblings welcome

Saturday 6th August - CyclingUK

9:30 Led bike ride. Meet at the pier

Under 16s must be accompanied by an adult

e-bikes also available to hire

Saturday 13th August - CyclingUK

9:30 led bike ride. Meet at pier.

Under 16s must be accompanied by an adult

e-bikes also available for hire

Saturday 20th August - CyclingUK

9:30 led bike ride. Meet at Community Hall

Under 16s must be accompanied by an adult

Saturday 20th August - Massive Weekend

e-bikes, cargo bike and trailer available at the hall

nature art and crafts

Up the Garden Path

(for students involved in project)

Meet at the greenhouse for gardening, art and crafts for the harvest events

Friday 1st July 1-3pm

Friday 29th July 1-3pm

Friday 5th August 1-3pm

Friday 12th August 1-3pm

Friday 19th August 1-3pm

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.

Stromsay Surgery

STROMSAY 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 Stromsay GP (or nurse if more appropriate). Outside these hours the calls are automatically transferred through to Balfour Hospital switchboard.

Could we kindly ask that if you need to speak with the Stromsay nurse, you call the surgery number on 01857 616321. Katrina will put you into the nurse telephone slot to be called when they are free. The nurse's new phone is such that we are unable to stop the message being left by the person from being overheard.

Thank you,
Stromsay Surgery

IMPORTANCE OF VITAMIN D

From Geramont 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!)

JUST FOR THE RECORD (Sat 25 Jun 2022)

Success! We launched a delightful evening of entertainment at Stronsay Community Centre. Orkney's summer solstice skies were brilliantly sunny - until 11pm wow - and our audience in the appropriately darkened hall were all familiar faces. Shani-Lee Fox-Hall and Maya Bar-Tor helped with set up this time, whereas Margaret McAnally, Bill Hodgson and Dianne Riley were the invaluable king pins last February. I was particularly touched that Wilma Stout attended again to learn even more about the history of the gramophone. Angela Johnston provided beautiful birthday cake for Eldridge Reeves Johnson - and also for my trusty assistant Dan Baiz. After the show, Sheila Williamson of Olivebank managed to win a round of "Nipper Knows" to many cheers! I am adding a nice February pic here by Roger Neville-Smith. Hall expenses taken into consideration, our two shows have garnered £150 for the Stronsay DeFib Fund, which will be submitted tomorrow to Anna Davis at the Development Trust office. Thanks to all who have participated! Mission accomplished!

Christopher Andrew Maier



RECENT SIGHTINGS

Having missed the last two editions - April by misjudgement of date, and May by computer failure – I have been able to include a wider range of ‘sightings’ here on Stronsay.

There have been very few migrant bird species this Spring, but a handful of island rarities have been seen, including a ‘calling’ Cuckoo in the Millgrip/Rothiesholm School area. A Rook (common on Mainland Orkney but rare here) was seen near the Fire Station, and – amazingly, the second Avocet (following last year’s first) made a brief stay on the Bu Loch on 25th April (see photo). Both Wryneck and Icterine Warbler were seen at Lower Samson’s (Donald Omond) but small migrants were few and far between! Two Glaucous Gulls have been seen, a first-summer male Hen Harrier has been seen regularly and Sand Martins have arrived in very good numbers at the colonies in Mill Bay and Rothiesholm. A Common Rosefinch was seen briefly on the reserve on 15th June.

Sighting of the year (decade!) was unfortunately too brief to alert other observers – a Long-billed Curlew (breeds in NW Canada) seen feeding in the flooded area between Castle and Linkshouse on 27th April (see photos). It took a lot of research to confirm the identification! The bird was clearly bigger than our ever-present Eurasian Curlews, having a longer and ‘straighter’ bill, and much of the plumage was washed with a rich red-dish-cinnamon colour (rufous?) as can be seen in the attached photographs taken looking into the sun.

Other ‘wild-life’ seen include Pygmy Shrew in the ‘Castle’ garden on 4th April; 3 White-sided Dolphins in Mill Bay on May 20th, and a Humming-bird Hawk Moth seen by Hazel in the Airy garden on 23rd June.

One big plus this year has been the mowing (council and residents – great stuff!) of some of the roadside verges, resulting in the emergence of (purple) orchids which have been lying dormant during the ‘no-cutting’ phase. (Many Skylarks formerly nested in the short grass by the roadsides).

Thanks for all the calls.

John Holloway.



‘Avocet at the Bu Loch, 25th April’

(continued on next page)



'Long-billed Curlew, taken from back yard at 'Castle', 27th April. Note bright 'rufous' wash to much of the plumage'.



'1st Summer Glaucous Gull, Whitehall 21st June'

Stephen Clackson's Letter from School Place

Regularly reporting on the exploits of your councillor in Kirkwall, the North Isles, and beyond.

The big event of this month was, of course, Her Majesty's Platinum Jubilee. I was given the honour of reading out *The Proclamation* at Sanday's Beacon Lighting. A big thanks must go to Sanday Community Council for organising the celebration—my part was merely to provide a little pageantry and add some pomp and a bit of circumstance to the occasion.



At the West Manse, we flew the Union Flag for the four days of the celebrations, and in the Council Chamber a new portrait of The Queen now hangs. On the 14th June, the length of the reign of Queen Elizabeth II overtook that of King Rama IX of Thailand, and she became the second-longest reigning monarch in history. She had overtaken Prince Johann II of Liechtenstein to move into third place back on the 9th May, but we'll have to wait until the 27th May 2024 before she reaches pole position ahead of King Louis XIV of France.

At the first Education, Leisure & Housing meeting of this council, I was re-appointed to the Orkney College Management Council, the Education Quality & Standards Consultative Group, the Highlands & Islands Science Skills Academy, and the University of the Highlands & Islands Foundation. I am delighted to have been given the chance to continue my work on these bodies. In particular, I am pleased to be back in a position to be able to defend our (OIC-owned) college and hopefully encourage the nurturing and development it deserves. As I said in my manifesto, I wish to make the College's courses more accessible to Isles' residents. Meanwhile, at the first meeting of the Development & Infrastructure Committee (of which I am not a member), although proposed and seconded, I was, regrettably, not elected onto the Harbours Sub-committee.

"Induction" sessions for councillors continued. Other things I've attended include: Monitoring & Audit Committee; Policy & Resources Committee (with over a ream of papers!); confidential members' briefings; a meeting with Liam McArthur MSP about gaps in primary medical care cover on Eday, North Ronaldsay and Papay; and an operatic performance by the primary pupils at Sanday School. An attempt by me to attend Westray's Parent Council meeting via Vscene unfortunately didn't work.

The other big event of this month was the North Isles Sports, the first in three years, hosted by Sanday. It was a great opportunity for me to catch up with folk from a large part of my ward, many of whom I hadn't seen in person for a long time. It's a shame no spectators or competitors came over from Eday or North Ronaldsay (despite the generous 12 point handicap each of these islands enjoys!). Below is a photograph of the scoreboard. The final scores were: Westray 109, Sanday 62½, Stronsay 56, and Papay 36½. Well done to everybody who competed, especially Grace Muir (*Best Girl*), Connor Marcus (*Best Boy*), Erland Risbridger and Tim Ross (jointly *Best Man*), and Ivy McEwan (*Best Woman & Best Adult*). Stronsay won the tug-o-war, notwithstanding Sanday's rope breaking again! A huge thanks is owed to all those in Sanday who made the day possible and to Orkney Ferries for laying on the ferry links to get everyone there and back.

Oyez, Oyez, Oyez!

Stephen

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

Letter from School Place is also
available on-line at clackson.info

U	S	ST	P
0	0	6	12
1	2	11	13
2	9	11	17
3	13	11	20
4	13	17	20
5	16	20	23
6	23	22	23½
7	24	28	25½
8	34½	30	28½
9	36½	31	28½
10	41½	32	29½
11	67½	36	29½
12	78½	43	29½
13	59½	47	31½

Records of a bygone age

The rise and fall o' the milkan coo - Part 3

I was born and brought up on the farm of Midgarth in Stronsay where, in addition to a flock of sheep and a beef suckler herd, a few 'milkan kye' were kept. This meant there was always an abundance of fresh milk and its by-products available and I drank little but milk until I was well into my teens. I also enjoyed lashings of home-made butter on most everything and still think there is very little that can beat new tatties and butter as a tasty treat!

My mother often made curds (milk curdled with rennet) with milk still warm from the cow and that, sprinkled with a little sugar, was a luxury which just can't be replicated with today's bottled milk. Porridge with lashings of milk, rhubarb crumble and cream, pancakes with jam and whipped cream – the list goes on, all home produced, and with 'air miles' still not in anyone's vocabulary! The final treat from those days was home-made 'squeaky' cheese ('squeaky' cheese was the name given to soft farm cheese that would 'squeak' between your teeth as it was chewed) on a buttered bannock - preferably my Auntie Meg Cooper of Cleat's cheese as I thought her cheese was better than my mother's, although I didn't think her butter was nearly as tasty as my mum's! It was strange to see how two people could use exactly the same procedure and recipe yet make a product with a different taste, texture and colour.

Although it would appear to be quite a simple process, butter making was a skill in itself and could go badly wrong, where it was quite possible to finish up with an inedible or rancid product. To help pass on this skill, the College of Agriculture ran courses of instruction on butter making in the early 1900s one of which, held in 1914, was attended by my grandmother Grace Fotheringhame of Hescombe where she was awarded a 'First Class Certificate of Merit' for her studies.



On the left is Auntie Meg Cooper of Cleat's 'state of the art' spring loaded cheese press which replaced the older wooden press and weight. On the right is my granny's Certificate of Merit for butter making, a skill she obviously handed down to at least two of her offspring - my mother Grace Cooper and my auntie Meg Cooper, both of whom made really good butter.

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A quick look back to the days of the Stronsay Agricultural Society shows of the 1920s and 30s reveals that there were categories in these shows to be entered and judged for both 'Sweet Butter' and 'Salted Butter'. It is interesting to note that the entrants and winners of these categories were all men which, I suspect, would have been a case of the women doing the work behind the scenes and the men willingly accepting the plaudits!

The taste of the milk and the butter could also vary throughout the year depending on the cow's diet, with a distinct change noticeable if the cows started or later stopped getting fed neeps (turnips), if silage was fed in place of hay or when the cows were turned out of the byre on to a diet of grass.

Almost every farm would have had a 'dairy', a small room dedicated to the storing and processing of milk. This room had to be kept as cool as possible, preferably with a north-facing window to keep it out of the sun's direct heat. At Midgarth, that room was called 'the milk-hoose' and had two long shelves in it – a wooden shelf where the cream separator stood and under which all the buckets, siers, milk filters, butter spoons etc. were stored and another flagstone shelf about two feet wide and ten feet long on and underneath which the milk, butter and eggs were kept, along with a big earthenware jar where the cream was stored ready to be kirned (churned) once a week. This jar was taken through to the farm kitchen each Thursday evening where it was left standing overnight beside the old coal fired Wellstood range to raise the temperature of the cream, which helped turn the cream into butter quicker.



The Midgarth kirn (butter churn), which was made redundant 50 years ago as farming practises changed, has stood idly in the corner of a shed ever since! Note the relief valve on the top of the kirn and the drain tap at the bottom to draw off the kirned milk.

(continued on next page)

Then next morning, when the farm chores had been done, the kirn (an end-over-end butter churn) was hauled out of the corner of the milkhouse, the cream was poured in and the process of kirning began. This involved slowly turning the kirn end over end by means of a wooden handle until the cream turned into butter, a process that, I seem to remember, could take anything from about 5 minutes up to 20 minutes or more. Why there was this difference in time I have no idea as there seemed to be little rhyme or reason to it! The kirning built up pressure inside the kirn and every few minutes a release valve had to be pressed to relieve the pressure. I can still remember vividly the soft sighing sound as the pressure was released!

Eventually, the swishing sound from inside the kirn would change to a plopping sound as the butter began to form. There was a sight glass on the top of the kirn and when it showed completely clear of milk then the butter should be ready. The kirned milk (butter milk) was then drained off and stored for use in baking and the butter weighed into pounds then made into rectangular blocks ready to eat or to sell. It was always my mother who did this part of the operation and I loved to watch her with the butter spoons, spinning the butter ninety degrees in the air and catching it on the spoons again as it was formed into the correct shape.



The butter spoons used to form the butter into one pound blocks which were then set on a plate ready for the table or wrapped in greaseproof paper ready for sale. If you think the butter in this photo appears very yellow that is because, in the absence of milkan coos, this exhibit had to be made out of playdough!

My parents at Midgarth usually had two or three milking cows and, as detailed above, used to make butter and cheese for our own use and for anyone else working on the farm. Any surplus was then sold and Dad used to drive to the Village every Saturday delivering butter and kirned milk. My sister and I would often go with him and enjoyed dropping off the produce, sometimes getting a sweetie or bit of chocolate from the customers!

One elderly lady customer received 2 large brown 'Cidona' bottles (who remembers them?) of kirned milk each week. She would empty these bottles into her own container before rinsing them out and, as she also liked to pass the time of day, this process could take some time. Her kitchen tap was turned fully on the whole time this procedure was carried out and Dad, who had to pump every drop of our own water from a well and hated seeing a drop wasted, told in later life how he so much wanted to go and turn the tap off!
(continued on next page)

Andrew Grieve from Glenfield, who had a reputation as an extremely good baker, was another customer who would call along to collect some milk from time to time. He would arrive at the house on his bike with a metal bucket, complete with lid, swinging from the handlebars. His bucket was then filled with kirned milk for use in his baking and off he would go with the full bucket still swinging from his handlebars. To me this looked like a recipe for disaster but he always seemed to get home safely!



Much of the farm butter would have been sold, most of it bartered with the travelling shop vans that came around. Many of the farms had their own wooden butter stamp to imprint their name on the butter so that customers could see whose butter was being offered. Many of these customers would have their preferred maker of butter and would look to buy it where possible.

I hated hand milking cows and made every effort to avoid it where possible. This aversion to milking wasn't helped by one of the cows who simply wouldn't let her milk down for me! We shared a fairly obvious mutual dislike and I would sometimes sit there on the 'milkan creepie' (milking stool) for 15 minutes squeezing away and only getting about a cupful in the bucket. Dad would eventually come along and take pity on me, take my place on the creepie and have a brimming pail of milk in about 5 minutes. Never a word was said but I'm not sure if Dad's grin or the cow's grin was bigger!

My first venture into farming, at the age of about 12, was to buy a young pig to fatten. It was fed very much 'on the cheap' as its diet consisted of small tatties boiled up in an old pot on the Wellstood range, supplemented with the surplus separated (skimmed) milk from the 'milk hoose'. I got the princely sum of £12 from the local butcher when it was slaughtered, a veritable fortune in those days!

Later, with less demand for milk and butter, less time to spend on milking and possibly less need for the extra income the dairy products took in, my parents cut down to one milking cow, eventually managing to put the cow (and the milker) on a five day week! This was achieved by leaving her calf still suckling her and simply closing the calf in a pen overnight if we needed milk or leaving it with its mother if we didn't. We were very fortunate that this would work as usually, if a cow had a calf waiting to come and suck, she simply wouldn't let down her milk. This was a great arrangement but eventually in 1979 that cow was retired and the milkan kye at Midgarth were no more.

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A Midgarth cow with her calf. It was most unusual to have a cow that could be hand milked and also rear her own calf.

Few farms on the island would have been hand milking a cow by then – possibly only Hunton and Blinkbonny - and I believe the last milkan coo to have been hand milked in Stronsay would have been with John and Margaret Cooper at Blinkbonny who continued to milk a cow until the mid-1990s when their Jersey cow was retired from service. The end of an era!

Sadly, the entire island's milk is now imported in plastic containers from Mainland Orkney or further afield. There would seem to be an ideal opportunity here for someone to start up a small dairy on the island but, like so many other small scale enterprises, by the time all the red tape is cut through, conditions met and regulations adhered to it simply wouldn't be financially viable.

Ian Cooper
June 2022

THANK YOU

The Cleat fairies would like to thank anyone who came in the road n made a wish in the wishing well, the sum of £27.47 has been given to Roger who will forward it to the Ukraine fund. The wishing well is still open for wishes, the cheeky gnomes are in residence too-feel free to come in the road if you're out n about!

Sheena Cooper



Items on this page are free!

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

THANK YOU

A big thank you to everyone who braved the wind and rain to attend our Beach Cleans on Saturday 11th of June. We were really pleased to have such a big turnout of volunteers, including Jane and Jeremy Nelson from @greenerorkney, who came over on the ferry for the day to help out.

Stronsay Waste Matters



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FOR SALE, WANTED, THANK YOU, etc

CLIFTON FREE RANGE EGGS!

EGGCITING NEWS!!

ENJOY SOME CRACKING GOOD EGGS

Our happy hens are delighted to let you know that they are now producing top quality free range eggs. The eggs are available from outside the annex at Clifton for only £1.50/box.

Help yourselves and just put the money in the box.

CHIROPODIST?

I am looking into getting a chiropodist out to Stronsay. Could you let me know if you would be interested by phoning me on 616 375.

Thanks. Yvonne

WANTED—HOME FOR YOUNG BARN CATS

Would anyone be willing to give a comfortable forever home to young barn cats? They will be vet checked, neutered/spayed, flead and wormed prior to rehoming. Contact Lyn Oag at info@orkneycats.co.uk or send a pm on [Orkney Cats Facebook page](#).

There's no fee & these cats will be neutered/spayed & flead and wormed.

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

Items on this page are free!

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Love Parties, but hate waste?



Reduce landfill waste by hiring Peedie Party Packs range of children's reusable plates, cups & cake stands instead of buying disposable! we even have themed packages & games packs available, happy to accept hires from across Orkney including the Isles.



Peedie Party Packs



peediepartypacks2221



PeediePartyPacks@hotmail.com

Local business adverts are free!

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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!

Please note changed telephone number

Phone Paul Williams on 616222 or email williams778@btinternet.com

HOW TO CONTACT THE *LIMPET*

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

EMERGENCY NUMBERS

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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



Stronsay	
Hotel Takeaway Menu	
Burgers	
Olivebank hand crafted Cheeseburger and Chips	7.50
Chicken Burger and chips	6.50
Chicken fillet and Chips	6.50
BBQ Sauce	1.00
Sweet/Sour Sauce	1.00
Chicken Nuggets and Chips	
Adult 6.00 Child 4.00	
Battered fish and Chips	8.50
Scampi and Chips	7.00
Smoked Sausage and Chips	6.00
Battered Sausage and Chips	6.00
Macaroni and Chips	6.50
Chips / half chips	2.00/1.50
Cheesy Chips	3.00/2.50
Extra cheese	1.00
Onion rings	1.00
Thankyou	
Telephone	01857 616473
Fridays From	5PM – 8PM

Stronsay Hotel new telephone number 616407
Broadband finally working so we are now able to take card
payments.

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LOCAL BUSINESSES



Stronsay Hotel

**Now open on Mondays
from 10 – 4**

Teas, coffees, home bakes and sweet treats available through the day

Lunch served 11– 2

Sample Menu

(items may change week to week or subject to availability)

Soup and a homemade white roll or cheese scone £4.50

Soup and sandwich meal deal £5

Sandwiches £4.50 or Toasties £5.50 (includes crisps and coleslaw)

Barbeque chicken and cheese on tiger loaf toastie, crisps and coleslaw
£6.50

Chicken Waldorf salad (chicken, mayo, grapes, celery and walnuts) in a
croissant and crisps £6.50

Warm chicken and cashew nut salad with balsamic dressing and a
homemade white roll £6.50

Children's soup and roll £3.50 or sandwich and crisps £4

Lemon cheesecake £2.50 Ice cream sundaes £2.50

Home bakes £1–2.50

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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

See Stronsay Markets on YouTube https://youtu.be/8e6sz_Z2eQU

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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



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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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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



The Old Manse is a listed building dating back to the 1780s set in a large woodland garden just off the A9 and commanding far reaching views of the surrounding countryside.

We are ideally located for those travelling to and from Orkney. The ferry terminals of Gills Bay (Pentland Ferries) and Scrabster (North Link Ferries) are no more that 2.5 hours drive with John O’Groats just 2 hours away.

Ensuite Double and twin rooms

Tel 01862 842357 Email oldmanse.kildary@btinternet.com

Web www.oldmansebandbkildary.co.uk

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.

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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GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY COUNCIL

Chair: Ian Cooper Vice Chair: Shirley Whiteman

SMALL GRANTS SCHEME – NOW OPEN FOR APPLICATIONS

Voluntary Action Orkney is pleased to announce that the VAO Small Grants Award scheme supported by Repsol Sinopec and Liam McArthur MSP is now open to receive applications.

Community and voluntary community organisations with charitable objectives can apply for a grant of up to £500 to help with their projects and activities. This year there is a focus on:

- Projects or activities that support recovery and renewal eg reopening services or premises or addressing wellbeing issues for members/beneficiaries
- Projects and activities that aim to address inequalities
- Organisations that have not previously received an award

For more information, view VAO's leaflet and download a copy of the application form by visiting their [website](http://www.vaorkney.org.uk) www.vaorkney.org.uk

Applications must be submitted before **Friday 8th July 2022** to be considered by the VAO Board. The completed form should be emailed to kerry.wilson@vaorkney.org.uk.

If you have any questions, please don't hesitate to get in touch with Kerry Wilson, Senior Office Administrator, Voluntary Action Orkney, 6 Bridge Street, Kirkwall, Orkney, KW15 1HR

Tel. 01856 872897 ext 302

www.vaorkney.org.uk

Colin McAlpine
Stronsay Island Link Officer
20 June 2022

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GROUPS, CLUBS & ORGANISATIONS



t +44 (0)1856 872044
f +44 (0)1856 872921
e info@orkneyferries.co.uk
w www.orkneyferries.co.uk

Island Community Update June 2022

Ferry Travel

As you are all aware, we see an increase in demand on all services over the summer months and to avoid disappointment we strongly advise booking in advance for vehicles and foot passengers. Payment at time of booking will also be requested.

Online Booking

We have now reached over 7000 online bookings. Its still a working progress and we thank you for your patience.

Booking Options

A reminder that in addition to the online booking system, we now accept bookings for the Rousay/Egilsay/Wyre route and the Hoy/Flotta route by telephone or in person at the Kirkwall office Monday - Saturday.

Houton and Tingwall will continue to take bookings for these services but can also make bookings for other routes.

Office Hours

We are now back to "pre covid" opening times for the offices at Shore Street Houton and Tingwall are open Monday to Friday 0900 – 1700, and Saturday 0900-1200.

Shore Street will be open for calls from 0700hrs

Houton is closed between 12:00 – 13:00 and Tingwall is closed between 13:00 and 14:00 for lunch.

The office will continue to be closed each week between 1400-1500 on a Wednesday for staff training and development.

Timetables

The timetables for Winter 2022 will be uploaded into the booking system over the next month and thereafter journeys can be booked. We apologise for the delay in opening these sailings.

Staffing

There have been a few more changes within the Shore Street team, we welcome two Seasonal Clerical Assistants who will support us over the summer months managing calls and carrying out the admin duties for the services.

We have been very fortunate to have had the assistance and support of two North Isles Masters to cover the Marine Superintendent vacancy.

Our Senior Finance Officer, Alison, retires at the end of the month and I would like to thank her for her hard work and wish her a long and happy retirement. We welcome Ruth to the team.

We have also recruited a Marine Administrative Assistant; Big welcome to Abbie who will provide support to the Marine Superintendents.

Training

Orkney Ferries "in house" training programme is now in action for candidates with no previous experience or sea going qualifications (Inner isles only at the moment).

We also have three other trainee/cadet vacancies live at the moment - two Engine Trainees for the Hoy/Flotta service and an Engineer Cadet for the North Isles Services.



Marine Services (Ferries) is a division of Orkney Islands Council

•Shore Street•Kirkwall•Orkney•KW15 1LG

(Continued on next page)

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t +44 (0)1856 872044
f +44 (0)1856 872921
e Info@orkneyferries.co.uk
w www.orkneyferries.co.uk

Website

A new user-friendly website is not too far away. We are delighted to have assigned a designer who will be beginning the project very soon.

Internal Systems

The new electronic planned maintenance system is now operational both ashore and onboard the vessels.

Recycling

We are looking into the options available to segregate recycling waste onboard the vessels. We continue to liaise with the Harbour Authority and Waste Management on how to achieve this effectively.

Orkney Ferries Board

I would like to thank the previous board members for their support to the company over the last five years and a warm welcome the new members who will be officially appointed this week.

Service Manager (Ferry Operations)

I will be leaving the role Ferry Services Manager on Friday 17th June.

I would like to take this opportunity to thank communities for your assistance, patience and understanding during my time with Orkney Ferries. The constraints of aging vessels and the compromises necessary to keep vessels and services in operation are significant, with the effects of these predominantly experienced by yourselves.

Orkney Ferries staff and crew have demonstrated outstanding dedication, hard work and good humour whilst keeping services going under challenging circumstances.

I am disappointed not to see the projects we have started through, but I look forward to seeing and hearing what developments and advancements lie ahead for Orkney Ferries.

Contact

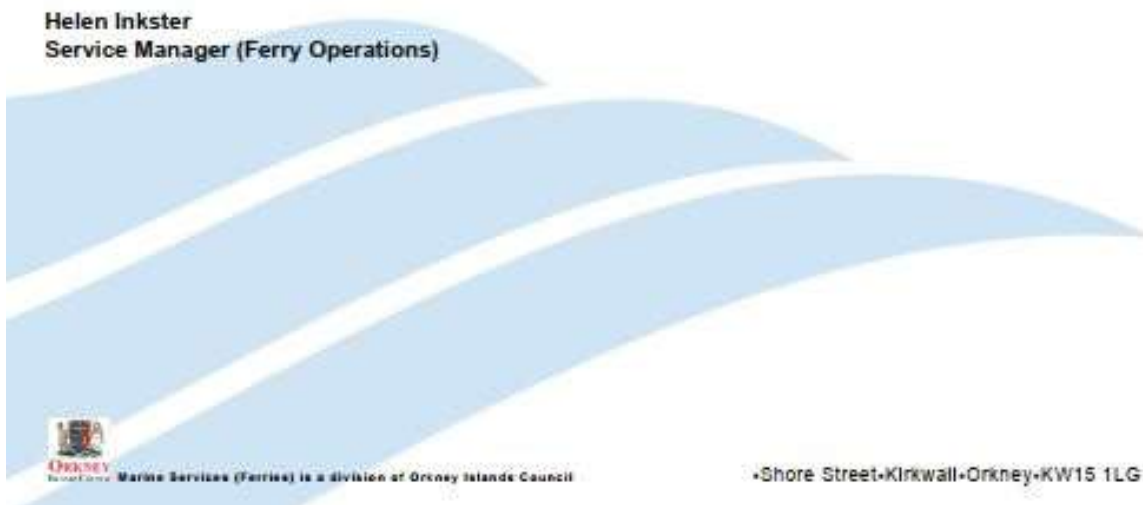
Democratic Services (communitycouncils@orkney.gov.uk) can be contacted if you would like to get in touch, and they will direct your enquiry appropriately.

Wishing you the very best for the future.

Kind Regards

Helen Inkster

Service Manager (Ferry Operations)



Marine Services (Ferries) is a division of Orkney Islands Council

•Shore Street•Kirkwall•Orkney•KW15 1LG

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY HEALTHY LIVING CENTRE

Buddy System Rules

Andy and I have been informed that the buddy system can resume at the Healthy Living Centre. This will start on Tuesday 7 June 2022. The buddy system will operate Mon to Fri between the hours of 8 am and 9 pm. Those using this system will require to take out a membership through OIC (information can be found on the OIC website). The front door will be unlocked each day and members will be provided with the code for the internal door. Details of how the system operates are provided below. A maximum of 5 users can be in the gym at anyone time. All equipment must be wiped down and cleaned after each use. Please contact Andy Rose or Bill Hodgson for any further details.

For non-members bookings need to be made 24 hours in advance and when one of the Fitness Advisors are on duty. One of the Fitness Advisors will be on duty during the following days and times:

- The opening hours are as follows:
 - Monday 18.00 - 18.45
 - Tuesday 18.00 - 18.45
 - Wednesday 11.00 - 11.45 and 18.00 - 18.45
 - Friday 11.00 - 11.45 and 17.30 - 18.15
- Booking need to be made 24 hours in advance either through the council web- site or by emailing stronsay.hlc@glow.orkneyschools.org.uk.

All buddy system users must adhere to the following rules:-

1. The buddy system is operated by a member of staff or community key holder unlocking the front door (the door to the fitness suite will remain locked but has a keypad) during school use or community use.
2. Any buddy system users must only attend during the buddy system hours advertised by the Healthy Living Centre (HLC). A Community Association keyholder does not give community users the right to exclusive use of the centre.
3. The buddy system requires 2 people (who have completed inductions) to be present in the HLC.

(Continued on next page)

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GROUPS, CLUBS & ORGANISATIONS

4. Both people must be aware that they may have to call for assistance in the event of an accident or a "buddy" feeling unwell.
5. If emergency assistance is required during a buddy session, the emergency services/doctor must be telephoned immediately. The school reception should then be contacted during school hours (the Fitness Advisor will deal with emergencies during supervised sessions or outwith).
6. Outside of buddy system hours the facility is only open during sessions that are staffed by a Fitness Advisor. There may be extra times arranged when a key holder may be present to allow the buddy system to operate (such as school holidays).
7. All users must sign in.
8. Buddy system users must ensure that any electrical equipment is turned off and all windows are closed prior to leaving.
9. The buddy system is a cashless system and those wishing to use the system must have a membership. The Fitness Advisor will check the sign in sheet and mark off each user's sessions when they are next on duty.
10. If there is a problem with an item of equipment during a buddy session, leave a note for the Fitness Advisor. The Fitness Advisor will check the equipment when they are next on duty, and carry out any maintenance or report to OIC Management.
11. The Fitness Advisor will deal directly with any repairs or maintenance issues during supervised sessions, and the school should not be disturbed.
12. The school reception and janitor should not be contacted for routine enquiries, please contact the Fitness Advisor or Leisure Assistants or Orkney Islands Council – Lifelong Learning and Inclusion Service by phone on 01856 873535 ext 2430/2439 or by emailing leisure.culture@orkney.gov.uk.

This system operates on trust, with Buddy System users having a membership. All Buddy System users **MUST SIGN IN** for each session. If clients do not adhere to the conditions, the Fitness Advisors can withdraw the Buddy System and the Community Association can request that the keyholder returns their key to invalidate any use.

Minimum age for the Buddy system is 14 years, but 14-16 year olds must be accompanied by an adult (aged 18+). Both users must have completed an induction, and have an active membership.



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GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY COUNCIL

Chair: Ian Cooper Vice Chair: Shirley Whiteman

VILLAGE PLAY PARK **PUBLIC CONSULTATION RESULT**

Members would like to thank everybody who took part in the Village Play Park public consultation.

Option 2 - a two bay swing with two cradle and two junior seats and a Samba Plus slide was the most popular choice with Option 3 – a two bay timber swing with one tango, one junior and one team seat and a Shimmy Plus slide second, and Option 1 – a two bay swing with a cradle, junior seat and a team seat and a BE-Bop Plus slide being the third most popular choice.

Liaison continues to secure funding and installation but this will take time so your patience is requested.

Thanks again,

Colin McAlpine
Stronsay Island Link Officer
24 May 2022

RECYCLING GUIDE FOR OUTER ISLES

Orkney Islands Council has published a “Household refuse and recycling welcome pack” which is available online at <https://tinyurl.com/3bjcbacm>.

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GROUPS, CLUBS & ORGANISATIONS



FLOCK HEALTH CLUB

A HEALTHY FLOCK IS A PRODUCTIVE FLOCK

GREAT VALUE!
Annual
membership: £180
(or £15/month)

THE AIMS OF THE HEALTH CLUB ARE:

- To provide advice to members regarding their flock health.
- To gather data to benchmark the flock and identify problem areas.
- To increase flock productivity by planning preventative treatments through the year to reduce losses.
- To create a community of like-minded sheep farmers, for mutual advice and support.



For more information:

- phone 01856 873403
- email info@northvet.co.uk
- speak to our vets

WHAT IS INCLUDED?

- 2 x vet visits per year - health plan visit & pre-lambing visit
- Free participation to members' only events
- Discount on Faecal Egg Counts (10%)
- Discount on fees (10%)
- Flock- tailored parasite control plan



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GROUPS, CLUBS & ORGANISATIONS

FISHMART CAFE SUMMER OPENING TIMES

(April-September)

Monday	CLOSED	
(Breakfast only served from 7am - 10am on weekdays)		
Tuesday	7am - 4pm	
Wednesday	7am - 4pm	
Thursday	7am - 4pm	
Friday	7am - 4pm	
Saturday	9am - 3pm	(Breakfast served all day)
Sunday	11am-2:30pm	(Breakfast served all day)

MOBILE LIBRARY VAN VISITS IN 2022

Monday 15 August, 10 October, 28 November

For further information go to web page <https://orkneylibrary.org.uk/mobile-library>,
email library@orkney.gov.uk or telephone 01856 873166.

Winter	Council Houses	8.45	-	9.45
	School	10	-	12
	Kirk	12.45	-	3
	Fish mart	3.15	-	4.45
Summer/Refit	Council Houses	9.25	-	10
	School	10.15	-	12
	Kirk	12.45	-	3
	Fish mart	3.15	-	5.30

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GROUPS, CLUBS & ORGANISATIONS

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>

ADVERTISE YOUR EVENT!

If you are planning to hold an event on Stronsay then why not use the free publicity available from the Limpet, the editor's contact details are on the back page of every edition of the [Stronsay Limpet](#). You can advertise in the monthly editions of the Limpet and your event can be publicised via the Stronsay Limpet email list. It's always a good idea to check the [Visit Stronsay calendar](#) when planning an event, could avoid embarrassing clash of dates.

HOW TO CONTACT THE *LIMPET*

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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



CORRA
FOUNDATION
voice • power • change

Community Wellbeing Fund
info@corra.org.uk
T 01253 444 8007
W www.corra.org.uk [Facebook](#)

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GROUPS, CLUBS & ORGANISATIONS

POOL MAINTENANCE—CLOSURE DATES

The pool will be closed on Thursday 30/06/22, Saturday 02/07/22 and Monday 04/07/22. It will also be closed from Monday 25/07/22 to Saturday 30/07/22 inclusive for essential maintenance at the school.

Apologies in advance for any inconvenience. Many thanks for your understanding and support.

Stronsay pool committee.

SWIMMING POOL NOW OPEN

Good news! The swimming pool reopened on Saturday 26th March.

Monday	Public session 6:30-7:10	Adult lane 7:10– 7:50
Thursday	Private hire 6:30-7:10	Public session 7:10-7:50
Saturday	Private hire 2-2:40	Public session 2:40-3:20

Charges - Adults £3, Children £1.50, Private Hires £15.

Note - pool will not be open 2nd April.

Maximum 12 in the pool.

To book a private hire phone Elsie on 616238.

LIFEGUARDS WANTED!

Stronsay swimming pool is looking for enthusiastic, reliable and conscientious people to become part of the pool team.

We will train you using the national standard RLSS National Pool Lifeguard Qualification and in return all we ask is you help us keep our small pool open and sustainable.

The ability to swim and a degree of fitness is required before you start your journey into 'lifeguard life'.

Interested parties should contact Andy Rose: email andyrose85@btinternet.com, phone 01857 616277 or mobile 07769 689 310

OVERSEERS WANTED

Looking for reliable overseers for the swimming pool reopening please! Previous volunteers welcome. Involves taking payment, handing out bands, helping with evacuation procedures etc. Contact Mairi Dennison via Facebook messenger or tel 616331.

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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 (re-opens 3rd Feb 2022)

For telephone numbers see the back page of this edition.

TIMETABLES

[Loganair 20 Feb 2022 to 29 Oct 2022](#)

[Orkney Ferries 8 May 2022 to 31 July 2022](#)

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 26th June 2022
The Manse, Stronsay KW17 2AF **KIRK CORNER**
DLocke@churchofscotland.org.uk
01857 616284



Hello again everyone. Do you remember the starfish story ?
A man was walking along a deserted beach, and could see a young boy in the distance, bending down and throwing things into the sea. As the man approached, he saw the boy was picking up starfish that had been washed up on the beach and, one at a time, was throwing them back into the water. The man asked the boy what he was doing? The boy replied, " I'm throwing these washed up starfish back into the ocean, or else they will die. "But" said the man, "there are thousands. You can't possibly make a difference." The boy smiled, picked up another starfish, and as he threw it back into the sea, he replied; "Made a difference to that one"

We can all I think at any stage of our lives, make that small difference that matters. With our words or actions. Today I phoned a lovely lady who has just reached the age of 100, she cheered me as much as I cheered her. And in church we watched a video of the man in Edinburgh who also reached 100 years old this week, and is still working away 3 days a week in a hospice charity shop. He said that helping people is what its all about. People can be an inspiration, no matter their age. Our theme in church today was 'dream small'. We can still do lots of small things that make a difference. Just because we cannot change the world , we can help with small steps to help or encourage someone.

We have extended the deadline for our questionnaire about what improvements our Community in Stronsay needs? It seems a lot of people may not have filled it in because they thought it was largely about church. The opposite is the truth, its to identify general concerns – and clarify what services, projects, initiatives or help our community needs, or need improved. The idea might be that we [the church, congregation or Natural Wellbeing Project or someone else] could do something about some of them or even just speak up about them using our various connections, so that others do something. For example some people have used the questionnaire to express concerns about loneliness and isolation for different age groups, about shortage of housing or internet adequacies, or specialist healthcare services So it is very much for anyone to complete, and its not too late- please fill in this survey online through Survey Monkey by following this link : <https://www.surveymonkey.com/r/StronsayCommSurvey> it can also be filled in by Hand - paper copies are available from church leaders
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GROUPS, CLUBS & ORGANISATIONS

We had a lovely church trip to Westray on Sunday 12th June, to share a church service, lunch and friendship and how life in the two islands have much in common, joys and frustrations. [The folk from Papa Westray did not make it across as their Nordic Sea Ferry cancelled on the day-again- on the day our ferry ran smoothly from Stronsay!]. From donations on the day, we started up a small fund with over £300 to help the work of the church in both islands.

It was a learning curve for me to find out about ancient history of Westray and how it and Papay were once a centre of European church and political life. We may not aspire to that sort of dominance in Stronsay, but I did this week point out to the Westray minister Iain MacDonald how Stronsay won the North Isles Sports tug of war – he however quickly retorted that Westray won most other things! Each island it seems has its own strengths and weaknesses, but also much in common.

Well done Stronsay community for the excellent Queen's jubilee celebration on Saturday; it was a lovely family event, and my family and I loved it. We held another Jubilee event the next day in the church as our normal service was transformed into a crafts session with everyone participating and then we held the rest of the service outside in lovely Stronsay sunshine.

May God bless you all as together we try and do the little things that make a difference .

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

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POST OFFICE OPENING TIMES etc

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

HOW TO CONTACT THE *LIMPET*

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