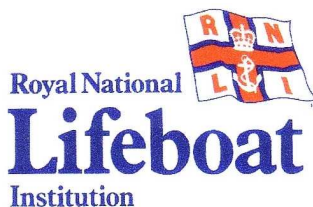
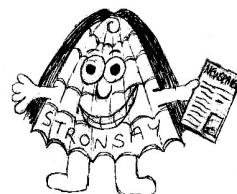


STRONSAY LIMPET

FUNDED BY STRONSAY DEVELOPMENT TRUST

ISSUE 55 - JANUARY 2010

Published on the last Thursday of the month



FRIDAY 29TH JANUARY 2010
STRONSAY COMMUNITY CENTRE
5pm until 7:30pm

Sup
Our
Soup

Sample
Our
Sandwiches

The R.N.L.I is holding a Nationwide **SOS** day on Friday 29th January, 2010, which will be repeated annually, the object of which is to raise as much money as possible through activities with an **SOS** theme.

The Stronsay Branch has decided that this year, they will serve up soup and sandwiches in the Community Centre at £3 per head for adults, and £2 for children.

Please come along and dine with us to support this worthwhile cause. This will save Mum having to make the evening meal. There will also be raffles and quizzes etc, and raffle prizes will be greatly appreciated. All proceeds go towards training and equipping the brave men and women who man our lifeboats.

W. Miller, Secretary

Correction: In the item on the Companions Christmas party in December's Limpet it should have read "Musical entertainment was provided by Mike, Lauren, Jacqui, Diane and Gaynor." Apologies for any misunderstandings.

The next edition of The Limpet will be published on Thu 25 Feb. Items for inclusion in that edition should be submitted no later than Sat 20 Feb. Contact details on back page

MANSE REPORT—JANUARY 2010

BIG news from The Manse! Since last month we have been very fortunate with the weather and this has enabled us to get on well with the roof. As most people will have seen the roof is now on the main house, only the lean-to needs finishing, but first we need to put a window in. The house is lovely and dry inside now so this should enable us to work away inside of an evening. Hopefully putting the plasterboard on the stairwell will follow shortly and then the enormous task of fitting the stairs. The first fix electricians are in and we have temporary lighting on all floors. The original sandstone ball at the top of the stairwell was taken off to enable us to get it waterproof but after cleaning it will be back in its full glory. Watch this space.

Steve & Yvonne



STRONSAY GP—UPDATE

By Karen Crichton

NHS Orkney Interim Community Health Partnership General Manager

Interviews were held on Monday 11th January to recruit to GP vacancies on Stronsay, Sanday and Westray. A number of the candidates chose to take part on an island tour on the Sunday ahead of the interviews. This involved the GPs visiting each of the islands with the Community Councils and practice staff showing the candidates their islands. One of the GPs spent the night on Stronsay with Sanday hosting two GPs and Westray one. Following the interviews, three principal GP roles were offered to cover each of the islands. Unfortunately, an appointment was not made to the principal Stronsay GP post. The post was offered to one of the candidates, but at the end of last week the GP unexpectedly was approached about another, Orkney based post, and decided to take that job. We are naturally disappointed not to have appointed to Stronsay. Our intention now is to undertake a second round of recruitment. We have a number of suitable candidates who were either not able to attend for interview first time round or submitted late applications. We do not believe a second round of advertising will be required, and hope we can appoint to the post very soon.

In the meantime, NHS Orkney will continue to provide locum GP cover to Stronsay with this GP providing a weekly visiting service to Eday. Dr Lavender will be on Stronsay until the 1st February with Dr Seikmann taking over until the 12th February. Dr Farrow then takes over. NHS Orkney will continue to provide monthly updates in the Limpet until we make the Stronsay GP appointment.

LETTERS TO THE LIMPET

To the Stronsay community,

Thank you so much for the lovely flowers which you sent me after my dad retired. I was sorry to miss his presentation but enjoyed hearing all about it when he got home.

Thanks again for your kind wishes,

Ingrid (Dr McKay's daughter)

Dear friends and old neighbours of Stronsay,

On behalf of myself and my family I would like to say how grateful we are to you all for the lovely cards and phone calls and support to us during this said time with the passing away of our dear Leo. The eleven years we spent in Stronsay were the happiest of our lives and you all took us as your own. My son Mark and I are hoping to come to see you all this year which I am looking forward to. So until then I wish you all much happiness, good luck and good health.

With all our love

Pauline Hojbjerg and family

I am writing this message on behalf of Eleanor and me. We wondered if we could use the good offices of *The Limpet* to let our friends on Stronsay know that I have had a kidney transplant and that, so far, it seems to be working very well. You might know that I have this rare condition of hereditary amyloidosis. Amyloid is an insoluble protein and it is collecting in my kidneys and stopping them working. By Christmas 2009 my kidneys were expected to have stopped completely. I had a tube put into my abdomen so that I could start dialysis to take over the kidney function.

In the very week I was due to take delivery of my dialysis machine I received a phone call from the Transplant co-ordinator at the Freeman Hospital in Newcastle. Would I attend the clinic the next day? There was a possibility I could have a transplant very soon. The usual waiting time is about two years so I was delighted to attend.

At the clinic I learned that there was a supremely generous anonymous kidney donor who was prepared to undergo surgery to have one kidney removed so that it could be given to someone who needed it. All the people in the United Kingdom who were waiting for a transplant were reviewed and it happened that I was the best match for the donated kidney. I felt as if I had won the lottery without having to buy a ticket.

I went to Newcastle on Saturday 19th December. On the morning of the 21st the donor's kidney was removed and brought to Newcastle. On the evening of the same day it was transplanted into my right groin. The new kidney began to function right away. Everyone was delighted. I had the usual ups and downs in the post operative period but I was able to come home at the usual time, just twelve days post operation.

Now I am at home and convalescing. Eleanor is toiling mightily to look after me. I am, of course, a very difficult patient. In time I shall settle down and have the freedom to do all the things I want to do without having to plan for dialysis or controlling my diet.

Words cannot express my gratitude to the anonymous donor. I feel that providence has truly guarded me.

John Buchan

STRONSAY HEALTHY LIVING CENTRE

Please note we will be CLOSED on Fri 12th Feb
& No buddy system 10th 11th & 12th Feb

Supervised session times until Sat 27th Feb
*new session or altered time

	am	pm
Monday	10-12	3.30-5.30
Tuesday	Buddy	*3.45-5.30
Wednesday	*10-12	3.30-5.30
Thursday	Buddy	*3.30-5.30
Friday	10-12	3.30-5.30
Saturday	Closed	2.30-3.30
Sunday	Closed	Closed

Many regular users will be aware of the changes to our supervised sessions. We have looked at usage over the past few months and decided to change some of our sessions to more popular times for the majority.

We are also now accepting clients referred by the medical team here on Stronsay for 'Exercise on Prescription'. This is a marvellous opportunity so please, please take advantage of it. You know what they say Use it or lose it! Please see our other article this month (on next page) for details of how to get started on this scheme.

Back to other pressing issues such as those unused saver cards!

All cards bought on the centre's opening day last year do need to be used by the end of March giving 3 weeks over the expiry date. This is to be fair to our annual card holders who will have to decide whether or not to renew their membership in March. So come on let's see you back in the gym and getting the benefit of your investment in yourself!

STRONSAY HEALTHY LIVING CENTRE

EXERCISE ON PRESCRIPTION

If your doctor or nurse has told you that your health might be improved by taking regular exercise, you may qualify for exercise on prescription. If you are over 60, on benefits, a low income or do not normally pay anything for your prescriptions your doctor or nurse will provide you with a prescription “slip” which you should give to staff at the Healthy Living Centre. If you are unsure whether or not you qualify, your doctor or nurse can advise you.

Funding for exercise on prescription is provided by the Health & Care partnership and allows each recipient up to 3 sessions per week for 10 weeks, a total of 30 sessions. Sessions are up to 1 hour each.

You may choose sessions which are convenient to you from the times below. Aim to attend 3 sessions weekly.

Times of sessions for anyone with an exercise prescription are as follows:

Monday 11.30 – 12.30

Tuesday 5 – 6 (By prior booking only)

Wednesday 11.30 – 12.30

Thursday 5 – 6 (By prior booking only)

Friday 11.30 – 12.30

Simply turn up on any Monday, Wednesday or Friday morning from 11.30 am. However, please arrive by 11.45am at the latest as we will close at 12 noon if there are no prescription holders by this time. If you would prefer to come on Tuesday or Thursday evenings please give a minimum of 48 hours notice.

You should bring with you some drinking water, and a small towel.

The first 10 week “block” will run until 26 March (inclusive).

Any queries telephone Tracey or Julie on 616449

SWIMMING POOL TIMETABLE **FROM 20th JANUARY**

Wednesdays:

6.45—7.15 Private session (pre-booked)
7.40—8.20 Public session
8.20—9.00 Public session

Thursdays:

7.00—7.40 Public session
7.40—8.40 Public session

Saturdays:

2.00—4.00 Swim club

To make enquiries about Swim Club phone Sarah on 616406.

To book a private hire, phone Elsie on 616331. (As well as the pre-booked private hire on Wednesdays, it is possible to book a private hire on either Thursday evenings or Saturday afternoons)

SMILE TRAIN - UPDATE

The Smile Train is a charity that treats children from poor countries, who are born with a cleft lip & palate. In Ebenezer Stores we have a collection jar to raise money for the Smile Train and in October 2009 I was able to send off a cheque for £260. This will be enough to treat one more child and will make a huge difference to their quality of life. The money was raised in various ways, some people gave donations, some gave produce to sell in aid of Smile Train, and we give 10p for every litre of used vegetable oil that people give us.

We would like to thank everybody who has supported Smile Train in any way. I have a short DVD which tells the story of a little Indian girl called Pinki who was born with a severe cleft. She waited six years for surgery and was treated as a freak and an outcast but her surgery transformed her into a beautiful little girl. If you would like to borrow the DVD please ask.

Thanks again for your support, we already have about £25 towards the next donation.

Mike & Viv Erdman

ARCHERY

When the schools were on holiday in the summer there have been various events for the youngsters. One of these has been archery which appears to have received quite a bit of interest. In view of this fact, I should like to find how many people on the Island would be interested in having an archery club. Such a club would be open to all members of the community above the age of six, regardless of age or ability.

Speaking for myself, I have been an archer for many years and was a British champion for six years in my chosen style of shooting. I would be prepared to teach people how to shoot, obviously free of charge if they were members of a recognised club.

There is a fair amount of work to set up a club, not least of which is obtaining funding to buy equipment as well as finding a suitable and affordable place to shoot. These things I cannot do single handed, therefore I should like to hear from anybody willing to help firstly by forming a committee.

Please remember no help no club. I can be contacted by phone on 230, leave a message if I'm not here, by letter at Newbigging or by email at whiteknightele@aol.com. I open my e.mail most days so can get back to you quickly.

Dave Fernley

DRY STONE DYKING

Please let me know if you would like to take a short course on building dry stone walls. There would be a charge but to keep the cost down I would try and obtain some funding. The course would be hands on and take place during the summer, probably over a weekend. I will only make any further enquiries if there is sufficient interest.

I can be contacted at Newbigging by e.mail at whiteknightele@aol.com or by phone on 230.

Dave Fernley

STRONSAY CHILDREN'S COMMUNITY ART PROJECT

(PROGRESS SO FAR)

A meeting was held at the hall on 14th of January, consisting of all those who are involved in the organisation of this project, and including the young folk who were asked to give us their input. It was a very productive meeting, and many thanks to all those who attended – your advice, suggestions and ideas are what makes this project a reality, rather than just an idea.

The art project now has funding at its disposal. With donations from The Stronsay Community Council, Orkney Childcare Partnership, The Robertson Trust and Awards For All Scotland, we now have a total of £5340 in the pot. Many thanks to all who donated to the project so generously; also to Julia, Tony and Barbara Robertson at V.A.O for their invaluable advice and support in the funding application process.

It has been decided where in the hall the artwork will be displayed, which is in the new hall, on the main wall adjacent to the fire exit. We are all agreed that it is an ideal place to show the project; it is bright, well lit and most important, it is prominent. Many thanks to The Stronsay Community Association for their thought and consideration on the matter.

Many constructive ideas, questions and suggestions were brought forward at this meeting, whether the topic was the organisation of the project, or how the project itself is going to take shape. All ideas put forward were very relevant, practical and achievable. We are especially delighted with the amount of inspired and fun ideas the young people themselves came forward with – this is after all, your project, and surely the main idea is that you, along with all who are involved, enjoy yourselves whilst creating serious artwork.

It was agreed, that, despite the considerable amount of funding that the project has at its disposal, we will continue with our plans for local fundraising events toward it. The funding applied for was based on estimates given for what I believed the costs will be; but there will, of course, be aspects on this that I will not have considered, but will come about inevitably as the project takes shape. One way or another, all funds raised will be put to constructive use. There were some excellent ideas brought forward, from the bigger bairns (also known as adults), and young people alike, so be on the lookout for future events as they arise.

Many thanks again to those who are giving their time and thought to this wee venture.

Jenny



POWERDOWN UPDATE

I hope 2010 has been good to all so far. Here are some updates that I hope will be of interest.

Energy Advice in the home

Saving energy in the home is an important issue for householders both for financial and for environmental reasons. I have this month completed a City and Guilds certificate in Energy Awareness which includes giving advice on how to save energy through using heating and related equipment more efficiently, insulation measures and basic ways of treating condensation, mould and damp in the home. Please contact me if you need any advice regards these matters. Perhaps you just need help to work out you electricity bill or need to know how to set your central heating timer. Anything else or funding matters just ask!

For Energy Advice phone: Marion 616 354. If I am not available there are 2 volunteers who have also undergone the Energy Awareness training through Community Powerdown and Community Energy Scotland. Contact : John Steenton or Clive Martin.

Energy Assistance Package

Funded by the Scottish Government and delivered by the Energy Saving Scotland advice network. There are changes coming into effect in April to Stage 4 (Additional heating insulation measures) widening the eligibility. Present eligibility:

- 75 or over (No receipt of benefit needed)
- On qualifying benefits and have a child under 5
- On qualifying benefits and pregnant.
- On qualifying benefits and have a disabled child under 16
- On qualifying benefits and over 60

As from April those on qualifying benefits with **a child under 16** will also be eligible. Contact The Energy Savings Trust as they are keeping a list of interested parties.

Stage 3 Insulation will still be the same. Those 75 and over or 70 and never have had central heating may be entitled to free loft insulation and cavity wall insulation. (External or internal for solid wall houses does not qualify.) You can also get help if you are in receipt of certain benefits.

The Energy Savings Trust: 0800 512 012

Climate Challenge Fund (CCF) Applications

We are expecting news of our Affordable Warmth project imminently. If successful this will be announced via press and media. This project includes thermal imaging and full energy audits for up to 100 households.

The Community Greenhouse application was submitted after been given the “green light” by CCF. It will be several months before there will be any news on this but in the meantime we will progress the project in any way possible and hope that Stronsay can benefit from this funding. Interested parties are welcome!



MONTHLY REPORT TO THE COMMUNITY

FROM TONY WITHERS LDO.

Hello to everyone and here's hoping that 2010 proves a good year for everyone here! Obviously with the holiday period in mind I have less to report this time round.

Please note that due to different funding arrangements for my role my title has changed from Local to Community Development Officer with a slight change in my job remit/role. More details to follow.

I wish to remind all those that feel Whitehall deserves mains sewerage before 2020 to sign the petition in Ebenezer Stores which, via our MSP, will go to SEPA to express our concern at the length of time it will take to be done.

The SDT's intention to purchase of the Light Haulage side of Jim Holland's business on behalf of the community continues and a series of meetings regarding the matter have and will be taking place over the next month and I hope to be able to report my progress next month.

We are also hoping to hear back next month about our Big Lottery Funding application. Everyone on the committee is keeping their fingers and toes crossed for a positive result!

If anyone is still interested in basic computer and internet lessons please let me know asap. The take up has so far been slow and I need more takers to make it worthwhile. My contact number is 01857 616300.

The Discover Stronsay leaflets have begun to be distributed and the reaction to them from Visit Orkney was bordering on ecstatic! You will soon be able to spot them around the island and on the ferries so once again well done all those who helped them happen.

Congratulations to Jenny for securing funding for The Art Project, now the hard work begins!! I remind anyone who has a valid idea or project in mind that I am available to assist them to secure funding like Jenny's but you must be prepared to do all the hard work that follows just as Jenny and her team are doing.

Finally over the next two months the Trust will be setting out its plan for the future and my role will be to put in place a new development plan for Stronsay. If you have any input or suggestions as to what should be included please feel free to contact me.

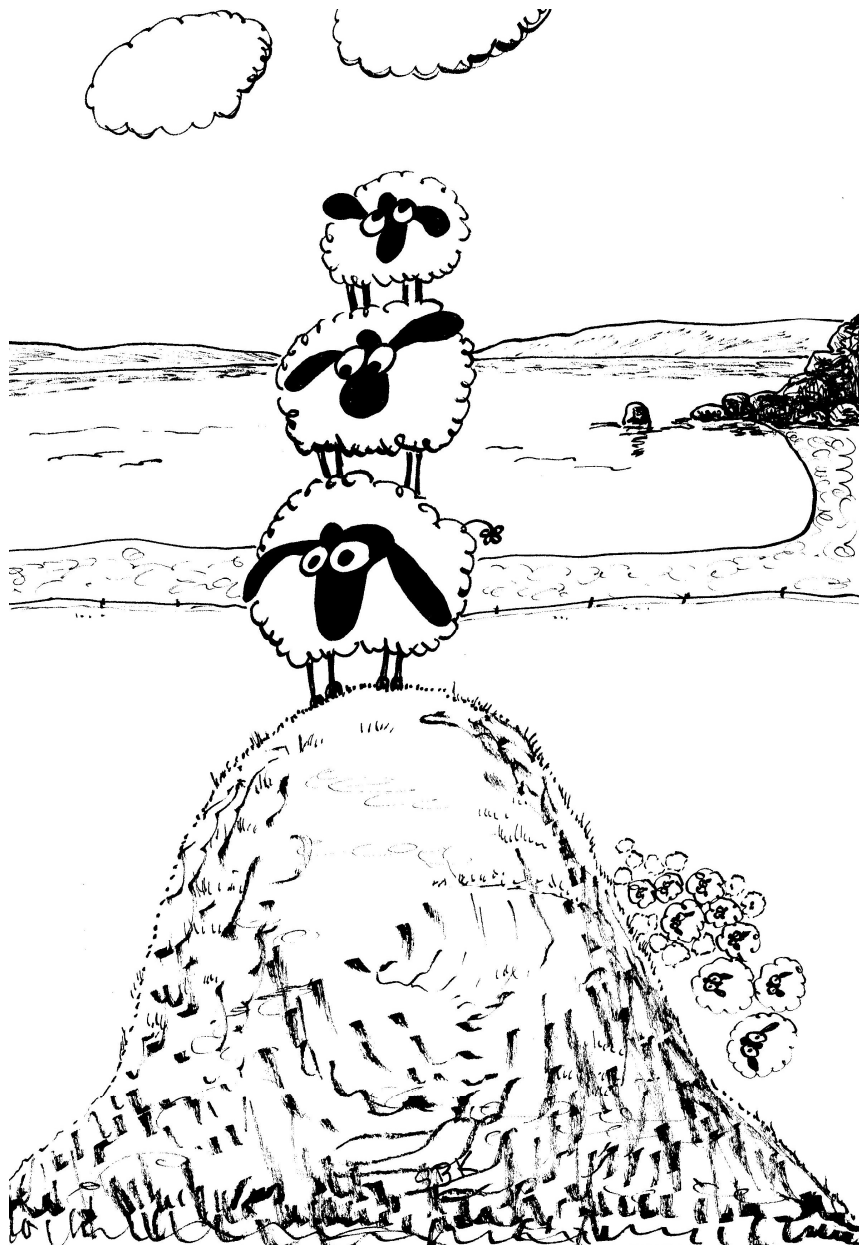
(See next page for Tony's "Tip of the Month")

TONY'S TIP OF THE MONTH!

Want to know what the Development Trust is doing on your behalf? If so check out the minutes of the Board Meetings placed for your convenience at the stores and Post Office or, if you have internet access, at www.orkneycommunities.co.uk/SDT/library.asp

If anyone is interested in renting a small start up business unit at a very fair rent or has the need for workshop or storage space, please let me know, as I am putting a case together for an Enterprise Zone and need to have an idea of those who would be interested. Absolutely no commitment is required! Two takers already, how about you?

Has anyone seen my feet? Because I haven't seen them for years. Gym buddy required, to help me get motivated and encourage me to attend. Are you up for it? Horribly fit, slim people should probably not apply as I would be tempted to fall on them out of exhaustion and jealousy!!



**BEING UPWARDLY MOBILE GIVES YOU
A WHOLE NEW OUTLOOK ON LIFE!**



COULD YOU CONTRIBUTE SOME TIME TO THE COMMUNITY?

Stronsay Development Trust needs a Company Secretary who will keep the registers, send out agendas, keep policies up to date and comply with the requirements of both Companies House and The Office of the Scottish Charity Regulator. There is training available and help at hand.

It is a pivotal job and will be paid.

Exciting and busy times are ahead and our voluntary board members need this important support if we are to continue to deliver projects and improve opportunities on Stronsay.

SDT website: www.orkneycommunities.co.uk/SDT

Please contact Julia Crocker on 616434 or e mail julia.crocker@btinternet.com if you are interested.

A Company Limited by Guarantee, Registered in Scotland

Company Number SC271553

A Scottish Charity, Charity Number SC038888

Registered Office: Clifton, Whitehall, Stronsay, Orkney KW17 2AR

THE STRONSAY DISTRICT COUNCIL

By Leo Martin-Brown

(*lmartinibrown@yahoo.co.uk*)

When the population was much higher the District Council met at the Central School between the years 1930 & 1975. The Community Council, whose councillors do not receive allowances, replaced it. One major difference was that until the introduction of the National Health Service (5th July 1948, my birthday!) the SDC considered reports from the Inspector of the Poor and decided individually on whether to award grants, coals, medical aid or funeral and executor care.

There is only one minute book for the whole of the 45 years. I thought the following might interest our readers.

Burial Grounds

Holland was closed by Order in Council 10 March 1916 & Whitehall 17 July 1917 – with the exception of spouses.

Whitehall Public Toilets

On 27 May 1970 “the Council considered that the toilet facilities at Whitehall village were very inadequate and that visitors to the island had been inconvenienced”. The same tale occurs in the Community Council minutes in 2009!

Royal Visit

HM The Queen Elizabeth came to Whitehall on 12 August 1960. (50 Years ago, how many on Stronsay recall that event and will they please send in their memories to the Limpet). Table knives with handles suitably inscribed for the children were recommended by the SDC – did they actually get given out – has anyone a spare to put in the Interpretation Centre?

Air Post

On 19th August 1946 Captain Fresson OBE addressed a public meeting prior to submitting a proposal for runways at Grice Ness. The SDC had a five-station ballot on the air service proposals. Fresson is now celebrated as a dynamic pioneer of Highland and Island air routes with a Statue at Inverness Airport.

Flying Doctor

On 21 May 1969 there was a proposal from the County Clerk for the Flying Doctor Service for the North Isles. The SDC did not mince its words in the minute “The Council considered this a most devilish scheme and entirely unacceptable. The Clerk was directed to write a protest in the strongest possible terms”.

(continued on next page)

(continued from previous page)

Treatment of the poor

(Note: Without the authority of descendants personal information should not become public for 100 years, along with census data, even though one can read privately about the named poor and sick). One should change names, addresses, and other identifiable aspects when writing). One case from the 1930's reads

“On the advice of the Medical Officer attendance had been provided for Peggy Smithies during an illness. After difficulty in procuring attendance it was eventually procured at 4/- a day and the period of such was from 5th January to 28th January inclusive. He had also supplied this poor person with a load of coals as she had very little to keep up the necessary warmth during her illness. Inspector's actions were approved of. He submitted an application of date 10th. Ultio. craving a wooden hut to live in as she is hardly fit to again pass the winter alone and her present habitation is very poor. Instructed to remit this matter to the County Inspector stating that this Council recommend the supply of a hut to this poor person”.

A year later when the Government reduced the poor rate “against the Council's expressed wish” it recorded this as “more of tyranny than of justice”. I admire this robustness and solidarity. Six months later we read about Peggy for the last time from the Inspector of the Poor:

“That on May 22nd attendance was provided on Peggy Smithies.... at rate of 7/6 a week. A load of coals and two Gills Brandy had also been supplied. And for the two weeks ending 9th June attendance had increased to 10/- a week. And from that date to the 20th attendance at £1 a week had been supplied as the attendance had to be continuous night and day. She died on the 20th. And was buried on the 22nd.

Though not on this occasion the Council sometimes had to pay for funerals and the house clearance.

Official minutes are much enlivened when there is personality, recorded opinion especially when divided. They rarely contain full expressions of policy or expressions of moral principle. But one might ask how did Orkney or Scotland's District Council's 1930—48 treat the poor women who had illegitimate children?

ME CHRISTMAS CHEER!

By Ellie from Newfield

Eeh, the Christmas Pudding!
It's coming out of me ears
And I've tennis elbow
From raising me glass to "cheers".
What a wonderful Christmas,
Great friends and a jamboree.
Singing all our favourites
And a sparkling Christmas tree.
Another one for memory land,
A Christmas filled with joy.
And come the morn' it's New Year
And me resolutions, "Oh, boy".
I made them while being tipsy,
Dare I say it, ratted and drunk.
The list is just amazing,
All of them I'll flunk.
How could I even think it
To say I'd abstain from sherry,
I remember making that one.
At the time I was slightly merry
I promised to give up the drink,
Especially The Rum.
It's mostly kind of hazy
And me legs were almost numb.
I must have had a ball
And a bucket of Christmas cheer.
Me husband says he's glad
"It only happens once a year".

A LITTLE MOAN

I now have fifty in my wallet, that's pence you know not pounds.
I never seem to earn enough to make it go the rounds.
On food, electric and gas it goes and HP here and there.
It would be nice to have spare cash, so not to have a care.
Look at all the rich folk, with fingers in every pie
With more than enough to see them through until the day they die.
On they go just making more, while i can't get a chance
to climb above the poverty line, with such a small finance.
A rich man buys a carpet that will last for many a year,
My wife 'poor soul' buys lino with only six months wear
Then she has to pay again to buy another roll.
Just one of the many reasons we are always in a hole.
My cars are always second hand, with rusty parts throughout,
the clutches go, the retreads wear, I'm always forking out.
The rich can buy a Mercedes or a very pricey Rolls,
No need for plastic padding to fill in all the holes.
My car stands out in all weathers and soon looks in a state.
But the moneybags have garages in which their cars can wait.
Each month I pay a hefty rent, yet I don't own one brick.
I never seem to get anywhere, it really makes me sick.
It's not that I begrudge the rich, they have it and that's fine,
It's the way that I pay through the nose to own a thing that's mine.
All I buy has pounds stuck on with HP, it's not funny.
The man with cash gets pounds knocked off, yet he has all the money.
The upper class can buy wholesale and so can get things cheap;
Me, I have to shop each week , no benifits to reap.
Some folk that knock about the town, could pay off all my debt
with what thay spend on trivia, or waste on some daft bet.
I really don't need a million pounds plus perks to boost my wealth,
Just own my home, my debt erased and my wages to myself.
Circumstances plays a part in the rich or poor divide.
Some poor really deserve to be, because they have never tried,
Some are simply rich by inheritance or because of a ruthless streak,
Others are wealthy by sheer hard work, or a talent that's unique.
I'm rich though in health and spirit and in friends and family,
There is many a millionaire about that's not as rich as me

STANLEYS JUMPER. By Christine Richings.

Stanley the old seal was feeling rather under the weather. It was a cold winters day and he sat on a large rock, coughing and shivering. He had been to see the ocean doctor but all the seal medicine he had in his bag did not seem to make the old seal feel any better. It was decided that the old seals skin was not as thick as it had been, it was wrinkly and he was slow to move about meaning he felt the cold much more than he used to. A meeting was called to decide what could be done to help Stanley, several suggestions were made and it was decided that each time the old seal came out of the sea to sit on his rock at night or in the day young seals would gather around him and keep him warm then he in turn would keep an eye on the young seals for their mothers to see that they were safe. Now this seemed like a good idea and after a week Stanley the old seal was feeling much better. He had stopped coughing but the noise the young seals made and the fact that they could not stay still made Stanley really grumpy. One of the young seals had the idea of a jumper so that Stanley would be happy again and not rely on all the young seals to keep him warm, he asked the mermaids if it would be possible to knit a jumper for him. They said it was and that the warmest thing to make a jumper out of would be wool from a sheep. "Where can I find this?" the young seal asked the mermaid. She told him about the sheep that grazed in fields on Stronsay, their fleece became long and itchy in winter and they would rub against the fences leaving wool behind. If the young seal could gather this then they would knit a jumper for Stanley. The mermaid told him he must wait for a starlit night with a full moon and that then he must make a wish to turn into a boy, he would then be able to see his way from the shore up to the fields and gather the wool from the fences and bring it back to them to be knitted. This would take some time but the young seal must be back before the sun rose or he would turn back into a seal where ever he was as soon as the first ray of day light fell upon him. It was not long before the right night came, stars twinkled in the sky the moon shone brightly. The young seal sat on the beach and wished as hard as he could, just as the mermaid had said he became a boy. He set off at once to collect as much wool as he could going backwards and forwards to the beach until he felt he had collected enough for a jumper he was very busy and on the last journey back did not realise that daybreak was coming; he suddenly found he could not walk as he had turned back into a seal and was far from the beach. He knew which way to go but could only move very slowly on land, he shuffled along the best he could and could hear the sea but every time he tried to get back he came across a fence and could not get through. He soon became tired and lay for a while on the side of the road he did not know what to do strange noises frightened him, then he saw two humans coming towards him. He tried to speak but of course could only make a groaning, wailing noise they did not understand. He thought they wanted to hurt him and tried to make himself look as fierce as possible but this did not seem to worry the humans and it soon became obvious to him that they were trying to help him find his way back to the sea. Each time he stopped they encouraged him along the road making him take a left turn down a drive where he could now smell the sea. It was not long before he found himself on grass and then down onto a pebbly shore. The sea smelt so good although he was tired he could not wait to get in and swim away, but before he disappeared he looked back to the shore snorting in the water and splashing his tail as he dived under. Stanley the old seal was very pleased with his jumper, it kept him so warm he never grumbled or tired from hearing the young seal's story of how he got the wool.

LOCAL BUSINESSES

INSTANT PHOTOS

Passport, visa, travel pass, driving licence,
gun licence, etc.

Personalised birthday, Christmas & get well
cards with your own special message or
photograph.

Business/Invitation cards.

You name it! Tell me what you want & I'll
supply it.

Call Bill Miller on 616420

STRONSAY ARTS AND CRAFTS SHOP

WHITEHALL VILLAGE

Usual winter opening hours

Thursday to Saturday 10am to 6 pm

BUT - sorry - we shall be closed on

Jan 28th, 29th and 30th

Tel 616434

www.stronsayartsandcrafts.co.uk

STRONSAY ARTWORKS

Original paintings of Stronsay Landscape;
Limited edition prints, greetings cards and
postcards which are available for sale at lo-
cal shops, Post Office, Hotel, B&B's and
the Fishmart. Commissions taken.

Phone Jenny on 616475

PRIVATE SALES & WANTS, GREETINGS etc

Free to good home!

Brand new HP toner cartridge 92A C4092A

Fits HP laserjet printer models 1100, 1100A
or 3200

Contact Linda on 616225 or 616480

Business adverts

Up to 25 words - £1.50. 25 word advert with photo - £3. 25 to 50 words - £3 and so on.

Private adverts (for sale, wanted, birthday greetings etc)

Up to 25 words - £1.00. 25 word advert with photo - £1.50. 25 to 50 words - £1.50 and so on.

Adverts for the next (February 2010) edition of *The Limpet* must be placed by Saturday 20 February

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

GROUPS, CLUBS & ORGANISATIONS

5pm—7:30pm FRIDAY 29 JANUARY

STRONSAY COMMUNITY CENTRE

RNLI Nationwide **SOS** event

Sup **O**ur Soup and Sample **O**ur Sandwiches

Raffles & Quizzes

Adults £3, children £2

COMPANIONS CLUB - STARTS AGAIN ON MON 8th FEB

COMMUNITY HALL 2pm TO 4pm

For more information contact Wilma on 616261

STRONSAY KIRK—LIFT TO CHURCH?

Would you like a lift to church during the winter months? We would be more than happy to organise the Ambulance, which is also meant to be used by the wider community, to come by for you on Sundays, to take you to the service and back home again. If you would like to be added to the list of passengers, please let either Jennifer George (616311) or Elsie Dennison (616331) know as soon as possible.

EVENING CLASS

“Singing techniques” - tutor Michael Lee

Every Monday at 7pm in the Community Hall (Current session ends on 22 March)

Ability to read music is not essential

Previous experience is not necessary

All you need is enthusiasm!

Please contact Brian Crowe on 616464 for more info

FRIDAY NIGHT GAMES CLUB

Friday night 8pm until 10pm

Entrance £1

Come along for a fun filled night

Air hockey table

Pool table

Play station 2

Nintendo Wii & Sing Star

Snooker

Juice, crisps and sweets available

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

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GROUPS, CLUBS & ORGANISATIONS (continued)

COMMUNITY ASSOCIATION

VALENTINE BALL & BUFFET SUPPER

COMMUNITY HALL

9pm SATURDAY 13 FEBRUARY

Dancing to the Stronsay Band

Adults £5, under-16 £2

MOBILE LIBRARY

Next visit - **Monday 1st February** (refit timetable)

Council Houses: 9.00am-11.00am

Stronsay School: 11.30am-2.00pm

Stronsay Kirk: 2.30pm-4.30pm

Stronsay School: 6.30pm-8.00pm

Kirkwall library contacts - 01856 873166 or general.enquiries@orkneylibrary.org.uk

Kirkwall library website - <http://www.orkneylibrary.org.uk>

Kirkwall library online book catalogue - <http://212.219.208.10/TalisPrism>

STRONSAY COMMUNITY ASSOCIATION

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

Special event coming up? Why not hire the disco equipment with rotating glitter globe and pulsating coloured lights for only £5 plus room and hydro charge? A DJ from the Hall list must be used.

Also available for hire: badminton, table tennis and snooker all at £2 per hour plus hydro. All equipment provided.

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

For details and booking contact Colin on 616446.

DO YOU RECEIVE *THE LIMPET* EVERY MONTH?

If you live on Stronsay and your house doesn't receive a regular copy of *The Limpet* just give your name & your address to either Ebenezer Stores, the Post Office or Olivebank and a copy will be there for you on the last Thursday of each month. If you would like to receive your very own copy of *The Limpet* every month via Royal Mail or you would like to send a copy to someone else then you can take out a postal subscription, details are on the back page of every edition of *The Limpet*.

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

Items for the next (February 2010) edition of *The Limpet* must be placed by Saturday 20 February

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USEFUL INFORMATION

POST OFFICE OPENING TIMES

Monday, Thursday 08:30—16:15

Tuesday, Wednesday, Friday . 08:30—12:00

Saturday 09:00—14:00

Post collection times 07:30, Monday to Saturday

Replacement bin bags. Telephone OIC (Technical Services) on 01856 873535

Sunday service at the Kirk 11 am

Our Lady's chapel, pier head Daily Masses at 7:30 am and every Sunday at 9 am

Next Special Collection 05 Feb 2010

Doctor 616321/308

Nurses 616225/232

Registrar 616239

Hall bookings 616446

Post Office 616217

Companions 616307

Kirk 616311

Stronsay Hotel 616213

Fish Mart 616386

Olivebank 616255

Ebenezer stores 616339

Castle Bird Reserve 616363

Balfour hospital 01856 888000

Hydro 0800 300 999

Kirkwall Library 01856 873166

Kirkwall Police 01856 872241

Vets:

Flett & Carmichael . . . 01856 872859

Northvet 01856 873403

Dentists:

Great Western Rd 01856 879683

King Street 01856 875348

HOW TO CONTACT *THE LIMPET*

Send an email to ricardian@btinternet.com, phone Bruce Fletcher on 616297 or write to *The Limpet*, Claremont, Stronsay, KW17 2AR

The Limpet is published on the last Thursday of the month. Items for inclusion in *The Limpet* must reach Bruce by the Saturday before the last Thursday in the month. The cut-off date for the next (February 2010) edition is Saturday 20 February

SUBSCRIPTIONS TO *THE LIMPET*

Why not send a subscription to a friend or relative for a birthday present?

12 editions for £10.00 including P&P

Please make cheques—UK banks only—payable to “Stronsay Development Trust”

(UK only. Non-UK subscriptions, please ask for a quote)

Contact Bruce, details above

The Stronsay Development Trust, a Scottish Charity SC038888

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

Supported in its activities by HIE Orkney, Orkney Islands Council,

Communities Scotland, The Crofters Commission and

Orkney Community Planning Partnership
