



STRONSAY LIMPET

FUNDED BY STRONSAY DEVELOPMENT TRUST

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THE BASSHAMS ARE COMING!

We are on the way to Stronsay! Leaving Adelaide in South Australia on 22nd May, we travelled to Chianf Mai in Thailand for some important family events with the Tilley's, when our grand-daughter Emily graduated from High School, and then had her 18th birthday party. With Emily as our travelling companion for the next 4 months, we flew to London and have met with friends in Ipswich, St Neots, visiting some wonderful places on the way to Edinburgh. On July 1st we begin our stay in Orkney, arriving on Stronsay on July 2nd—ready to meet new friends!

We look forward to worship, sharing in community activities, visiting in your homes, seeing favourite spots, telling you about Australia and showing a few films we are bringing.

Its a wonderful opportunity to come to a special place in God's creation, as we join with another part of God's family on Stronsay and Eday. See you soon!

Blessings, Rodger and Marlene, and Emily Tilley.

(See Kirk News on page 30)

RNLI (STRONSAY BRANCH) BUFFET—21 JULY

The annual RNLI buffet will take place at 12;30pm on Sunday 21st July in the Community Centre. Usual wide selection of soup, hot & cold meats, vegetarian dishes, pudding and fancies plus tea & coffee. Drinks available at the bar. Tombola, raffles, sales tables, home produce stall, hampers, souvenirs, etc. All proceeds to the RNLI.

Kirkwall lifeboat arrives at the pier at noon and will be open for inspection

Short service at 12:15pm conducted by Rev Rodger Bassham to which you are all invited.

Raffle prizes & items for sales tables, etc can be dropped off at the hall from 2 to 3pm on Saturday 20th July. All donations will be gratefully received.

W Miller, Secretary, RNLI (Stronsay branch)

CORRESPONDENCE TO THE TRUST

The Trust would like to apologise for any delays in communication. We are low staffed at present and have to wait with implementing the correspondence policy that was agreed at the AGM until further notice. We will still aim to acknowledge any correspondence within 5 working days, but a full reply is likely to take longer than expected.

The next edition of the [*Limpet*](#) will be published on Thu 25 July. Items for inclusion in that edition should be submitted by 7pm on Sun 21 July. Contact details on back page

STRONSAY COMMUNITY FUND FUEL POVERTY GRANT

Some unsubstantiated rumours have been circulating the island that intrusive checks will be made on the finances of those applying for this grant. Please rest assured that this is not the case!

The process is set out below and it is hoped that this will put a stop to these unhelpful rumours and will encourage all who are eligible to apply once the grant is available.

SDT OBJECTIVE:

To relieve poverty particularly among the residents of the Community.

In order for the Trust to work towards achieving this we have approved a proposal to help relieve fuel poverty by providing financial assistance towards home electricity costs.

- Grant of £150 subject to annual review of this pilot scheme.
- Paid directly to the domestic electricity provider via the account or key card.
- Grants are not available for businesses, second homes or holiday lets.
- Applicants must be the bill payer and be eligible to be SDT members.
- One application per bill payer.

The domestic electricity bill payer will sign the application form to confirm they are in fuel poverty*. No means testing will be carried out by the Trust to confirm this is the case as the Trust believes that by signing the declaration applicants take on the responsibility to be truthful.

PROPOSED TIMELINE:

Application forms will be available on line, at the Post Office and in the September 2013 Limpet. All applications will need to be submitted by 31st October 2013 and unfortunately late applications cannot be accepted after this date. It is planned to credit the accounts in November.

**Scottish Fuel Poverty Statement Definition is:*

'A household is in fuel poverty if, in order to maintain a satisfactory heating regime, it would be required to spend more than 10% of its income (including housing benefit or income support for mortgage interest) on all household fuel use.'

Tony Withers Projects Officer.

LETTER FROM SCHOOL PLACE

It was good to see the Screen Machine (in its new incarnation) back out in the isles, but I can't believe it is really 13 years since it was last here.

I am able to report that the review of polling stations and postal voting will start soon after the earliest statutory permissible date of the 1st October, and that OIC will be consulting the public. So taken the opportunity, when it comes, to have your say.

Councillors were invited to a special preview of the Picky swimming pool and squash courts. I can now reassure folk that provision has been made to ensure the Longhope Swimming Gala can continue at the new pool.

At this cycle's Education, Leisure & Housing Committee meeting, we were told that revised funding will enable the "delivery" of four council housing units to Sanday. I made enquiries, and work is due to commence on them, at Marston, in early 2014.

You will have seen in the press how the work of our Constitutional Reform Working Group is progressing. A press conference was held on the 17th June launching, together with Shetland Islands Council and Comhairle nan Eilean Sair (Western Isles Council), a joint position statement: "Our Islands – Our Future" ("Ar n-Eileanan - Ri teachd"). Unfortunately, the launch was somewhat overshadowed by news of Heart of Midlothian FC going into administration. Let's hope no football-related events overshadow our joint conference, due to take place on the 19th and 20th September in Kirkwall.

At a seminar I attended on marine protected areas, it was announced that three areas are being proposed around Orkney. A large zone to the NW for the protection of sandeels, most of the W, N and E coastline of Papay for the safeguarding of the black guillemot, and much of Wyre Sound and Rousay Sound for the preservation of maerl beds and kelp communities. A 16-week consultation period is due to start in July, with SNH "drop-in events" in Papay and Rousay.

Other meetings I have attended included a consultation on the National Planning Framework, a consultation on Orkney's new children's home, a special meeting of Shapinsay Community Council, meetings of Stronsay Parent Council and Stronsay Community Council, and the AGM of Rousay, Egilsay, Wyre & Gairsay Community Council. The forthcoming of meeting Eday Community Council will soon be added to this list. Note that none of these meetings feature in the attendance figures, which give a very incomplete picture of the days and nights I spend away from home doing my bit as your councillor (not to mention the hours spent at the computer and in correspondence).

Anyway, the opportunity to spend some time at home will soon be here in the form of the summer recess, which lasts from the 8th July to 23rd August. Of course, I shall still be "out and about" in the isles on some of the Sunday ferry excursions. Maybe I'll see you then!

Stephen

Cllr Dr Stephen Clackson

West Manse, Sanday

stephen.clackson@orkney.gov.uk

BAG THE BRUCK 2013

Four beaches in Stronsay - Mill Bay, St Catherines, Housebay and the Bu Sands - were cleaned up by an enthusiastic group of young folk from the Stronsay Games Club. The money raised from this will go towards a new pool table. Thanks must go to Don Peace and Andrew Fraser for collecting the bagged rubbish off the beach and stacking it up at the collection points. These young folk are a credit to the island and know that if they want something they have to work for it! Well done and thank you all.

Gaynor



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STRONSAY COMMUNITY COUNCIL

BAG THE BRUCK (AND THE DOG POO!)

Congratulations to our young folk and adult helpers once again for their fantastic effort in 'Bagging the Bruck' - 3 evenings, 4 beaches and 220 bags o' bruck. Well done to all who took part! It's great to see you taking such a pride in our island environment and making Stronsay a better and cleaner place on which to live.

It was very disappointing to note that these efforts were hampered by the large amounts of dog poo they had to negotiate their way around on the Rothiesholm sands and dunes as they did their rubbish collection in that area. So come on, you dog walkers and owners – why not do your bit to help our younger generation keep our island clean and 'user friendly' when you're out enjoying a walk? Just remember to 'bag it and bin it' when your dog stops to do its business! Supplies of suitable bags are available FREE from Ebenezer Stores, Olivebank and the Post Office.

Ian Cooper

THE GREAT ACCIDENT OF THE 14TH OF JUNE



On the 14th of June, what started as a school trip, turned into a search and rescue mission. The children of Stronsay School, Secondary pupils: Thomas Fish, Jack Holland, Daniel Scanlan, James Macleod, Matthew Boler, Ieuan Evans and several more passengers witnessed a tragedy at sea.

After just passing Eday, the ferry took a 180 degree turn and went back up the coast of Eday. Many passengers wondered why the ferry had turned around and thought someone important hadn't got off or on at the right time at Eday and continued what they were doing but soon the truth was out. A nearby fishing boat had sunk after colliding with rocks. Many looked out to sea in an attempt to find the sunken ship or the life boat. After a while, some people caught sight of a white object in the water. The ferry was soon joined by many other boats in search of the passengers. As the ferry drew nearer, the object became a little more visible and clearly not a wave, but the top of the ship. It was surrounded by rocks and was accessible from another angle, and another ferry picked them up. Very soon the coast guard helicopter arrived. By then the ferry turned round and we returned to go to Kirkwall. The children of Stronsay were told by the crew member who had been sailing on the ferry for a fair while; this was the second time he had witnessed this. This is very big news as it was on BBC Scotland within the hour.

AFYD ANGLING TRIP TO THE MAINLAND

(13th & 14th JUNE 2013)

June 13th and 14th saw plenty of angling action along the shores of the lochs of Kirbister and Harray. This was part of the Stronsay School's annual AFYD fishing trip to the Orkney Mainland which involved S5 pupils who recently transferred to Kirkwall Grammar School and the S2 and S3 pupils who joined the seniors on the Friday.

The weather which had been very pleasant for the last few days had decided to take a turn for the worse and by Thursday morning, a stiff cold north-westerly breeze was sweeping across the county. Even though the original plan was to head for the Harray Loch and spend the day there, the weather conditions were not ideal and fishing the Kirbister Loch first was a tempting option which could help hook a few trout before moving to Harray in the afternoon. A quick vote took place on the minibus and trying Kirbister first gathered an overwhelming majority of 1 vote to nil (3 abstentions)! This, however doesn't mean our anglers didn't care, they were just too happy to fish either loch!!!

By 9:45, the flies hit the water and no long after, the first trout were caught. Dark flies such as *Bibios* and *Black Zulus* seemed to be the favourites on the day. Jim Erskine, who had kindly accepted to help us for the two days, and myself could not help but noticing how much more mature and confident our anglers had become; they were covering a lot more ground by taking a couple of steps between each cast, they could now deal with most tangles themselves, change their own flies, etc...

After a few trout had been safely landed and that everyone grabbed a sandwich, it was time to head north for the "big water". The Bockan skerries, situated within walking distance of the Ring O'Brodgar car park seemed like a good idea, considering that by then, the wind had backed to a force 4 westerly. Keith and Craig managed to hook a trout each in what was very tricky conditions indeed.

Day 2 didn't exactly run according to plan... As the minibus was on its way to pick up the junior Stronsay anglers off the pier, we received a phone call from Mr. King informing us that the ferry would be late: the Varagen was involved in the rescue operation of a fishing vessel, the Lady K, off the Calf of Eday. However, the kind weather made up for the delay and by 11:00, our four senior anglers were giving the brownies a hard time around the wee island and the younger team were casting their baits in the loch's peaty waters. It wasn't long before Thomas reeled in a typical Kirbister trout but it's not so much for this piece of angling feat that Thomas made himself noticed as for wearing the latest fashion article: a pair of home-made safety glasses using a coat-hanger and bits of clear plastic (see pict.)! James, Jack and Matthew gave fly-fishing a good try but the finicky fish were out of range and very difficult to tempt. Daniel and Ieuan preferred to stick to bait fishing. Thanks to Jim, some of the older pupils were shown an old trout fishing method called "dapping" which consists in using a floss line and letting a big bushy fly skip across the waves: Kevin managed to master the technique and landed a nice little brownie.

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Everybody enjoyed the trip which wouldn't have happened without the support of Mr. Erskine who spent the whole two days coaching our young anglers, Mr. King who accompanied the junior team on the Friday, Linda who is always so helpful when it comes to bookings and paperwork and the KGS management who agreed to release Cameron, Craig, Keith and Kevin for the two days. Finally I want to thank all our pupils whose politeness, respect for each other and sense of humour make every school trip so enjoyable!

Mr. Pietri



STRONSAY COMMUNITY FUND GRANT APPLICATION

UPDATES

The Stronsay Tug-of-War team has been awarded £229 to buy a new tug-of-war rope.

A summary of the awarded grants will soon be available on our web site.

THE GREAT STRONSAY FISHING TRIP



On the Friday 14th of June the Stronsay S2 and S3 boys went on a fishing trip to the Kirbister Loch. Pupils Thomas Fish, Ieuan Evans, James MacLeod, Daniel Scanlan, Matthew Boler, Jack Holland.

They were accompanied by Mr A King, the Stronsay Junior High head teacher and Mr Pietri, the school's French teacher.

The pupils enjoyed the fishing trip except the long journey in; but they all agreed saving a life was more important than the fishing trip.

Here's what they said:

"We enjoyed taking part in the fishing trip, especially trying out all the different ways of fishing on lochs. We were a bit disappointed that out of all of us only Thomas Fish (the star pupil) caught a fish which was a brown trout. Well done and thank you to Mr Pietri, Mr King and some of the S5 KGS pupils for taking us on the trip"

THE STRONSAY SCHOOL TURBINE

By S2 pupils

As some may know we have started making a small wind turbine. We had some things to start us off including the nose, the tail and the frame so we then made the "electricity making part". We started by winding copper wire and then gluing it into a circuit. Next we numbered the wires and joined them together in the star configuration. Then by putting all of the pieces of turbine together we can now create electricity by spinning the magnets in front of the copper coils.

Now that it is finished we will put it in the wild area to power the pump for our small pond to stop algae growth. This took us approximately 2 school terms.

SDT NEWS

We will be publishing a short article every month in the Limpet about what we are doing.

If you would like more information, you can look at our website www.orkneycommunities.co.uk/sdt where we will publish longer reports from the Community Development Officer, the Project Officer and the Admin and Finance Support Officer.

OUR BIRD SIGHTINGS

Everybody keeps telling me that it's a rare event when birds are breeding under the bonnet of a car. Probably these starlings haven't been told, since the first brood has fledged finally but there are now two new nests in the same car. Three nests in the same season in the same car - perhaps on a rare occasion I can use my car again.

Susanne, Greenfields



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THE TOURIST SEASON HAS BEGUN

The Stronsay ferry appeared out of a very thick mist, on board were two trailers; one carried a boat and the other a cargo of sheep - Shetland, Fair Isle and Icelandic - who were going to pastures new for the summer. Eventually the boat was launched from the slip and it was a very misty journey round to the beach below Midgarth from where the sheep were to be loaded.

The trailer was backed down the beach and a way, built from hurdles & specially made wooden gang-planks, led from the trailer to the waiting boat.

About 20 sheep at a time were persuaded to leave the trailer and get their dainty toes wet as they stepped onto the gang-plank. Their behaviour was impeccable!

Six minutes per load on a fast-falling tide meant that the trailer & hurdles had to be moved further down the beach several times. One on the other side there was no hesitation—up the beach in a straight line to the grass.

The last half dozen were bodily carried out to the just-floating boat. I was fortunate to be mistaken for a sheep and went with them and was able to land on Linga Holm—something I have always wanted to do.

By now the weather was beautiful and the water vapour was rising like steam off the loch. It was a lovely day and a wonderful experience. I should like thank those who welcomed me to accompany them, take photographs and occasionally lend a hand to “move on” a sheep.

Thankyou,

Sheila

P.S. - No, I wasn't carried bodily to the boat like the sheep. I waded out and got my boots full of water!

(photographs on next page)



SPORTS DAY

On the 11th of June 2013 pupils took part in Stronsay School sports day. Parents and spectators came to watch the morning events, which consisted of running, egg and spoon, 3 legged, sack race, wheel barrow and shuttle runs. These were mostly individual races giving the pupils an opportunity to compete against their fellow class mates.

After the morning races the pupils were sent back to class and got to watch a film while waiting for dinner. After lunch pupils were put into group teams and sent back outside to participate in the afternoon events. Long jump, netball shooting, beat the goalie, hoops on chair, wellies in a tyre, obstacle course with water, obstacle course without water and parachute obstacle course where all activities took place.

After each group had been to every station everyone took their places ready for tug of war. The scores were counted up and the overall winners were St Catherine's with 1137 points, second was Mill Bay with 1110, third was Bu Sands with 1089 and then Ayre O'Myers with 778 points.

Everyone participated and tried their best; it was a fun and active day.



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BIRSAY P7

MAY 26 – 28, 2013

On 26th May P7 pupils went to Birsay for a trip, when we were there we stayed in the Birsay outdoor centre. We did rock climbing, cycling, canoeing, bush craft, problem solving activities, beach art, archery, walks on cliffs and visits to beaches. We did all this with Sanday, Westray and Papa Westray Schools. We had fun doing every activity with the other schools. We were almost crying when we left.

Here are some of the pictures.



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PLOT TO PLATE AND ECO CLUB SUMMER BARBEQUE



On a sunny Sunday in June a barbeque was held at the Stronsay Community Greenhouse. This was to celebrate the end of the Plot to Plate Youth Project and also the end of term for Eco club. There was a feast of salads all grown by the children, hotdogs and burgers and of course lots of lovely baking. There were even fresh strawberries grown by the kids themselves. This was a showcase of the children's produce and recipes they have worked on during the project.

Marion Miller wishes to thank the children for their fantastic work and everyone else that has been involved in and supported the project. This includes Stronsay School, Stronsay Development Trust, all the parents, the Eco club volunteers and everyone else that has helped with the sessions.

The project was funded by Awards for All Scotland.



Plot to plate group at the event

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Eco club children

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Eco club children inside the Willow Dome

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Plot to plate group with their own produce boxes and mini herb gardens at the end of the project

BLOW AWAY GARDENING TIPS JUNE 2013

Summer is taking its time and spring hardly made a big show. I used to think that tatties should be planted at Easter but mine have been much later than this because the ground has been so cold. The green house has been a much nicer place, mimicking summer in the southern counties. So far no major disease attack and the main difficulty is keeping up with watering.

Last year I tested the range of vegetables that were eaten by rabbits. By the end of 2012 I only had potatoes and onions which had not been destroyed by Peter Rabbit and his pesky family. This year the onion shoots have been eaten which I declare to be very unfair. No prior warning was submitted stating a change in appetite.

In a rash moment I planted out Kale and Broccoli, covered with netting and carrots and neaps covered in fleece. So far the wind has not whipped it out of the ground and wrapped it round the nearest Hydro pole. Again, the main problem seems to be lack of rain so this evening I will get the hose out which will guarantee a permanent change in the weather.

The season is disappearing at a frightening speed. My plans for exotic out door vegetables are abandoned, the box heaving with seeds is gradually gathering dust and the tree seeds may have to wait until next year. At least the grass is growing so, I guess, hay and silage supplies will be replaced after the long winter. Sales of antihistamines for hay fever should also do well.

I will check out ways of storing tomatoes because if nothing else I should have tons of those by the end of summer. Or, just possibly, not.

Roger Neville-Smith, 21 June 2013

TWO ITEMS FROM ROGER NEVILLE-SMITH



Car for sale: owner to collect from St Catherine's Bay. Steering wheel in good condition but other parts may need some attention.



The smiling man of Mill Bay, created by recent visitors, made me smile too.

LATEST BIRD SIGHTINGS

Fortunately last month's Bee-eater stayed faithful to the area around Southbank and Scoulter's for several days, although, even with such incredibly colourful plumage, could be difficult to find as it perched on a fence-wire or other look-out post, waiting for the next Bee to come along. Many residents - and a few visitors - managed very close views of what is without doubt the most colourful species recorded in the UK.



Bee-eater near the South School - still present on 29th May and well worth a second airing in The Stronsay Limpet!

The next unusual sighting this Spring was just about as drab as the Bee-eater was exotic - a Black Kite, seen briefly by myself and regular visitor Ken Barclay on the Rothiesholm Moor, late evening on 4th June when it had a few 'skirmishes' in flight with a Short-eared Owl. We were surprised to see the kite in flight in the same area the following lunchtime but when we returned to the moor immediately after lunch hoping to refind it and alert others who might have wanted to see it, there was no sign of the bird and it was not seen again.

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Most Black Kite records in the UK are 'fly-overs' so we were very lucky to see the bird twice, albeit both rather brief, distant sightings. A new species for Ken, making up for the fact that he missed the Bee-eater by one day!

This was the first record for Black Kite on Stronsay - arriving just after I had stated in last month's 'Limpet' that birds of prey had been 'conspicuous by their absence'! (A Black Kite was seen flying over between Kirkwall and Finstown on 3rd June - without much doubt the same bird).

From the number of mid-summer sightings this year it appears that Short-eared Owls have bred, and Hen Harriers may have bred somewhere on the island. Both species have nested on the island in past years. Swallows are quite numerous again and there have been a few recent sightings of single House Martins - another species which has nested on the island in previous years. One or two Sparrowhawks and the odd Wood Pigeon have been seen recently but there is probably too little cover (woodland) on the island for either species to nest here. A Turtle Dove was seen and photographed by Margaret Crowe at Scoulters - the only record of the Spring.

A lovely summer-plumaged Slavonian Grebe was seen off The Reserve on 5th June and 2-3 Pied and Spotted Flycatchers were recorded in early-mid June when another Red-backed Shrike was seen between the Mill and Holin Cottage (see photo), but like the majority of this species during Spring migration it had gone by the following day.

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11th Red-backed Shrike of the Spring - a female on the fence between the Mill and Holin Cottage. Millbank and Millburn Cottage in background

15 Red-breasted Mergansers were on the Matpow Loch on 14th June - a sure indication of breeding here - the same day as 20 adult Dunlin were on the Bu Loch. Dunlin probably breed on the island occasionally and the occasional sighting of Gadwall indicates that they too have bred again this year. The party of ten Mute Swans is still present on the Bu Loch and yet there is no evidence of any attempt to breed this year. Corncrakes may have nested, as Jim Cooper saw several tiny 'black' nestlings scurry across the road at the Smiddy drive in early June. A Corncrake had been heard calling on the Sunnybank side of the road by the workmen in the house there.

A beautiful adult Black-tailed Godwit was seen at the Bu Loch on 15th June where the water level is now perfect for wading birds - the best areas being next to the road from where the birds can be viewed at close range from the car. The lay-by opposite the west side of the loch is perfectly positioned for this purpose!

As ever a few birds have been found dead and injured by the roadside including an adult Arctic Skua with a damaged wing which had almost certainly hit the over-head hydro wires close to the Rothiesholm Road. This last bird was discovered by Alex from Arifea and taken into care, It was later released in Mill Bay. (See photo).

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This injured Arctic Skua was found in the road near The Bu and later released in Mill Bay

With much of our fog on the island being (infuriatingly!) in mid-summer, it is well worth looking out for Snipe, which are regularly seen perched on roadside fence-posts when visibility is poor.

The Auskerry Cruise, 26th May

The Sunday Cruise around Auskerry in late May organised by Rod Thorne (the Sanday ranger) and the RSPB, was a great success and although there were no unusual bird-sightings everyone on board managed to see at least one Porpoise during the very enjoyable two-and-a-half hours trip. Everyone enjoyed seeing Stronsay from a different perspective and Simon Brogan (who has lived on Auskerry for over 25 years) was seen vigorously waving from Auskerry - so vigorously in fact that some of the passengers were convinced he was a ship-wrecked sailor! There was a very congenial atmosphere on board and the traditional farewell was observed at the Stronsay Pier as the Sanday passengers were setting off for home - cries of 'Gruellie Belkies' (traditional nick-name for Sanday folk) from the disembarked Stronsay passengers on the pier, followed by the appropriate chorus of 'Limpets' (traditional nick-name for Stronsay folk) from the Sanday passengers on board the Varagen. Many thanks to the crew who helped to make the trip a resounding success. The sea was flat calm during the whole journey and it has been suggested that whoever chose the date for the cruise should be immediately appointed as Head of the Met Office!

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'On the bridge of the Varagen



Auskerry Lighthouse from the bridge

Thanks again to all who have phoned in their sightings. The birds recorded here on Stronsay are only a small sample of the true number which arrive on the island and then depart undetected; experience has shown that most of the major rarities recorded here are found quite accidentally - and often without the aid of binoculars!

John Holloway, June 2013.

THEN AND NOW

Waterhall—Minerva

2013 photograph by Bill Miller



*Scene from Waterhall to Minerva circa 1930. The building in the centre was Leslie's salt store.
Note the many "gutters huts" left of the salt store, and the white church right of centre.*



DEPRESSION III **(HAPPY TO BE SAD)**

This article was originally intended to be a sort of analysis of the nature of this illness: whether it was an illness at all or a natural reaction to life's events. I was going to emote at great length about the suffering and angst that I endure on a daily basis and waffle on this violin string covering ground already explored by myself and others far more knowledgeable and experienced on the subject. (Incidentally, I decided that depression was both an illness AND a natural reaction to life's events. I'd be interested in any feedback, truly).

Eventually I came to the conclusion this was an arid line of enquiry for reader and writer both, and so ran out of steam for a bit, wondering whether the subject was closed and that it was time to move on to something else.

This standstill fermented a little uneasily in the broth of what's left of my mind; until I was introduced to the concept of 'appreciative enquiry'. True to my policy of never looking into any idea in-depth (this would require effort, see) I asked my friend what this meant – in essence. His answer was that this was a way of asking questions, (in a way that didn't invade privacy and thus get on one's nerves), to find out about the positive aspects of one's experience.

The depressive in me was immediately outraged at even entertaining this at all. 'What?', shouts my inner miserable git back to my so-called sensible self. 'The idea that I actually might be happy to be in this black turmoil? That I might actually be quite comfortable to reside in this familiar bleak lifeless country?'

It was tempting to disregard the thought in its entirety, and just get on with the grind of what is 'normal' life for a person held within the grip of depression. Trouble was, the individual who broached it knew exactly what he was on about, because of his own knowledge of nightmare country. I could delightedly shove my metaphorical toe into the seat of a theoretician's trousers. But someone with immediate experience is a different matter, and thus I felt honour bound to grasp this particular thistle. Damn! Double damn! Those who have been through depression will understand my reaction. When the mind is like an iron filing, and the bottomless pit is a magnet, please believe me when I tell you it seems to make no sense at all to actually fight it.

Nonetheless, the part of me that chooses to be fairly honest with myself has to admit (or, just be conscious) that there are times when I do, in fact, appreciate being sad; and that I feel quite comfortable.

But it builds up and the best bit follows doesn't it? When those excruciating thoughts have done their worst – and the release (the lesser pain) comes. At last, hey. Until the next round starts with monotonous regularity, that is.

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It IS hard to admit that this is a comfortable place to be. Or seemingly as comfortable as it gets anyway. This is the side to the equation that perhaps no-one but a fellow sufferer will understand: the safety of the familiar as opposed to the challenge of a new arena. This new insight makes me want to vomit: there really is a positive side to depression.

There is comfort there but fighting also actually helps. That conscious resistance does, with practice, eventually get through. Trouble is, it's also an uncomfortable place to be: in the middle of the depression there is no will to fight but you know it is not healthy to just stay there. It requires a shift, a shed-load of energy and a will power that sometimes feels impossible. Ach, mostly it feels impossible, let's be right. Nonetheless, that blessed sense of faith, endurance, whatever, pulls us out of the depths occasionally and drives us to eat, sleep and talk to people. Else, why are we alive at all?

How many of us have come to the conclusion that either we get on with life, or we die? And that we've got to make a choice, sooner or later? Or, even, just put off the decision to end it, and, in the meantime, just live our socks off while we sit on that age-old fence?

Anyway, enough, for the time being anyway, of all the 'drama' of what is for me an essentially boring topic. It's bad enough to have to live with the bloody thing, without harping on about it. It's fascinating for those who suffer it but quintessentially boring at the same time if you've good red blood in your veins – which most of us humans have. The fire of just wanting to live in the best way we can.

Enough is plentiful, as the saying goes. I'm just thankful to be able to say it. Now I'm off for a delicious slice of home-made bread.

Jenny Stone
Upper Scapa Cottage
St. Ola
Orkney
KW15 1SD
Email: jennystone001@btinternet.com

POST OFFICE SUMMER TIMES

The Post Office will have limited opening hours from 19 July to 3 August:

Monday	8.30 – 12.30
Tuesday	Closed
Wednesday	8.30 – 12.30 and 13.00 – 15.00
Thursday, Friday, Saturday	8.30 – 12.30

STRONSAY FEST



The Island where the music never ends

People have asked for an update on the planned musical event which is to be held on the island over the weekend of 23-25 Aug 2013. This event is to showcase the huge musical talent that Stronsay has produced.

This guide is only a rough draft. It is very possible that there still will be changes made.

Friday 23 August	Saturday 24 August	Sunday 25 August
Boat arrives 1805	Katy Norbury Birds/ wildlife/rock pooling	Bill Miller Village/ herring tour
Musical jamming session Stronsay Hotel	Fishing/crabbing comp for kids at the pier	Greenhouse buffet Obstacle race Team games
Kids entertainment at Fish Mart	Dance lessons at the Kildinguie or Kirk hall	Afternoon concert in School
Pool/ darts/Cribbage/ Dominoes Stronsay Hotel	Concert in hall followed by the Dance and a buffet	Boat dept 1710

If anyone on the island has a spare room which they would be prepared to let out over the weekend please contact Jacqui Dennison since hopefully there will be much demand for accommodation.

You can also contact Jacqui (stronsaylass45@hotmail.co.uk) if you have any suggestions or contact details for Stronsay musicians.

STRONSAY HEALTHY LIVING CENTRE



Supervised session times from Monday 4th March 2013

	am	pm
Monday	Buddy	4.15-6.15
Tuesday	Buddy	Buddy
Wednesday	Buddy	4.15-6.15
Thursday	Buddy	4.15-6.15
Friday	Buddy	4.15-6.15
Saturday	Closed	Closed
Sunday	Closed	Closed

Under the 'Buddy' system members may use the gym if they feel confident to exercise with another member who is also inducted, over 18 and pre-paid.

Buddy hours are the same as school opening times.

A code will be needed to access the gym.

14 & 15 year old member—use is limited to periods when a fitness advisor is on duty (see above).

16 & 17 year olds must be with an inducted member who is over 18 or at a time when a fitness advisor is on duty.

New inductions by appointment only.

TEL No : 616449

OUR GIZZY

By Ellie from Newfield

She's a canny little cat
With attitude that stinks.
Disturb her if you dare
When she's taking forty winks.
She rules the roost of course
At home here on the croft.
And although she's rather prickly
Her fur's surprisingly soft.
Her nickname is "The Tripod"
For she's three legs instead of four.
What became of the other one
No-one is really sure.
Three-quarter cat
She's often called.
Although if she knew
She'd be appalled.
As black as ebony
With wicked little habits
But she'd not demean herself
By chasing flea-ridden rabbits.
Her ownership of humans
Is a necessary chore
But are kept in her employ
For isn't that what they're for?
She'll tolerate this species
Although she finds them dull
And an unfortunate requirement
In keeping her tummy full.
A canny little cat
With an attitude that stinks
But I know she loves me
Much more than she thinks!

©Helene Harrison

GREETINGS, PRIVATE SALES & WANTS

THANK YOU

Many thanks for all the cards, presents and good wishes that I received for my 70th birthday on 5th June. Thanks also to Debbie & Chris for the excellent buffet they provided at the [Stronsay Hotel](#) in the evening.

Bruce Fletcher

THANK YOU

I'd like to say a huge thank you to everyone who sponsored me for the Hoy Half Marathon. A fantastic total of £512.50 was raised for Friends of [ANCHOR](#) (Aberdeen and North Centre for Haematology, Oncology and Radiotherapy).

Mairi Dennison

FOR SALE

Aluminium greenhouse, ready to erect—£100

Small electric strimmer—£50

Small electric mower—£50

Microwave, still under guarantee—£60

Contact V Chalmers, 2 Whitehall. Telephone 616215

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.

NO charge for “thank you” notices.

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

GREETINGS, PRIVATE SALES & WANTS

THANK YOU

Molly Shearer and Rebecca Drever would like to thank everyone for sponsoring them to build sandcastles for comic relief. All the sponsor money has been handed in and we can now say that we raised £110.50! Thank you to everyone who sponsored us.

Molly & Rebecca



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LOCAL BUSINESSES

STRONSAY HOTEL

The Stronsay Hotel is offering take away meals from 5pm daily (earlier if required). This menu is also available to eat in at the hotel (for a small extra charge) with the addition of some fine Orkney beef steaks, Rump or Sirloin the choice is yours.

Phone 616213

TAKE AWAY MENU

Homemade lasagne plus chips	£4.95
Homemade sausagemeat pie plus chips	£4.95
Homemade chicken curry plus rice or chips .	£4.95
Homemade chicken pie plus chips	£5.50
Breaded haddock plus chips	£5.50
Breaded wholetail scampi plus chips	£6.50
2 sausages plus chips	£2.40
2 fish fingers plus chips	£2.40
Portion of chips	£1.20
Portion of cheesy chips	£2.00
Portion of onion rings (8)	£1.00

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 FISH MART

Opening times from week beginning 24 June

Monday- 12-2

Tuesday- 12-2

Wednesday - 12-2

Thursday - CLOSED

Friday- CLOSED

Saturday- 12-2 and 4-6

Sunday- 12-6

To enquire or to book the hostel contact

Lauren on 01857 616220 or email

laurencathness@hotmail.com

Also check out our Facebook page -

www.facebook.com/StronsayFishmart

Business adverts

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



“NEIL’S ON WHEELS”

All mechanical work undertaken, welding specialist,

MOT prep work, home start, towing service, no call out fee.

MOBILE: 07723 304 260

HOME: 01857 616454

ORKNEY STAR ISLAND SOAP



Real soap made by hand in Stronsay. Lovely as gifts, souvenirs, or all year round. This year’s new collection now available plus all your favourites. The new soaps are: Stronsay Goats’ Milk & Bere, Goats’ Milk & Marigold Petals, Green Wave & Kelp, Stronsay Sunset, The Beach, Wild Island Flowers and Dry Stone Wall. They are on sale at Olive Bank and the Post Office in Stronsay. Also available in mainland Orkney shops and online via my website at www.orkneystarislansoap.co.uk.

Tel: 01857 616281.



COMPUTER SERVICES

Advice, Internet connection issues, Website design, Hosting, I.T. Training and much, much more.

Contact Neil @ Schoolbrae, 616317

e-mail: enquiries@gb-en.eu

STRONSAY ARTWORKS

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

Phone 01856 870075

Email jennystone001@btinternet.com

Business adverts

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Stronsay

Pop Up Shop

Sunday 21st July 2013

11.30am – 4.30pm

Stronsay Fish Mart Cafe, Hostel & Heritage Centre



**Hand-crafted
Gifts & Souvenirs**

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

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GROUPS, CLUBS & ORGANISATIONS (continued)

STRONSAY SCHOOL **OPEN EVENT TO LAUNCH THE SCHOOL'S NEW AIMS** **AND VISION STATEMENT**

The school plan to host a community event on Friday 30th August to launch our new aims and vision statement. As part of this event, we intend to display a range of old photographs showing Stronsay School and the island life.

We would like to ask for photographs to be lent to the school to make this possible. Photographs should be labelled with your name and can be handed in to the school office.

We appreciate your help in making this possible.

Thank you

STRONSAY STITCHERS

Next month's meeting Thursday 25th July, 7 - 9.30pm in the Kirk Hall.

KIRK NEWS

Rev Rodger Bassham, his wife Marlene and grand-daughter Emily arrive in Stronsay on 2nd July. They will live in the Manse for 3 months while Rodger acts as locum. He will conduct the services for July, August and September, apart from the last Sunday of each month.

Sunday Club will take a break for the summer but a crèche will still be available for children aged 8 and under.

Elsie Dennison (Kirk Secretary)

(see Rodger's announcement on the front page)

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GROUPS, CLUBS & ORGANISATIONS (continued)

MOBILE LIBRARY

Next visit:

TUESDAY 16 July

Council Houses: 9:15—10

Stronsay School: 10—12

Stronsay Kirk: 12:30—3

Fishmart: 3:15—5:30

Mobile library schedule http://www.orkneylibrary.org.uk/html/mobile2_timetable.htm

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>

Check new library opening times

www.orkneylibrary.org.uk/html/opening.htm#NewHours

FRIDAY NIGHT GAMES CLUB

Ages 10 or over only

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

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.

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

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USEFUL INFORMATION

POST OFFICE OPENING TIMES

Monday	8:30—12
Tuesday	Closed
Wednesday, Thursday, Friday	9—12 and 1—3
Saturday	8:30—12 and 1—3

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 Friday 2 August 2013

Rubbish collection Tuesday (bags out ready by 9am)

Doctor 616321

Nurses 616480

Medical emergency 01856 888000

Registrar 616239

Hall bookings 616446

Post Office 616278

Companions 616261

Kirk 616311

Stronsay Hotel 616213

Olivebank 616255

Ebenezer stores 616339

Neil's on Wheels 616454

Taxi 616335

Castle Bird Reserve 616363

Balfour hospital 01856 888000

Hydro 0800 300 999

All water enquiries 0845 601 8855

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

Earls Palace 01856 872958

Golgotha monastery. 616210

Email contact@the-sons.org

HOW TO CONTACT THE *LIMPET*

Send an email to stronsaylimpet@btinternet.com, phone Bruce Fletcher on 616297 (after 10:30 & before 21:00, please!) or write to *The Limpet*, Claremont, Stronsay, KW17 2AR. Details of the deadline for the next edition are on the front page

SUBSCRIPTIONS TO *THE LIMPET*

You can send a subscription to a friend or relative for a birthday present?

12 editions for £20.00 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>

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Orkney Community Planning Partnership