

STRONSAY LIMPET

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MAUREEN SYLVIA FLETCHER **20 OCTOBER 1934—16 JULY 2014**



Maureen had been suffering from COPD (Chronic Obstructive Pulmonary Disease) for some time and died peacefully in her sleep on 16 July. Maureen was born in Gillingham, Kent. Her father was a Royal Marine Commando and after her mother died in 1942 she was brought up by her father's sister until her father married again and moved to North Wales just after the war ended. As soon as she was old enough Maureen joined the WRAC as a typist and then became a physical training instructor. Her first marriage to an army man took her on postings to Singapore, Ceylon and Germany. Alas, the marriage ended in divorce and in 1975 she married Bruce and accompanied him on postings to GCHQ sites at Cheadle (Staffordshire), Brora (Sutherland), Scarborough (Yorkshire) & Cheltenham (Gloucestershire). When Bruce retired in 2003 it was decided that Orkney, a place well known from their time in Brora, was an ideal place for retirement and in April 2004 they arrived on Stronsay.

Maureen was a staunch, well-read supporter of Richard III and a fine needlewoman; her work on display at Claremont is often admired. Whilst at Brora, Sutherland, she joined the drama group of the Brora SWRI and was in the cast of a play that was the runner-up in the Anstruther-Gray competition in 1982. In Scarborough, Yorkshire, she was a member of

Cresta Players and was drama coach to both Scarborough Light Opera Society and Scarborough Amateur Dramatics & Light Opera Society.

The next edition of the [Limpet](#) will be published on Thu 28 Aug. Items for inclusion in that edition should be submitted by 7pm on Sun 24 Aug. Contact details on back page

REGINALD THOMAS ROSSON SWANNEY BORN 29-12-23
DIED 5-7-14 “A SCHOLAR AND A GENTLEMAN”



Reg was born and brought up in a house called Harbour View, one of only 50 or so houses in Whitehall village on Stronsay, in the Orkney Islands. As “a *peedie* boy” in Orkney he enjoyed football, digging in the sand for ‘**spots**’ and collecting other shellfish on the local beaches. He was taken by boat each week with a small group of children to Kirkwall Grammar school, stayed with his auntie Gladys during the week, and home again to the island of Stronsay at the weekend. (His aunt and uncle Jim Sinclair ran Foubisters the tobacconist in Albert Street Kirkwall).

At school Reg excelled as a scholar and in all his school reports he gained distinction. He was the first of his family to go to University and he left his beloved Orkney to study, graduating in 1947 from Aberdeen with an M.A. At the graduation ceremony his friends and colleagues sang “Swanney River” as he went up to be capped. He had worked as a Clerical Officer in the post office during the war and then went on to do his post graduate teacher training qualification. He took up a post at Inverallochy Primary School near Fraserburgh in 1948 . It was there that he met and later married the love of his life Mary Buchan from Inverallochy near Fraserburgh.. She had graduated from the ‘Dough’ School in Aberdeen and was in charge of the hospital kitchens at Cornhill Hospital. They married in 1952 at Kings College Chapel in Aberdeen. Reg taught at Alford School for a year and then in 1953 he was appointed head teacher at Keig Primary School. Reg was a very well respected, old style head teacher, or ‘dominie’, and he was also a Justice of the Peace and elder and Session Clerk at Keig Parish Church.

Reg and his wife Mary had three children while they stayed in the schoolhouse at Keig. Charles was their eldest, the image of his dad Reg and the apple of his dad’s eye. Charles also went on to university in Aberdeen and became a chartered accountant. Sadly he passed away in 2005. Reg in particular felt this passing very very deeply. Reg and Mary had also lost Laura, their darling wee baby girl, in 1962. Kathleen, their other daughter,

followed in her dad's footsteps and went into teaching and Kathleen has taught and lived in the Buckie area for over 25 years.

Reg was a dear grandfather to Kathleen's children Chrissie and Kevin and a great granda to Kevin's wee son Cody. *(continued on next page)*

Reg went on to be head teacher at Lumphanan Primary School in 1970 and later also taught Science and Maths for a while in a secondary school in Fife, but a career change beckoned for him in 1975 and he commenced studies again, this time for a Post Graduate Diploma in Management Studies at Robert Gordon's. This led to him taking up a position with the oil company Baker Oil Tools in Aberdeen. He was known affectionately to his work colleagues and dear neighbours in the Bridge of Don in Aberdeen not as Reginald Thomas but just as 'R.T.'

Sadly, Reg's wife Mary suffered ill health and died in 1987 and following his son's Charles' death Reg stayed on his own for a while in Aberdeen before eventually going to live with his daughter Kathleen and her husband Phill in Buckie. Reg's granddaughter Chrissie now lives in Reg's Aberdeen house.

Reg was a keen reader and followed world and local events and above all he looked forward to receiving his weekly copy of 'the Orcadian' and his edition of "The Stronsay Limpet". He never lost his love for Orkney and even near the end of his days he would be telling stories about his antics in his young days on Orkney. The family enjoyed a memorable celebration together in Buckie for Reg's 90th birthday in December, but sadly his health began to fail in the last few months and he had a few weeks in Seafield hospital in Buckie. He died very peacefully at his daughter's home in Buckie on the 5th July.

Reg's funeral service took place on Thurs 10th July in Buckie North Church. Among many other tributes a local fiddler played "Kirkwall Bay" and "Swanney River".

His remains will come home to rest in his beloved Orkney to look out over Kirkwall Bay.

(inserted by his loving family Kathleen and Phill Thompson, 24 Whispering Meadows, Buckie, Banffshire, AB561LE)

ROBERT (BOB) FAZAKERLEY

Sadly passed away peacefully on the 1st June 2014 after 6 weeks of slow deterioration aged 98 years.

As many of you know dad lived with me on Stronsay at Lower Leaquoy and later on his own at 3 Whitehall.

He left Stronsay last year to be closer to me, which I will always be grateful for. He was well known on Stronsay chugging to the shops on his 'Buggy'. I believe he had a freedom there that he would never have had anywhere else. People and cars always managed to avoid him as he rode everywhere at full speed.

I miss him already he was a grand old chap even when he was being 'difficult' (he had his moments).

After nearly 62 years he has left a big gap in my life but I was lucky to have had him for so long. At the end it was a blessing as over the past few months he had lost his sight, hearing and mobility.

I would like to say thank you to all the caring people who helped Dad when I left the island without whom he would have never managed for so long.

NORTH ISLES SPORTS SANDAY, SATURDAY 28TH JUNE 2014

Stromsay triumphed at this year's North Isles Sports event, held in Sanday, overall winning the Schools' Cup (including the netball), Men's football and Tug o' War! A HUGE well done to all involved!



*Matthew Boler,
Stromsay champion*

SCHOOLS		ADULTS	
W	43	W	75
Sa	27	Sa	35
* Str	44	str	22½
		Papay	14½
TOTALS			
* WESTRAY			118
SANDAY			62
STROMSAY			66½
PAPAY			14½

Final scores



Stronsay tug o'war team



Stronsay school netball team



School captains Matthew and Diane with champion gymnast Steve Frew

RECENT BIRD SIGHTINGS

A calling Cuckoo was heard at three sites on the island in mid-late June - firstly at Linnabreck, then Osen and lastly at Springwell. All without much doubt the same male. We have no evidence that young Cuckoos have been reared here in recent years but there are hundreds of pairs of the species' favourite host - Meadow Pipit - on the island during the summer months. With rather less tree cover on the island than twenty or so years ago, calling Cuckoos have become much less common here on Stronsay.

Margaret Crowe reports that the Sedge Warblers have once again reared young in the planted area at Scoulters - the only pair we know of on the island this year. A (very early!) migrant Wheatear was seen along the road near Eastbank on 7th July and a summering (but not breeding) Chiffchaff was seen in the Castle garden and nearby on several occasions from mid-June well into July.

The Matpow Loch is currently brimming with bird activity, the Mute Swans having 3 cygnets and most of the large brood of Shelduck having avoided the regular marauding Bonxies. There have also been broods of Mallard, Gadwall, Shoveler, Wigeon and Pintail on and off in the area, whilst the breeding Common and Arctic Terns on the island are busy feeding their young, chasing off anything they regard as a threat. Returning waders are now building up on the muddy margins, including Black-tailed Godwit, Dunlin and Knot - virtually all adults in breeding plumage - and Greenshank and Green Sandpiper have both

been seen. The Bu Loch too is attracting a number of species and is currently at the perfect depth for feeding waders, most of these also close to the road and usually best viewed from the car in the passing place near Mingro.

Dennis and Wendy (our next-door-neighbours at Linkshouse) 'phoned a few days ago to say that they had a small party of very unusually-marked Starling-sized birds with bright orange on their heads, feeding on the New Zealand Flax flowers in their garden. We dashed across and were amazed to find that they were juvenile Starlings with neat orange foreheads - so neat that the colouration seemed to be in the feathers rather than anything smeared onto the plumage, but after close inspection of the Flax flowers the mystery was soon solved – it was in fact the bright orange pollen picked up by the birds as they probed into the trumpet-like flowers for nectar (?). As with birds of this species feeding on the nectar of Red-hot Poker flowers it seems that only a small number of the Starling population discover this food source. *(Continued on next page)*



'One of the 'orange' Starlings - taken through the window at Linkshouse courtesy of Dennis and Wendy'



The first-cut of silage is now almost over and the freshly cut/cleared fields have been full of birds – mainly Oystercatchers, Curlew, and gulls. There has also been several Whimbrel and a few godwit and Golden Plovers but these species are generally more numerous during the second cut. No sign yet of a Rosy Starling!

'Freshly-cut silage field near Roadside – a great attraction to many species'

(Continued on next page)



'The House Martins nest in the window recess at Greenfield - unusually very low for the species, nests normally being 15 ft or so above the ground'



House Martins nest at Grindalea – one adult flying in to feed two of the young which can be seen on the newly constructed 'shelf' below the main nest. The white rump of the adult can clearly be seen - often the easiest way to identify the species'

We are extremely lucky on Stronsay in the number of opportunities we have to photograph wildlife of all types at close range around the roadsides without inconveniencing other road-

users, The Arctic Skua below was a classic example given that the species rarely perches on anything other than the ground! The photo (on next page) was taken from the car at the end of the Cliffdale drive.

(continued on next page)



Other sightings of interest:

Huge numbers of Magpie Moths have been seen recently and - following the one at Dale in early July - a Humming-bird Hawk Moth was feeding on the Honeysuckle in the Castle garden two weeks later. A Painted Lady was in the drive by Milbrun Cottage at lunch-time today (27th) - the first of the year.

Thanks again to all who have alerted us to their own sightings.

John & Sue

The day after last Month's piece was sent in to Bruce, we discovered Harold Stout beginning the roadside verge-cutting - a single cut this year. The original 'three cuts per year' scheme has been reduced to 'one cut' for economic reasons over the last decade or so but a single cut in mid-June or thereabouts will prevent the verges becoming completely overgrown with rank grass and allow the Orchids and other wild flowers to flourish in late summer, following the Dandelions etc which flourish in early summer. The short cut verges which have been gradually expanding close to dwellings all across the island are a real treat - they are not only pleasing to the eye but also provide a different type of habitat which is attractive to many bird species. (Is there a competition going on? One asks).

WHERE HAVE ALL THE BEES GONE?

Or perhaps where did they all go in July, because they're coming back now.

Anthony McCluskey, outreach officer for the Bumblebee Conservation Trust, wrote a peedie piece on this subject in the Trust's newsletter this month. He has very kindly given me permission to reproduce it for the Limpet. I'm going to paraphrase and/or copy it in slightly shortened form. So here goes!

In June Anthony received numbers of communications from Trust members and other interested parties reporting a sudden absence of bees where before there had been plenty. He consulted Richard Comont, BBCT's Data Monitoring Officer, who had received similar information from throughout the UK.

Mr Comont's information has led him to believe that this is not a sudden disaster but rather the effect of a very mild spring and warm summer.

Anthony says, "In the Uk, we've had a fairly good summer. Temperatures in Scotland have been higher than average for every month of the summer. Using the data from our bee walk surveys, we can see that queens of some species emerged over one month earlier this year compared to last year." (when the spring was late and cold) "So the warm spring and good summer has meant that many nests will have matured earlier than in previous years. And when bumblebee nests mature and produce new queens or males, they die shortly afterwards. It appears that many species have peaked early this year and have since died.

But this doesn't mean we won't be seeing any more bumblebees this summer. While new bumblebee queens usually go into hibernation after mating, we reckon that more queens are starting up new nests instead of hibernating. This could be a risky strategy though, as they'll need to have a long enough summer to be able to produce new queens of their own before summer ends. So it's now a race against time to gather food, grow the nest and produce as many queens (the grand daughters of this spring's queens) as possible! And of course, other nests will still be growing and won't have reached their peaks yet, so we expect the number of beers in the gardens should begin to pick up again soon." This is me again now. The bees in my garden vanished in July, and after a silent pause several new queens began buzzing around and feeding avidly. I now also have some new workers and the numbers are starting to build again. Fingers crossed! I even have one great yellow bumblebee queen feeding in my garden. This is a first for me. I'm trying to get a photo of her but she moves round fast and seems to prefer getting the pollen from the tops of my 7ft high rugosas. Can't seem to get ladder + focused camera out there in time. Anybody else got one of these queens? You can't miss them as they have a very distinctive black stripe on their thorax, are much larger than our other queens, and have a deeper buzz. The workers also have one distinctive black stripe on their thorax. The nest is built in undisturbed long grass.

So what can we do to help, don't cut long grass, and deadhead and keep the flowers coming for as long as possible, in fact until the first storm of the autumn, which takes out most of the flowers anyway. Hopefully the second nesting cycle will be complete by then and the new fertilised queens safely tucking into their hibernation "holes".

Leonora

LETTER FROM SCHOOL PLACE

This missive should really be entitled "Letter from the West Manse", as we councillors are now in recess for six weeks, and in theory I now have time at home to finish painting my shipping container, replace the bicycle shed door, point roof slates (ere the winter storms begin), repair the car door, tend to my beehives, prepare poultry for the Sanday Show, go angling with my children... On the first day I went on a trip with my family to Eynhallow, one of the remoter parts of my ward. Nevertheless, the odd meeting has been scheduled during the recess, such as one with Liam McArthur MSP about our air ambulance service. Before the "end of term", I was invited to the opening reception of the St. Magnus Festival, where I was collared by a southern journalist wanting to interview me on my position *vis-à-vis* the Independence Referendum. I am still undecided, so we agreed I would give him three reasons for voting YES and three reasons for voting NO. Here are the horns of my dilemma:

Reasons for voting YES to independence:

- 1) The current UK coalition government appears to me to be intentionally opening up the nation for exploitation by big business through continued privatisation of strategically important utilities and the development of a low-wage economy. And the Labour Party is not putting up an effective opposition to this. I do not want to be part of a country that allows its citizens to be exploited.
- 2) I look with horror at the way the UK government is demonising the poor while at the same time lining the pockets of the super-rich. We are returning to a Dickensian Britain, however this time even the middle class is finding it a struggle. An independent Scotland could be different.
- 3) With a vote for independence, each citizen of Scotland will become relatively a bigger fish in a smaller pond, where, one would hope, we would individually have more influence on shaping the new nation.

Reasons for voting NO to independence:

- 1) The current Scottish Government has a centralising agenda which is removing control away from the regions. This does not augur well for local democracy and local decision-making in an independent country.
- 2) As part of this centralising agenda, there is now a single police force for the whole of Scotland. On independence, Police Scotland will become the state police force. I do not trust police states.
- 3) Once the SNP got into power at Holyrood it rewarded, and continues to reward, those areas that supported it. Orkney and Shetland did not, so we have been purposely left out of all the ferry investments other Scottish islands are now enjoying. Can we trust a party that plays such games to govern an independent country?

(continued on next page)

Other meetings I attended include Policy & Resources Cttee (P&R), Westray CC, Eday Parent Council (after which I was given a tour of the school and "bug hotel"), Licensing,

and Orkney & Shetland Valuation Joint Board, as well as a few seminars. At P&R, our standing orders were reviewed, and I expressed my concern that permitting "remote attendance" might turn into an expectation on "remote councillors". In my experience, to engage properly at a meeting, one has to be physically present, and the importance of the informal discussions with colleagues and officials before and after meetings cannot be overestimated.

At the final General Meeting before the recess, Jack Moodie brought back his fixed links. In my speech, I made the point that since we are pressing the Scottish Govt. for financial assistance for new ferries, a study on fixed links is simply going to confuse the issue and give them every excuse they need for further prevarication and delay. The matter has now been referred back to the Development & Infrastructure Cttee, and I have been promised (not being a member of this committee) an invitation to attend and comment. I was also at the Special General Meeting on the crucial issue of health and social care integration.

Some Isles' KGS students staying at the Papdale Halls have complained to me about the problems they face accessing the Internet in order to do their prep. I have looked into this and can report that a solution is now being worked on to provide guest Wi-Fi to bedrooms via wireless access points in the corridors. This solution will also take parents' concerns into account.

It was nice to be invited to attend the Eday Gala again this year. Unfortunately, my children were *hors de combat* when it came to competing in the raft race (two of them having undergone emergency surgery a fortnight earlier—uncannily coinciding with a "mini-break" we took in Rousay), but we thoroughly enjoyed the brilliant barbeque and admired Hamish's winning raft.

I have been to several events in Sanday. It was good to have the chance to catch up with ward constituents from other islands (including N.Ron.) at the North Isles sports. Well done to Westray for gaining the most points overall, and to Stronsay School for achieving the most points among the schools. (I won't mention anything about the tug o' war!) After last year, I approached the Soulka Fancy Dress Parade with some trepidation, but this year the most topical float featured the Earl Thorfinn with non-working bow visor and a battle between a Tesco home-delivery van and a local haulier's lorry. At the grand opening of the SCAPE project at the Sanday Heritage Centre, I did worry that the relocation of the Meur burnt mound might cause confusion for archaeologists of the future. I hope something significant and lasting from the early C21st has been incorporated. I must not finish this epistle without paying tribute to the retiring (but not shy) Rosemary Newton, who has been a "force" at Sanday School since 1988, and welcoming Wendy Scollay, the new headmistress and her partner David.

Stephen

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

UNDER STRONSAY SKIES

Wendy Cole
8th July 2014

Night-time on Stronsay; and a myriad shades Dance-prancing
over a sun-silk sea.

You hold your breath; this showpiece from on high
Must disappear. But stays enough to be
Firm-stamped upon your memory's inner glades For
frequent recall without a 'how' or 'why'.

Motoring down the lanes you see that sheep
Outnumber people. Lying in cosy sun, Eyes
closed in snooze as you pass slowly by.

You wonder if, at any time, the sheep'll
Take a quiet peep. But their idea of fun Is
the occasional 'baa'; a warning sign?

After a heat-filled morn the devil calls And
fog descends, masking a brighter day.
Stronsay's village is quiet, the guests indoors
Stay put, not risking an unwelcome fall.
Hoping, perhaps, that if they kneel and pray The
fog will go, the sun return. Because?

(written by a visitor to Stronsay and passed to Viv Erdman for publication)

DRESSED FOR DINNER

By Ellie from Newfield

The swallows have come home at last,

Nesting again as before

High up under the eaves And
above the lambing shed door.

They seem to seal it as official,

Their arrival shouts "Summer's

Here!" The swallows and the

summertime Paired, to bring us all
cheer. On first sight you're granted a
wish With your fingers crossed over
too. A wish made on the first
swallow Will certainly always come
true.

Be sure and wish for the good things, Keeping
other's needs in mind.

If your swallow is flying westward Your
love is not far behind.
If your swallow is flying east
Then you is yours, so they say.
Not only for that moment But
for ever and a day.
But the swallow flying northwards
While dipping her wings at you
Will give you your heart's desire With
promises always to be true.
As for the south flying swallow,
Gliding with grace on the air,
With the wishes she bestows on
you You turn around thrice
And they are there.
High class, little bird that you are
Smartly dressed in your dinner suit,
With your V-pointed tails at the ready, You
deserve my respect and salute.

©Helene Harrison

GREETINGS, PRIVATE SALES & WANTS, THANKS

THANK YOU

Grateful thanks are due to so many people; to Dr Rosalind & Nurse Shirley for their medical skills & support; to Madeline Martin for her compassionate care; to Heather Bond for enabling Maureen to remain at home during her illness; to Rev David Bowen for taking such care in the preparation of Maureen's funeral service; to Rev Dr John Rawlinson for such a beautiful poem and to Ruth Bowen for reading it; to Father Nicholas for his friendship & support; to Christina, Maureen's friend for over 25 years, for flying from London at very short notice to be with Maureen in her final hours; to everyone who attended Maureen's funeral and/or sent messages of condolence; to David Hudson for playing the organ so beautifully at the funeral service; and to Walter & Leslie for their services as funeral directors.

Thanks also to everyone who gave a donation in lieu of flowers. Well over £300 has been collected which will be used to help provide each RNLI crew members in North & East Scotland with a Personal Locator Beacon (PLB).

Bruce Fletcher, Claremont, Stronsay

Private adverts (sales, wants, greetings)

Up to 25 words - £1.. 25 word advert with photo - £3. 25 to 50 words - £3 and so on.

Thank you notices are FREE!

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

LOCAL BUSINESSES



Oil Boiler Servicing
Call Mike on 616339

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

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

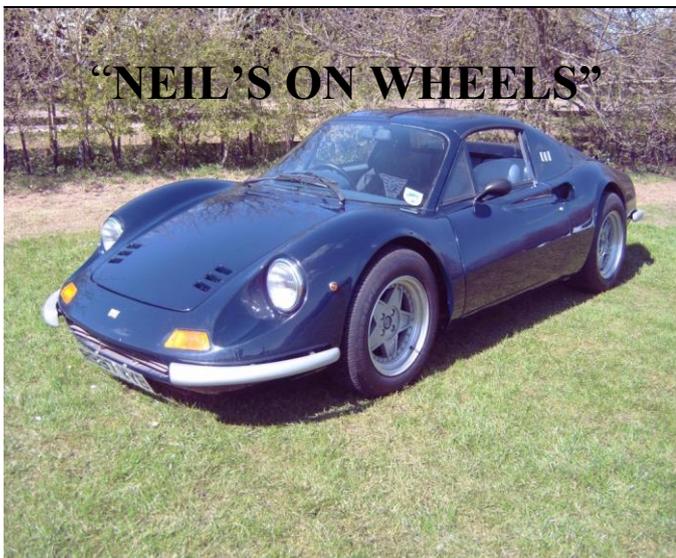
<http://www.jennystoneart.com>

Email jennystone001@btinternet.com

Business adverts

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

LOCAL BUSINESSES



- All mechanical work undertaken.
- Tyres
- ECU/ABS/airbag diagnostic testing
- Welding specialist
- MOT prep work
- Home start
- Towing service



ORKNEY STAR ISLAND **SOAP**

www.orkneystarilandsoap.co.uk

New season's soaps now ready – Green Wave & Kelp, Island Chamomile 100% olive oil and lots more. Available from Olive Bank, Ebenezer Stores, Stronsay Post Office and my online shop.

MOBILE: 07723 304 260 HOME: 01857 616454

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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GROUPS, CLUBS & ORGANISATIONS



Orkney Health and Care

Working together to make a real difference



The Home Care service is currently looking to recruit relief home carers on the Isles, including Stronsay.

You join us at an exciting time; the Home Care service has recently adopted a reablement model of service provision. We have moved away from the task and time approach, and 'doing to' or 'doing for' to a 'doing with' and maximising service users long term independence and quality of life. The service now uses goal planning to re-able the service user to learn or relearn daily living skills and thus maximise their independence.

Homecare work is both challenging and varied, and under guidance from the Social Care Coordinators, with support provided by the teams Occupational Therapist, you will enable individuals to achieve as much independence as possible.

Applicants often have work experience in the social care field or similar, however full training is provided and lack of formal experience is no bar to beginning an interesting new career. You will need the sort of personality that enjoys interacting with people and making a difference to their lives. If you are motivated, caring, honest, have a true desire to 'work with' people and have a sense of fun, then this could be the job for you and we are waiting to hear from you.

For an informal chat or to request an application form please call Billy Gunn – Registered Manager. Tel: 01856 888390.

STRONSAY STITCHERS



**Thursday 31st July Church Hall 7 - 9.30pm Refreshments, £2.00
per person please**

We're an informal, friendly group of people who meet up once a month to do our own projects, chat, share knowledge & experience, learn from and support each other. We ask

GROUPS, CLUBS & ORGANISATIONS

each person for a contribution of £2.00 towards heating & lighting and offer tea, coffee, biscuits. Anyone is very welcome - you can bring any kind of craft work or unfinished project, providing it is suitable for doing in the Hall - it doesn't have to be "stitching".

NEXT MONTH



Thursday 28th August

“TREASURE TROVE THURSDAY”

De-clutter your stash and bring along anything you don't want to keep any longer to our crafter's bring & share evening! Any donations will go to the RNLI

QUIZ NIGHT & SUPPER

Saturday 16th August at 7.30PM
COMMUNITY HALLS

Teams of 4-6 Prize
for the winning team.

£3.50 per head to include Supper

GROUPS, CLUBS & ORGANISATIONS

(Children £2.50)

Bar open 7.15pm.

RAFFLE

(donations of prizes gratefully received)



**FUNDS BEING RAISED FOR STRONSAY
COMMUNITY PLAYPARK ACTION GROUP.
STRONSAY HEALTHY LIVING CENTRE
supervised sessions**

The gym can be accessed throughout the day if you have a 'buddy' to go with.

MONDAY	4.15-6.15
TUESDAY	CLOSED
WEDNESDAY	4.15-6.15
THURSDAY	4.15-6.15
FRIDAY	4.15-6.15
SATURDAY & SUNDAY	CLOSED

A code is required, please speak to one of the team if you have any questions.

Inductions by apointment only.

Andy - 616277, Julie - 616335 or Tracey - 616350

Gym during supervised sessions - 616449

GROUPS, CLUBS & ORGANISATIONS

STRONSAY DIABETIC SUPPORT GROUP

Next meeting to be held on Wednesday 6th August at 3pm in Community Hall. We have a visiting speaker for this meeting who is coming from the Diabetic Department at Balfour, who will talk to us about all aspects of Diabetes, along with a fun quiz, and a couple of short power point presentations; and will be happy to answer any questions we may have.

It would be good if more folk could try and attend this meeting as it looks better when someone is coming out to talk to us.

We look forward to seeing as many of you as possible on this date. Usual refreshments will be served.

STRONSAY R.N.L.I. BUFFET LUNCH

HELD ON THE 20TH JULY 2014

The Stronsay Branch of the R.N.L.I. would like to thank all those who contributed and participated in this year's annual Buffet Lunch. Once again there was a magnificent turnout of the Community who enjoyed a hearty lunch, followed by taking part in the quizzes, raffle, and tombola. We were joined by the crew of the Kirkwall Lifeboat the 'Margaret Foster' and it's always a joy to see the boat and meet the crew. A special thanks must go to the 'Silver Darlings' who had been playing at a Wedding the previous evening but still managed to get back and play for us. As always the event was highly successful and its pleasing to announce that the donation this year to the RN.L.I. will be approximately £1600

Once again a huge thank you to all those who made this possible

GROUPS, CLUBS & ORGANISATIONS



Scottish Families
Affected by Alcohol & Drugs

Is someone you care about misusing alcohol or drugs?

Call our free and confidential helpline on

08080 10 10 11

We are here to listen, if you want to talk.
We can provide information on what support may be available to you and your family.

Or get information by email,
at helpline@sfad.org.uk.

www.sfad.org.uk

GROUPS, CLUBS & ORGANISATIONS

AGE CONCERN ORKNEY SEEKS VOLUNTEERS ON STRONSAY

Have you ever searched for information and wished that someone would come along and help you find it? Are you ‘an information collector,’ who happens always to know what takes place in your community? Would you like to share your knowledge about services and activities that are available to older folk so they can make informed decisions?

If your answer to these questions is ‘Yes,’ then we want to hear from you!

As part of our new project at Age Concern Orkney (ACO) we are now recruiting volunteers to become ‘information gurus’ in their communities. We are looking for people who are information ‘hungry’, who like to share what they know both with individuals and with groups, and who can inspire others to be positive about growing older. For more information about this opportunity please contact Rob on 872897 or Caron on 872438.

GROUPS, CLUBS & ORGANISATIONS

STRONSAY SWIMMING POOL

The current timetable is: Monday

7.20 - 8pm public session

8 - 8.40 adult lane

Wednesday

3.20 - 4pm Beginners, developers and c squad

7 - 8pm B squad

8 - 9pm A squad

Thursday

7 - 7.40pm private hire

7.40 - 8.20pm public session

Saturday

2 - 2.40pm private hire

2.40 - 3.20pm Public Session



Crossroads Orkney have been contracted to provide an additional new service on a 12 month pilot basis only, funded through the Change Fund, to offer direct care and support to people who are living on their own and do not have a carer to provide support. This new service is available on Sanday, Stronsay, Westray, Hoy and Shapinsay. This is to meet the needs of people for care and support where there has been an unpredictable increase in their care needs and generally to be delivered as part of a short term/ unplanned package of care in conjunction with other services.

This is a new service for Crossroads Orkney whose core business is to provide respite services as support to carers of people with support needs. Please make referrals directly to **Crossroads Orkney** by contacting **Olivia Tait** at the Travel Centre, West Castle Street, Kirkwall KW15 1GU, on **870500** or email to carers@crossroadsorkney.co.uk

GROUPS, CLUBS & ORGANISATIONS (continued)

MOBILE LIBRARY

Next visit:

TUESDAY 26th August

Council Houses—9.00am - 10.00am

School—10.15am - 12.00pm Kirk—12.30pm
- 3.00pm

Fishmart—3.15pm - 5.30pm

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>

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!
The cutoff date for items 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

USEFUL INFORMATION

POST OFFICE OPENING TIMES

Monday	8:30—12
Tuesday, Wednesday, Thursday	8:30—12 and 1—3
Friday	Closed
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 (see <http://tinyurl.com/kvk5gfp>)

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

Next Special Collection Friday 1 August

Rubbish collection Tuesday (bags out ready by 9am)

Doctor 616321	Balfour hospital 01856 888000
Nurses 616480	Hydro 0800 300 999
Medical emergency 01856 888000	All water enquiries 0845 601 8855
Registrar 616239	Kirkwall Library 01856 873166 Hall
bookings 616446	Kirkwall Police 101 Post Office
. 616278	Vets:
Companions 616261	Flett & Carmichael . . . 01856 872859 Kirk
. 616311	Northvet 01856 873403 Stronsay Hotel
. 616213	Dentists:
Olivebank 616255	Great Western Rd 01856 879683
Ebenezer stores 616339	King Street 01856 875348
Neil's on Wheels 616454	Earls Palace 01856 872958
Taxi 616335	Golgotha monastery. . . . 616210 Castle Bird
Reserve 616363	Email contact@the-sons.org

JIM HOLLAND HAULAGE—DELIVERIES

Catalogue deliveries made on Tuesday and Friday only. Large items will be delivered on Saturday.

HOW TO CONTACT THE *LIMPET*

Send an email to stronsaylimpet@btinternet.com with attachment(s) (text, image or PDF); or phone Bruce Fletcher on 616297 (after 11am & before 9pm, please!); or write to *The Limpet*, Claremont, Stronsay, KW17 2AR.

Details of the deadline for the next edition are on the front page

POSTAL SUBSCRIPTIONS TO *[THE LIMPET](#)*

12 editions for £20.00 including P&P (The online edition is FREE!)

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