



NHS SCOTLAND—CORONAVIRUS

NHS Scotland website for information on coronavirus is

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

If in doubt phone the surgery on 616321

FOOD BANK REFERRALS

Orkney Citizens Advice Bureau

If you are facing financial difficulty and struggling to afford food, please get in touch with us so that we can make a food bank referral for you. These are extraordinary times which nobody was prepared for so please don't feel embarrassed at asking for help, there are so many others in the same situation. To request a referral you can email the following address:

bureau@orkneycab.casonline.org.uk

Our service is free and confidential.

ROYAL BANK OF SCOTLAND

"There will be no Royal Bank visits until further notice.

Also we have set up 2 dedicated tel numbers

0800 051 4177 for anybody in isolation

0800 046 6734 for all NHS staff

Both lines are open 8-8

I hope you are all keeping well, and it won't be too long before I am back.

Lois"

TOILET AND WASHING FACILITY FOR KEY WORKERS

Due to the current situation and all public toilets being closed (understandably) we would like to offer the use of the bathroom at Cleat Cottage (house empty) to any KEY WORKERS who have to come to Stronsay-oil deliveries, BT, etc. Soap and paper towels available. Please pass the word around.

Sheena Cooper

HOW TO CONTACT THE [LIMPET](http://www.stronsaylimpet.co.uk)

Send an email to editor@stronsaylimpet.co.uk (preferred method); phone Bruce Fletcher on 616297 (after 10:30am & before 9pm, please!); or write to *The Limpet, Claremont, Stronsay, KW17 2AR*.

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

CORONAVIRUS
WASH YOUR HANDS
MORE OFTEN
FOR 20 SECONDS

**Use soap and water or a
hand sanitiser when you:**

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food



For more information and the Government's
Action Plan go to nhs.uk/coronavirus



ORCADES PRACTICE—STRONSAY BRANCH

In an emergency phone 01856 888000

CORONAVIRUS UPDATE

SURGERY ARRANGEMENTS HAVE CHANGED DURING THIS TIME.

Please phone as usual if you require an appointment on 616321
or email orkney.stronsay@nhs.net

All appointment requests are being triaged by Admin through the GP who will then contact you and give you an appointment if you need a face to face consultation. These arrangements will continue for the foreseeable future.

REPEAT PRESCRIPTIONS **CORONAVIRUS RISK REDUCTION**

From today Monday 16th March until further notice:

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

Thank you
Dr Roger Neville-Smith
Dr Rosalind Fisher



The Stronsay Development Trust has been working to support the community during this time and is pleased to announce that we have been successful in a funding application for a COVID 19 Response project. This project will include but not limited to, additional hand sanitiser, grocery vouchers, fuel vouchers and various food schemes, targeting the most vulnerable in our community. We will keep you updated as this project develops.

We are also pleased to confirm the continued funding for our Wellbeing Project and Coordinator Sarah who is always an invaluable resource but especially during these times. More details can be found in this edition of the limpet as well as on the Stronsay Community Led Wellbeing Facebook page.

Sanitiser

Hopefully those of our community most in need have received a bottle of hand sanitiser, if you haven't and feel that you are in immediate need please get in touch. As part of the funding award we will be receiving an additional order of sanitiser in the next few days and will be in a position to offer refills to those that have worked through their supply. As before priority will be given to key workers and the most vulnerable. We ask that you please get in touch to let us know if you are in need of a refill or will need one soon.

PPE

As part of the funding we will be receiving a number of PPE items that can be used for key workers who are not provided through their employment as well as businesses that continue to work through this time and the most vulnerable groups in the community. Please get in touch if you would like to be supplied any disposable gloves, aprons, or masks. We have a limited supply but will do our best to accommodate all those in need.

Contact

If you have any questions, require sanitiser or additional help in any way please get in touch.

Anna Bliss-Davis

cdostronsay@gmail.com or 616317 (I am working from home as much as I can so don't be alarmed if a child or a husband answers the phone)



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Company Number SC271553 A Scottish Charity, Charity Number SC038888
Registered Office: Unit 1, Woods Yard, Whitehall Village, Stronsay, Orkney KW17 2AR

ORKNEY SCRUBS

Orkney Scrubs is a group that has been set up to help NHS Orkney provide laundry bags and alterations to existing scrubs for healthcare workers throughout Orkney. Their most pressing need at this time is the laundry bags. These laundry bags allow nurses and carers to take their dirty scrubs home safely without handling the clothing too much before being washed. As of March 22, almost 200 bags had been sewn by sewers and seamstresses throughout the islands, including here on Stronsay. They are hoping to provide two laundry bags per nurse and all carers across Orkney, for a total of nearly 1,000 bags!

Thank you to everyone on Stronsay who has helped in this effort! If you are able, keep sewing. If you are out of fabric the Restore at Unit 5 Wood's Yard has a large selection of fabric, duvet covers, pillowcases and sheets you can grab.

If anyone would like to donate old sheets, pillowcases or duvet covers, please let me know and pick-up can be arranged, or you can drop off at Unit 5 Wood's Yard. Any cotton or poly/cotton blend that is color fast and can be washed at 60 degrees will work.

For the laundry bags there is no pattern, just an old-style gym bag with drawstring top is what I was told. Plenty of YouTube videos for tutorials, this is just one example. <https://youtu.be/854F0zxaHTo>.

There is a collection box in the porch of Ebenezer Store for anyone who wants to contribute.

If you are interested, you can join the Orkney Scrubs Group on Facebook for up to date information and requests.

Sarah Powers Richings

VOLUNTEERS ARE READY TO HELP

Things we can help with:

- friendly phone calls
- collecting and dropping off shopping
- picking up prescriptions
- posting letters
- dog walking
- making a deposit at the post office

This list is not exhaustive, so if you need help, please be in touch.

Sarah Powers Richings

Stronsay Community Wellbeing Coordinator

sdtwellbeing@gmail.com

01857 616495

Volunteers will be practicing social distancing and will not enter homes. No money will be exchanged. Volunteers will be unable to offer health advice. If you feel you need help or questions answered, please use the helpline list in this edition of the Limpet.

HELPLINES AND ADVICE

If you need EMERGENCY care	999
General Medical Advice-Surgery	01857 616 321
NHS 24	111
Coronavirus General Helpline	0800 028 2816
Helpline for Elderly People	0800 12 44 222
Business Support Helpline	0300 303 0660
Mental Health Helpline	0800 83 85 87
Employers' Helpline	0800 019 2211
LGBT Health and Wellbeing Helpline	0300 123 2523
Parents Helpline	0800 028 2233
Housing Helpline	0808 800 4444

TIPS AND IDEAS FROM [CLEARYOURHEAD.SCOT](http://clearyourhead.scot)

These are worrying and uncertain times. The coronavirus outbreak has changed daily life for us all in Scotland and has had a real impact on how many of us are feeling. It's ok to not feel yourself right now, and we have some great tips to help you get through it. Things you can do to help clear your head:

Keep moving. Creating routine. Look after yourself. Stay Connected. Stay healthy

During these difficult times it's important to stick to the advice about staying at home and reducing social contact. But that doesn't mean you have to get through things all on your own. There are lots of organisations offering ideas and practical assistance to get you through. If things are becoming a bit much, it's important to talk to someone about how you are feeling. This could be a family member or friend, your GP or by calling a helpline. There is help available.

If you need to talk to someone, you can call:

NHS 24 on 111

Breathing Space on 0800 83 85 87

Samaritans on 116 123

Geramount Surgery 616 321

Stronsay Community Wellbeing Coordinator 616 495

For more information go to clearyourhead.scot

EVENING AT LOWER MIDGARTH,

STRONSAY MARCH 2011

The lifting
of a hundred geese
in clamour-chorus haes
a lone Islander, softly growling,
in its sky-furrow to a Kirkwall roost,
and letting fall an evening blessing
on geo and taing, ferry and dyke;
behind, surf-sound from Mill Bay,
unseen, a few fields away
and at the very edge of the world;
below, seal-heads break the shallows,
darker grey against the grey of Linga Sound
and Rousay's hill-top doffs, politely,
a cloud-hat to the sun,
melting into an ocean
far, far away
beyond Hoy.
(John Rawlinson)

(Folk may remember John and his wife Sally when he was locum doctor on Stronsay during which times he often took services in the kirk)

WE ARE NOT IN THE SAME BOAT ...

I heard that we are all in the same boat, but it's not like that. We are sailing in the same storm, but not in the same boat. Your ship could be shipwrecked and mine might not be. Or vice versa.

For some, quarantine is optimal. A moment of reflection, of re-connection, easy in flip flops, with a cocktail or coffee. For others, this is a desperate financial & family crisis.

For some that live alone they're facing endless loneliness. While for others it is peace, rest & time with their mother, father, sons & daughters.

Some are bringing in extra money with endless overtime, Others are working more hours for less money due to pay cuts or loss in sales. Others no longer have a job.

Some families of 4 will receive £5000 per month from the stimulus while other families of 4 will see £0 for the duration of it.

Some were concerned about getting a certain chocolate for Easter while others were concerned if there would be enough bread, milk and eggs for the weekend.

Some want to go back to work because they don't qualify for unemployment and are running out of money. Others want to kill those who break the quarantine and are seen outside.

Some are home spending 2-3 hours/day helping their child with online schooling while others are spending 2-3 hours/day to educate their children on top of a 10-12 hour workday.

Some have experienced the near death of the virus, some have already lost someone from it and some are not sure if their loved ones are going to make it. Others don't believe this is a big deal.

Some have faith and expect miracles during this 2020. Others say the worst is yet to come.

So, friends, we are not in the same boat. We are going through a time when our perceptions and needs are completely different.

Each of us will emerge, in our own way, from this storm. It is very important to see beyond what is seen at first glance. Not just looking, actually seeing.

We are all on different ships during this storm experiencing a very different journey so don't judge others by what's happening in your boat, we are all just fighting our way through the storm.

Good luck to you all and we'll see you in the calm

Sarah Powers Richings (Taken from Facebook, by Martin Stimpson)

COMMUNITY RESILIENCE FUND

Support for groups helping vulnerable people

A fund to assist vulnerable people during the coronavirus pandemic has been set up by Orkney Islands Council.

The Community Resilience Fund will provide support for local voluntary, charitable and not-for-profit organisations working with:

People aged 70 or older and those aged under 70 with an underlying health condition, including people given the flu vaccination each year on medical grounds.

Those at increased risk, particularly in relation to poor mental health and wellbeing.

Vulnerable isolated people and families, particularly those living in remote rural areas, families where a parent or both parents have lost their employment or where children are living in poverty.

Children and young people – particularly on creative, digital projects to provide a voice for younger members of the community.

Hardship funding provided by the UK Government is being used to establish the fund. It initially stands at £150,000 and can award grants of up to £2,000. This will be kept under review over the weeks ahead.

Council Convener Harvey Johnston said: “These are difficult times for many in Orkney and a range of organisations are working hard to assist vulnerable folk across our community.

“We want to support those efforts and so I am delighted we have been able to establish this fund. We will respond rapidly to applications for grants – our aim is to process these within seven days.”

Visit <http://www.orkney.gov.uk/CV-CRF> to make an online application for funding.

If help is required in completing the online application please contact the Island Link Officer
t: 616446 e: stromsaycc@gmail.com

The Council is working closely with Highlands and Islands Enterprise to ensure there is a coordinated approach to providing community support in Orkney.

Colin McAlpine
Stromsay Island Link Officer
22 April 2020



Job Vacancy—Project Coordinator

Fixed Term Post: 18 months

Hours: 6 hours per week

Wage: £10 per hour

Post Title: Dementia Friendly Stronsay Project Coordinator

Responsibilities: To work collaboratively with the Dementia Friendly Stronsay Steering Group, individuals living with dementia, their families or unpaid carers and volunteers to raise awareness of dementia in our community and pursue activities and education, leading to designation as a Dementia Friendly Community.

Main Duties:

- Undertake community assessment of how current services and assets meet current need.
- Identify gaps in the provision of well-being services and assets.
- Develop and implement a delivery plan for the community in conjunction with the steering group and appropriate community groups.
- Coordinate educational activities for the community
- Establish and maintain a dementia aids lending library
- Undertake Level 5 training in Dementia Awareness/Care
- Will have or be willing to have PVG membership

Key skills required: Previous experience in a related field desirable; Good communication skills; Ability to maintain a strict level of confidence; Proficiency in Microsoft Office Programs; Ability to prioritize efficiently; work alone or as a part of a team; Enthusiastic and reliable.

Applications due by **May 1, 2020** with interviews to be held the week of **May 11th, 2020**.

Applications may be submitted to cdostronsay@gmail.com
or to 1 Wood's Yard, Stronsay, KW17 2AR.



Stronsay Heritage Committee

We keep hearing what an unprecedented time this is. And, it is true. This is a time unlike anything most of us have experienced. In some ways it is like a war, a time that will be remembered and studied by future generations. But it is unlike any war we have ever fought. We are all feeling and experiencing this time in a wide variety of ways. To some, it may not be much different than what their life is like on a daily basis. To others, it is an incomprehensible change from their norm. However it is playing out for you is normal but unique.

It is because of this that the Stronsay Heritage Committee is asking for your help. We would like to create a collection of memories from this time to save for the future generations to study and learn from. We are happy to take anything that you have created to commemorate this time. It may be a story or poem, a quilt or a painting, photos or a song you have written. Everyone is welcome to participate, from the very youngest to the oldest, all input is valuable.

If you are happy to donate something now or in the future, please be in touch with any of the committee members.

Doris Shearer

Elsie Dennison

Ian Cooper

Mike Erdman

Anna Davis

Jennifer Graham

Scott Daily

Sarah Richings

CAN YOU HELP?

I've been looking into the history of the Agricultural Society in Stronsay and in particular the ploughing and 'singling' matches held here on Stronsay. Ingram Shearer has kindly let me see most of the Minutes Books of the Society but he didn't have the one covering the period 1962 to 1969. I'm hoping someone may still have it or know of its whereabouts and would be willing to let me have a look at it. I'm also interested in the Young Farmers' Club which ran for a time in the 50s and early 60s and wonder if anyone has any records of this I would be able to have a look at, or any information and stories about the Club? I'm sure there must be some of you who would have been members! Finally, I would love to see any photos of the Agricultural Society or Young Farmers' Club activities, particularly of ploughing or 'singling' matches but anything else would also be of great interest.

I hope to record as much of this as I can before it is lost and any information or stories you may have, however little, would be greatly appreciated!

Ian Cooper, Steenysheed. Phone 01857 616322 or email ian.cooper56@gmail.com



Dementia Friendly Stronsay

The Stronsay Development Trust is pleased to announce the start of a new 18-month project designed to enable our island community to become an Alzheimer Scotland recognized Dementia Friendly Community. In Scotland over 90,000 people are living with dementia and that number is expected to rise as the population continues to age. Our goal in becoming a recognized Dementia Friendly Community is to allow community members diagnosed with dementia to live as independently as possible, continuing to enjoy their favorite activities with a sense of empowerment and support, knowing their voice is heard and valued. We also hope by obtaining this recognition to welcome and support visitors living with dementia, their families and carers.

Our project will focus on two key areas: community education and the development and management of a dementia aid lending library.

The project will be overseen by a steering group and managed by a new part-time Project Coordinator. There will also be a variety of volunteer opportunities.

This work is supported with funding from the Life Changes Trust. The Trust is funded by The National Lottery Community Fund. The Life Changes Trust was established by The National Lottery Community Fund in April 2013 with an endowment of £50 million to support transformational improvement in the quality of life, well-being, empowerment and inclusion of two key groups in Scotland: people affected by dementia and care experienced young people.



MARY K. MIDDLETON
21ST MARCH 2020



Due to the current travel restrictions, we feel compelled to honour our Mother, Grandmother and Great Grandmother, Mary, by informing everyone of the service we would have given her had we all been able to be together at her funeral on Stronsay on Tuesday 31.03.2020

Our Mother was a wonderfully warm, compassionate and loving lady to five children. She met the love of her life, Frank, in Bournemouth and acquired three step-children. Mary, Frank and some of the family moved to Stronsay in 1978 and Frank worked as one of the last light keepers on Copinsay until it was automated. Mary and Frank had quite a few years of happy retirement together before Frank died in 2005. Mary stayed on Stronsay for three years then moved to Kirkwall due to failing health and to be closer to her family. After a period of time in warden assisted living at Andersquoy and Lambaness, she suffered a massive stroke in 2016 and was admitted to Smiddybrae care home at Dounby. She loved the singing group, minibus outings and other activities the home had to offer and was so grateful for her placement. She thought the staff were wonderful and they certainly went out of their way to make her feel wanted and cared for in her final years. Mary watched her cowboy films most afternoons and loved Elvis Presley music.

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This song was one of her favourites as the first part was played in a lot of westerns and she'd sing it in the car on days out.

(play loudly),
AMERICAN TRILOGY

Elvis Presley

Oh I wish I was in the land of cotton
Old times they are not forgotten
Look away, look away, look away, Dixieland.

Oh I wish I was in Dixie, away, away
In Dixieland
I'll take my stand
To live and die in Dixie.

For Dixieland I was born
Early Lord one frosty morn'
Look away, look away, look away, Dixieland

Glory, glory, hallelujah
Glory, glory, hallelujah
Glory, glory, hallelujah
His truth is marching on.

So hush, little baby, don't you cry
You know your daddy's bound to die
But all my trials, Lord, soon be over.

Glory, glory, hallelujah
His truth is marching on
His truth is marching on.

Now if that song had a gunfight in it, she would've been in seventh Heaven !

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Some of the family had time to say goodbye before Mary passed away but the majority didn't, so it's the next song that reflects one of our hopes for the future

IN DREAMS

Roy Orbison

A candy-colored clown they call the sandman
Tiptoes to my room every night
Just to sprinkle stardust and to whisper
"Go to sleep. Everything is all right."

I close my eyes, Then I drift away
Into the magic night. I softly say
A silent prayer like dreamers do.
Then I fall asleep to dream My dreams of you.

In dreams I walk with you. In dreams I talk to you.
In dreams you're mine. All of the time we're together
In dreams, In dreams.

But just before the dawn, I awake and find you gone.
I can't help it, I can't help it, if I cry.
I remember that you said goodbye.

It's too bad that all these things, Can only happen in my dreams
Only in dreams In beautiful dreams.

We love and will always cherish the memories we have of such a wonderful, caring, loving Lady and will so miss the great hugs and smiles she gave so freely.

Mary will now be reunited in Stronsay with Frank and her dear Mother and Father, (also buried there), for Eternity.

With many grateful thanks to the wonderfully caring staff of Smiddybrae House and the attentive doctors and nurses of the Dounby Surgery



Heritage Grants

Do you have an idea for a small project that relates to the cultural, built or natural heritage of your island?

Community groups can apply for grants of between
£200 and £2,000

<https://www.nilps.co.uk/small-grants/heritage-grants>

Student Research Grants

Are you a student carrying out research that focuses on the cultural, built or natural heritage of the North Isles of Orkney?

Apply for up to £500 towards travel, research materials or equipment.

<https://www.nilps.co.uk/small-grants/student-research-grant>

For more information contact the NILPS team:
48 Albert Street, Kirkwall
T: 01856 879076
E: nilps@orkney.gov.uk W: www.nilps.co.uk



RECENT RARE BIRD SIGHTINGS

Ever since a now-deceased friend of mine spent several months bird-watching from a deckchair in his back garden in my 'home town' of Gillingham, Kent in the 1970s (partly due to illness it has to be said), it has become quite clear that ornithologists must miss many interesting species flying directly over-head! He had some great sightings during that period! We know this from the number of sightings of birds by other people here on Stronsay which have probably flown right over OUR heads – even though we do have the habit of 'looking up' occasionally rather than 'looking down' towards ground level where most interesting species lurk! !

I have often thought about under-taking the same 'deckchair' task (or torture?) here on Stronsay but have always quickly dismissed the idea.....until..... the current restrictions to our movements due to the coronavirus. Perhaps this is the year to put the plan into motion. I will report back on progress as to whether household chores and 'deckchair birding' can mix!

March was a very quiet month but there were more encouraging signs that the spread and numbers of formerly regular breeding species was increasing. An early Pied Wagtail on 1st March was a sign that Spring was on the way and a Jack Snipe was seen on a few occasions in our drive here at Castle (see photo). On one occasion it began 'bouncing' up and down – a habit peculiar to this species in the UK – an action that is believed to be the bird's attempt to attract worms etc towards the surface in soft earth.

A flock of 20 or so Long-tailed Ducks took up residence in Mill Bay and there were increased numbers of Red-throated and Great Northern Divers in late Winter – a sign that the salmon farm venture may actually attract birds rather than reduce their numbers. Similarly, there was again an increase in birds at the Waterworks, where the regularly nesting species have all returned in similar numbers to those present before the alterations were made. There were just a few species of migrant 'land-bird' seen during the period – one each of Wood Pigeon, Chiffchaff, and Siskin.

A Slavonian Grebe in breeding plumage was in the sea off the Reserve for a short time on 4th April – a typical date for this very uncommon visitor – and another indication that Spring was on the way was a party of 50 or so Linnets near the South School on 4th. Two Wood Pigeons (a rare sight indeed here!) were seen together in Ant and Clare's garden at Gesty Dishes in early April during which time there were two records of Goldcrest there.

With time for bird-watching other than on our own land curtailed we have not been able to keep up with Spring migration, but all the signs have been encouraging, with very few Greylag Geese (the Matpow now almost back to former glory!) and noticeably higher numbers of several duck species in particular. At least 11 Shelduck have been seen and good numbers of Mallard, Teal and even Tufted Duck, the latter on the Matpow Loch.

The first Wheatear was seen by Leah at Airy on 12th April, when Skylarks were becoming more vocal and waders were beginning to move northwards. During the last two weeks, small parties of Curlew could be seen – and heard – flying north-eastwards over Mill Bay – heading straight for Fair Isle (and beyond). The first Great Skua (Bonxie) was seen by Ant on 19th, the same day as both Merlin and Sparrowhawk were seen here at Castle.

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9 Shelduck were on the Matpow Loch in late April and two regularly visited the new 'pond' between Castle and Linkshouse. In complete contrast a Blackcap was seen by Sheila in the garden at Helmsley. A very 'dark' brown Chiffchaff was picked up exhausted in the porch at Airy on 20th (see photo) and a similar bird spent a few days in the Castle garden around the same time.

There was a very interesting occurrence on 21st when a group of 'crows' descended into the large tree at the end of the Castle garden and began calling and 'squabbling'. Some of the calls sounded unfamiliar and I suspected they may be Rooks – very rare here in recent years. The birds suddenly vacated the tree en masse and headed off towards the Meikle Water and into the sun – still squabbling and calling incessantly. It was a real puzzle but at the time it seemed most likely that most of the birds would be Rooks (very colonial at this time of year). Try as we might, it was impossible to ascertain the features of any of the 10 or so birds as they flew off directly away from us. Suddenly the 'penny dropped' – Kath and Norman (ex-Dale farm) had often spoken about the flocks of Rooks which regularly flew out to Stronsay from Mainland Orkney at certain times of year many years ago – and went back to Mainland the same day! Perhaps we were witnessing the revival of an old tradition. Rooks are very numerous indeed on mainland Orkney!

Another interesting arrival on 21st was what was almost certainly a Lapland Bunting picked up exhausted (probably chased by a Merlin!) by Diane at Tullementan.

During the last few days there have been a few arrivals of Summer visitors including Chiffchaffs, Swallows, Sedge Warbler, and Sand Martin. No doubt there are plenty more to come!

With our own bird-watching severely curtailed for the foreseeable future we would appreciate any calls regarding bird sightings – not necessarily rarities – in order to keep the contents of our monthly Limpet article as interesting as possible.

Thanks again for all the calls. John & Sue



'Whooper Swans at the Blan Loch shortly before leaving for the breeding grounds in Iceland'

(Continued on next page)



*'Jack Snipe caught in the headlights in the Reserve drive'
(Note much shorter bill than Common Snipe)*



*'Chiffchaff picked up exhausted in the porch at Airy and quickly released back into the garden.'
(Photo Hazel Shearer)*

STEPHEN CLACKSON'S LETTER FROM SCHOOL PLACE

Reporting on what your councillor is doing in these Covid-19-times

Since my last *Letter*, matters have moved on momentarily and the virus situation has become deadly serious with lives in Orkney now tragically having been lost to it. The Special Meeting on the 23rd March was our last face-to-face Council meeting (and even then two councillors participated by telephone). The purpose of this meeting was to amend our standing orders to adapt council procedures to the emergency scenario we now find ourselves in. The standard committee cycle has been suspended, and we councillors now hold regular briefings and other meetings via “Microsoft Teams” from our respective homes. Schools, libraries and leisure facilities have been closed, waste recycling halted, carparks made free-of-charge, key-worker hubs set up, and changes made to birth, marriage and death registration. Government business grant schemes have been instigated and are being administered locally by OIC. Up-to-date details of all of this and more can be found via the “News” tab at the top of the Council’s website at <https://www.orkney.gov.uk>. If, on the homepage, you click on this banner:

Image removed



for copyright
reasons

you will be taken to links connecting you to further Covid-19-related information and advice and also to Council Leader James Stockan’s podcasts. Other valuable sources of local information are *BBC Radio Orkney* and *The Orcadian* weekly newspaper as well as the various monthly magazines and newsletters published and distributed on the individual islands of the North Isles Ward. Every household will have received a letter and explanatory coronavirus leaflet from the Prime Minister, who himself has not been immune to the effects of this disease and thankfully is now on the road to recovery. The Scottish Government Covid-19 helpline is 0800-1114000. For OIC’s Homelessness Service ring 01856-873535 or 07921-582962 out-of-hours.

Since the 27th March, Orkney Ferries’ vessels have been sailing to much reduced “Covid-19” timetables (details available at <http://www.orkneyferries.co.uk/>). Swift pre-emptive intervention by me on behalf of hauliers I had contacted as soon as it was published enabled minor improvements to be made to the Outer North Isles timetable within the imposed constraints. Subsequently, I have been making representations to facilitate other aspects of the supply chain.

(Continued on next page)

I would like to take this opportunity to praise the sterling work done by our island hauliers and shops to keep us all supplied and fed, and to our posties for diligently delivering our letters, parcels and prescriptions. I've also been engaged, alongside our MSP Liam McArthur, in pushing for adequate, appropriate personal protection equipment for our front-line NHS staff and home carers in the Isles. They, too, deserve our praise and our support. At a (virtual) Special Meeting on St Magnus' Day, OIC agreed to establish a Community Resilience Fund and a Coronavirus Response Fund. Furthermore, we are allocating nearly 60% of our Food Fund grant to provide £5 per head per week to all residents of the isles (north and south) to be spent in the island shops.

We are fortunate to be experiencing our enforced "lockdown" in Orkney's North Isles, where we can stroll out of our houses for our daily exercise into a calm, rural environment with soothing sea views, and have the reassurance of strong communities to look out for us. This could be a time of personal creativity and achievement, a chance to spend quality time with our families, and get some DIY and gardening done. Natural philosopher, Isaac Newton did some of his greatest work whilst confined at home during the Great Plague of 1665-66. Many of us will now have more time to read. Topical titles include "La Peste" ("The Plague") by Albert Camus, "A Journal of the Plague Year" by Daniel Defoe, and "Het Achterhuis" ("The Diary of a Young Girl") by Anne Frank—an account of being incarcerated in constricted living quarters while facing even greater challenges than we are. For other accounts of isolation under challenging conditions consider Terry Waite's "Taken on Trust" and "An Evil Cradling" by Brian Keenan. As we live on islands, why not tackle Defoe's "Robinson Crusoe"? Samuel Pepys chronicled the Great Plague in his diary, concluding from his experience "I have never lived so merrily ... as I have done this plague-time."!

I am saddened by the death of fellow North Isles Councillor, Dr Kevin Woodbridge. He was an esteemed colleague and ally I shall miss in the chamber and at meetings of the Orkney Ferries Board. Elected in 2017, his 3 years in office were far too brief.

Don't be a

Covidiot!

Stay at home.

Protect the NHS.

Save lives.

Image removed



for copyright
reasons

Cllr Dr Stephen Clackson, West Manse, Sanday

stephen.clackson@orkney.gov.uk

You can download *Letter from School Place* from lfsp.pbworks.com

Records of a bygone age “We plough the fields and scatter....” Part 1

More than 12,000 years ago, our nomadic hunter-gatherer ancestors discovered that, if soil was turned over and seed scattered over it, a crop could be produced and harvested. Ever since then, this concept has held good, although the manner of its execution has evolved considerably. “As long as the earth endures, seedtime and harvest will never cease.” So we are told in the book of Genesis, and a major factor in this process is the tilling of the soil. This was first achieved by the use of wooden or bone hand tools to scrape and breakdown the ground. Eventually, around 5,000 years ago, the idea of a pointed piece of wood directed into the soil and pulled, firstly by man power and then by oxen or horse, took hold and the first plough as we envisage it today was born.



The inhabitants of Skara Brae were cultivating the land and growing barley and wheat more than 5,000 years ago

As time passed, iron was used to form the point, or ‘share’, of the plough but it still only scratched or broke up the soil, with the soil tending to move sideways rather than being turned over as the implement was pulled through the ground. Then, in the 18th century, more modern techniques and readier and cheaper availability of iron led to ploughs of all iron construction being made and technology coming to the fore. The laws of physics dealing with pressure, force and counter-force and the application of mathematics to improve soil flow and reduce friction led to a plough that was much easier to pull and made a much better job of actually inverting the soil rather than simply moving it and, as a consequence, burying weeds and taking more nutrients to the surface for the following crop. One of the most successful of these was



A typical Scots Swing Plough of the late 1800s

known as the Scots swing plough (called a swing plough as it had no depth wheel as favoured by its English counterpart giving the ploughman more control over the depth and width of ploughing) and models based on this concept remained in use until being superseded by ploughs pulled by the tractor in the 20th century.

(Continued on next page)

By the late 18th and into the 19th century this new type of swing plough was being used on a wide scale. They had long mouldboards that could cut neat furrows, and producing good, consistent, even and straight ploughing soon became a matter of pride for the ploughman. This pride quickly took on a competitive element, firstly between individual horsemen on the larger farms and then leading to fiercely competitive ploughing matches where horsemen would be judged firstly on the standard of their work and also separately on how well their horses were groomed and harness presented. This ploughing with the long mouldboard taking a furrow about 7" wide and 4½" or 5" deep, was designed to invert the soil while disturbing it as little as possible to leave a sharp 'V' shaped furrow on which the seed could then be broadcast. In theory, the seed should then fall to the bottom of the 'V' and, when gone over with horse-drawn harrows, should be covered with a good layer of soil to prevent it from being eaten by birds and to encourage germination. If the furrow was too 'open' the seed would get buried too deeply and would not germinate. Each district had its own variant of this basic plough model and indeed each blacksmith tended to put his own stamp on the design, with some of the more talented blacksmiths being favoured with orders for a 'match plough' which tended to be considerably more expensive but made a consistently better finish to the ploughing. Having one of his ploughs winning a match or being regularly well placed in the finishing order also did much for the blacksmith's reputation and led to more orders. Such was the prestige of being highly placed in a match for blacksmith, laird and ploughman!

On crofts and smaller farms, ploughs still had to be pulled by a pair of oxen or possibly a horse and an ox although this was far from ideal, as the oxen had much less pulling power and required more rest than the horse. Crofters with a horse would sometimes work together with a neighbour to team up their horses for the plough and this was a more satisfactory arrangement.

On the larger farms there would be a number of horsemen, each with a team of two they would be wholly

responsible for. On these farms there would be a strict 'pecking order' in place where, if the owner wasn't actually involved in the day to day running of the farm, the grievie (the grievie was farming equivalent of a foreman or overseer) was in overall charge then, in order of seniority, came the 1st horseman, 2nd horseman, 3rd horseman etc. followed by the cattlemen, then the orramen who would be responsible for the more mundane tasks and finally, before the days of fences and dykes, possibly a young lad (a 'herdie boy') to stop the cattle and sheep from straying. Staff were generally hired or moved to other employment on one of two 'term days' each year, either Whitsunday on 28th May or Martinmas on the 28th of November, and around the end of the 19th century wages would have been in the region of 17/- a week for a horseman, 15/- a week for a cattleman and 12/- a week for an orraman. A six day working week would have been standard, with stock still to be tended on a Sunday throughout the winter.



Ploughing with a horse and ox with an old Orkney plough

(Continued on next page)

The horseman was expected to be in the stable at 5.00 a.m. to feed, muck out and groom the horses ready for a 6.00 a.m. start. They would then stop at 11.00 a.m. for 2 hours, not for the benefit of the horseman but to give the horses a rest! Work would then carry on until 6.00 p.m. when the horses would be stabled but the horseman would be in the stable again before he went



A ploughman with his pair of horse

to bed so that he could 'supper' the horse. Tough times!

An acre, which was originally set as an area 1 furlong (220 yards) long by 1 chain (22 yards) wide, was originally based on the area a pair of horses could plough in a day, although it soon came to be accepted as any area of 4,840 square yards regardless of shape. As an aside, in many of the more arable areas of Scotland

and England, fields of ten acres (1 furlong in length by 1 furlong in width) were very common and, when horse racing took place, the distance was calculated by the number of fields the horses would pass in the course of the race - the furlongs - and this is still used today.

An article in the 'Quarterly Journal of Agriculture of September 1839 reports on the inferior standard of agriculture, and in particular of ploughing, in Stronsay at that time: "*Although there is no such implement now to be seen as the old Orkney side-plough, yet, with the exception of the best farmers and proprietors, the implements are still very deficient, and the lands very ill ploughed. Some of the soils are coming into better management, and after being deeper ploughed, which turned up the fresh soil, produce good crops.*" Ten years later, an article in the 'Scottish Farmer' paints a very different picture, possibly due to a great extent to the local Lairds employing advisors from the Lothians and importing and utilising the latest farming practices from that area. We are now told that, in Stronsay, much is well farmed and Housebay and Holland in particular are singled out to be "*uniformly of the finest quality of deep land, a good clay loam, and they are farmed in a style that cannot be surpassed anywhere in the kingdom*".

In the Orcadian of 4th January 1858 there is a report of a gathering that would have been a truly amazing sight:

"Stronsay, Dec. 19th: On Thursday last, the 17th inst., the farmers in this island, to shew their respect and good will to Mr Balfour of Balfour, and Mr Calder, his factor, turned out, en masse, to assist in ploughing the fallow-brake on the farm of Huip, The day was fine, and forty-eight ploughs starting all at one time, was a sight most beautiful and imposing. The horses, and ploughs, and harness, were of the best description, the value of the former alone being computed at upwards of £3,000 sterling. The breadth of ground turned over was great, and the work, as it always is in Stronsay, was excellently performed."

The number of horses, ploughs and ploughmen were gradually increasing and, by 1861, the Census of that time records that, out of a total of 310 directly employed in agriculture, 62 were listed as being ploughmen.

Part 2 of this article will be in next month's Limpet.

THE 'HOODIES'

By Ellie Harrison

There is nothing endearing about them,
Quite the opposite I would say.
The minute they appear in my vision
I feel that trouble is on its way.
They're always one step ahead of you
With mischief on their mind.
Sharp-featured and forbidding
Their natures, seemingly unkind.
Boasting plumage of the deepest black
With highlights of electric blue
Whish doesn't help their image I would say,
That of being evil through and through.
Just a band of troublesome hoodies
Searching every inch of the land
Looking for "death left lying"
Their hunger pangs well in command.
Not like our garden blackbird
Whose colour is just the same,
Singing his melodious song
Indeed, proud of his image and good name
While our crow has very few friends,
His raucous call says it all
And I feel it's with intent to menace
That they line up on the wall.
In flocks of impending doom
They scavenge on "this and that".
How I do so regret that as a prey
They're too large for my cat
And yet even in my dislike of them
Lies a measure of admiration
For they have my reluctant respect I fear
But never my adoration.

It's ©Helene Harrison

FOR SALE, WANTED, THANK YOU, etc

THANK YOU!

Thank you to Olivebank, Ebenezer Stores & the Stronsay Hotel for providing the island with a service that is second to none.

Thanks also to everyone at Geramount Surgery where it's almost "business as usual" despite the threat of coronavirus.

Special thanks to Jim & Murdo for continuing to provide a vital link in the supply chain that has enabled life for everyone on the island to continue, albeit in a much-modified form.

Finally, thank you to all the posties for ensuring that our mail continues to arrive despite the problems caused by coronavirus.

MESSAGES OF SUPPORT FOR HEALTHCARE WORKERS

NHS Orkney is accepting messages of support for workers across all areas of care in Orkney. If you would like to send a message of support, maybe a thank you note or a picture, please email orkney.corporatecomms@nhs.net.

WANTED

Hi there, I just wondered if rental property with land is available on the island at all? Looking for a place on the islands for myself my five year old daughter and our animals. We are looking at properties to buy too but should we be able to rent that would speed up our progress. I work from home so can live anywhere but a rural place with plenty of space and some land around it is what we are looking for. I am registered with agents but there seems very little available.

Many thanks.

Anna Holland (annacholland@icloud.com, Scottish Borders)

Items on this page are free!

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LOCAL BUSINESSES



We are a brand new local company, we decided to take the plunge after many years of working for others, to set up our own business. Craig has many years experience in general building work, labouring, ground work ect. I am a time served joiner. We have all our own equipment so no need for the extra cost of hiring from elsewhere.

**We can do all types of ground work, pipe laying, guttering and roofing. Replacement windows and doors, finishings, concrete and general work. All types of work considered, no job too small, all work finished to a high standard. Full public liability insurance, safe, reliable and trustworthy.
Reasonable prices.**

Contact Craig or Christine for more information.

BELLIE M DESIGNS

Tieve Studios, Berryhill Road, St Ola, Orkney KW15 1SF.

Online shop www.belliemdesigns.com

Orders also taken via Facebook, Twitter, Instagram or phone 07736838489 with email invoices that can be easily paid by card or PayPal.

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LOCAL BUSINESSES

REDHOUSE PLANTS MARKET GARDEN



Seasonal vegetables available daily. Bedding, perennial and vegetable plants.

Local honey in season according to availability.

Open 09.00-17.00 Mon-Sat.

Redhouse, Lower Whitehall, Stronsay. Tel: (01857) 616 377

**STRONSAY
RANGER**

**GUIDED TOURS
AND NATURE
WALKS**

CONTACT 07922711525

FIND US ON FACEBOOK AND
INSTAGRAM
SEARCH FOR STRONSAY
RANGER

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handmade  with love

Airy Fairy

- ★ Handmade Quilts, cushions & clothes ★
- ★ Beautiful, bespoke & personalised gifts ★
 - ★ Handmade especially for you ★
- ★ Makower fabrics in stock £10 per metre ★
- ★ Studio visits welcome by appointment ★



Hazel Shearer, Airy, Stronsay, Orkney, KW172AG • Phone 01857 616231
hazel.airyfairy@gmail.com • www.airyfairyonline.co.uk

The Wyrð Weaver

Handcrafted Textiles and Primitive Folk Art



Come and visit Eunice's studio at...
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Phone - 01857 616230

Find and buy on Facebook @orkneywyrðweaver
Email - thewyrðweaver@btinternet.com



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LOCAL BUSINESSES



*New business, a mini market garden, set up in late 2015 at
Sunnybank, Stronsay*

*Currently supplying mixed salad leaves, some winter vegetables and
bedding plants. There will be more as the season progresses.*

I will supply a list each week with availability

*Please look at my Face book page "Stronsay Markets" or
send me an email "stronsaymarkets@gmail.com and I will put you
on my mailing list*

**PATRICK
McGRATH
LTD**

**PLUMBING
& HEATING**

**Gas Safe Registered Engineer
Plumber**

Services include:

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Call Patrick on **07933 488283**
Email: patrickmcgrathltd@gmail.com



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LOCAL BUSINESSES

STRONSAY HOTEL

Phone 01857 616213, email cjdbuk@gmail.com

STRONSAY HOTEL AND THE VIRUS

In these challenging times we have changed the hours that we are open. We will still provide a Takeaway service and we can deliver if required. Ordering can be done via phone or email.

- Mon, Bar closed
- Tues, Bar closed
- Wed, Bar closed
- Thurs, Bar closed Takeaway available from 5pm.to 7pm
- Fri, Bar closed, Takeaway available from 5pm to 7pm
- Sat, Bar closed Takeaway available 5pm to 7pm
- Sun, Bar closed Takeaway available 5pm to 7pm

We know this is very drastic but it is a drastic time, hopefully it will not last too long.

TAKE AWAY MENU

Homemade lasagne + chips	£5.95
Homemade chicken curry + rice or chips . .	£5.95
Homemade chicken & bacon pie + chips . .	£6.50
Breaded haddock + chips.	£5.50
Battered haddock +chips	£6.50
Breaded wholetail scampi + chips	£6.50
2 sausages + chips	£3.00
2 fish fingers + chips	£2.80
“Stronsay beast burger” + fries	£4.50
“Stronsay cheese beast burger + fries	£5.00
Portion of chips	£1.30
Half portion of chips	£0.80
Portion of cheesy chips	£2.10
Half portion of cheesy chips	£1.10
Portion of onion rings	£1.20
Half cheesy chips = minus 20p	
Cheesy chips = add 80p	
Half chips = minus 60p	
Half rice = minus 60p	

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LOCAL BUSINESSES

“NEIL’S ON WHEELS”



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

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HOME: 01857 616454

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Tel 01857 616339
ebenezer@stronsay.org

Anthony Potts
Foot Health Professional

Qualified Foot Health Professional
MCFHP MAFHP

About Me
I qualified as a foot health professional (FHP) in 2017 studying at the SMAE Institute in Maidenhead. I am a Member of The British Association of Foot Health Professionals.

Treatments offered
Nail cutting and filing
Callus (hard skin) removed
Corns treated
Nail conditions treated
Verrucas treated
General assessment and advice on foot health
Home visits
Please telephone for an appointment

Tel: 07570531618
antpottsguitar@btinternet.com
Gesty Dishes, Stronsay, Orkney, KW17 2AJ

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LOCAL BUSINESSES



Orkney Star
Island Soap & Textiles

Producer of the unique range of Orkney Bere hand-made Soaps

Hand-spun Yarns made from Orkney's famous seaweed-eating sheep

The home of traditionally hand-crafted Orkney soaps, solid shampoo bars and balms.
Hand-spun yarns, woven throws, wall-hangings and more.

Member of Stronsay Craft Trail: Orkney Star Island Soap & Textiles, Isles View, Stronsay, Orkney.

Open all year round. Visitors welcome by arrangement.   

Tel: (+44) 01857 616 281. Email: info@orkneystarislandsoap.co.uk

Web: www.orkneystarislandsoap.co.uk.



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



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

Telephone : 01862 842357

Website : www.oldmansebandbkildary.co.uk

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COMING SOON



Funding has been secured! Starts June 2020

A 16-week program to support access to fresh, locally grown and produced products for households with persons over age 65.

*The funding also includes part time work for one person. This will include picking up produce, sorting and delivering. Must have valid driving license and access to a vehicle. PVG membership desirable. If interested, please email cdostronsay@gmail.com for further information.

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY SCHOOL SPORT RELIEF

During February and March 2020 our school took part in Sport Relief. This year the primary and secondary pupils did a sponsored swim and the daily mile challenge.

The sponsored swim took place at the Stronsay swimming pool on the 18th of February. Both the upper primary and the secondary pupils contributed. The total amount of money raised was an amazing £165, kindly donated from family and friends of the pupils.

The daily mile challenge was held on the netball court at the back of the school and was from the 9th to the 13th of March. Primary attempt the daily mile each day either in the mornings or after lunch, but this week was a little bit more special as we counted our laps and secondaries joined us for a few of the days. The average amount of individual laps each day was around 18 laps which is 1 mile. The primary total came to 1706 laps which is almost 95 miles!! Most primary pupils also kept track of how active they were in and out of school on a chart.

The nursery also took part over the week by having an egg and spoon race, an obstacle course, musical statues and hide and seek. The nurseries raised £42 and Hannah Johnston won half of this.

Also in the staff guessing competition £20 was raised and Mr King won half of that. We would like to say thank you to everyone involved and thank you for reading this.

By Millie Dennison and Liam Daily
of Stronsay School

OUR LADY'S CHAPEL, PIERHEAD—NO PUBLIC MASSES

In accordance with the directives of the Catholic Bishops' Conference of Scotland, because of the COVID-19 virus, there will be no public Masses in Stronsay or in Scotland until further notice. The chapel will remain open for private prayer.

Holy Communion may be received and Confessions may be heard either by the priest visiting your home or by your coming to the Our Lady's Chapel. Please telephone 616210 to make arrangements.

With best wishes to all Limpet readers,
Father Michael Mary
Papa Stronsay

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Volunteer Befriender – Stronsay

The Adult Befriending Service are looking for a one to one volunteer befriender in Stronsay

Do you have an hour a week to spare to visit an older person?

You could make a real difference in someone's life!

- Sit and chat
- Play a game
- Go out on a trip
- Go to a cafe

Training will be given.

If you are interested in becoming a befriender in Stronsay please contact the Adult Befriending Service on 01856872897 and ask to speak to Alison, Kasia or Lynn

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GROUPS, CLUBS & ORGANISATIONS

PLANT SALE—WITH A DIFFERENCE!

A message from Viv Erdman:

"As you all know, Moncur church holds a plant sale every spring, to raise much needed funds. Due to the current Corona Virus situation, it seems unlikely that we will be able to have the sale in its usual format. The church is not able to hold its usual Sunday services, but still needs the money for insurance, maintenance etc, so I am hoping to hold a "remote" sale.

All the seeds have been planted and are germinating well. I am hoping that they will be ready in good time this year. I plan to take photos of the plants, when they are ready, and you will be able to see these on Facebook, or at the shop. You will then be able to order them and pick them up direct from us. I have planted:

- Tomatoes
- Cherry Tomatoes
- Courgettes
- Cucumbers
- Peppers
- Verbena
- Dwarf Sunflowers
- Lobelia in various colours
- Sweet Pea
- Lupin
- Viola
- Petunia
- Sweet William
- Echium
- Nigella
- Livingstone Daisy
- Nemesia
- French Marigold
- Calendula
- Snap Dragon

I also have some Strawberry and Raspberry plants and a few Perennials. Time and weather permitting, these should all be ready by the end of May. With all the extra time at home this year, everyones gardens should be beautiful."

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GROUPS, CLUBS & ORGANISATIONS

KIRK CORNER

It has been said there are two types of people in the world, those who see the glass half empty and those that see the glass half full. I suppose sometimes it might depend on whether you want to drink what is in the glass as to how you see it. It might also depend on whether you think you have control over how much is in your particular glass, for if you have no control then all you can do is drink what is given to you. All this philosophical rambling does have a point, in this current situation with the virus, lock-down, isolation and all, how do we stay positive? What will be our emotional and spiritual state when we finally come out all this? What will be the state of the church? Many wise people have said that things will not go back to “normal” as we use to know it. That is a statement that could be taken either negatively or positively. I am reminded of fire, when something is put in the fire it can either be destroyed or refined, what will we be like when we come out of this fire? Will it just be our hands that we have scrubbed clean, or will we have a better appreciation of what really matters?

This subject in many ways is too deep for me, and too deep for a simple little article in the *Limpet*. But often when I feel overwhelmed emotionally, physically, or spiritually, I find it best to go to what is simple and perhaps build up from that. The church, whether meeting together or scattered, is important and is given by God to do many things: praise Him, teaching and instructing, hold us accountable, fellowship, prayer, and so much more. There is so much, and I would encourage you to think and ponder what the local “church” should be like, and if you find it is not to PRAY that it would be like that.

As I was overwhelmed thinking about the future, both personally for my family and I, as well as for the church here, and for the world in general, I was blessed to come on an account in the Gospel of Luke. In Luke 4, Jesus actually gives His purpose, and it occurred to me just maybe the purpose of Jesus would be a good thing for His people to aim for. Jesus enters a synagogue and is given a part of the book of Isaiah to read. He reads these words “The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord’s favor.”

If I may, let me sum up what Jesus came to offer, an idea that God seems to bring to my mind over and over and over since I have come to Stronsay, HOPE. In Jesus we have hope, hope for this life and the life to come. By nature, I am not an overly optimistic person, but I believe that everyone who has faith in God must be hopeful and optimistic, it is the (super)natural by product. Like Abraham we can have a realistic faith, one that sees that humanly speaking something seems impossible (such as Abraham and Sarah having a child in the extreme old age), but we know that through God all things are possible.

(Continued on next page)

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GROUPS, CLUBS & ORGANISATIONS

While we are in undeniably strange times, and no one in their right mind would wish this virus to linger or think it a good thing, there can be times of blessings in the midst of the bad. One such blessing that has amazed me is the number of online church services and messages now available. I would strongly encourage you to find something to continue to help you get fed and grow, I find it not only good for me spiritually, but emotionally and mentally to “join” with others in a service. I hope to continue to provide a peedie service myself online, and truly if there is anything at all I can do for you please let me know, I am only a phone call or email away.

Blessings,
Rev Scott Daily

No services in the kirk until further notice. Kirk website <https://tinyurl.com/y2ctm7o5>



LIBRARY

Kirkwall library has great online resources, including ebooks, audio books, music and talking newspapers. <http://www.orkneylibrary.org.uk/onlineresources.htm>

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USEFUL INFORMATION

POST OFFICE OPENING TIMES etc

Monday to Saturday	8:30am—5:00pm
Sunday	Closed
Post collection times	07:30, Monday to Saturday
Bank day	No bank until further notice. See article on page 1
Island Link Officer.	Fishmart office 10 to 12 on Tue, Thu & Sat. Phone 616475
SDT Office	Wood's Yard 10am - 11am Mon-Fri. Phone 616410
Sunday service at the Kirk . . .	No services. See https://tinyurl.com/pj7xtg5
Our Lady's Chapel, pier head	No services. See article in this edition of the Limpet
Next Special Collections	?
Weekly rubbish collection	Tuesday (bags out ready by 9am)

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

Airy Fairy	616231	SDT office	616410
Castle Bird Reserve	616363	Stronsay Band	616335
Craftship Enterprise	616249	Stronsay Hotel	616213
Doctor	616321	Taxi	616335
Ebenezer stores	616339	Stranded seals, etc	616339/206/498
Electrician (Dave)	616230	Balfour hospital (24/7) . . .	01856 888000
	<i>or</i> 07917 191 797	Electricity	
Fish Mart	616401	general enquiries	0800 048 3516
Hairdresser	616337	<i>lines open Mon-Fri 8am-5pm</i>	
Hall bookings	616420	problems (24/7) . . .	0800 300 999
	<i>or</i> 07570 531 618	power cut (24/7) . . .	105
Island Link Officer	616475	Water problems (24/7) . .	0800 0778 778
Medical emergency	616321	Highland Fuels	0800 224 224
Neil's on Wheels	616454	Kirkwall Library	01856 873166
Manse	616286	Kirkwall Police (24/7) . . .	101
Nurses	616480	Vets:	
Olivebank	616255	Flett & Carmichael .	01856 872859
OIC out of hours	01856 873535	Northvet	01856 873403
Post Office	616499	Dentists:	
Red House Plants	616377	Orkney Dental	01856 872030
Registrar	616239	King Street	01856 888258
School	616246	Deyanov Dental . . .	01856 877118
Silver Darlings	616412	Golgotha monastery. . . .	616210
Star Island Soap	616281		<i>(Email contact@the-sons.org)</i>

HOW TO CONTACT THE [LIMPET](#)

Send an email to editor@stronsaylimpet.co.uk (preferred method); phone Bruce Fletcher on 616297 (after 10:30am & 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

