



LATEST GP ROSTER

25th January to 15th February—Dr Alison Lievesley

ORKNEY FERRIES - REFIT TIMETABLE

The refit timetable started on Sunday 10 January 2021 and runs until 13 March 2021.

MESSAGE FROM STRONSAY SURGERY STAFF.

All clinical staff will continue to wear PPE when seeing patients, both in the surgery and on home visits. This will include plastic aprons, gloves and masks.

It would be appreciated if patients attending the surgery would wear face masks wherever possible.

Thank you,
Stronsay Surgery.

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.

HOW TO CONTACT THE *LIMPET*

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

The next edition of the *Limpet* will be published on **Thu 25 February**. Items for inclusion in that edition should be submitted by 7pm on **Sun 21 February**. Contact details are on the back page. The Limpet's website address is <http://www.stronsaylimpet.co.uk>

ORCADES PRACTICE—STRONSAY BRANCH

In an emergency phone 01856 888000

(*NOTE NEW EMAIL ADDRESS* ork.stronsay@nhs.scot)

CORONAVIRUS UPDATE

Please phone as usual if you require an appointment on 616321
or email ork.stronsay@nhs.scot (*NOTE NEW EMAIL ADDRESS*)

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**

Until further notice:

- No more paper requests to be handed in.
- Please phone 616321 or email ork.stronsay@nhs.scot to order. (*NOTE NEW EMAIL ADDRESS*)
- Check one week later to see if they have arrived.
- Time slots will be given for collection.

Thank you

Dr Rosalind Fisher, Dr Mandy Fry and Dr Alison Lievesley

GOVERNMENT ADVICE ON FACE COVERINGS

WHEN TO WEAR FACE COVERINGS AND HOW TO MAKE THEM

<https://tinyurl.com/y6ayxdc6>

WHO IS EXEMPT FROM WEARING FACE COVERINGS

<https://tinyurl.com/y4e7gpgu>

NHS SCOTLAND—CORONAVIRUS

NHS Scotland website for information on coronavirus is

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

If in doubt phone the surgery on 616321












SCOTTISH GOVERNMENT STRATEGIC FRAMEWORK

Five level plan to vary rules for rapid but proportionate response to COVID-19

For full details go to <https://tinyurl.com/y5ec6nln>

Recognising Coronavirus (COVID-19) Symptoms



Symptoms	Covid-19 Symptoms range from mild to severe	Flu Rapid onset of symptoms	Cold Gradual onset of symptoms
 Fever (37.8C or above)	Common	Common	Rare
 Fatigue	Sometimes	Common	Sometimes
 Cough	Common (usually dry)	Common (usually dry)	Mild
 Sneezing	No	No	Common
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Sometimes	Common
 Sore throat	Sometimes	Sometimes	Common
 Diarrhea	Rare	Sometimes (for children)	No
 Headaches	Sometimes	Common	Rare
 Shortness of breath	Sometimes	No	No
 Loss of taste or smell	Common	No	Sometimes

TEST & PROTECT: A STEP-BY-STEP GUIDE

Following these steps is vital to tackle coronavirus in Scotland

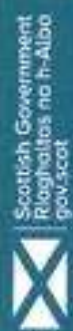
<p>1</p>  <p>RECOGNISE SYMPTOMS</p> <p>A new persistent cough, fever, or loss or change in sense of taste or smell means you should immediately begin household isolation.</p>	<p>2</p>  <p>REQUEST A TEST RIGHT AWAY</p> <p>It is important to get a test as soon as possible. Visit NHSinform.scot/test-and-protect or call 0800 028 2816 if you cannot get online.</p>	<p>3</p>  <p>ISOLATE</p> <p>Isolate for 10 days from symptom start date, longer if fever continues and 48 hours after fever ends. Others you live with should isolate for 14 days.</p>
<p>4</p>  <p>GET TESTED</p> <p>When isolating, you should only leave home to get tested. There are various ways of having this done.</p>	<p>5</p>  <p>GET RESULTS</p> <p>They should be with you within 48 hours and no more than 72 hours.</p>	<p>6</p>  <p>PROVIDE DETAILS</p> <p>If you have coronavirus, NHS contact tracers will contact you to ask who you have had close contact with recently.</p>
<p>7</p>  <p>NHS INFORMS CONTACTS</p> <p>The NHS will then contact the people you have had close contact with. Your name will not be shared unless you give permission. All data will be held safely and securely.</p>	<p>8</p>  <p>CLOSE CONTACTS ISOLATE</p> <p>They will be asked to isolate for 14 days from the last time they had contact with you.</p>	<p>9</p>  <p>HOUSEHOLD OF CLOSE CONTACT</p> <p>If the close contact has no symptoms, others in their household don't need to isolate. If the close contact develops symptoms, they should begin household isolation and request a test straight away.</p>

If you do not have community or family support and need essential help, call the National Assistance Helpline on 0800 111 4000 (Mon-Fri 9am-5pm) or via textphone on 0800 111 4114. The helpline is for those who cannot leave their home or get the help they need elsewhere.

For current health advice and more information about the Test & Protect service visit [NHSinform.scot/test-and-protect](https://nhs.uk/inform.scot/test-and-protect)



Extra protection level advice for people at highest risk from coronavirus (COVID-19)



This is advice, consider which level of protection is right for you.

All levels: we will not ask you to distance from people within your own homes or to stop taking outdoor exercise.

	Level 0	Level 1	Level 2	Level 3	Level 4
Contact with others	Follow the level advice to the general population	Follow the level advice to the general population	Reduce the number of people or households you have face to face contact with Avoid one metre zones	Limit meeting people outside your own household, avoid indoor public spaces	Minimise contact with people outside your own household if you can You should not take public transport
Shopping	Strictly follow the guidelines when shopping	Strictly follow the guidelines when shopping	Strictly follow the guidelines when shopping	Strictly follow the guidelines when shopping and limit the number of times you go to a shop	Strictly follow the guidelines when shopping and limit the number of times you go to a shop
If you cannot work from home	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you The majority of workplaces can be made safe	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you The majority of workplaces can be made safe	Following a workplace risk assessment, your employer should make the necessary adjustments to your workplace to protect you The majority of workplaces can be made safe. Where you have a concern you should discuss this with your employer	Speak to your employer to ensure all appropriate protections are in place The majority of workplaces can be made safe. Where you have a concern you should discuss this with your employer	The majority of workplaces can be made safe. If you have any concerns you should discuss these with your employer However, at this level the Chief Medical Officer will issue a letter which is similar to a fit note and which will last for as long as your area is under Level 4 restrictions. This letter can be used in the few cases where it is not possible to make your workplace safe Please note that this does not automatically mean you should not attend work. You should discuss this further with your employer, and if this results in adequate protection, you can continue to work
School/formal Childcare	Follow the level advice to the general population	Follow the level advice to the general population	Follow the level advice to the general population	Parents or guardians should discuss with their GP or clinician whether children should still attend	Children on the shielding list should not attend in person

Everyone in Scotland should follow the guidance for their area, but there are some extra steps you might want to take at each level. Think about what you'll do differently if your Protection Level changes.
In all Protection Levels, you can be in close contact with people living in your household. You can also take outdoor exercise.

Find your Local Protection level at www.gov.scot/coronaviruslevels
or call the **National Assistance Helpline** on 0800 111 4000.
(Monday-Friday, office hours).

FEBRUARY HEALTH WALKS

I want to thank everyone who has been coming to the Health Walk! I love seeing so many people get out and enjoy the fresh air. If you haven't made it yet, feel free to join us on one of our upcoming walks. It is a great way to get out and have a chat with a few of your neighbours. All ages welcome!

- **Mondays-February 1, 8, 15 and 22-** We are doing a shorter walk in the village. No longer than 30 minutes. This walk is for all abilities, and we will keep to a pace and length that will enable everyone who wants to walk to join in.
- **Wednesdays-February 3, 10, 17 and 24-** This is a longer walk, but no longer than one hour in duration. Hills may be involved.

Walks start @ Wood's Yard at 10am. Watch Facebook for updates/cancellations.

ZOOM CHATS

After a year of COVID-19, with its numerous lockdowns and limitations, this winter is shaping up to be harder than most. As current Tier 3 guidelines stand, it is hard to meet with a neighbour and have a chat, let alone a group getting together. With these guidelines in mind, I am offering a weekly chat via Zoom. **Our first Zoom Chat on Friday, February 5th at 10am** will be a general chat and discussion of different topics for future weekly calls. If you are interested in participating, or would like more information, please feel free to **email** me at sdtwellbeing@gmail.com or call 616495.

Zoom is an online "conference room" for meetings.

- You do not need to download anything to participate.
- You do not need to create an account to participate.
- You can dial in to a free phone number if you don't have internet.
- The room will be open for discussion, but all conversations must be friendly.
- If we need to create smaller groups we can do so in "breakout rooms." (*Ed: please ask Sarah about "breakout rooms"*)

Sarah Powers Richings Stronsay Community Wellbeing Coordinator
sdtwellbeing@gmail.com 01857 616410

MACMILLAN WHODUNNIT

Get ready to solve Whodunnit, a mind-boggling murder mystery game and raise money for Macmillan at the same time!

WHAT: Whodunnit is a virtual murder mystery game. Each participant is assigned a character while your team gathers evidence and unmasks clues to guess who the murderer is. Your scripts will guide you through the event and over-acting is encouraged!



WHEN: March 7th (time TBD)

WHO: Anyone age 12 and up, under 18s will need a parent to register on their behalf

HOW: Choose a willing team of six to eight people, pick a team name, and let me know who is on your team. On the day we will use Zoom to virtually gather together and split into teams in breakout rooms. You will need access to the internet or a phone to call into a free phone number.

TO RAISE MONEY: It is free to participate but we do ask that you make a donation to Macmillan via this link, <https://uk.virginmoneygiving.com/stronsayformacmillan>. We also welcome to donations from community members who would like to support Macmillan, even if they don't want to solve the mystery.

For any questions or to sign up, please contact Sarah Powers, Stronsay Community Well-being Coordinator, at sdtwellbeing@gmail.com or 616495.

This is from Bill Hodgson who has recently moved into Holmsgarth:
 “I am presently studying for an Masters at the University of Strathclyde focusing on the use of Fitbit activity trackers to support active lifestyles for adults diagnosed with type 2 diabetes. If you or you know of anyone who has been diagnosed with type 2 diabetes and would like to participate in this study (see picture below) then please email me at william.hodgson.2016@uni.strath.ac.uk and I will send you further information.”
 See the poster below for more information.




Exploring the use of Fitbit consumer activity trackers to support active lifestyles in adults with Type 2 Diabetes



We are looking for participants to take part in our study which aims to explore the use of Fitbit activity trackers to support active lifestyles within Type 2 diabetes care

If you are interested in taking part in this study, we will supply you with a Fitbit for the period of the study and ask you to use it for a period of 4 weeks. After that we will conduct interviews to explore your use of the Fitbit. We will ask you to complete 2 online surveys at the start and end of the study.

We are looking for:

- Adults (19 + years of age)
- Diagnosed with Type 2 Diabetes
- Not been advised to refrain from physical activity by a health care professional
- Not presently using or own a Fitbit consumer activity tracker
- Access to the internet
- Able to read and write in English
- Presently residing in the UK

If you would be interested in taking part in this study, please email william.hodgson.2016@uni.strath.ac.uk for more information.



Stronsay Dementia Friendly Project Steering Group



What is a steering group?

**The role of this group is to steer work being undertaken by others.
Members of steering groups use their experiences, skills and
knowledge of specific topics and sectors to help make strategic
decisions.**

Everyone and anyone is welcome!!

**Your contribution and ideas would be greatly
appreciated.**

Meetings will be held quarterly.

**For further questions and information contact Teri at
dementiafriendlystronsay@gmail.com or on 01857 616410**

Stronsay Dementia Friendly digital drop-in sessions

Starting December 16th from 11am-2pm



These drop-in sessions will be held every third Wednesday of each month from 11am-2pm

Please do not hesitate to call or email about anything regarding the project.

Email: dementiafriendlystronsay@gmail.com

Tel: 01857 616410

CROSSROADS ORKNEY

and



We would like to help ease the loneliness and difficulty of lockdown for Dementia sufferers and their carers at home. We have a variety of puzzles, crafts and activities which we can post or deliver. All free of charge. If you know someone who could benefit from this or wish more information please call Crossroads 870500 or Lorna Reid 781329



CORRA
FOUNDATION
voice • power • change

Community Wellbeing Fund
projects@corra.org.uk
T: 01551 844 8027
W: www.corra.org.uk

ORKNEY BEACHCOMBING - UNWRITTEN RULES

By the Orkney Beachcombing group on Facebook

There's a strong and deep rooted historical tradition in Orkney beachcombing to place items of interest found ashore well above the high tide mark. It's most usually done with things that are a bit too big or heavy to carry. The placing above the high tide mark implies two things:

1. It's been found and claimed,
2. The finder will return to remove it.

Sometimes the finder might secure their finds a bit, perhaps tying with a rope or weighting down with a stone. However, regardless of any extras, the placing above high tide had always been understood as a demonstration of ownership, with the object being found and claimed. It's a lovely bit of unspoken knowledge that has always been understood and respected by those who work the shore.

There are fewer and fewer people beachcombing nowadays, as society has moved on from those days when beachcast bounty was needed, valued and worked hard for. But this tradition from those times remains as testimony to an important part of our social past.

SCOTTISH BROADBAND VOUCHER SCHEME (SBVS).

The SBVS will ensure that every address in Scotland has the ability to access a superfast broadband connection by the end of 2021, regardless of whether or not it will ultimately receive a superfast connection through the other two strands of activity.

This webpage has details of the scheme:

<https://scotlandsuperfast.com/how-can-i-get-it/voucher-scheme>

SPECIAL COLLECTIONS

Orkney Islands Council is advising that special collections for the non-linked Islands of Orkney will begin again after being suspended due to the pandemic. The next collection date for Stronsay is week commencing 15 February 2021.

Special collections include items such as furniture, household electrical appliances such as white goods, rugs, garden furniture, bicycles and other portable household items.

By using My Orkney, island residents can book and pay for a collection online, or alternatively special collections can be made by contacting customer services on 01856 873535 ext 2903.

Payment for collection is required prior to uplift and only items that are on the request form will be collected by the contractor.

The council would like to thank the public for their patience as we continue to seek ways to re-establish services due to the challenges faced during these unprecedented times. For more information go to:

<https://www.orkney.gov.uk/Service-Directory/S/Special-Refuse-Collections.htm>

WINTER ON STRONSAY

A 'look-back' by John Holloway

Some of the most unexpected bird sightings in the last 30 years.
Not forgetting the wonderful Aurorae – this one photographed by daughter Hazel at Airy



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*Woodcock – normally a very difficult bird to see on the ground.
This one very obliging among snow!*



*Little Auk – found stranded in the Airy Road after a storm.
(continued on next page)*



Shorelark

A very rare visitor – this one posing briefly on the Bu Links.



Waxwings

Always a surprise to find and often very tame. Feed mainly on rose-hips – and apples if provided. This party flew regularly between Castle and Dale during their stay.

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Glaucous Gull *An uncommon 'winter visitor' from the far North but has become much rarer in recent years.*



Iceland Gull *Another winter visitor that has become much less common.*

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Wood Duck

This trans-Atlantic species arrived as eastern USA was being pounded by wind and unprecedented snowfalls.



Long-billed Dowitcher

Another 'yank' which arrived here during the same huge snowstorms on the other side of the Atlantic.

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Snow Goose

It is always difficult to say whether 'rare' species of geese are escapes from collections or genuine vagrants from the distant breeding grounds.



Red-breasted Goose

Like the bird above this Red-breasted Goose fed among other wild geese on the island and was by no means easy to approach.

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Snow Bunting

This species used to over-winter regularly but is now far less common. May be seen around beaches and stubble-fields, the flocks unmistakeable when in flight. In spite of their colouration, may be difficult to locate on the ground. (Photo: Hayden Holloway)



Stonechat

Ten out of ten to the Stonechat. This small, dainty, mainly insectivorous species is recorded most Winters, generally on fence-wires and posts along open roadsides. Feeds along sheltered bays during stormy weather.



Water Rail

This species may be present all year and easiest to see in suitable gardens. One (probably the same individual) has been recorded regularly by Ant and Clare in their own garden at Gesty Dishes for the last two winters (See photo)



BlueTit

Has over-wintered but is just about in the category of 'major rarity' as far as the island goes. The birds will stay faithful to feeders until Spring - see photo of a very well-fed bird at Helmsley taken by by Sheila Burger! Where they go to in summer is a mystery!

STEPHEN CLACKSON'S LETTER FROM SCHOOL PLACE **(STILL FROM SANDAY'S WEST MANSE)**

Reporting on what your councillor is doing on your behalf as a new year is ushered in by new strains of Covid-19 and an outbreak of avian influenza.

Useful sources of information and contact details during this Covid-19 crisis

Orkney Islands Council website: <https://www.orkney.gov.uk/> Orkney Islands Council central telephone number: 01856-873535

Orkney Ferries: <http://www.orkneyferries.co.uk/> or ring 01856-872044

Loganair inter-island flights: <https://www.orkney.gov.uk/Service-Directory/T/internal-air-services.htm> or ring 01856-872494 / 873457

Business support: telephone 01856-886666 or e-mail business.gateway@orkney.gov.uk

NHS Orkney Covid-19 information: <https://www.ohb.scot.nhs.uk/coronavirus-covid-19-latest-information>

Covid-19 testing: telephone 01856-888211 British Red Cross Coronavirus Support Line: 0808-196-3651

Scottish Government Covid-19 guidance: <https://www.gov.scot/coronavirus-covid-19/>

OIC's Homelessness Service: ring 01856-873535 or 07921-582962 (out of hours)

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for copyright
reasons

Since my last *Letter from School Place* (though these days it's actually from my home) there've been a few significant events:

– On the 14th December, poultry and other captive birds went into “lockdown” against the various strains of avian influenza. Five days later, the presence of the highly pathogenic H5N8 strain was confirmed in a flock on Sanday. A 3 km radius “protection zone” was declared at the North End of the island, plus a 10 km radius “surveillance zone” covering most of the parishes of Lady and Burness and the southern half of North Ronaldsay. (As councillor for the area, I have been attending some of the Animal & Plant Health Agency's online “Bird Table” meetings.) The two zones were merged on 12th January and finally lifted on 21st. However, note that the nationwide “Avian Influenza Prevention Zone” remains in force for the time being.

– On Boxing Day (Saint Stephen's Day), Orkney went into “Tier 3”, although, thanks to OIC's engagement with the Scottish Government, the procedures we use for travelling on Orkney Ferries' vessels remained unchanged.

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- On 30th December, after nail-biting last-minute negotiations with the EU, “Habemus deal!” was declared just in the nick of time, and time will tell how good this deal will prove to be. Remember, if you still need to apply for “Settled Status”, as an EU, EEA or Swiss citizen resident in the UK, the deadline is the 30th June this year. If you require help with this or want advice, contact the Orkney Senior Registrar on 01856-886333 or e-mail chief-registrar@orkney.gov.uk .
- The 5th January (Twelfth Night or not Twelfth Night?) saw the start of a new full Covid-19 “lockdown”, apart from Orkney and other island areas which remain in “Tier 3” but with schools being closed for physical attendance (except for vulnerable children and the children of key workers). Given how quickly the new strains of the Covid-19 virus can spread and how limited our medical resources are here in Orkney, I do question the wisdom of this special island dispensation.
- And on the 6th January (Twelfth Night or not Twelfth Night?), a former “Business Ambassador for Scotland” stirred up a stooshie at the United States of America parliament and was banned from *Twitter*.
- Apart from the customary break over the Christmas and New Year period, work has not abated at OIC. “Virtual” meetings I have attended include two Special General meetings; two meetings of the Orkney Ferries’ Board; meetings of the Orkney College Management Council; a North Isles Ward catch-up; and seminars on marine services planning, our forthcoming budget, the Islands Growth Deal, and the Orkney Inter-Island Transport Study. At a members’ session with the Chief Executive, I raised the alert that PHoR pupils left possessions behind in their rooms on the 18th December expecting to be reunited with them in January. I appeared before the Standards Commission as a defence witness for Cllr John Ross Scott. Community Council meetings I’ve attended: North Ronaldsay, Sanday, Papa Westray, and Rousay, Egilsay, Wyre & Gairsay. As you will have read in *The Orcadian*, we also had a “non-virtual” meeting (suitably socially spaced, I hasten to add) in the New Phoenix Cinema at the Picky. Some details were given in the newspaper’s report, allegedly leaked by an “OIC insider”. I would like to place on record here that I neither approve of nor indulge in leaking. I always respect and uphold confidentiality.
- We have awarded the new 4-year public service obligation contract for provision of our inter-isles air services to Loganair. This assures the continuation of our life-line air service with a company that has over half-a-century of experience of flying these routes. (Remember the commemorative visit of the “Golden Islander” on the 27th September 2017? —see my October 2017 *Letter*.) Furthermore, a proviso has been included to move to an enhanced service through the use of a third aircraft should OIC be able to secure external funding for this.

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- I have calculated that since the beginning of the first “lockdown”, from daily use of the stairs in our house, I have ascended the equivalent of the heights (from sea-level to summit) of Mount Everest plus Mont Blanc, and, of course, descended them, too!
Keep well and clap for the Council,



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



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

STRONSAY MASTERMIND 2021

I am in the process of putting together a ‘Mastermind’ type brain-teaser competition for readers of *Limpet*, which will be called ‘Stronsay Mastermind 2021’. The brain-teaser questions will take the form of ‘logic’ questions rather than the usual ‘general knowledge’ questions, for the obvious reason that the correct answers cannot be found on the internet. The competition will be over a two week period, possibly longer to give everybody a fair crack of the whip. Providing that we have enough entries, I am hoping for a minimum of twenty, there will be a prize book-token or gift-token for the winner. Whilst there is no charge for entry, the prize money has to come from somewhere, and if each entry contributed one unused first class stamp, I would provide the gift-token. If you would like to participate in this ‘exciting’ challenge, or if you have any questions, please email me direct on ‘limpetcountry@outlook.com’. Let’s have a bit of fun in these rather gloomy times! Look forward to hearing from you.

By the way, the questions are varied, and taken from publications, and in fairness I find quite challenging, but that’s not necessarily saying much, so don’t let that put you off; if you are logical, clear-headed, and perhaps complete the Orcadian crossword, or you might just be that modest talent hovering in the background, or you might just be craving for a challenge and a bit of fun, this could be your opportunity for glory!

Assuming sufficient entries, the questions will be sent out later this week. Best of luck!

Brian Crowe, Scoulters, Stronsay.

24 January 2021

limpetcountry@outlook.com

RECORDS OF A BYGONE AGE

100 YEARS OF THE STRONSAY AGRICULTURAL SOCIETY

PART 2

(Part 1 of this article appeared in the 'Limpet' of December 2020)

When the Stronsay Horse Breeding Society wound up in 1929, the Society took on



Bill Cooper of Russland (later of Cleat) with his mare Dot and her foal. The foal would probably have been the offspring of one of the hired stallions.

some of the work previously carried out by it, the main purpose of which was to procure the hire from the Orkney Mainland each year of a stallion able and willing to visit some of the working mares on the island! This visit incurred a cost of 30/-, with another 30/- due if the mare was later found to be in foal. This wasn't without its difficulties as in 1930 their first choice stallion died just before it was due to come out to Stronsay! By 1933 the Department of Agriculture had stopped giving a grant for the hire of a stallion and it was agreed that it was no longer feasible to continue this service (no pun intended) without their assistance.

Soon after the success of their first show in 1920, the Society turned its eye toward the resumption of ploughing matches and, in 1924, the first of these matches was held in a field at Errigarth, where the place of the old longboard plough, which could be 6' long from the tip of the share to the back of the mouldboard, was being challenged and overtaken by a newcomer - the 'Dux' plough which had a much shorter and sharper turned mould board which produced a much more broken and open furrow which was far easier to break down into a tilth in spring time and, its supporters said, led to the production of much heavier crops. Farmers and ploughmen were much divided in their opinion of this new plough and, as the two types of ploughing produced were completely different, the ploughing matches from that year on had separate classes for longboard and Dux ploughs. Congratulations were recorded to James Chalmers of Midhouse on his having won the cup for Dux ploughs outright and having then gone on to win the Dux cup twice at the Orkney County ploughing match.



Jim Chalmers of the Lodge (later Harradale) ploughing in a field at the Lodge

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With the introduction of the first tractors to Stronsay in the 1920s and then Harry Ferguson's revolutionary new three-point hydraulic lift for tractors in the 1930s, the days of the horse were numbered and the last recorded horse ploughing match appears to have been held in 1938, with the cup for the best ploughed rig being awarded to James Chalmers of Clestrain and the Royal Highland and Agricultural Society of Scotland (RHASS) medal to S. Shearer of Whitehall.

After the 2nd World War finished, there seemed to be no appetite among Society members to resume ploughing matches, possibly because the tractor was well on the way to replacing the horse as the mainstay of farming and, with the Society committee consisting mainly of dyed in the wool horsemen, there was little appetite for hosting a competition for tractors and ploughs. Fortunately, with the formation of a Young Farmers' Club on the island, they took over the organisation of ploughing matches for this younger generation of more mechanically minded farmers.

Meanwhile, the Society looked to other things to involve the farming community and, in 1947, it was agreed to hold a competition for hoeing turnips, known locally as a 'singling match', with the participants being called 'singlers'. This 'singling' involved using a hoe to thin out the neeps (turnips) to a distance of about 7 inches and, at the same time, to knock out all the weeds by the root to leave a sharp, weed-free drill of evenly spaced neeps. 7 inches was regarded as the optimum spacing for maximum yield and the weeds had to be killed off to eliminate competition for light and soil nutrients in the early stage of the neep's growth.



Some of the men at Holland having a break while singling neeps Left to right are Robert Work, Jim Fiddler, William Work, Bertie Moodie and Ralph Work.

This first match was held in a field at Airy when 38 competitors took part, with Peter Dennison of Holin being judged the winner and awarded the RHASS medal for hoeing turnips. It wasn't unusual to have between 60 and 70 competitors at this event, with a class for 'Ordinary' singlers, competing for the much coveted RHASS medal, a 'Champions' class for previous medal winners, a prize for the best lady competitor and a cup for the best schoolboy. It seems that no schoolgirl ever ventured to take the field! After the match was finished, the host farm would provide supper for competitors and friends, after

which the prizes would be awarded.

As farming practises changed and silage began to take over as the cow's staple diet, the acreage of turnips grown fell dramatically and the match at Holland in 1971 proved to be the last of this competition, with no suitable field to be found in 1972.

(Continued on next page)

Following the demise of the 'singling match', the Society looked at hosting some other kind of annual farming themed event and, in 1972, the first 'Gymkhana' was held. This was a gymkhana in the broader sense of the word and, while there were ponies at this event, it was focused more on stock judging, along with various other competitions and games, and proved to be very successful for a number of years. As time passed, those willing to help organise the event and participate in the competitions became fewer and it was sadly agreed that the Gymkhana too had run its course and was no longer feasible.

The Society has, over the years, held fund raising events and donated funds to numerous local events while the annual Harvest Home has usually been the occasion where recognition has been given and presentations made to many of our island worthies on their retirement or on their leaving the island for pastures new.

When we look back to when the Stronsay Agricultural Society was formed in 1920 there would have probably been in excess of 100 farms and crofts on the island but now, sadly, there are less than 20 separate units and the role of the Agricultural Society as it moves into its second century has diminished to doing little more than hosting the annual Harvest Home.

Ian Cooper
January 2021

FOR SALE, WANTED, THANK YOU, etc

WANTED

I am looking to come to Stronsay in Feb/March 2021 to stay for a year. I hope to rent a one or two bedroom place and wondered if anywhere was available.

Feel free to contact me directly for further information.

mike.hannam@rediffmail.com

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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FOR SALE, WANTED, THANK YOU, etc

BUILDING PLOTS FOR SALE

2 Building plots, Whitehall Village, Stronsay, Orkney

£35K each. Planning in principle for 2/3 bed bungalow plus 2 parking spaces. Electricity and water supplies are on site.

The plots are behind the village street making a secluded location but within easy walking distance of the shop, ferry, cafe and hotel.

The tried and tested practice on the Orkney isles for building is to buy a house kit and either have it erected by the supplier or our island contractor Castlehill Construction (who can also do the ground works)

For information about Stronsay, our lifestyle, its good school and other facilities please visit www.visitstronsay.com

For further information about the sites please contact

- Sharon at Orkney Property Centre, Kirkwall on 01856 877866 or
- Dianne & Paul on 07785111126 or
- email drileymoore@hotmail.com

Planning ref: 18/038/PIP on Orkney Islands Council planning web site



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LOCAL BUSINESSES

Holmsgarth Crafts



Book Pillows, Table Runners

Napkins, Face Masks,

Scrunchies,

Tote Bags,

Pencil Cases and More

Made To Order



Contact Margaret McAnally - [Holmsgarth Crafts](#) | [Facebook](#)

Local business adverts are free!

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LOCAL BUSINESSES



An award-winning skincare company with a purpose; to help create a healthier, greener more empowered world.

FREE Catalogue available for pick-up or drop off.

Please be in touch with Sarah Powers Richings at 01857 616495 or follow me on Instagram: @sarahmarie.tropic or on Facebook: Tropic with Sarah Marie

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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.

Local business adverts are free!

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LOCAL BUSINESSES

REDHOUSE PLANTS MARKET GARDEN



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

Local honey in season according to availability.

Open 09.00-17.00 Mon-Sat.

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

**STRONSAY
RANGER**

**GUIDED TOURS
AND NATURE
WALKS**

CONTACT 07922711525

FIND US ON FACEBOOK AND
INSTAGRAM
SEARCH FOR STRONSAY
RANGER

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LOCAL BUSINESSES

handmade with love

Airy Fairy






★ Handmade Quilts, cushions & clothes ★

★ Beautiful, bespoke & personalised gifts ★

★ Handmade especially for you ★

★ Makower fabrics in stock £10 per metre ★

★ Studio visits welcome by appointment ★

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

The Wyrð Weaver

Handcrafted Textiles and Primitive Folk Art





Come and visit Eunice's studio at...
 Newbigging, Stronsay, Orkney KW17 2AN

Open Daily
 Phone - 01857 616230

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




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LOCAL BUSINESSES

Roger at Stronsay Photographic

Available for:

Portraits - groups and individuals

ID photographs - printing on site

Tuition

Special commissions

Cozy studio with professional lighting

Home visits



Contact via Stronsay Photographic Facebook page and Facebook or tel 616228

Special offers also on Stronsay Facebook page

(Orkney remains in Tier 3 so inside studio portraits not possible. I am able to do outdoor ID photos, ideally when it's not crazy weather. Just need to be a little creative)

Roger at Stronsay Markets



Local seasonal soft fruit and vegetables

Grown naturally without artificial fertilisers, pesticides or weed killer

Cropped same day (usually)

Check out Facebook "Stronsay Markets"

Contact me on stronsaymarkets@gmail.com and I can add you to the regular list of available produce

Local business adverts are free!

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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 cheesey chips	£2.10
Half portion of cheesey chips	£1.10
Portion of onion rings	£1.20
Half cheesey chips = minus 20p	
Cheesey chips = add 80p	
Half chips = minus 60p	
Half rice = minus 60p	

Local business adverts are free!

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LOCAL BUSINESSES

“NEIL’S ON WHEELS”



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

MOBILE: 07723 304 260

HOME: 01857 616454

Ebenezer Oil Heating Services

Oftec trained engineer



Oil Tank Installation



Boiler Servicing

Oil boiler servicing,
repair and replacement



Boiler Installation

& Commissioning

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

Tel 01857 616339
ebenezer@stronsay.org

**PATRICK
McGRATH
LTD**



Gas Safe Registered Engineer
Plumber

Services include:

- Installation, servicing, maintenance of all domestic gas appliances
- Landlords gas safety checks
- Bathroom fitting
- Bathroom supply
- General heatings
- All other types of domestic, commercial, industrial plumbing works
- Isles work welcome

Call Patrick on **07933 488283**

Email: patrickmcgrathltd@gmail.com



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LOCAL BUSINESSES

ORKNEY STAR ISLAND SOAP



Traditionally hand-crafted soaps, solid shampoo bars, conditioners and balms.
Hand-spun yarns, woven throws, rugs, wall-hangings and more.

Orkney Star Island Soap, Isles View, Stronsay, Orkney, KW17 2AG

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

Web: <http://www.orkneystarsoap.co.uk>

Facebook: <https://www.facebook.com/orkney.star.island.soap>



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



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GROUPS, CLUBS & ORGANISATIONS

HANDY EMAIL ADDRESSES:

Ebenezer Stores stronsaystores@gmail.com

Olivebank m.williamson1@btconnect.com

Stronsay Hotel cjdbuk@gmail.com

Fishmart café fishmartcafehostel@gmail.com

For telephone numbers see the back page of this edition.

OUR LADY'S CHAPEL, PIERHEAD **NOW OPEN FOR PUBLIC MASSES**

Our Lady's Chapel on the pier is now open for public Masses with the permission of the Bishop of Aberdeen.

Mass times are as follows:-

- Sunday: 10.30am
- Tuesday: 8.00am
- All other days: 11.20am

GOLGOTHA MONASTERY, PAPA STRONSAY **DAILY STREAMING BROADCAST**

There is a daily streaming broadcast from Golgotha Monastery, Papa Stronsay.

<http://www.papastronsay.com/live>

The broadcast runs from 4pm – 7pm (the times shown are approximate):

- 4pm Short talk by one of the priests.
- 4:30pm Recitation of the Rosary.
- 5pm Mass.
- 6pm Further prayers and office of the day.

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GROUPS, CLUBS & ORGANISATIONS

STRONSAY COMMUNITY COUNCIL

Chair: Ian Cooper Vice Chair: Shirley Whiteman

BLACK BIN BAGS AND RUBBISH COLLECTION

In order to deter incidents of vermin damage to black bin bags containing household domestic rubbish, residents are asked not to put these out until just before 9am on a Tuesday.

Open and damaged bags make it difficult for waste to be collected efficiently and create additional work for our refuse collector.

Your co-operation will help keep our environment a pleasant place to enjoy and live. Thank you,

Colin McAlpine
Island Link Officer/Clerk
6 December 2020

DO YOU WANT TO SUBSCRIBE TO THE LIMPET'S EMAIL LIST?

The emails sent to this list will be used to disseminate occasional time-sensitive information which is really only relevant to the current residents of Stronsay but may give potential visitors an idea of the island's community life.

To receive these emails you must first "sign up" by going to the Limpet website www.stronsaylimpet.co.uk and using the option at the foot of the page. You must also respond to the email asking for confirmation which you will receive very soon afterwards. There are quite a few folk who have signed up but have failed to respond to the confirmatory email - please check your "junk" or "spam" email folder if you have not received a reply within an hour or so. You can also unsubscribe from the list by using the same link

The Limpet website also provides a handy link to a list of all downloadable editions of the Limpet

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GROUPS, CLUBS & ORGANISATIONS

KIRK CORNER

Happy New Year one and all! We hope and pray 2021 will turn out to be better and brighter than 2020 had been. To start the year on a positive note, we would like to share some of our good news – or glimmers of hope in any case! As you know we are looking for a part-time minister. Last year we had several expressions of interest from ministers. Unfortunately, none of them are eligible to apply (they need to transfer to the Church of Scotland first) but nonetheless this gives us hope for the future – there is interest in Stronsay Church and God has placed this community on a few people's hearts. We continue hoping and praying for the right person to come along.

Meantime, we keep providing several opportunities for all interested in church activities:

The church is open for private prayer every Thursday between 11 am and 1 pm.

Every Sunday we worship together with Kirkwall East and Shapinsay online and over the phone. You can access our services in any one of four ways:

- * Through Moncur Memorial Church Stronsay Facebook page where our joint services are published every Sunday
- * Through the YouTube channel: <https://tinyurl.com/y5seb2rp> or search for Moncur Memorial Church, Kirkwall East Church or Shapinsay Church.
- * By dialling 01856 404667 from your phone and listening to the audio recording of the service. You will be charged as you would normally be for a local phone call (and that of course depends on your contract).
- * By getting a script of the service by e-mail (do contact me if you would like that).

Once a month a group with members from all three churches meets to discuss a chapter of Tod Bolsinger's book called 'Canoeing the Mountains' on transformational leadership. Tod's main thrust is that like Lewis and Clark who were tasked with finding a water route to the Pacific Coast and discovered the Rocky Mountains, the church of today finds itself in a completely different environment, needs to abandon the familiar 'kayaks' of ministry and faithfully explore the new landscape. At the end of January, we discuss chapter 6 "EATING STRATEGY FOR BREAKFAST" and chapter 7 "NAVIGATING THE 'GEOGRAPHY OF REALITY'" at the end of February. We meet on Zoom which you can also join by phone. Do let me know if you would like to join us.

There are two services worth highlighting. February sees the beginning of Lent. We are going to have an Ash Wednesday service to kick off the season of preparation for Easter – it will be pre-recorded and available from the morning on Wednesday the 17th of February. Then Fairtrade Fortnight which runs between the 22nd of February and the 2nd March will be marked during our Sunday worship on the 28th February.

Wishing you every blessing, health, and happiness at the beginning of this new year.

Rev Julia Meason, 01856 874789, JMeason@churchofscotland.org.uk

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MOBILE LIBRARY VAN VISITS TO STRONSAY IN 2021

Monday	15 March
Tuesday	11 May
Tuesday	6 July
Tuesday	31 August
Monday	25 October
Monday	20 December

BookyMcBookFace will be visiting Stronsay on the following dates in 2021:

STOPS AND TIMES

Council Houses	8.45—9.45
School	10—12
Kirk	12.30—3
Fish Mart	3.15—4.45

WINTER

SUMMER/REFIT

Council Houses	9—10
School	10.15—12
Kirk	12.30—3
Fish Mart	3.15—5.30

POST OFFICE OPENING TIMES etc

***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
or	07917 191 797	Electricity	
Fish Mart	616401	general enquiries	0800 048 3516
Hairdresser	616337	lines open Mon-Fri 8am-5pm	
Hall bookings	616420	problems (24/7) . . .	0800 300 999
or	07570 531 618	power cut (24/7) . . .	105
Island Link Officer	616475	Water problems (24/7) . .	0800 0778 778
Limpet editor	616297	Highland Fuels	0800 224 224
Medical emergency	616321	Kirkwall Library	01856 873166
Neil's on Wheels	616454	Kirkwall Police (24/7) . .	101
Manse	616286	Vets:	
Nurses	616480	Flett & Carmichael .	01856 872859
Olivebank	616255	Northvet	01856 873403
OIC out of hours	01856 873535	Dentists:	
Post Office	616499	Orkney Dental	01856 872030
Red House Plants	616377	King Street	01856 888258
Registrar	616239	Deyanov Dental . . .	01856 877118
School	616246	Golgotha monastery	616210
Silver Darlings	616412	(Email contact@the-sons.org)	
Star Island Soap	616281		

HOW TO CONTACT THE *LIMPET*

Send an email to editor@stronsaylimpet.co.uk or write to *The Limpet, Claremont, Stronsay, KW17 2AR*. Details of the deadline for the next edition are on the front page



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