

STRONSAY LIMPET

FUNDED BY STRONSAY DEVELOPMENT TRUST

ISSUE 72 JUNE 2011

Published on the last Thursday of the month



STRONSAY TELEPHONE DIRECTORY

Unfortunately there was an error in the Stronsay Telephone Directory when it was first published. We have since made the necessary change but there are still some copies in circulation which include an incorrect number. Can we please ask you to check your copy and amend as necessary:

Fazakerley, Lower Leaquoy should read **616 225**

Many apologies for this error.

Stronsay School

CLAN MIDNIGHT WALK

Doris and Ingram would like to thank everyone who contributed to generously to their "CLAN Midnight Walk Appeal". It was a beautiful night and everybody was in great form. Over three hundred people took part and altogether raised £30,000. We raised £400 so thanks again everybody.

ACKNOWLEDGMENTS

By Jenny Stone

I would like to thank Ellie Harrison, Kate Work, and Jean and Liz Stevenson for their contributions to the art project. Ellie took the trouble to write down in vivid detail some of her experiences as a worker on the tangles; Kate wrote a very long list of aspects of Stronsay life which gave an invaluable leading point for ideas for the project; while Jean and Liz gave of their time to speak of some of their experience of life on Stronsay, their many years of work at the school especially; a very enjoyable and interesting conversation it was too.

Thankyou very much to all of you, and embarrassed apologies for not including you in the article I wrote after the project opening.

I have no excuses, except to say that I just wasn't with it: -)

The next edition of the *Limpet* will be published on Thu 28 July. Items for inclusion in that edition should be submitted by Sat 23 July. Contact details on back page

THE ROLE OF THE STRONSAY DEVELOPMENT TRUST

In response to some recent enquiries and for the benefit of new arrivals on Stronsay I would just like to remind everyone of the main aims and objectives of the trust.

Julia Crocker

Chair. Julia.crocker@btinternet.com

Trust Aims and Objectives

To manage community land and associated assets for the benefit of the community and the public in general.

To provide facilities for recreation and other leisure time occupation available to the public at large.

To advance education and in particular to promote opportunities for learning for the benefit of the general public.

To advance education through promotion of the arts.

To preserve, restore and improve the environment (both the natural and built heritage).

To provide or assist in the provision of housing.

To relieve poverty among the residents of the community.

To promote training with particular reference to skills this will assist the participants in obtaining paid employment.

To encourage, stimulate and support volunteering.

To promote and protect the wellbeing and physical health of the residents of the community.

The Community Development Officer's job

The CDO role is to support the aims and objectives of the Stronsay Development Trust and to provide help and guidance to all community groups on the island that are looking to apply for funding.

When we have revenue from the wind turbine project, this will also require an application process. Because the CDO is neither a member nor trustee of the Trust, help and advice in applying to this fund will also become part of the CDO role.

Contact Anthony Withers CDO on Stronsay 616300 or cdostronsay@btconnect.com

Do you want to set up your own business?

Are you planning a new business? Business Gateway can support you through the first crucial stages of setting up and developing your own business. They offer advice tailored to suit your specific business needs at all stages of your development: prior to you starting up and as your business grows. They can also help you with financial support if it is required.

You may already be running a successful business, but taking it to the next level can sometimes be harder than starting up. That's why both large and small companies turn to Business Gateway for help in developing their business. Think of them as a source of support – always there to point you in the right direction.

Business Gateway can offer you informed impartial advice on everything from financial planning to researching potential markets. They also provide a programme of free events where you can develop the essential skills required to support you in the day to day running of your business, as well as meet other like minded people.

The website www.bgateway.com has online business tools which can help you identify your strengths and spot any areas you need to work on as well as provide you with a set of action points based on your own development ideas.

All their services are provided **FREE** of charge.



Start turning your business development plans into reality and get in touch today; you'll be amazed just how many ways we can help. Contact Kirsten Nicolson at the Business Gateway office, 14 Queen Street, Kirkwall, by tel 01856 886666 or by email business.gateway@orkney.gov.uk



Invites you to an open meeting

Voluntary Action Orkney will assist in discussions about the 2011 Stronsay Development Plan called 'Island Sustainability in Challenging Times'

Time: Thursday 14 July from 7.30 to 9.00 p.m.

Place: Stronsay Community Centre

Everyone is welcome and supper will be provided.

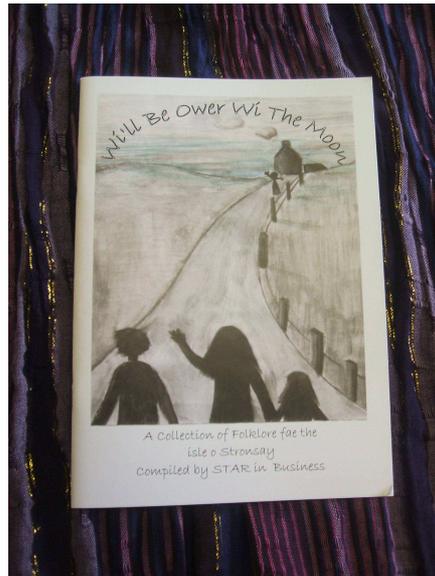
LIMPET ONLINE—GUESTBOOK

The Limpet website www.stronsaylimpet.co.uk now has a guestbook so that you can post your comments or suggestions. This is an experiment which will become permanent if folk like the idea and use it.

STRONSAY POST OFFICE

Please note the Post Office telephone number is now 616278, outside normal opening hours please contact Lisa on 616349.

STAR IN BUSINESS BOOK LAUNCH



On the 5th of January pupils from primary seven to secondary three started an enterprise project with Mrs Groat. The original goal was to make and print a 25 page book of myths and legends from the island. However after months of researching stories and drawing illustrations a 40 page book was made. It was published by the Orcadian and on the 2nd of June the books arrived.

The next challenge was to plan the launch. Again the pupils gathered their ideas and formed a plan of what they wanted the launch to be like. This included turning the library into a house, which the stories could be told in and making display boards to show people the journey of the book. Because Jean and Liz, and Jim and William also gave Mrs Groat some stories the pupils presented them with one of the books.

The launch was a great success with refreshments and music to entertain the guests as they walked around. 82 copies were sold and ordered on the day and the others will be going back on sale at a later date.

BIRD REPORT FOR JUNE 2011

Once again the island's farmland proved its potential for attracting rare birds, when a Slender-billed Curlew - considered by some authorities to be extinct - was seen by Sue and myself at Dale on 24th May. The species formerly bred in good numbers in Northern Russia but there have been no definite sightings anywhere in the world since our own record of a juvenile in 2000. A wintering group were recorded in Morocco until the 1980s but with huge tracts of the bird's preferred habitats in summer and winter virtually impenetrable, the bird may not be as rare as it appears. There is currently a huge drive on by the RSPB and other agencies to find the breeding and wintering grounds. Contrary to much of the literature the species is actually very easy to identify given good views, being considerably smaller than Curlew, and having a gleaming white background colour to the back, rump (with a few small black marks), and tail (with 3-4 black bars). Both our birds were seen at very close quarters - less than ten yards from this year's bird which flew up and directly away from us, from an area of dried mud in a gateway next to the road at the bottom of the Dale Hill. Whilst I 'scoped the bird Sue managed to obtain one distant photo (below) by a small pond, but when I returned to the site a few minutes later the bird had gone.

During a sea-watch at Bomasty Bay with regular visitor Ken Barclay on 28th May, 4 Manx Shearwaters were seen flying past, whilst late migrants towards the end of May included an unusual Iceland Gull at Dale and a Pomarine Skua flying across Mill Bay, but there were very few small migrant birds to be seen in the cold spell of weather.

Swallows are particularly numerous this year, with many pairs nesting in sheds and garages such as at Hazelbank, where Jean - like many island residents - has left the doorway open specially for the birds for the last few summers. By early June singing Sedge Warblers had returned to the Bu Loch and the small plantation on Brian and Margaret Crow's land at Scoulters. A Cuckoo was heard calling around this period by several people, including Brian and Christine at Cliffdale and Sheila at Helmsley - all familiar with the species. Calling Collared Doves at long range have occasionally been mistaken for Cuckoos.

As with most years there were a few sightings of 'woodland' birds in June, including Siskin, Redpoll, Brambling, and a female Crossbill - all in what can only be called 'the wrong habitat' for the time of year! Very few unusual birds are seen in mid-summer here so a real surprise for Sue whilst gardening on 24th June was the sight of a Hobby streaking past her at full tilt at just a few yards range. This elegant falcon looks almost black in flight and is often said to be the fastest flyer of all our bird species.

Many Curlew and Oystercatchers now have young, but the Arctic Tern colony of 40 pairs or so which built up on the Linkshouse land alongside The Reserve suddenly deserted - as the species often does for no apparent reason. I had noticed this phenomenon in the Medway Estuary in Kent several times in the 1960s and 70s, and it is not uncommon here.

(continued on next page))

Several broods of Shelduck have been seen - particularly on the Bu and Matpow Lochs and the Sand Martins in Mill Bay have successfully reared at least one brood. The birds may be seen feeding over the island's lochs or among cattle in pastureland, and they often perch on the hydro wires above the Mill Stream (see photo).

At Dale the two female Blackbirds are again co-brooding (if that's the correct term!) on their nest in one of the outbuildings.

There have been excellent numbers of Red Admirals this year, along with a few Painted Ladies, but the most interesting find was in The Manse garden where Robin and Jennifer found a Humming-bird Hawk-moth on 3rd June.

Thanks again for all the calls.

John & Sue Holloway



ECO CLUB PICNIC

Eco club enjoyed an end of term picnic on Friday the 24th of June. A great time was had by all the kids and parents got a chance to see what the kids have been up to during the Eco club sessions. Picture below also shows the group during a day trip to Happy valley earlier in June.

Many thanks to all the children for being such a pleasure to deal with and also to parents for bringing their kids along.

Eco club is planning to start again in the end of August.

Happy Holidays!



HEARTY THANKS!

The Stronsay Parent Council SOS committee would like to thank pupils of Stronsay Junior High school and all the parents who turned up to 'BAG THE BRUCK'. We had a load of laughs! Also to Colin McAlpine for his advice and guidance in accessing bags and gloves and Marion McCleod for including the ECO club. Special thanks must go to Mike Holland, Cameron, Val and Andrew Fraser who willingly gave up their time and provided tractors etc to cart the rubbish to the collecting points. It made our job so much easier! It was a huge community effort and our beaches are now more enviromentally friendly! Thank you all.



STRONSAY REGATTA AND RAFT RACE 2011



The Stronsay Regatta and Raft race were held over the weekend of 18/19 June, fortunately the weather held fair this year and a couple of dinghies made the journey across from mainland for a day's fairly pleasant sailing.

The Wayfarer Cup was keenly contested between 'Das Spoot' (Alan Hale, James Bews) and 'Betsy' (Mike & Isaac Erdman) on a 'Best of Three' basis, the trophy eventually going to 'Das Spoot'. 'Go Quickly Red' (Malcolm & Peter Tipler) won the All Comers Shield.

Stronsay Regatta was once a major event on the sailing calendar with events taking place on the Saturday and the Sunday, and a dance on the Saturday evening, which used to be very well supported. There are trophies for Snipes, Wayfarers, Catamarans and even windsurfers, plus Handicap and All Comers trophies. Stronsay Harbour is, arguably, one of best dinghy sailing venues in Orkney so hopefully next year will see more boats taking part.

Results

	Race 1	Race 2	Race 3
Go Quickly Red	57.38 mins	32.4 mins	49.55 mins
Das Spoot	59.28	36.8	50.64
Betsy	59.38	33.79	51.23

(continued on next page)

The Raft race on Sunday afternoon saw 5 rafts and a total of 16 competitors lined up at the start. The race was around a short course inside the harbour. Two rafts, one crewed by Isaac, the other by Chris and Amos, were so much faster than the rest, being halfway to the first mark before some rafts were even in the water! There was some questions asked whether 2 kayaks tied together with pallets was raft but the appeals committee ruled that no guide lines were issued on construction so all was fair game! Chris and Amos were allowed to race, only to come 2nd.

This first raft home in the slower group was a paddle wheel powered creation made by the schools engineering section. This was closely followed by Viv, Carl, James, Megan & Jude on ¼ Pounder, and bringing up the rear, towed by the safety boat were Storm, Diane, Alison and Jacqui.

I would like to thank all who took part, the many spectators who turned up to watch and the many people that so generously donated towards the prize money (over £80 was raised and all but £15 was given back as prizes). Finally does anyone know of the whereabouts of the Raft Race Shield?

STRONSAY POOL

Are you 16 years old or older?

Can you

- ◆ jump or dive into deep water?
- ◆ swim 50 metres in less then 60 seconds?
- ◆ swim 100 metres continuously on your front and back?
- ◆ tread water for 30 seconds
- ◆ surface dive to the bottom of the pool?
- ◆ climb out of the pool unaided and without the ladder or steps?

If so, why not help out your community, have fun, meet new people and get fitter, (and paid) by becoming a lifeguard at Stronsay pool?

For more information or to express interest, speak to John Chalmers on 616253 or Sarah Stevenson on 616406

THE ART OF BEING MISERABLE

Dolefully, to everybody;

Recently, I have noted a tendency among folk to appear in the state of mind commonly known as 'happiness'. Strange as that concept is, there is in people an aura of contentment and peace within themselves and their world that is very annoying. There is evidence, observed in my everyday perambulations, of far too many 'chilled' individuals who have an irritating habit of smiling; some even go so far as to laugh, and I harbour the dark suspicion they are in danger of actually enjoying themselves.

Even more disturbing, I am aware of an increasingly unnerving habit, of the corner of my own mouth to curl in a distinctly northerly direction, as if tugged by a puppeteer's string, and am helpless to stop the bubbles of what can only be described as mirth percolating through my system (though actually, I think that's just wind).

Self said to I, something must be done about this.

The only logical time-honoured solution to this worrying problem is, of course, a good long moan. I don't mean making the kind of noise similar to the kye bogging in the field, (although feel free if you need to). I mean a well-considered list of complaints, about anything and everything, delivered loudly and determinedly to as wide an audience as possible. There is absolutely no point in being miserable on your own. The objective is generosity in sharing your mood to all and sundry, so that they become as irritable and depressed as you are.

Unfortunately, some may not react to your intentions in the way you would prefer. There are those who stubbornly refuse to give up their cheerful mood, and will insist on 'looking on the bright side'. Phrases like 'Mustn't' grumble and 'Can't complain' crop up with monotonous regularity. These are the verbal equivalent of old socks, washed to faded non colour, and must be eliminated from your vocabulary at once.

The obvious retort to these phrases, according to a friend of mine, is, 'Well don't then'. I agree, since what is really happening is that you would love to have a good grin, but are making a virtue out of not doing so. Either moan, or don't.

Worse, there are those who would take positive attitude to an excruciating level, and either hint or insist that you 'Count your blessings'. Urgh. All that achieves is to rub your brown mood into black, and to force you into stretching facial muscles into what you hope is semblance of a smile, whilst pretending to agree brightly, 'Of course, we have so much to be thankful for!'; voice falsetto to the point of breaking glass, whilst your teeth are grinding down to your gums.

If this happens to you, then zero tolerance my friend. Glare uncompromisingly at the poor soul who probably intended nothing more than to lift you out of your misery, little realising its intransigent nature. Raise your voice to the exact right level of obnoxious (make a proper job of it now) and bawl your complaints relentlessly until either all chins are resident in their owners shoes, or there is a distinct but edifying 'chill' of disapproval in the air. Preferably both, if you can manage it.

(concluded on next page)

Not only have you succeeded in your mission of contagion, but you also have the added satisfaction that your remarks could be taken completely out of context, adding grist to the gossip mill, and thus made your contribution to the community with no effort whatsoever.

Is that a smile I see creeping across your face? Stop it. It's getting on my nerves...

Yours dourly;

Jenny Stone.

REVEREND SKENE'S 1924 CALENDAR

Dear reader, you may recall back in January when I asked you to contact me with little quotations, pieces of poetry etc, to enable me to compile a 2012 calendar on the same lines as the 1924 calendar compiled by the Reverend Skene. This calendar was going to be a fund- raiser for the Stronsay School children. To date I have only had one reply. If you intend to take part in this, can you please contact me as soon as possible on 01857-616420, glenmanna1@btinternet.com or write to me at Glenmanna, Stronsay, Orkney, KW17 2AS. I need to get this up and running in plenty of time to get it compiled, printed and out on sale well before Christmas.

Thank you in anticipation. Bill Miller.

(Calendar for May 1924 on next page))

1924

June

1924

Sunday — June 1st.

"But I have always had one lode-star, now,
As I look back, I see that I have wasted
Or progressed as I looked towards that star —
A need, a trust, a yearning after God."

— Browning: "Pauline."

Rev. J.M. Sutherland. King Street, U.F. Manse,
Kirkwall.

Monday — June 2nd.

"It is easy enough to be pleasant
When life flows on like a song,
But the man worth while is the one who will smile
When everything goes wrong."

Ruby Chalmers. Eastbank, Stronsay.

Tuesday — June 3rd.

"There are four things which come not back: the sped arrow, the spoken word, the past life, and the lost opportunity."

C.M. Twatt. Village, Stronsay.

Wednesday — June 4th.

"Then gently scan your brother man,
Still gentler sister woman;
Tho' they may gang a kennin' wrang,
To step aside is human."

MM. Kirkwall.

Thursday — June 5th.

"They shall grow not old as we that are left grow old;
Age shall not weary them, nor the years condemn
At the going down of the sun, and in the morning
We will remember them."

Miss Peace. Holin, Stronsay.

Friday — June 6th.

"The hand of peace is frank and warm,
And soft as ringdove's wing;
And he who quells an angry thought
Is better than a king."

David Scott. 13 King Street, Kirkwall.

Saturday — June 7th.

"Tho' the ocean rolls between,
Friendship holds us fast;
And aye, while life itself shall run
So shall our friendship last."

Thomas S. Smith. Hunton.

Sunday — June 8th.

Bless the Lord, O my soul, and forget not all His benefits." —
psalm cxlvi.

Robert Miller. Hillhouse, Stronsay.

Monday — June 9th.

The busiest thing in the world is idle curiosity."

Ifred F. Bews. Cowehouse, Stronsay.

Tuesday — June 10th.

"O wad some pow'r the giftie gie us,
To see oursel's as ithers see us!"

John Drever, M.A. Schoolhouse, Stronsay.

Wednesday — June 11th.

"Light is sown for the righteous, and gladness for the upright in heart."

Miss M. Smith. Greenfield, Stronsay.

Thursday — June 12th.

"To me remains nor place nor time,
My country is in every clime;
I can be calm and free from care
On any shore since God is there."

James Chalmers. Hall, Stronsay.

Friday — June 13th.

"Tis my delight alone in summer shade,
To pipe a simple song for thinking hearts."

Miss Annie R. Johnston. Park Cottage, Stronsay.

Saturday — June 14th.

"Always look on the sunny side,
For though life chequered be,
A lightsome heart bids care depart,
And time fly pleasantly."

William Peace. Holin, Stronsay.

Sunday — June 15th.

"We can all do better than we have done,
And not be a whit the worse;
It never was a loving that emptied the heart,
Nor giving that emptied the purse."

— E. Young

Maggie Watson. Denhead, Knaven, New Deer,
Aberdeenshire.

Monday — June 16th.

"Howe'er it be, it seems to me
Tis only noble to be good;
Kind hearts are more than coronets,
And simple faith than Norman blood."

Mrs Twatt. Breck, Eday.

Tuesday — June 17th.

"The duty that is nearest
To God is the dearest."

Miss Caithness. Daisybank, Stronsay.

Wednesday — June 18th.

"The past is a story told,
The future may be writ in gold."

Miss M. Sinclair. Felsquoy, Stronsay.

Thursday — June 19th.

"We must learn yet to estimate men by the fortune they take
with them, not by the fortune they leave behind." — Sir Henry
Jones.

Rev. R.A. Lendrum, D.D.
St. Margaret's U.F. Manse, Fairlie, Ayrshire.

Friday — June 20th.

"Content that from employment springs
A heart that in his labour sings;
A heritage, it seems to me,
A king might wish to hold in fee."

W.M. Henderson. Bathgate.

Saturday — June 21st.

"The work an unknown good man has done is like a vein of
water flowing hidden underground, secretly making the ground
green."

Mrs Skene. U.F. Manse, Stronsay.

Sunday — June 22nd.

"Learn to be content with:—
What God bestows,
What God withholds
What God withdraws,
What God promises."

Rev. Alex. Goodfellow. South Ronaldshay.

Monday — June 23rd.

"How far that little candle throws his beams!
So shines a good deed in a naughty world." — Shakespeare.

M.L.D. Brownlie. U.F. Manse, Shapinsay.

Tuesday — June 24th.

"When happiness is not the seat
And centre in the breast,
You may be rich and wise and great,
But never can be blessed."

Mrs J. Robertson. Police Station, Biggar.

Wednesday — June 25th.

"It is better to dwell in a corner of the housetop, than with a
brawling woman in a wide house."

— Proverbs

Robert Munro. Manse Road, Wishaw.

Thursday — June 26th.

"It is the effort of each blade of grass
That keeps the meadow green."

J. Stephen. Buckie.

Friday — June 27th.

"Nae treasures, nor pleasures,
Could make us happy lang;
The heart's aye the part aye
That makes us right or wrang."

Oliver Corse. Knugdale, Stronsay.

Saturday — June 28th.

"The man who frets at worldly strife
Grows sallow, sour, and thin;
Give us the lad whose happy life
Is one perpetual grin."

John Shearer. Dale, Stronsay.

Sunday — June 29th.

"Our hearts are the gardens,
Our thoughts are the roots,
Our words are the blossoms,
And our deeds are the fruits."

Nora C. Crossan. Ellerslie, Stronsay.

Monday — June 30th.

"All one's life is a music if one touches the notes right and in
tune."

J.R. Saskatchewan, Canada.

Compiled by Reverend Alex Skene, Stronsay minister 1922 - 1928.

BAB'S PEAT CUTTING NIGHT

Bab o' Ha'Breck, or to give her full name, Miss Barbara Miller was a good Christian and hospitable woman and a far out relation of the writer.

When out on holidays in Stronsay I would be staying at Borogate with the Stevenson family and of course visiting friends and relatives was high on the list. The first visit would be to Bab who lived next door and shortly after a few minutes conversation she would offer me a cup of tea, but I said "Thanks, but I have just risen from tea. However, I could maybe manage a half cup". With a smile on her face Bab went over to the side-board and produced a novelty half cup much to my astonishment as I had never seen such a thing before. Bab got down to brewing a pot of tea and we both sat down to enjoy this with cakes and biscuits.

Her peat cutting night was mentioned so the local men got together to decide what would be the most suitable night for all concerned. When that was arranged Willie and Jamie Stevenson, Jim Sinclair of Millfield and Tommy Shearer, Jim Dennison or Whirlaboot as he was nicknamed, Willie Maxwell, Alfie and Tom Stevenson, Willie Ritch and Johnny Miller and Geordie Stevenson were all there along with the writer to cut some peats. I remember fine when I was cutting I felt someone looking at me and on looking up saw Jamie Stevenson with a smile on his face, probably thinking a pen pusher could do some work too!

When the work was done we all had a glass of home-brewed ale which Bab had made, very good stuff it was too. Then came the tea and eats. The women who came to make the tea, etc. were Lizzie and Margaret Stevenson, Delia Stevenson and Della of Tifmaka and Maggie Ritch. Music followed with Willie Maxwell on the fiddle and Willie Moodie on the accordion. So ended a nice evening at Bab's. There were twenty people in Ha'Breck, a tight squeeze for a fairly small house.

When an accordionist visits the island word soon gets around and in no time he is invited over to the Bay Farm by Brenda Maxwell. So when he arrives he meets up with Doddy, Elizabeth, Mabel and Cyrel. More conversation to catch up on each others news and then down to the enjoyable business of making music. So out came the fiddle and accordions played by Willie Maxwell, Branda, Elizabeth, Mabel and the writer. Reels, strathspeys, jigs, hornpipes (yes the high level too) and waltzes including of course the famous Stronsay Waltz. Time sped by and Brenda shouted "suppertime!". "Oh we will play just one more tune" and very unwillingly set the instruments down for supper. After that more music—we could not get enough of it. Anyway by midnight we reluctantly stopped for the night and time to go home. Brenda kindly drove the writer back to Borogate under the blaze of a full moon. Away in the distance the lights of Kirkwall were shining—a perfect end to a memorable night with friends and relatives.

(continued on next page)

In previous years the fishing industry was in full swing and the drifters and trawlers would go at night to fish for the silver darlings as the herrings were called. Gutter girls from the south would be up to gut and pack the herrings into barrels with salt shipped up in large ships. These barrels would be stacked high up on the decks and in the holds too of course.

My two uncles, Jamie Turfus and Peter Stevenson would get a few days work loading up the barrels in the hold of the ship along with others. It took two men to handle these heavy barrels, one on each end, but Jamie preferred to work on his own, handling these barrels as if they were bags of chaff. He was a First World War veteran, serving with the heavy guns of the Royal Artillery and saw action in France. The Germans used mustard against our troops which blinded the men. Jamie was also blinded and had to be taken from the front line to the field hospital to be treated. Once they got their eyes better it was back to the front line to continue fighting the enemy.

Peter in his younger days was a sailor on the sailing ships and was well able to look after himself in a rough and tumber when the occasion arose. When stowing the barrels of herring there was a bully among the men who roughed up some of the men. He turned his attention to Peter who eyed him with his cold, blue eyes and suddenly lashed out with both fists. The bully was sent sailing across the barrels—no more trouble from that quarter. Work resumed as if nothing had happened.

In closing I would like to express my thanks and appreciation to Mrs Margaret Groundwater for the information she gave me in compiling this report.

Many thanks, Margaret,
John Laughton (Kirkwall)

STRONSAY HEALTHY LIVING CENTRE



Summer supervised sessions

Sat 25th June – Mon 22nd August 2011

	am	pm
Monday	10.30-12.00	4.00-5.30
Tuesday	Closed	2.00-3.30
Wednesday	10.30-12.00	4.00-5.30
Thursday	Closed	2.00-3.30 6.30-8.00
Friday	10.30-12.00	4.00-5.30
Saturday	Closed	2.00-3.30
Sunday	10.30-12.00	Closed

During the summer holidays the buddy system will run on

Mondays, Wednesdays & Fridays from 12noon – 4pm.

Under the 'Buddy' system members may use the gym with another gym member who is over 18 and has pre-paid.

12&13 year olds have to be with an adult member at a supervised session.

14&15 year old members must attend supervised sessions.

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

New inductions by appointment only.

TEL No : 616449

REMEMBER YOU CAN GYM'N'SWIM

FOR £4 ON THURSDAYS

Gym session price alone normally £3.80!

THE LAMBING PRAYER

By Ellie from Newfield

It is such an important factor
From the minute you step out the door,
Eyes still heavy from sleeping
While your boots drag across the floor.
It's lambing gain on our croft
So I worded Him for good weather,
Not for me but for me lambs
As we're in this game together.
OK, so I'm not in touch that often,
Mostly when there's a need.
But He can't complain I bother Him
And my requests are not from greed.
I'm sure He thinks it over,
Doesn't say "It's just her again."
I understand you can't please everyone
And the crop seeds need some rain.
But did mention the hole in my welly?
Did I complain of me leaking coat?
Do I moan when I've a fever
Accompanied by a sore throat?
WHY can't I have my sunshine?
Are my lambs not important enough?
So what if the barley needs soaking?
Me lambs are not that tough.
I just need three weeks of sunshine,
Three and a half if you see your way clear.
We might not be "best of buddies"
But you know I'm always here.
Could we come to some understanding?
I'll be good if you answer my prayer.
And I've a lot I'll need to be changing
So you've got a bargain there.
Well, just look at this awful weather
And me sanity's gone insane!
And is there any bloody wonder
As I step out into pouring rain.

©Helene Harrison

LOCAL BUSINESSES

STRONSAY FISHMART CAFÉ

Opening times

	Breakfast	Lunch	Tea
Monday	Closed	11.45 – 2.30	5.00 - 6.00
Tuesday	9.00 – 10.00	12.00 – 2.30	5.00 – 7.00
Wednesday	8.30 – 10.00	12.00 – 2.30	5.00 - 6.00
Thursday	8.30 – 10.00	12.00 – 2.30	Closed
Friday	Closed	Closed	5.30 – 7.30
Saturday	9.00 – 10.30	12.00 – 2.30	5.30 – 7.30
Sunday	10.15 – 2.00		4.00 – 6.00

Mum and I would like to say thank you to all who have supported us during our first month of running the cafe. We are enjoying ourselves and hopefully the fun will continue. We have changed the opening times so please keep this page and bin the old fliers.

We have a varied Menu including Chips, Baked potatoes, Paninis, Burgers and we are always happy to hear your suggestions. We also have our brand new coffee machine, so come in to check out our Cappuccinos and Lattes etc. We would love to see you in for a takeaway, a meal or even just a coffee.

We would be happy to cater for any special occasions; Birthdays, Anniversaries, or any get together.

Give us a call on 01857 616339

Thanks, Verity

Business adverts

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

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

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

Adverts for the next (July) edition of the *Limpet* must be placed by Saturday 23 July

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

LOCAL BUSINESSES

INSTANT PHOTOS

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

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

Business/Invitation cards.

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

Call Bill Miller on 616420

STRONSAY ARTS AND CRAFTS SHOP

CLIFTON

Selling books, maps, gifts, craft supplies
and local craftwork

Open every day except Monday

12.00 to 5.30

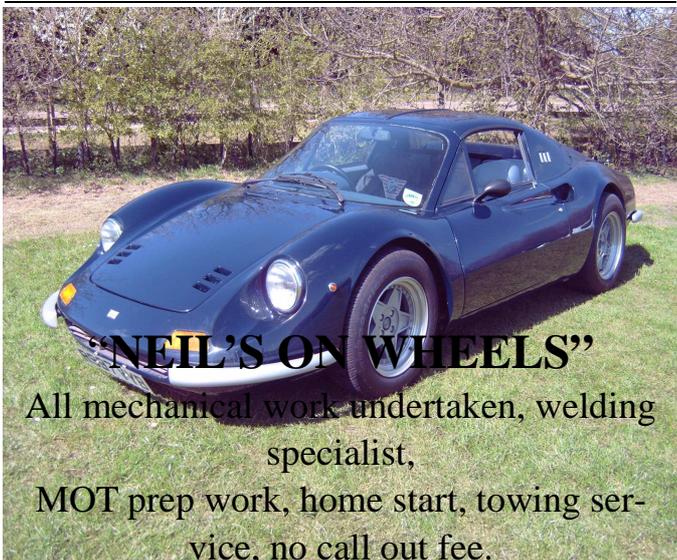
telephone Julia 616434.

www.stronsayartsandcrafts.co.uk

STRONSAY ARTWORKS

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

Phone Jenny on 616475



“NEIL'S ON WHEELS”

All mechanical work undertaken, welding
specialist,
MOT prep work, home start, towing ser-
vice, no call out fee.

MOBILE: 07723 304 260

HOME: 01857 616454

Business adverts

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

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

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

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GROUPS, CLUBS & ORGANISATIONS (continued)

MOBILE LIBRARY

Next visit:

TUESDAY 5th JULY

Council Houses: 9.00am-11.00am

Stronsay School: 11.30am-2.00pm

Stronsay Kirk: 2.30pm-4.30pm

Stronsay School: 6.30pm-8.00pm

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

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

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

FRIDAY NIGHT GAMES CLUB

Now closed until the new school term

STRONSAY COMMUNITY ASSOCIATION

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

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

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

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

For details and booking contact Colin on 616446.

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

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USEFUL INFORMATION

POST OFFICE OPENING TIMES

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

Post collection times 07:30, Monday to Saturday
Replacement bin bags Telephone OIC (Technical Services) on 01856 873535
Sunday service at the Kirk 11 am
Our Lady's chapel, pier head Daily Masses at 7:30 am and every Sunday at 9 am
Next Special Collection Friday 16 September

Doctor 616321	Castle Bird Reserve 616363
Nurses 616480	Balfour hospital 01856 888000
Medical emergency 01856 888000	Hydro 0800 300 999
Registrar 616239	All water enquiries 0845 601 8855
Hall bookings 616446	Kirkwall Library 01856 873166
Post Office 616278	Kirkwall Police 01856 872241
Companions 616261	Vets:
Kirk 616311	Flett & Carmichael 01856 872859
Stronsay Hotel 616213	Northvet 01856 873403
Fish Mart Hostel 616339	Dentists:
Olivebank 616255	Great Western Rd 01856 879683
Ebenezer stores 616339	King Street 01856 875348

Golgotha Monastery: phone 616210, email contact@the-sons.org

HOW TO CONTACT THE [LIMPET](#)

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

The *Limpet* is published on the last Thursday of the month. Items for inclusion in the *Limpet* must be submitted by the Saturday before the last Thursday in the month. The cut-off date for the next (July 2011) edition is Saturday 23 July.

SUBSCRIPTIONS TO [THE LIMPET](#)

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

12 editions for £15.00 including P&P

Please make cheques—UK banks only—payable to “Stronsay Development Trust”
(UK only. Non-UK subscriptions, please ask for a quote) Contact Bruce, details above

The Stronsay Development Trust, a Scottish Charity SC038888

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

Supported in its activities by HIE Orkney, Orkney Islands Council, and
[Orkney Community Planning Partnership](#)