



# **STRONSAY LIMPET**

**FUNDED BY STRONSAY DEVELOPMENT TRUST**

**ISSUE 82 - APRIL 2012**

*Published on the last Thursday of the month*



## **PLEASE NOTE THE FOLLOWING CHANGES IN OPENING HOURS FOR THE POST OFFICE:**

Monday 7 May - Closed (Bank Holiday)  
Wednesday 23 May - Open 2 p.m. to 5 p.m.  
Friday 25 May - Open 2 p.m. to 5 p.m.



## **ANNUAL GENERAL MEETING**

**When: 8 May 2012**  
**Place: Stronsay Community Hall**  
**Time: 7.30 p.m. – 9.00 p.m.**

A light supper will be served.

*Everyone is welcome.*



A Company Limited by Guarantee, Registered in Scotland; Company Number SC271553

A Scottish Charity, Charity Number SC038888

Registered Office: Clifton, Whitehall, Stronsay, Orkney KW17 2AR

The next edition of the *Limpet* will be published on Thu 31 May. Items for inclusion in that edition should be submitted by Wed 23 May. Contact details on back page



## **YOUR COMMUNITY NEEDS YOU!**

### **JOIN THE BOARD OF THE SUCCESSFUL DEVELOPMENT TRUST!**

If you are entitled to be a member of the Development Trust have you thought about standing for election as a director/trustee to help us work towards a sustainable future for Stronsay? All ages, skills, experience and interests are welcomed and all contributions add up – even if you don't have a lot of time to spare.

The election of Directors will be held at the  
Annual General Meeting on Tuesday 8 May 2012.

All the board directors are volunteers and we have up to 8 vacancies.

Nomination forms are available from Olivebank, Ebenezer Stores, Stronsay Arts and Crafts and the Post Office or you could phone me on 616349. The deadline date for nominations is Sunday 1 April.

Lisa De Geer  
Company Secretary  
Fagerheim, Stronsay  
KW17 2AR





*Samplers woven by the ladies of the Stronsay WRI at their "Beginners' Tablet Weaving" mini workshop in March.*



*The Stronsay Singers (aka the OIC Adult Education Department's evening class in "Singing Techniques") in a jovial mood at the end of their Spring session of lessons. Roger, Brian, Marilyn, Jenny, Madeline, David, Bruce, Mairi, Carol and (seated) their tutor, Michael Lee.*

*Contact Brian on 616464 if you are interested in joining.*

## **BLOW AWAY GARDENING TIPS - APRIL 2012**

The few warm days at the end of March convinced me that we are in for an early spring followed by a long hot summer. I engaged the entirety of my strength and spread the manure that had been lurking for the past 12 months. Sack after sack were spread with great enthusiasm; until I noticed a bouncy black dog came in out out of focus as she ran circles round the veg plot, eating the manure as fast as she could. No help at all.

Digging in was now an urgent task and I set about this without drawing breath. The job was almost complete but I was forced to stop because of chest pain. This was very inconvenient and since I was on leave I did not have the HeartStart. I abandoned the digging and gradually recovered so it was obviously only cramp.

Before the weather had chance to change I found the numerous packets of seeds and started a mass sowing in all those margarine pots that have been collected in anticipation of this beautiful day. This time the cats did not wreck the seed trays, the dog did not eat the compost and no children accidentally stood in them. They were balanced on cardboard boxes in front of the window and amazingly loads of timid shoots appeared over the next few weeks.

The survivors although becoming long and weedy have been transported to the community greenhouse to take their chances. So far I have been impressed at the number of viable shoots but will keep my eyes trained on them and be prepared for any breakaway groups. The ground outside remains cold and I am not ready to risk checking this with the traditional "sit on a sod" test.

Roger Neville-Smith

10 April 2012

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## **BIRD REPORT APRIL 2012**

John Holloway has been on holiday so there is no bird report this month

# **STRONSAY'S NATURAL LARDER - PART 2**

By Marion Macleod



We are now well into spring and there are more and more plants poking their heads above the ground. Many of them are edible and surprisingly tasty too.

This month I would like to introduce yet another weed that most will be very familiar with.

## **Stinging Nettle - *Urtica dioica***

This plant has a long history as a medicinal plant and of food source. It is a flowering perennial. It spreads by seed and with their vigorous rhizomes underground. They love rich soil but can grow in poor soils also.

Like so many other plants that are available in spring nettles provide an excellent spring tonic. They are particularly rich in iron and also vitamins A and C.

Wear gloves when picking them as they do give quite nasty stings. Only use the young shoots as they are most palatable.

## **Cream of Nettle and Potato soup**

Serves 4

- 115 g of butter
- 2 medium sized onions
- 500 g potatoes cut into chunks (soak for a few minutes in cold water to get rid of excess starch)
- 800 ml chicken stock
- 100 g nettle leaves
- Salt and freshly ground pepper, chives, a sprig of fresh thyme and cream to serve.

Melt butter in a large pan and add sliced onions, soften these for 5 mins on a low heat. Add potatoes and chicken stock. Cover and cook for 20 minutes. In the meantime wearing rubber gloves remove the leaves from the stalks wash under cold water. Add to the pan and cook for a further 5 minutes. Ladle into a blender and process until smooth. Return to pan and season well. Serve with chopped chives and a “swirl” of cream!

**Enjoy!**

Warning! In order to avoid accidental poisoning eat only plants and mushrooms you can positively identify. Always refer to a field guide.

# STRONSAY HEALTHY LIVING CENTRE



	<b>am</b>	<b>pm</b>
<b>Monday</b>	Buddy	4-6
<b>Tuesday</b>	11-12	Buddy
<b>Wednesday</b>	Buddy	4-6
<b>Thursday</b>	Buddy	7-8
<b>Friday</b>	Buddy	3.30-5.30
<b>Saturday</b>	Closed	Closed
<b>Sunday</b>	Closed	Closed

REMEMBER YOU CAN GYM N' SWIM ON A THURSDAY FOR £4  
(£3 for concessions)

ADULT SWIM SESSION IS 8.20-9PM

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

Buddy hours are the same as school opening times  
(Mon-Fri 09.00-15.30 approx).

A code will be needed to access the gym.

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

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

New inductions by appointment only.

TEL No : 616449

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## **THEN AND NOW**

### ROSE COTTAGE AREA 1910 & 2012



*The Lower Station from Rose Cottage downwards. Circa 1910.  
The large house at the far end was "Davies" which was demolished  
for stones for the Moncur Memorial Church in 1953/4.*



Rose Cottage area 2012

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2012 photograph by Bill Miller

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## **THEN AND NOW**

### LOWER STATION 1930 & 2012



*Lower Station circa 1930*



Lower Station 2012

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2012 photograph by Bill Miller

## **LADIES IN WAITING!**

By Ellie from Newfield

It's in the still of the night  
Long before the dawn breaks,  
Long before the world awakes.  
It's lambing time at the croft.  
Ladies in waiting once again  
And the outlook is good.  
The weatherman promised "no rain".  
Precious is the silence of these moments  
When each second drips pure gold  
That you are reminded once again  
Of riches you can't always hold.  
Whilst my ladies who wait in the byre  
Confidently chewing on cud  
Who contribute their trust in me  
Putting a seal on "life is good".  
The circle of life keeps turning  
For new life is everywhere.  
Mother Nature has on her "birthing hat",  
Spring is in the air  
As rich those golden daffodils,  
Precious as diamonds in the dew  
Is this little flock of sheep  
In the ante-natal queue.  
And just like an anxious mother  
My heart will skip a beat  
Whilst willing each precious new-born  
To get up on its feet.  
Nay, it's not easy being a shepherdess  
Donning a skin that's tough.  
And the ewes all look to me  
If the going should get rough.  
And even before the cock crows  
Taking his place on the gate  
A new mother is cleaning her offspring  
That took her all to create.  
Another night is now over  
When the rest of this world stood still.

*(continued on next page)*

Now looking on all these dear faces  
Who define that word 'tranquil'  
There could not be a better place.  
Home is this menagerie  
And I could never doubt it.  
I am exactly where I should be  
So bring on me wellington boots,  
Switch the sunshine on to "full power".  
Aye, a lambers work is never done.  
If only we were paid by the hour!

©Helene Harrison

***GREETINGS, PRIVATE SALES & WANTS***

**FOR SALE**

**SEMI-DETACHED 1 BEDROOM BUNGALOW**

Freshly decorated and new carpets throughout

Sale to include:

Fridge, Freezer, Cooker and washing machine

New Multi Fuel Burner in Lounge

Larger than average back garden comprising workshop (container) with power points and lighting, 2 new good quality garden sheds, coal bunker and greenhouse

Price: £45,000

Ring: 01857 616388 or 616439

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**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 edition of the *Limpet* must be placed by Wednesday 23 May!

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

## **LOCAL BUSINESSES**



### **“NEIL’S ON WHEELS”**

All mechanical work undertaken, welding specialist,  
MOT prep work, home start, towing service, no call out fee.  
MOBILE: 07723 304 260  
HOME: 01857 616454

## **ORKNEY STAR ISLAND SOAP**



Real soap made by hand with care in Stronsay. In our Orkney range we have Orkney Bere barley bran - seaweed with sea salt - clay with the Stronsay Beast stamped into each bar. Favours for weddings or special occasions are done on commission only. Please ring for details.

Available from our online shop and locally at Olive Bank and Stronsay Arts & Crafts.

Tel: 616281.

Email: [info@orkneystarislandsoap.co.uk](mailto:info@orkneystarislandsoap.co.uk).

Web: [www.orkneystarislandsoap.co.uk](http://www.orkneystarislandsoap.co.uk).

## **STRONSAY ARTS AND CRAFTS SHOP**

Stronsay and local craftwork  
Orkney books, cards, gifts, photos and more.

Summer Hours start 3 April 2012

Open 6 days a week; Tuesday through to  
Sunday 12.00 to 17.30

Tel. Julia on 616434

[www.stronsayartsandcrafts.co.uk](http://www.stronsayartsandcrafts.co.uk)

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## **LOCAL BUSINESSES**

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### **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*

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### **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 01856 ??????

Email [jennystone001@btinternet.com](mailto:jennystone001@btinternet.com)

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### **COMPUTER SERVICES**

Advice, Internet connection issues, Web-  
site design, Hosting, I.T. Training and  
much, much more.

Contact Neil @ Schoolbrae, 616317

e-mail: [enquiries@gb-en.eu](mailto:enquiries@gb-en.eu)

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## ***GROUPS, CLUBS & ORGANISATIONS***

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### **STRONSAY STITCHERS**



**Please make a note for your calendar – in future our meetings will be held on Thursday and not on Friday evenings. This month's gathering will be on Thursday 26<sup>h</sup> April in the Church Hall from 7pm-9.30pm.**

You can bring cross stitch projects, quilting, spinning, crochet, sewing, embroidery, mending, rug hooking, knitting, weaving or UFOs (un-finished objects) to name but a few. It's a great opportunity to get to grips with that old project that's been lurking in a corner for ages or start up a new one. You'll find us supportive, enthusiastic and tolerant (when it goes wrong!); bringing together a collective wealth of experience and knowledge.

We are an informal group that meets on the last Thursday of every month. You can come for as long or as little, or even as often as you like. A donation of £2.00 per session towards heating & lighting is all we ask and there will be tea, coffee, biscuits (or the occasional home bakes if we're very lucky!).

So, if you feel like it, pack your stuff, bring your equipment and come along on Thursday 26<sup>th</sup> April, Church Hall, from 7-9.30pm.

We'll look forward to seeing you then!

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

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<b><i>GROUPS, CLUBS &amp; ORGANISATIONS</i></b>
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**CHRISTIAN AID & LENT CHALLENGE**

Thanks to everyone who supported the Lent Challenge at Ebenezer Stores. We raised a total of £78.46 which will be used to help some of the world's poorest people.

Mike & Viv

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**THANK YOU!**

Stronsay Parent and Toddler Group would like to say a big thank you to every one who came along over the Easter weekend, we raised £228.29 thanks to your support and all the donations we received.

If you are interested in supporting the group more, by becoming a committee member, please get in touch with Katy on 616317.

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## **GROUPS, CLUBS & ORGANISATIONS**

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### **COFFEE AT CLEAT**

The total from “Coffee at Cleat” on Saturday 17 March now stands at £1001.30. Cheques for £500.65 each will be sent to “Friends of ANCHOR” and “Anthony Nolan”. In addition a cheque for £60 (from beetroot sales) will be sent to Macmillan. Many thanks to everyone!

Sheena

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## **ORKNEY CITIZENS ADVICE BUREAU**

### **WED 30 MAY**

### **APPOINTMENTS ONLY**

Orkney Citizens Advice Bureau will be visiting Stronsay on Wednesday May 30th at the Community Centre (Carpet Room) from 12:30 to 4:30pm. We are here to advise on any issue. If you would like to make an appointment to see one of our advisers or to arrange a home visit please telephone 01856 875266 no later than Friday 25th May

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## **HOY HALF MARATHON**

I will be taking part in the Hoy Half Marathon on 17th June

Fundraising for Friends of ANCHOR

Sponsor forms around the island and (hopefully) online

Any donations much appreciated!

Mairi Dennison

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## ***GROUPS, CLUBS & ORGANISATIONS (continued)***

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### **MOBILE LIBRARY**

Next visit:

**TUESDAY 22 MAY 2012**

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](http://www.orkneylibrary.org.uk/html/mobile2_timetable.htm)

Kirkwall library contacts - 01856 873166 or [general.enquiries@orkneylibrary.org.uk](mailto:general.enquiries@orkneylibrary.org.uk)

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

Kirkwall library online book catalogue - <http://212.219.208.10/TalisPrism>

Check new library opening times

[www.orkneylibrary.org.uk/html/opening.htm#NewHours](http://www.orkneylibrary.org.uk/html/opening.htm#NewHours)

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### **FRIDAY NIGHT GAMES CLUB**

Ages 10 or over only

Friday night 8pm until 10pm

Entrance £1

Come along for a fun filled night

Air hockey table

Pool table

Play station 2

Nintendo Wii & Sing Star

Snooker

Juice, crisps and sweets available

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### **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.

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## USEFUL INFORMATION

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### POST OFFICE OPENING TIMES

#### SEE FRONT PAGE FOR BANK HOLIDAY ARRANGEMENTS

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 Collections . . . . . Friday 27 April 2012 & Friday 6 July 2012

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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
	Earls Palace . . . . . 01856 872958

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Golgotha Monastery: phone 616210, email [contact@the-sons.org](mailto:contact@the-sons.org)

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### HOW TO CONTACT THE *LIMPET*

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

The cut-off date for the next edition is Wednesday 23 May

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### SUBSCRIPTIONS TO *THE LIMPET*

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

12 editions for £20.00 including P&P

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

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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

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