

STROMSAY LIMPET

No. 87

*Funded by the Stromsay Development Trust
Published on the last Thursday of the month*

Sept. 2012

Stromsay Community Fund

This will be the funds gifted annually for community use from Stromsay Renewable Energy (from the wind turbine).

The fund should be open by November 2012 and applications for grants can be received then. However, anyone with an idea for a project can complete an **Expression of Interest form** and start getting advice now.

What are the grants awarded for?

Grants may be awarded for anything that might benefit members of our community and so enhance the quality and/or sustainability of life on our island. The grants should be of direct benefit only to residents of Stromsay and Papa Stromsay.

Eligibility of applications from outwith the Stromsay community will be appraised on a case by case basis.

How will the applications be assessed?

The Development Trust has objectives which cover any projects that are to be of community benefit and for which charitable funds may be given. These objectives are the main criteria against which the application will be assessed.

The Development Trust Objectives are in the Memorandum of Association on the website – and will also be in the **Grant Application Guidance** (under construction).

We had hoped to set up a small voluntary awards committee, however only two people came forward and although we are very grateful for their support it has now been decided that the Development Trust staff will look at all applications and refer to a wide network of experts, if they need to, in order to make sure that the Trust board has all the information it needs in order to make a decision.

(continued on next page)



The next edition of the *Limpet* will be published on Thu. 25 Oct. Items for inclusion in that edition should be submitted by Wed. 17 Oct. Contact details are on the back page.

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Stronsay Community Fund (continued)

How much money can be granted?

There is no limit to the amount that can be applied for although there will be a limit on available funds.

All decisions on grant applications will be agreed by the Development Trust board at their usual meetings.

Applications for grants over £50,000 will require a community mandate, the applicant(s) being responsible for presenting the proposal to the community and collecting evidence of support for the project.

Loans will not be offered at this stage.

For now the *Expression of Interest forms* are available by email julia.crocker@btinternet.com or from the Registered Office: Clifton, Stronsay KW17 2AR.

The policy, guidance and forms will soon be available on the Trust website as well as in hard copy.

Julia Crocker
Admin. and Finance Support Officer
Stronsay Development Trust



New Library Information

The Mobile Library will be operating to a revised timetable from the commencement of the winter ferry timetable up until the New Year. See details on [page 18](#).

Stronsay Renewable Energy Ltd

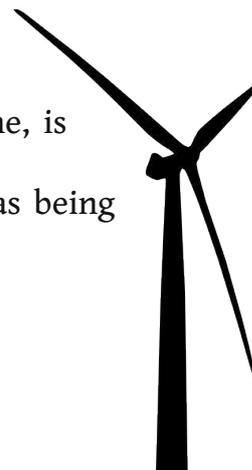
New Website

Stronsay Renewable Energy Ltd, the Development Trust's wind turbine, is developing a new website. Find out about the company and its progress.

Updates about the community fund will also be posted here as well as being published in the Limpet and put on the Trust website.

www.stronsayturbine.co.uk

SREL Chair
Julia Crocker



Orkney.com and Online Business Directory

ORKNEY *more than you'd imagine*

The Orkney Marketing team (HIE and OIC staff) would like to draw your attention to www.orkney.com, a comprehensive website showcasing all that Orkney has to offer and new home to Orkney's online business directory.

Take a look around the site and you will see that it provides lots of information, including a page on each of Orkney's islands, featuring photos, news and links to relevant websites. If you have feedback on any of the information on your island page or can suggest good websites that we should link to, then please get in touch. Please note that each entry is just intended to be an overview of the island and a portal to other sites rather than providing a comprehensive picture.

Each island page also features entries from the orkney.com business directory. If you have a business on the island, you can sign up for a free entry in the directory. Just go to the business directory tab from the homepage or any of the subject pages, and sign up. If you have an out-of-date entry on the site, just contact us (info@orkney.com) and we'll delete it so that you can start again.

The new business directory enables you to upload a logo and photos for your business, and as much text as you like. You can link to your website if you have one, and can post special offers and job opportunities, and even feature your *Facebook* and *Twitter* updates. If you need any help to do any of this, please get in touch with us and we'll be delighted to help.

Maureen Shearer - maureen.shearer@hient.co.uk

Bu Wind Farm Newsletter #1

Bu wind farm newsletter

Issue 1 - August/September 2012



Introduction

This is the first issue of a six-monthly newsletter that we are producing to help keep the Stronsay community informed about the following proposal.

SSE owns and operates Bu wind farm at Rothiesholm on Stronsay. The wind farm has been operational since 2002 and we acquired the site from I&H Brown in 2008. We are planning to 'repower' Bu wind farm and replace the existing three turbines with three new ones.

We will be holding a community meeting on Stronsay in October (details overleaf) in order to update islanders on the project and provide them with a chance to engage with the project team and ask any questions they may have.

We hope that you find these newsletters helpful and interesting, and that you are able to join us for our community meeting in October.

Site location

Bu wind farm is located at Rothiesholm on the southern tip of the south-west spur of Stronsay.



Ordnance Survey Crown copyright reserved, 100034870

Project overview

The island has exceptionally good wind resource for power generation, yet the wind farm has not been performing well – as you may have noticed! This is because the existing turbines are no longer in production and it is becoming more difficult to get replacement parts in order to undertake repairs and routine maintenance.

Bu wind farm



We know that we can significantly improve the generation output of Bu by replacing the turbines and as such, we have decided to 'repower' the site. Should our planning application be consented, the new turbines will be easier to maintain and more suited to the excellent wind conditions on Stronsay, creating a much more efficient and reliable wind farm.

We are currently preparing the Environmental Statement (ES) which will accompany our planning application to Orkney Islands Council in the next few months.

New site details

Below is a comparison of the key changes that would occur, should the project be consented:

Key information	Existing site	New site
Number of turbines	3	3
Turbine capacity	900kW	850kW
Height to blade tip	67m	75m
Overall site capacity	2.7MW	2.55MW



Planning process

As part of our planning application we are required to submit an Environmental Statement (ES) which assesses the environmental impact of the proposal.

Over the last 10 months we have undertaken a range of technical and environmental surveys to assess the work and ensure that there remain no significant impacts. We are now in the process of assessing the findings and finalising our ES.

We expect to submit the planning application to Orkney Islands Council around October/November this year.

Construction overview

Should we receive consent for the project, the key stages of construction are expected to be as follows:

- **Mobilise to site**
Once appointed, our civil and turbine contractors will set up a site compound at the site. This will comprise of offices, welfare facilities, safety training areas, and storage areas for materials and equipment.
- **Substation works**
The existing substation may be fitted out with new electrical equipment for the replacement turbines. In addition, a new welfare building will be constructed at the entrance to the wind farm. This work will run in parallel with the main construction works.
- **Main construction works**
The main works will involve:
 - Upgrading the existing access tracks
 - Creating new turbine foundations
 - Dismantling the three existing turbines
 - Erecting the three new turbines
 - Installing underground electricity cables
 - Testing and commissioning the new site
- **Junction modification works**
Three junctions on the transport route from Whitehall pier to the site will require widening in order to help the movement of the turbines.

Overall, the construction works are expected to take around a year to complete.

Community meeting

We are keen to ensure that the community understand the works proposed. As such, we will be holding a community meeting in October (before we submit the planning application) to talk about the project in more detail:

Mon 8th October (7-8pm)
Stronsay Community Centre



The meeting will include a presentation from members of our project team, followed by the opportunity to meet the team and ask any questions that you may have. The Community Council meeting will follow on afterwards at 8pm.

Contact details

Should the project be consented, we will hold regular community meetings and work closely with Stronsay Community Council to ensure that we deliver the project as smoothly as possible, with minimal disruption.

In the meantime, if you have any questions about the project, please do not hesitate to contact our liaison manager, details as follows:

Ruth Liddicoat
Liaison Manager, Spurness wind farm
T: 01738 455120
M: 07767 852826
E: ruth.liddicoat@sse.com



The *Limpet* now has its own *Facebook* page:
www.facebook.com/StronsayLimpet.
Please use this page to give feedback on the *Limpet*
(brickbats as well as bouquets!).

Post Office Opening Times

The Post Office will continue with longer opening hours until further notice.

POST OFFICE OPENING TIMES	
Monday	8:30-12
Tuesday	closed
Wednesday	8:30-12 and 1-3
Thursday	8:30-12 and 1-3
Friday	8:30-12 and 1-3
Saturday	9-12 and 1-3

Your local Post Office – use it or lose it!

Please note the following changes in opening times:

Friday 28 September 8.30-12

Friday 5 October 8.30-12

Friday 12 October 8.30-12

Volunteers Wanted!

Are you interested in working with kids and the outdoors? Are you a keen gardener? Or perhaps you just simply want to try something new! Maybe then you would like to help out with Eco club or the Junior Garden Club.

I look forward hearing from anyone who is interested or simply wants to find out more.

Contact me on 616354 or by email macleod.marion@gmail.com.

Any volunteers will need to have a CRBS (Central Registered Body in Scotland) disclosure check.

Marion Miller

SDT Youth Greenhouse Worker



The *Limpet* is freely available on the web where you can download it and print it for yourself. If you really want a printed copy then you can continue to do so but please think hard. Do you really need a printed copy or could you manage with the online version, perhaps printing just one or two pages for reference?

If you currently receive a printed copy of the *Limpet* and decide that you can manage with the online version please tell the place from which you collect your printed copy.

www.stronsaylimpet.co.uk

Recent Bird Sightings

by John & Sue Holloway

With virtually no winds from the East during the last three weeks or so our attention has been concentrated on wading birds on the beaches and lochs. The majority of these birds are returning south from the breeding grounds in Iceland and the High Arctic regions. Many Wheatears have arrived on the island in the last ten days - brought to the island by the favourable winds blowing from their own breeding grounds in Greenland.

The probable Solitary Sandpiper of last month could not be refound but there were plenty of close

sightings of waders at a number of sites: day-trippers Karen and Adrian from Eltham took the attached photograph of a Turnstone opposite Strynie shortly after arriving on the ferry; regular visitor Ken Barclay came across a Curlew Sandpiper at the edge of a tiny loch at Huip, and at Fingeo, Matthew found an injured Golden Plover which was kept overnight and later successfully released back into a nearby field. Golden Plover are now very numerous and it is safe to say that any flock of over 200 medium-sized

(continued on next page)

photo by Karen Farbus



Turnstone in Whitehall Village - the species most likely to be seen on the piers in winter.



Curlew Sandpiper. One was found by visitor Ken Barclay at a tiny pond near Huip.



Recent Bird Sightings (continued)

birds seen flying over the island in Autumn and Winter will be of this species. Flocks of 800 or so are not uncommon during this time of year when several thousand individuals of the species are usually present.

Black-tailed Godwits have been recorded regularly at Bu and Matpow, and Snipe are now very numerous although often hard to see. Many of both species seen here in Winter almost certainly come from Iceland. The most numerous wader along our sandy beaches for much of the year is the Sanderling. Flocks of these can be seen rushing up and down the beach to avoid the inrushing tide as

they search for food. The attached photo of a single bird - quite unusual for this gregarious species - was taken at Bomasty where parties of Sanderling may be seen from time to time. Outside the breeding season the species is ever-present in St Catherine's Bay and Holland Bay.

The fence across The Matpow Loch often provides us with the opportunity to study terns and gulls - a perfect aid for identification purposes - and as can be seen in the attached photo, several species may be present at the same time there. Common,

(continued on next page)



Common Snipe - rarely seen out in the open.



Sanderling - the 'twinkle-toes' of sandy beaches.



Recent Bird Sightings (continued)



The Matpow Loch fence - excellent perches for a number of species.

Arctic, and Sandwich Tern were all perched together when we took the attached photo in late Summer 2011 and we have enjoyed similar combinations throughout this year's summer.

Duck numbers are now increasing rapidly, the majority being Wigeon and Teal - and once again all probably from Iceland, having hitched a ride on the favourable winds. Two parties of Pink-footed Geese have been seen flying south recently - one by Kath at Dale, and the other flying high over Castle, all no doubt from Iceland and probably heading for Eastern Scotland where huge numbers spend the winter.

Very few small migrants have been seen in the last month - just a single of both Redstart and Willow Warbler at Castle, and a few rather late Swifts. Several Hen Harriers have been seen - including two different males - and Pato at Odiness and Hazel at Airy saw two 'ring-tail' (brown, females or young birds) hunting together on 29th August. Both male and ring-tail Hen Harriers have also been seen by Andy and Shirley Whiteman from the windows at St John's - another reminder of how exciting bird-watching can be from indoors on the island! A large female Sparrowhawk has been seen at several sites recently and an elusive Red-footed Falcon was seen briefly on three occasions by visitors George and Betty Winslow from Monikie on 5th September. Sea-watching at Bomasty recently produced single Manx and Sooty Shearwaters, with Gannets passing by in good numbers during the high winds.

Paul Miller telephoned from Mainland Orkney recently to say that he had seen a Blackbird with a single white feather on each side of its tail. Although part-albinism is not uncommon in Blackbirds (the

majority of these birds have white head/body feathers) it is amazing that Paul's own sighting is exactly the same as a bird recorded on Stronsay several years ago (different individuals no doubt), since when we have also seen two individuals here - with just one white outer-tail feather. A few full albinos have been seen on Stronsay in the last 25 years, including Blackbird (Breck), House Sparrow (Sound), Redshank (Bu), and Shag (Odiness Bay and Whitehall). The Blackbird, discovered by Alison at Breck was in the same field as an almost totally albino Fieldfare.

At last there seems to be a reduction in Greylag Geese numbers on the island - a big relief for the other bird species they have displaced in increasing numbers over the last 20 years. When we arrived on the island in the late eighties Greylag Geese were only seen flying over on migration here (a few did land for a short while in poor weather conditions) but after a slow build-up of wintering birds around the Meikle Water in the early nineties, numbers suddenly mushroomed and a substantial breeding population rapidly built up. The off-spring of these have no instinct to migrate and, unlike the fly-over migrants seen pre-1990s, do not fly north in Spring to the traditional breeding-grounds in Iceland. The species now nests all over the island, ousting many of what were the traditional breeding species here, and in Winter the huge numbers present have replaced the 100 plus Whooper Swans which formerly wintered on the island and were a joy to watch.

Thanks again to all who have phoned in. ■

Questionnaire and Surgery Times

Stronsay Medical Practice
Geramount, Stronsay

Your chance to have your say about surgery times and appointments

Currently

Open surgery Monday, Tuesday, Wednesday and Friday	9.30 - 10.30
Emergency surgery Saturday	9.30 - 10.30
Booked surgery Monday, Wednesday and Friday	3.30 - 4.30
Booked surgery Tuesday	2.00 - 2.30

Please answer

- I would prefer all appointments to be booked
- I would prefer all appointments to be open
- The time I prefer to attend is _____
- Everything about the current arrangement is fine

Any comments?

Thank you for your help. Dr Roger Neville-Smith and Dr Rosalind Fisher
Please return to Geramount by **15/10/12**

Stronsay Medical Practice

Open Surgeries – No appointment needed

Monday to Friday 9.30-10.30
(Excluding Thursday)

Saturday 9.30-10.30
(Urgent and KGS Pupils)

Surgeries by appointment

Monday, Wednesday and Friday 3.30-4.30
Tuesday 2.00-2.30

01857 616321

Sadly the Indian summer failed to show up and predictions that we are heading for an early winter appear to be correct. The recent gales and rain have reminded me to keep waterproofs and my silly hat ready at all times.

It has not been all doom. I have eaten several cauliflowers which have obviously enjoyed the reticent summer and broccoli is making quite an effort. Onions in the Community Greenhouse did very well but outside they are small and feel embarrassed at their poor growth. Swede although small are big enough to see without resorting to my new reading glasses and quite tasty. Potatoes have carried on regardless but my very late sowing has resulted only in interesting potato pellets.

I have been testing what can be grown in the vicinity of rabbits and had already added potatoes, onions, leeks, chives and statice (flowers). All other attempts like brassicas, lettuce, marigold were quickly demolished. I will have to remove leeks because I note they are now being grazed and will soon be gone.

Outside the ground is preparing for a big sleep and the TV programs from the south are merely a fantasy. The Greenhouse still has some enthusiasm for growth and I sowed winter lettuce last week. No show yet but I will wait patiently.

Now is the time to dream about next year, dig out the catalogues and drool over the glossy photos. Since caterpillars have been a big pest this year I will invest in some protective netting. The wind always has surprises, lying low for a while before jumping over the wall and ripping out the plants with a snarl and a shake. More wind protection required, I think.

The good news is that my bumper bonus pack of Avon Skin so Soft has hardly been touched and the sun screen will last another year or six. Winter will be a good time to find garden tools which have disappeared; I am hoping that a favourite hoe will give up hiding and trip me up one day soon. Even the dog has lost enthusiasm for escaping and, now I have oil restored to the tank, we can all enjoy hibernating for the next 6 months. ■

SOS Committee Recipe Book Project

SOS - Support Our School

The SOS Committee is trying to compile a recipe book to raise funds for the school. If you would be willing to share a recipe with us please contact Viv Erdman, Kate Worrall, Arna Cooper, Wilma Holland or Gaynor Smith or send your recipe to this email address: SOSstronsay@yahoo.com. All recipes gratefully accepted!

Millgrip 1940 & 2012



Bu Farm 1950 & 2012



2012 photographs by Bill Miller

Music in Hospitals



MUSIC IN HOSPITALS

SCOTLAND

communicating through live music



18
NOV.

Musicians Required

Music in Hospitals is seeking professional musicians to give concerts in hospitals and other care establishments in Orkney.

Auditions will be held on **SUNDAY 18 November 2012** at **The Reel, Broad Street, Kirkwall.**

Musicians are carefully selected for:

- their ability to communicate easily
- their flexibility, warmth of approach and sense of humour
- their ability to deal with all kinds of situation
- their wide-ranging repertoire including a selection of Scots songs

Audience participation is encouraged

The therapeutic value of live music is widely recognised by the medical profession and, although demanding, the work can be extremely rewarding.

Suitable groups might comprise, for example:

- singer with instrumental accompanist
- singer/instrumentalist with pianist
- singer who is able to accompany him/herself on a portable instrument
- instrumental duo/trio with interactive programme

Ideally instrumentalists should be able to play by ear or memory.

Further information and application forms are available from:

Music in Hospitals, 10 Forth Street, Edinburgh EH1 3LD

Tel: 0131 556 5848 Fax: 0131 556 0225

email: info@musicinhospitalsscotland.org.uk

web: www.musicinhospitalsscotland.org.uk

A Company Limited by Guarantee Registered in England No 3138683 VAT No. 356 7549 14 Registered Charity No 1051659.

The charity is also registered in Scotland No. SCO38864.

Registered Office: Coco House 83-89 High Street Walton on Thames, Surrey KT12 1DZ

Holly

*It isn't a hedge without holly,
 That neat little evergreen.
 And the birds would agree I'm sure,
 Should you ask their opinion, I mean.
 It isn't any wonder
 That the birds just love it so,
 And what a splendid picture it makes
 When dressed soft, white snow.
 But it's those berries I think that sell it,
 Crimson-red globes of cheer.
 And Christmas just wouldn't be Christmas
 If that holly wreath didn't appear.
 Would it be fair to describe it majestic
 Or even proclaim it noble?
 Pride of the copse every winter
 Where she grows remarkably well,
 Wearing her leaves with pride
 Like a shiny macintosh.
 In the botanical world
 She's likely considered posh
 And of course it's clear to see
 That her purpose is surely just
 To feed and shelter those birds
 Who nestle within with trust.*

*Beauty and the best
 Combined in every leaf,
 Encouraging admiration
 Whilst sharpening those teeth.
 But she's her job to do
 And she does it without question,
 Our perfect little take-away,
 As those berries aid the bird's digestion.
 And tucked inside those rich green leaves
 With prickles on the ends
 Are the many little nurseries
 For her favourite feathered friends
 Whilst hanging on the door
 At Christmas you will see
 That wreath of holly leaves
 She gave, reluctantly.
 A Jekyll and Hyde it appears
 But not with hidden spite,
 For her weaponry is clearly visible
 And always prepared to fight.*

© Helene Harrison

Local Businesses

CLOSURE OF STRONSAY ARTS AND CRAFTS SHOP



I shall be quite sad and at the same time a bit liberated when I close the shop at the end of September. The support from Stronsay and the range of handiwork has been tremendous. I have also got to know some really nice people and I have never had a single awkward customer!

If you have craft goods in the shop then please do collect them when you are passing – along with any money that I owe you. There may be a bit of a sale of my own stock in the last week and I shall also sell some on line.

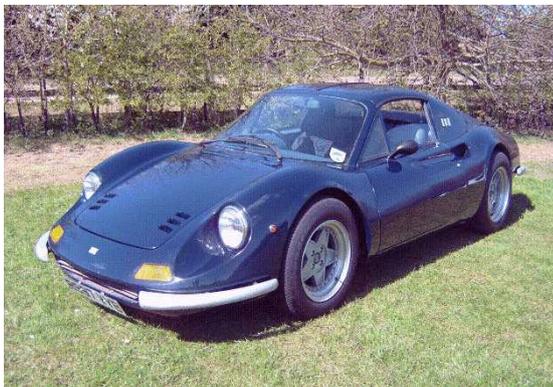
The future

Until we have more entrepreneurs setting up with craft outlets I am thinking about organising a couple of craft events over the year.

If there is enough support for this then I could use the existing shop space and arrange it to suit and maybe have some demonstrations too.

Meanwhile thank you for your support and the banter.

Julia, 24 August 2012



“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

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 and I'll supply it.

Call Bill Miller on 616420



STRONSAY ARTWORKS

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

Upper Scapa Cottage
St. Ola

Orkney - KW15 1SD

Phone: 01856 870075

Email: jennystone001@btinternet.com

COMPUTER SERVICES

Advice, Internet connection issues, Website design, Hosting, I.T. Training and much, much more.

Contact Neil @ Schoolbrae, 616317

Email: enquiries@gb-en.eu



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 Olivebank.

Tel: 616281

Email: info@orkneystarsoap.co.uk

Web: www.orkneystarsoap.co.uk



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.

The cutoff date for adverts to be included in the next edition of the Limpet is on the front page. Contact details are on the back page.

Groups, Clubs & Organisations

MOBILE LIBRARY



Next visit:

MONDAY 8 OCTOBER 2012

Please note that the Mobile Library will be operating to a revised timetable from the commencement of the winter ferry timetable up until the New Year.

All visits will be on **Monday** and the stop times will be as follows:

Council Houses: 8.45am-9.45am

School: 10am-12pm

Kirk: 12.30pm-3pm

Fishmart: 3.15pm-4.45pm

The change will affect the following dates:

8th October

5th November

3rd December

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

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

Kirkwall library website: 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

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.



Stronsay Stitchers

Stitches From The Past

27
SEPT.

This month's gathering will be on Thursday 27th September
in the Church Hall from 7pm-9.30pm

Do you have any old, antique, vintage items tucked away? Things like embroidery, handkerchiefs, lace, shawls, garments or fabric from a by-gone era. Maybe they belonged to or were made by your Mother, Granny, Auntie or have been handed down through the generations and are family heirlooms.

Would you be happy to bring them (along with your current projects) to this month's Stronsay Stitchers gathering to show and share them with us?



We are an informal group who meet on the last Thursday of every month to knit, stitch & natter. You can come for as long or 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. Everybody welcome.

COFFEE AT CLEAT

Saturday, October 27
2:00pm

27
OCT.

Everyone welcome
Coffee, tea, juice
Raffle and a sales table
Homemade pickled beetroot for sale

*All proceeds split between Macmillan
(Orkney) and Friends of Anchor*

FRIDAY NIGHT GAMES CLUB

Ages 10 or over only
Friday night 8pm until 10pm
Community Centre
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

**HEALTHY LIVING CENTRE
Supervised session times:**

	am	pm
Monday	Buddy	4.15-5.45
Tuesday	9.30-11.30	Buddy
Wednesday	Buddy	4.15-5.45
Thursday	Buddy	4.15-5.45
Friday	Buddy	4.15-5.45
Saturday	closed	closed
Sunday	closed	closed

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. 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: 616449

SWIMMING POOL

Tuesday Sessions	
Public	7-7:40pm & 7:40-8:20pm
Adult	8:20-9pm
Wednesday Sessions	
Private	7-7:40pm
Public	7:40-8:20pm & 8:20-9pm
Thursday Sessions	
Beginners	3:20-4pm
A squad	7-8pm
B squad	8-9pm
Saturday Sessions	
Private	2-2:40pm & 2:40-3:20pm

Admission charges: £1.20 child, £2.40 adult

For Swim Club info contact Sarah (616406) - For private hires contact Elsie (616331)

www.facebook.com/pages/Stronsay-swimming-pool/209886629022374

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

The cutoff date for items to be included in the next edition of the Limpet is on the front page. Contact details are on the back page.

Useful Information

POST OFFICE OPENING TIMES	
Monday	8:30-12
Tuesday	closed
Wednesday, Thursday, Friday	8:30-12 and 1-3
Saturday	9-12 and 1-3

Post collection times 7:30, Monday to Saturday
 Replacement bin bags Telephone OIC (Technical Services) on 01856 873535
 Sunday service at the Kirk 11 am (for more information please see the 'Notices' section on the Kirk website at www.orkneycommunities.co.uk/STRONSAYKIRK)
 Our Lady's chapel, pier head Daily Masses at 7:30 am and every Sunday at 9 am
 Next Special Collections Friday 23 November 2012

Doctor	616321	Neil's on Wheels	616454
Nurses	616480	Taxi	616335
Medical emergency	01856 888000	Balfour Hospital	01856 888000
Registrar	616239	Hydro	0800 300 999
Hall bookings	616446	All water enquiries	0845 601 8855
Post Office	616278	Kirkwall Library	01856 873166
Companions	616261	Kirkwall Police	01856 872241
Kirk	616311	Vets:	
Monastery contact@the-sons.org	616210	Flett & Carmichael	01856 872859
Stronsay Hotel	616213	Northvet	01856 873403
Olivebank	616255	Dentists:	
Ebenezer stores	616339	Great Western Rd.	01856 879683
Castle Bird Reserve	616363	King Street	01856 875348
		Earls Palace	01856 872958

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.

www.stronsaylimpet.co.uk -  www.facebook.com/StronsayLimpet

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www.orkneycommunities.co.uk/SDT

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