



# **STRONSAY LIMPET**

**FUNDED BY STRONSAY DEVELOPMENT TRUST**

**ISSUE 93 March 2013**

*Published on the last Thursday of the month*



## **CALLING ALL LAND ROVER OWNERS ON STRONSAY**

Alan King is the brother of Shirley Grummitt, one of Stronsay's community nurses. Alan and several other family members are driving up from Cambridge to visit Stronsay for the first time from 29th March to 5th April.

One of Alan's interests is Land Rovers and he has been given the chance to write an article for "Land Rover Owner International" magazine about his trip from Cambridge to Stronsay. This article is likely to feature his own Land Rover and also the one owned by Shirley. If there are any other Land Rover owners on Stronsay who would like appear in the article Alan asks that they contact him via email [alan@ajk9.wanadoo.co.uk](mailto:alan@ajk9.wanadoo.co.uk) or via Twitter @alanking300 and he will arrange to meet up with them.

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## **STRONSAY DEVELOPMENT TRUST** **AGENDAS AND MINUTES OF MEETINGS**

The agendas and minutes of the SDT board meetings are freely available for reading or downloading on the web at <http://www.orkneycommunities.co.uk/SDT/library.asp> in the folder "Agendas and Minutes".

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## **STRONSAY SWIMMING POOL**

As part of the Scottish swimming initiative the staff of Stronsay swimming pool are keen to increase the amount of adults coming to the pool. They would like to ask any adults out there if any of you have any ideas or requests of things we could possibly provide at our pool.

Thanks, Sarah Stevenson

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## **OIL-FIRED BOILERS**

Now that Patrick Shearer has left the island there is nobody local who can help with maintaining oil-fired boilers. The boiler at Claremont is 5 years old and is in need of a service. If anyone else needs their boiler servicing please get in touch with me and I will contact Jim Sclater to arrange a visit—it would be uneconomical for him to travel to Stronsay to service just one boiler.

Bruce Fletcher (contact details on the back of every Limpet)

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The next edition of the [\*Limpet\*](#) will be published on Thu 25 April. Items for inclusion in that edition should be submitted by 7pm on Sun 21 April. Contact details on back page



## ANNUAL GENERAL MEETING

**When: 24 April 2013**  
**Place: Stronsay Community Hall**  
**Time: 7.30 p.m. – 10.00 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



## **STRONSAY COMMUNITY FUND**

Update on Grant applications.

I am pleased to report that there have been four applications to the Community Fund at the time of writing, as well as some expressions of interest.

Applications in order of receipt:

1. **Stronsay Parent Council, £23,000** for a school trip. Application was received on 5 Nov 2012. The application was withdrawn by the Parent Council on 20 Dec 2012, so a decision could not be made. The Trust hopes that there will be applications made using SDT staff assistance in the future for part funding of school trips.
2. **Individual** Application pending
3. **Stronsay Community Council, £3960** in order to get the Fishmart fit for summer opening. Grant awarded March 2013.
4. **Stronsay Gardening Group, £1570.17** in order to replace rotten shuttering between Greenhouse plots. Grant awarded March 2013.

Work is currently underway to launch two grant and bursary schemes for all eligible Stronsay residents:

### **Fuel Poverty Grants**

### **Educational and skills training bursaries**

Information on both these schemes will be published as soon as the processes and application forms have been agreed by the Trust.

Julia Crocker  
Admin and Finance Support Officer  
March 2013

Registered Office: Stronsay Development Trust  
Clifton, Stronsay, Orkney KW17 2AR  
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## **‘MUD, MUD, INGLORIOUS MUD !!!’**

At this time of year, the colder weather and shorter daylight hours are often accompanied by occasional heavy rain and strong winds with some prolonged periods of snow and ice. It is during these times that both pedestrians and motorists require to be extra vigilant when they are out on the open roads.

It is also a time of the year when many are engaged in activities which require them to take tractors or other vehicles to and from fields which are being ploughed etc. As a consequence, many of these vehicles transfer mud, earth or other debris onto the public road.

Often the debris is minimal but it can on occasion be quite a considerable amount, which can pose a significant danger to others using the road. Not only can it cause the road surface to be unpredictable and difficult to drive on, experiences have shown that it has also been a contributory factor in accidents where damage has been caused to vehicles and injury sustained by people.

Section 95 of the Roads (Scotland) Act 1984 states

*“A person who, being in charge of a vehicle on a road, allows such quantity of mud, clay, farmyard manure, or other material (of whatever nature) from the vehicle, or from anything carried on the vehicle, to drop onto or be deposited on the road so as to create, or be likely to create, a danger or substantial inconvenience to road users and who fails to remove the material as soon as reasonably practicable commits an offence.”*

This means that anyone using a vehicle which allows anything to be left on the road, is responsible for cleaning it up as soon as they can. There is also a responsibility to ensure that adequate warning signs, indicating any potential danger or debris which may be on the road, are suitably located for the information of others using the road.

Should you wish to discuss this subject or anything else, please contact me using the new non-emergency line on ‘ 101 ‘ and ask for Kirkwall Police Station.

PC Torquil Macleod

North Isles Officer

Stromness

101( ask for Kirkwall Police Station ) or 07803 934 664

## **STRONSAY FISH MART - UPDATE**

As the years have passed, the Stronsay Fish Mart café, hostel and Interpretation Centre has become rather shabby, outdated and no longer fit for purpose. Back in 2011, Stronsay Community Council put plans in place to refurbish and upgrade the facility if sufficient funding could be found. As you may remember, in June 2012 the Community Council was awarded a grant of up to £80,000 from the OIC's Community Development Fund toward the anticipated total cost of around £200,000. Since then, the Community Council has been actively seeking the additional funding necessary to carry out this work. We currently have an application for funding forward to the Big Lottery's 'Community Spaces Scotland' fund whose aim is 'Supporting communities to take responsibility for communal spaces and places'. This is a two part process where an outline of the proposals is submitted as a Stage 1 application and then, if successful at this stage, a very detailed and in-depth proposal would be submitted to Stage 2. We should hear any day whether we have progressed to Stage 2, so fingers crossed!

It has been apparent for some time that we wouldn't have funding in place, let alone the work done, to have the building refurbished in time to open for the summer season. Given the strong community support for the Fish Mart, it was agreed that every effort should be made to try to get it open pretty much 'as is' for this year. Advice was sought from the Environmental Health Department and from past users of the premises to identify what had to be done to bring it up to an acceptable standard. This included drying out the premises, carrying out an Electrical inspection and Fire Safety inspection, washing and sealing damp patches and painting much of the interior. Some new bedding and new laundry facilities were also thought to be essential. As this was beyond the means of the Community Council, it was agreed to approach the Stronsay Development Trust's 'Stronsay Community Fund' (the Wind Turbine money) with a view to submitting an application for funding. Although the application system is fairly straightforward, it was important that the application form was completed fully and accurately and I would like to record our thanks to the Trust for the help and advice given with this.

I am delighted to report that our funding application was approved at the Development Trust's meeting on 12<sup>th</sup> March and that the Community Council are now confident the Fish Mart will be 'open for business as usual' from May to September this year. Many thanks indeed to our island's own 'Community Fund' without whose assistance this simply wouldn't have been achievable.

Ian Cooper

## **STRONSAY AND THE GREAT SCOTTISH TAPESTRY**

The ladies who have volunteered to take charge of the Orkney panel of the GST, Jo and Moira, came over to Stronsay from Kirkwall on the plane on Thursday 28<sup>th</sup> February. They were staying overnight at The Storehouse B & B and Anne-Maree and Neil kindly agreed to host the first Stop & Stitch event that afternoon. In the evening the Stronsay Stitchers joined Jo and Moira at The Storehouse for one of Anne-Maree's fantastic home-made meals and to discuss all things tapestry. It was a really enjoyable and memorable evening.

Next day Jo and Moira headed off to the School where they gave a presentation and invited pupils and staff to add their stitches. They were delighted at the warm welcome and enthusiasm they received from everyone and couldn't believe that every single pupil came to stitch and sign their name in the book that travels with the tapestry as a diary to be published later. They stayed for one of Arna's legendary school lunches by kind invitation from the headmaster Andrew King. Then, as there was a bit of spare time before the plane was due, they went for a walk along the Bu sands which they thoroughly enjoyed after all that hard work.

Over the next 2 weeks various venues for our Stop & Stitch events took place in Stronsay, starting at Tullimentin then The Stronsay Hotel, Airy and finally Claremont. In between these events the tapestry was taken to a few homes so that interested folk who were not able to get out and about so much could see the tapestry and stitch. Various members of the Stronsay Stitchers also worked on stitching too. At the final reckoning, we were thrilled that 100 people in Stronsay have added their stitches to the tapestry – that's quite a result - didn't we do well!

A huge thank you has to be said to everyone who helped make this project such a success – there are so many of you that to name each one individually would take up more space in The Limpet than is comfortable, but you all know who you are.

The tapestry has now gone back to Jo and Moira who are planning to take it to the other isles and to as many venues as possible throughout Orkney. It has to be finished by the end of June this year, and although we've done our bit there's still plenty of empty cloth to fill. We received an email from Jo saying: "Really pleased with the Stronsay work. Thank everyone ever so much for their enthusiasm for the project and their input to it."

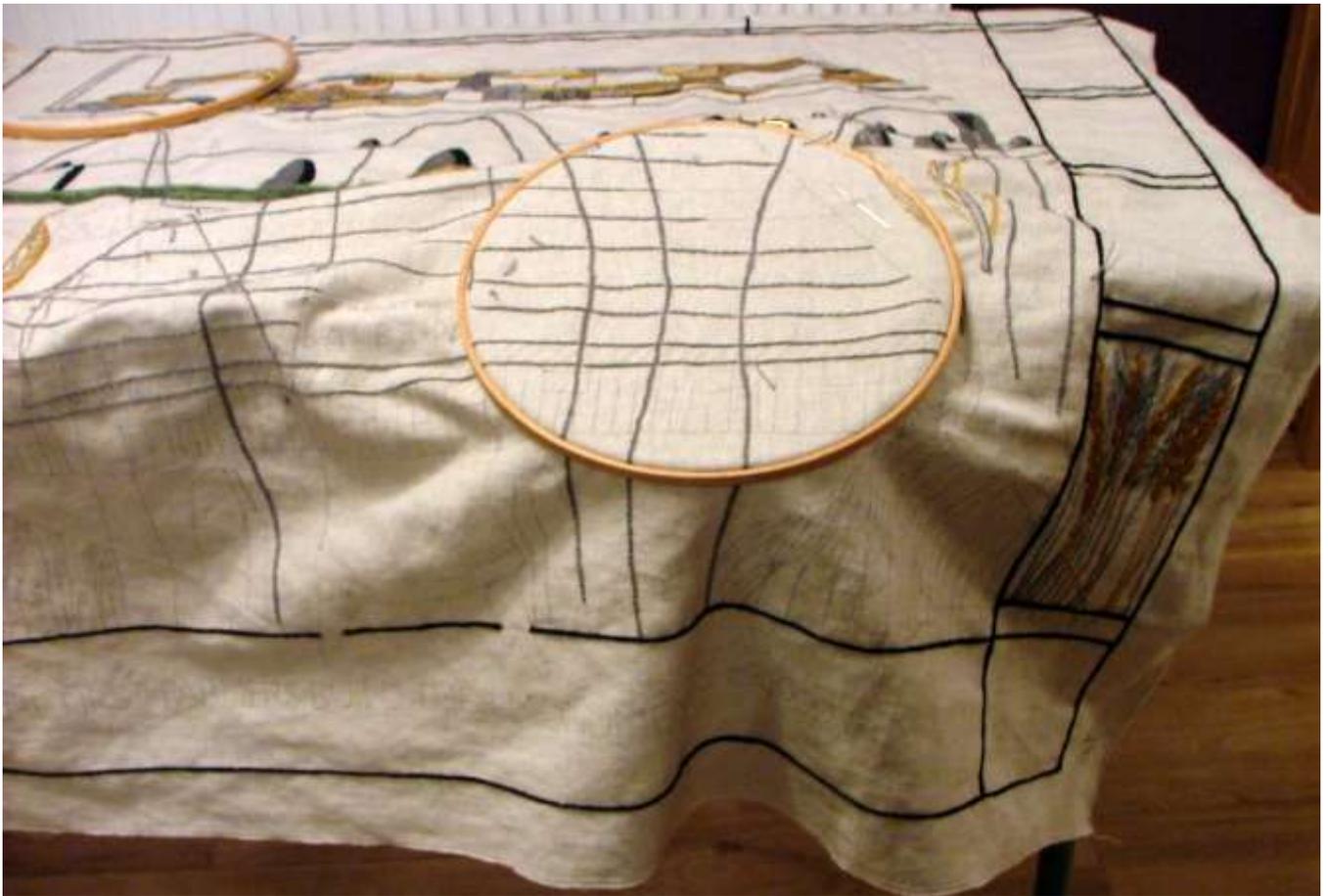
The Stronsay Stitchers

*(See photographs on next page. Larger versions of these photographs—in colour—will appear in the online version of the Limpet)*



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*(More photographs on next page)*



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*(More photographs on next page)*



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## LATEST BIRD SIGHTINGS

White has certainly been the colour of the last four weeks with several sightings of Iceland Gulls and a few of a dashing white Gyrfalcon. The first sighting of the Gyr was at Helmsley where Sheila saw the bird rushing past, causing the small flock of pet ducks there to dive into the garden pond for safety. The next sightings were by Mike & Enid at Linnabreck, the Gyr obviously showing an interest in Mike's racing pigeons which dived down from the sky to the safety of the roof. Like Peregrines, Gyrfalcons only catch prey in flight so birds on the roof or on the ground are quite safe. It was our turn next when the bird flew across the road in front of Sue and I near Holin as we drove home on 20th. It was then seen by Andy - whilst out gardening - and Shirley at St John's next day. From the descriptions it seems likely that all the sightings were of the same bird which probably originated from Greenland. A very small number are recorded in Winter in the UK annually, the majority of sightings being in the Hebrides and the Northern Isles.

Gyrfalcons are bigger than Peregrines and their generally overall white plumage with small dark flecking gives them the appearance of some juvenile large gulls (see photo of Iceland Gull), although they are much longer-tailed. Their presence can be detected on occasions when, because of the terror they engender in all other species, it seems as if all the birds in the area have died or are hiding. Only 'crows' risk being in the air at the same time and the local birds - Hooded Crows and Ravens - often band together in a considerable flock in an attempt to drive the falcon out of their territory.

With lots of Spring-like weather and often good light conditions, there were a few unusual sightings in early March - a Jack Snipe seen at very close range by Norman from the cab of his tractor at Dale; an early Chiffchaff in the Castle garden, and the first Linnet inspecting last year's nest site there the same day. Two or three parties of 20 or so and a few single Fieldfares arrived mid-month, and Dave at Osen had a Redwing in his garden on 16th, by which time Shelduck numbers were up to 13, shared between the Bu and Matpow lochs. There was also a party of 6 Whooper Swans on the Bu Loch throughout early March, and a few other Whoopers were seen around this time (see photo).

Although rather cold, the easterly winds around the 17th-19th March brought a mixture of migrants to the island including a Long-eared Owl in the garden at Dale (see photo), a male Greenfinch at Castle, several Chaffinches, and a new species for the island - an African Chaffinch - arriving on the same day as another in Armagh. As can be seen from the photo, the bird resembles a Chaffinch in form and wing-pattern but there are several differences including a green 'back' (brown in Chaffinch); a white, broken 'eye-ring' (no eye-ring in Chaffinch); an all grey head with black 'mask' (cheeks red in male Chaffinch), and much more white in the tail. One of the diagnostic features is the call which Sue heard on one occasion - a sparrow-like 'Chip'. The bird was only present for a few minutes on 18th, and 30 minutes on 20th, but as it generally fed quite close to the house, frantically pecking for seeds etc on the ground, it did give Pat the opportunity to see it well - right outside her back door at Kirkhall! The first ever record for Orkney and almost certainly a male in its first Spring, hence the lack of a pale pinky wash on the underparts which is present in adult males at this time of year. Unfortunately, the two rather brief sightings made it impossible for us to alert others who might have wanted to see the bird.

*(continued on next page)*

The 19th March was sunny and fairly calm. Colin had a Skylark singing at The Hill, and Sue a singing Blackbird at Cleat - sure signs of Spring! Kath & Norman found a beautiful Grey Wagtail at Dale on 20th and a Woodcock flew past Sue and I near Holin the same day. There have been no sightings of Pied Wagtail yet - no doubt because of the very low temperatures. The first sighting on Stronsay is generally around 10th March.

Mergansers may still be seen along the shoreline (see photo) but will soon pair off and head for their chosen nest-site. Odd pairs have nested on the island in past years.

Oh yes - nearly forgot -- the Blue Tit is still a regular visitor to the Castle garden but did spend the 19th & 20th at Dale!

Thanks again to all who have 'phoned in their sightings  
John & Sue Holloway



*African Chaffinch*

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*(Another photograph on next page)*



*A pair of Whooper Swans on the Blan Loch*

## **LETTER FROM SCHOOL PLACE**

I have missed a few meetings lately as I was laid up at home with the same influenza bug that kept half the Sanday pupils away from school. However, I did make it to the Kirkwall regeneration meeting, at which I proposed that the bus station and travel centre be moved to the harbour to form an integrated transport hub with the North Isles' ferries. I was supported with this idea by Cllr James Stockan, chair of the Development & Infrastructure Committee.

I have now attended my first meeting of the Rousay, Egilsay, Wyre & Gairsay Community Council. During the winter months, they hold their meetings on a Saturday morning, which meant two nights away from home for me. I also attended a parent council meeting and a community council meeting on Sanday.

Thankfully, the ferry refit period is now over for another year, and along with the bad winter weather and short days it will fade from memory until it comes round again. Decisions about timetables are made well in advance, and the 2014 refit timetable is going to be exactly the same as this year's was. In order for me to get anything changed in time for 2015, I have to convince at least 10 other councillors that a fairer timetable needs to be drawn up, and to do this, I need evidence (in the form of letters and e-mails) from the public that this is what they would like too. So before the inconveniences of this year's refit become but a distant nightmare, please put pen to paper or fingers to keyboard and let Orkney Ferries know your views (and please make sure that I receive a copy).

Best wishes,

Stephen

Cllr Dr Stephen Clackson

West Manse, Sanday KW17 2BN

[stephen.clackson@orkney.gov.uk](mailto:stephen.clackson@orkney.gov.uk)

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## **STRONSAY TOURISM STEERING GROUP MEETING**

in the Breakfast Room of the Stronsay Hotel

at 7pm on Tuesday 16th April

with

Katie Norbury

RSPB Isles Ranger

If you have any interest in tourism or have any questions or suggestions for wildlife events that you would like to see run on Stronsay by a ranger please come along.

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## **JIM HOLLAND HAULAGE**

At the moment catalogue items are delivered on a Wednesday and Saturday but this will change to Tuesday and Friday (because the days the club staff reaches JBT has changed). Large items will still be delivered on Saturday as normal.

Vicki

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## ICICLES ON MILL BAY

By Roger Neville-Smith

Photographs taken by Roger on Monday 11 March after an overnight frost, very unusual for Stronsay.



## STRONSAY HEALTHY LIVING CENTRE



### Supervised session times from Monday 4<sup>th</sup> March 2013

	am	pm
Monday	Buddy	4.15-6.15
Tuesday	Buddy	Buddy
Wednesday	Buddy	4.15-6.15
Thursday	Buddy	4.15-6.15
Friday	Buddy	4.15-6.15
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 No : 616449**

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## LAUGHING YOURSELF HOARSE

By Viv Erdman

In some parts of the world it's perfectly normal to eat horsemeat. Not at Ebenezer Stores however. So when Tesco was found to be selling burgers that contained horsemeat there was understandable outrage. The merciless supermarket chain of local retail destruction did of course withdraw the meat from sale but not before the jokers among us raced ahead and trotted out umpteen jokes:

- "My doctor told me to watch what I eat so I bought tickets for the Grand National"
- "Those Tesco burgers were nice but I prefer my Lidl pony"
- "Tesco burgers may be low in fat but they have a very high Shergar content"

PS: Is there any truth in the rumour that Maurice was seen gazing longingly at Don Peace's pony?

## **THE SECOND WORLD WAR YEARS 1939-1945.**

By Nana Peace.

I was at Housebay, newly married when war broke out in 1939. My husband Stewart and I stayed in The Bothy, down near the shore. This is now an implement shed. Stewart's parents lived beside us. Stewart worked at Housebay all through the war years, doing tractor work etc. He was kept very busy as many of the farm servants had joined the Territorials, and had gone off the island, being posted mainly to Flotta.

Stewart's nephew Danny Peace, father of Don Peace, was posted to France. He was a sergeant and went through the whole war without any injuries, which was amazing as he was on one gun crew and they were all killed apart from him. He told Stewart that it was a strange feeling, knowing that you were the only one alive out of the whole crew.

We had lots of worries living near the beach, as mines used to come ashore regularly, and one even came ashore on the rocks, right at the back of our house. Thankfully it did not explode, and the disposal squad came out from Kirkwall and made it safe. I was really angry with my husband as he helped to carry it up over the beach and it could easily have gone off. His answer to me was, "Well what can you do when they need help". We got one pound if we reported a mine in the sea, so it was usually a race up to the coastguard watch-hut on Burgh Hill to be the first to report it. My father, Willie Rendall, was one of the watchers there, so he was always amused when he saw me coming tearing up over the fields to make the report. £1 was a lot of money in those days. One mine came ashore at Rousam Head, and blew up some natural pillars which were known as "The Gates of the Castle", completely demolishing them. (*see photographs at the end of this report*)

Several young Royal Air Force boys were also stationed on Burgh Hill, and they were billeted at Kirbuster with my parents for a while. They later moved to Holin Cottage. Most of them were English, so Stronsay was a big change for them. Three of them married Stronsay girls. Johnny Devin married Ruby Chalmers, Fred Hammersley married Alice Chalmers, and Douglas West married Fanny Bews.

Although provisions were rationed, we were not really badly done by in Stronsay as there was plenty of milk, eggs, butter, vegetables etc, and we had wool off the sheep which we sent of to Jedburgh to be spun in the mills there. We could then knit jerseys and other garments with that.

I have mentioned before about the plane that crashed at Torness in 1940 – three planes used to fly around guarding the skies over Orkney, and we used to wave to the young pilots as they swooped low over us. We could see them sitting grinning in the cockpits.

This one day, we noticed that one of them was out of control and the sound of that plane crashing is something I never forgot. Two young men died of their injuries that day.

*(continued on next page)*

Another time, three sea-planes came in on the sand at the Leashun Loch below Holland. One was a German plane which the Norwegians had taken in a bid to escape to Britain, and they managed to get so far across with two British sea-planes escorting them. Unfortunately, our over-enthusiastic fighter planes shot at them, no doubt thinking they were the enemy, and they were forced to land on the sea and they taxied into the shore. They were short of fuel, so a motor torpedo boat (MTB) came out from Kirkwall with fuel, and they all got safely away. Some of the pilots went up to Holland Farm to use the telephone, and the Norwegians were really tired. They had done well, resisting the enemy.

We had a Home Guard unit in Stronsay and they were all well trained ready for any invasion should it come. Thankfully it did not, but it could have, as Germany was really powerful at that time.

Two of my bairns were born in the war years – Bill in 1942, and Doris in 1944. Nurse Meil from Samsonslane was the nurse at that time, and she was a really good nurse. She did all her rounds on a bicycle, and it did not matter if it was blowing a gale or pouring with rain, she was always at her job. Doctor Pyle was the doctor at that time and he had twin sons, Ronnie and Billy, who later both became doctors. You could not get toys at that time, so I had made a rattle for Bill out of an old bangle and a tin. Doctor Pyle looked at it, shook his head and away he went. Next day he came back with some toys which his boys had outgrown, so there was a little kindness beneath a rough exterior. Rubber teats for feeding bottles was another item that was scarce, and sometimes we had to buy a new bottle, just to get a teat. Such was life then but we were very lucky compared to the folks in the towns who had bombs landing all around them. Mind you, they did try to bomb Auskerry lighthouse, but missed the lighthouse with one bomb landing in the garden and the other in the sea.

The first bombing raid on Scapa was early in the war, and what a noise, with all the ack-ack guns going. We watched from an upstairs window at Housebay, and felt really sorry for the women whose husbands were working around Scapa Flow and could have been killed by the bombs. Thankfully none of them were. We always knew when a German plane was around as they had a different sound from our ones. One day in the middle of a heavy snow shower, we heard a plane right above the house. Curiosity put us out to look, and all of a sudden the sky cleared and we could clearly see the swastika on the wings of the plane above us. I can assure you we went inside very quickly, but the plane passed over, likely glad to get away back home. No doubt he had lost his bearings in the snow shower.

We dreaded the moonlight as that was when the towns got the worst of the bombing raids. You couldn't black-out the moon !

*(continued on next page)*

I remember going out one morning and the seashore around Housebay was littered with big planks of wood, as a ship had been torpedoed and sunk, not very far off. She was loaded with wood, and the south-east wind blew it ashore below Housebay. The men were busy on the farm, so I got stuck in and had a huge pile of wood up on the beach before anyone else knew about it. Once the news got around, they all came so the beach was busy for a time, greed beating us all. I got in first that time and I had as much wood as would put a new floor in our kitchen, and partitioned off a space for a bedroom.

Trawlers fished around here all through the war and they came into Stronsay harbour at night in the winter time, so it made a lot of stir in the hotel, and a few arguments too! Living up at Housebay, this did not bother us.

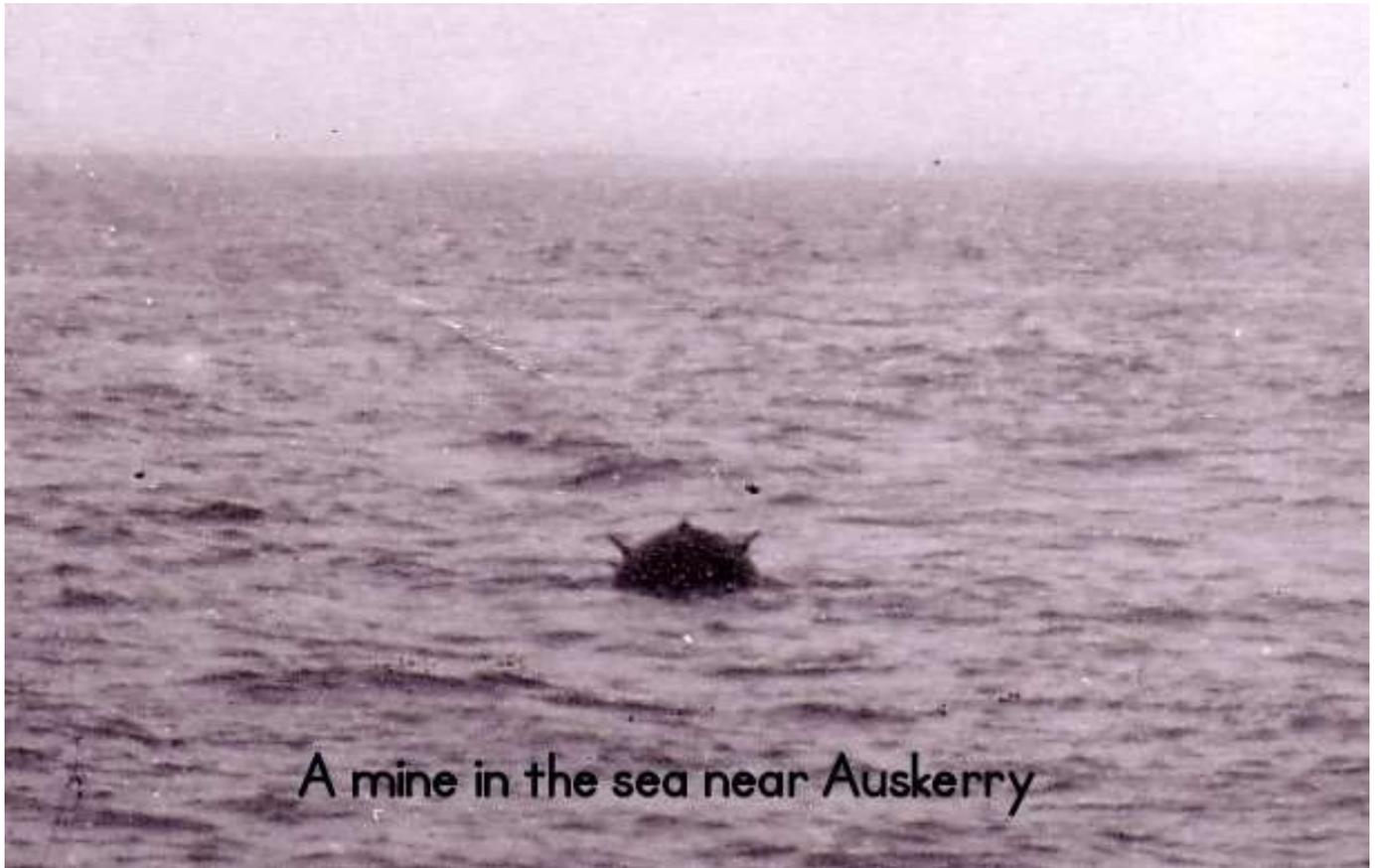
In 1940, at the age of twenty years, I got "calling-up" papers, and had to go into Kirkwall for an interview. I was not happy about this, but went in on a Monday morning, and appeared for interview at the Kirkwall Hotel at 12 noon. I was interviewed by a wren officer and when I told her I was married, she said, "You will hear no more about this" I was very pleased about that I can tell you, as my elderly in-laws lived beside us, and I kept an eye on them. The Kirkwall Hotel was full of wrens drinking tea, and not doing much else as far as I could see. I went back to Stronsay on the Wednesday, and that night, there was an air-raid over Scapa Flow, so I was very pleased to be home.



*"The Gates of The Castle" at Rousam Head, Stronsay.  
These pillars were blown up by a mine during the Second World War*

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*(Another photograph on next page)*



A mine in the sea near Auskerry

## INGALE SKERRY AND TOR NESS CLAIM THEIR VICTIMS.

Ingale , pronounced locally as Inyall, is a treacherous skerry situated in Auskerry Sound between Housebay, Tor Ness, and Auskerry.

Strong tides ripping through Auskerry Sound make it a very dangerous area to navigate, and it would have been much more so in the days of yore when all you had was a sail, and had to rely on reasonable weather, good visibility, and the experience of the captain.

Over the years, several sailing ships have fallen victim to the lure of the Inyall rocks and Torness and have ended up in disastrous circumstances.

In 1791 a brigantine called “Briggs”, from Whitehaven, went ashore on Inyall carrying a cargo of hemp and iron. Then in 1834 the “Baron Von Der Parlew”, a schooner from Libau, carrying hemp, tallow and hides. In 1841 the “Olga” but more of her later. In 1846, the “Zephyr”, a brig from Donegal went ashore on Inyall, but floated off and was eventually stranded on Tor Ness.

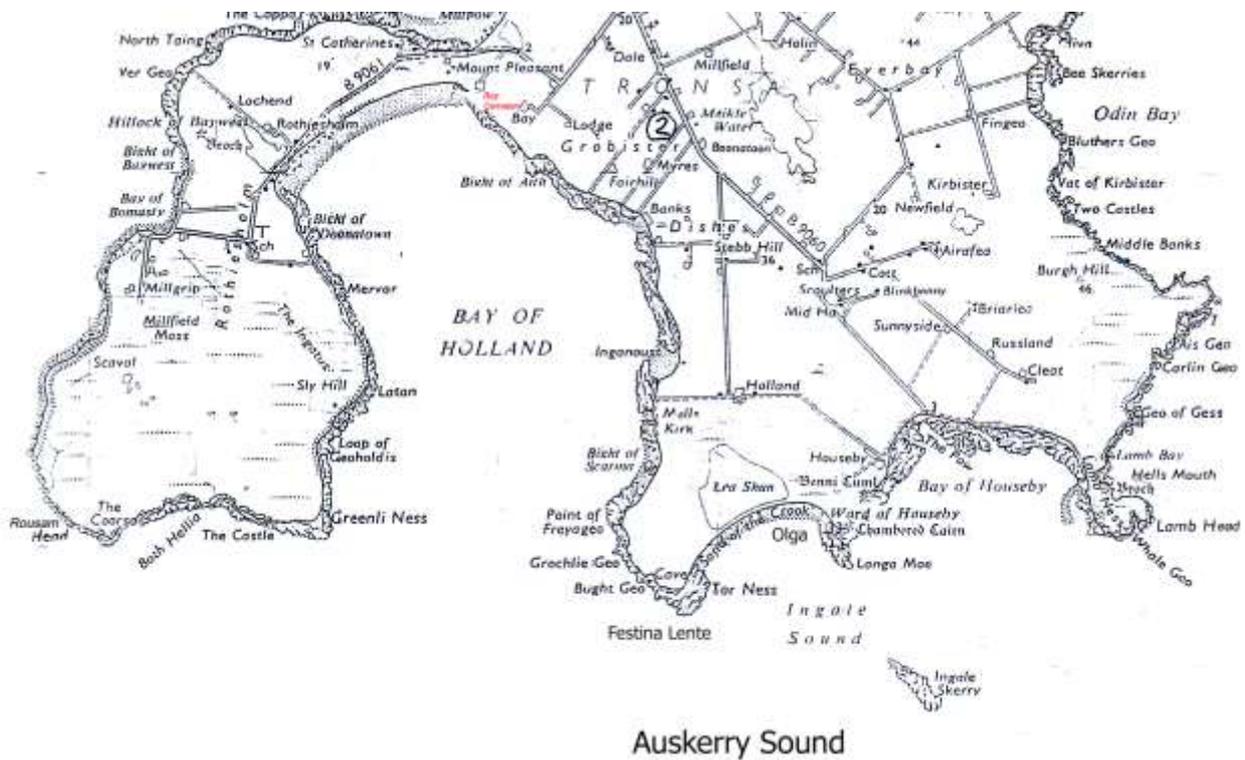
In 1849, the barque “Bruat”, from Danzig with a cargo of timber, and in 1898, the “Festina Lente”

On 8<sup>th</sup> December, 1841, the Olga, a large Russian ship under the command of Captain Isaac Stenfors, went on Inyall and went down with the loss of some of the crew. The wreck eventually ended up on the Sand of Crook between Housebay and Holland. The drowned sailors were laid out on tables in the loft of an outbuilding at Holland, and the story goes that the next morning, one of them had moved off the table !! Ever after that, this loft was deemed to be haunted !

For many years, with a very low ebb, the timbers of the ship could be seen sticking up out of the sand, and Jim Work estimated that she would have been 60 to 70 feet long.

There was a further sad episode relating to this tragedy which was reported in a newspaper at the time and reads as follows “Captain Isaac Stenfors, late of the Russian ship Olga, who was, with his crew, waiting at Stromness for a passage home to Russia. left his lodgings on the morning of 11<sup>th</sup> December, and having been observed to walk in the direction of the Black Crag, a precipice overhanging the sea, about two miles from Stromness, he has not since been heard of. From letters left by him on the table in his room, as well as from an investigation made at Stromness by the Procurator Fiscal and the Russian Vice Consul, there is an almost certainty, that this unfortunate foreigner has, in a fit of insanity, thrown himself over the Crag and perished. Captain Stenfors was a man of mild and gentlemanly habits ; but since the loss of his vessel (followed as it was by the loss of a beloved brother, master of another large ship from the same port, lately towed, bottom up, into Galway) he has suffered much from nervous excitement, headache, and want of sleep, which had, doubtless, upset his mind”

*(continued on next page)*



In the winter of 1897/1898, a fire destroyed the roof of the barn at Holland Farm, and the farmer at that time, William Stevenson, allegedly said to his workmen that he needed a shipwreck to get wood to repair the roof. No sooner said than done !

On 14<sup>th</sup> March, 1898, a wooden barque called the Festina Lente, out of Christiana, Norway, now called Oslo, under the command of Captain Tonnesen, went ashore on a reef called Clett Skorry, off Tor Ness. She had a cargo of ice, and was bound for Dublin. She was built in 1860 and her tonnage was 1068.

Nana Peace recalls her mother-in-law, Ann Peace nee Stevenson, who lived at Housebay at that time, telling her about the day of the incident. Word got around about the ship on the skerry, and they all ran down to the shore to see if anything could be done to help. She remembered seeing the crew coming ashore safely, but one man, the ship's cook, who had allegedly broken into the ship's "Bond," and had helped himself to a lot of alcohol, was seen coming ashore on a large slab of ice. Unfortunately, the ice rolled over in the waves throwing him off, and sadly he drowned. The ship broke up immediately. Three others were saved but they lost nearly all their effects. Thank you, Nana.

The ship was later broken up along the shore at a place called Hestimar ? at the end of the sand next to Tor Ness.

Jim and William Work of Daisybank, recall being told a story by James Allan, grandfather of Jimmy Allan of Oceanview, about how, as an eleven year old, he remembers seeing all the ships timbers laid out on the beach in lots, with the lot number painted on them, and he was present at the sale. William Stevenson bought a lot of this wood, and used it to replace the barn roof which had burnt down. The Work brothers later owned Holland Farm, and remember seeing timbers in the barn roof with the lot number painted on them. Thank you, Jim and William.

Bill Miller, Glenmanna, Stronsay.

## **BATTLING DEPRESSION ( II )**

( Attitudes toward self and from outside world)

By Jenny Stone

Depression comes, as with any illness, with considerable obstacles to the healing process. Dealing with depression can be a full time occupation in itself - on really bad days anyway. It is hard enough sometimes just getting through another day without getting bogged down with your own negative ways of thinking. But added to this, for me, is a set of values which arise from my own sense of inadequacy: I can't easily speak about it to others. I find this article just as uncomfortable to write as the last one, even though I know full well it will be met with a compassionate and knowledgeable readership.

For me, the sense of inadequacy comes from that familiar old nemesis: guilt. Like retrospection and regret, guilt has got to be one of the most pointless emotions that we experience, and it defies logic and common sense from every angle. Nonetheless, that insidious aphid of the soul worms its way in, and the damage it causes to your peace and concentration can be very corrosive indeed.

On really c\*\*p days the guilt paralyses me, so I stay in the depths. I ask myself, frequently, 'Why on earth can I not pull myself together?' and 'What is wrong with me?' 'I should feel more grateful, I have such a good life. I should just stop moaning and get on with it'. However, sometimes these questions actually do help; they give me the mental kick in the backside that I'm needing, and I do indeed get my act together. Fine that. Great. 'Whatever it takes', says I to myself.

But sometimes, it just doesn't do the trick. One of my biggest guns, most effective weapon against the blues, is to count my blessings (of which there are plentiful). That blessed contentment, which is all I ever ask of myself, really. When those sharp blue-black moments come, though, not only are these positive words useless, but I don't want them to be. I don't feel I deserve those gifts I receive, so they become null and void on my personal horizon. What do you do then? All I can do is to take the advice of a good friend and fellow survivor, and remind myself, before I plummet, that I will rise up again. Which I do, though it's hard to remember while I'm on my way down.

These destructive cycles can become a dreadful kind of normality, and there doesn't appear to be any 'quick fixes', even with the help of medication to take the edge off the worst of it. Simply, it is a question of 'how long is a piece of string?' when it comes to asking about the speed of the healing process. It's going to take as long as it is going to take; which takes the pressure off the sufferer, and adds to their despair at the same time. Always, I remember, it is the same as any other illness.

One of the solutions is, of course, to talk to others about what you're going through. But that sense of guilt and shame gets in the way, even though you know full well you will, mostly, receive the time and understanding from good folk which is such good medicine. Not only that, but it is amazing the responses I have received from people whom I'd assumed were folk who had their act together much better than I did. Until I discover they are, to a greater or lesser extent, boiling away alone in the same pot as I am.

*(continued on next page)*

Sometimes, though, with all the goodwill in the world, there are those who just cannot make sense of depression and what it really means. Lucky them! And I am sincere in that assertion. All I ask, is that they pause a little and realise that their knowledge is limited. I have sometimes ventured a little conversational toe in the water to be met with the response of 'What? You can't possibly be depressed. You always seem so happy!' so I take my toe back out of the water and accept that it is time to end the conversation and move on swiftly to escape the embarrassment.

Mostly, though, I keep my toes dry and glue on a fairly cheerful mask and just get on with it. On a good day it's no bother, or comparatively little at any rate. On a down day, though, it feels like a huge effort, and sometimes the temptation to avoid folk altogether is too good to resist. When I'm safe home in my little cave I can let my moods hang out as much as I like without bothering anyone else ( except those I live with of course ) and I am, at least, mostly free of guilt. I say mostly free but what about the effects my illness has on those I live with?

A thought should definitely be spared for loved ones who live with sufferers. The sense of guilt I feel toward those I love is very strong, because I worry that my black moods are pulling them down along with myself, and I wish I could be better for their sakes. Often thought of them is the best incentive ever to pull myself together. But how is it for those who love you and just want you to be happy again? Happy for your own sake, not for theirs. Often, I forget their needs, which are just as important as my own, and I absorbed in my darkness. Often I forget, or just don't appreciate, just how strong that person is being for me. There must be surely a sense of frustration, perhaps even despair, wishing they could do more but knowing they can't. Maybe there's even an unexpressed anxiety – will they ever get better? Is this how it will always be? And, perhaps, secretly, an understandable resentment – for goodness sake why can't she/he just be happy?

Another pressure, for survivors of the illness, and their loved ones alike, is, despite much improved social attitudes to mental illness, there's still a stigma or aura of shame that just doesn't surround physical impairments. A friend told me about a work colleague who had to take time off because of a serious physical illness. This person received much natural sympathy and support for her predicament. My friend also mentioned another workmate, who eventually succumbed to depression after a long uphill struggle: this friend's condition was discussed in hushed tones, not openly at all, and the illness was dismissed with the ambiguous cover-all term 'stress'. This did nothing to address what the person in question really endured and reinforced the assumption that s/he would be ashamed of being in this state. I'll be glad to be corrected, from any angle, by the way.

I'm no longer one for hiding away buried in shame, and I do get out. Getting out and about is one of the best cures ever, but it's a very steep hill to climb for those who don't have the luxury of time to themselves. One thing I do know is that each trough of depression I survive brings its own gifts. Each time I 'return' from a bout of depression I receive a new sense of the goodness of life. It gets better, all the time, if but I choose to remember it.

In the third and final ( for now ) article I will write more on this topic and will focus on what can effectively help to get us out of this condition, according to my knowledge of it anyway. Thank you very much for taking the time to read, and think, about what I have discussed so far.

# WINTER WONDERLAND

By Ellie from Newfield

I think it's the same for all of us,  
That winter brings on a frown.  
Those lengthening, darkest days  
Seem to get most of us down.  
It's not easy to 'look on the brigh side'  
When all around is 'dreach'.  
Whilst the sun becomes a stranger  
And doesn't pop up to speak.  
Of course you catch a cold,  
It's inevitable I would say,  
Given those wet conditions  
And the soaking you get every day.  
Now the cure for that of course  
Is that warming tot of whisky.  
Medicinal (but of course) and  
In moderation or it's risky.  
Nectar from the gods  
Just for this very occasion  
Rather like liquid velvet  
And as sweet as a sun-kissed raisin.  
By golly, winter has its good points  
When snuggled up by the fire  
Sinking those liquid velvets,  
What more would a body require?  
With noses all red and sore  
And throats as rough as a brush.  
But silent in complaining.  
As for getting better, well, there's no rush.  
And whilst another 'godly nectar'  
Is warming, ready on hand,  
Hailstones beat on the windows.  
Eeh, isn't life just grand.  
And the weatherman, God bless him,  
Said the days'll be getting wetter  
So hopefully I will say  
It'll take ages before I'm any better!

©Helene Harrison

## **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

### **SUNNYSIDE**

### **AVAILABLE TO RENT FROM FEBRUARY**

3 bedroom cottage with garden

Oil-fired central heating

Fireplace in sitting room

No smokers and no dogs

Phone 01857 616306

### **REDHOUSE PLANTS**

Orders now being taken for flowers and veg plants.

Phone Gil or Lindsay on 377

### **ORKNEY STAR ISLAND**

### **SOAP**



Real soap made by hand with care in Stronsay. In the Orkney naturals range there is Orange Bear made with Orkney Bere bran to gently exfoliate, Sea Salt & Tangle made with seaweed and very good to use after gardening and Beast in the Bath made with French pink clay to help cleanse pores, with the Stronsay Beast stamped into every bar. Say it with soap - favours for weddings or special occasions are a novel and increasingly popular gift idea. I can only make these on commission so please contact me to discuss your requirements.

Available in Stronsay at M. Williamson, Olive Bank and the Post Office, Whitehall Village.

Available online (NEW website) at :

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

Tel: 616281.

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

#### **Business adverts**

Up to 25 words - £1.50. 25 word advert with photo - £3. 25 to 50 words - £3 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 for the *Limpet* are on the back page

## **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 870075*

Email *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***

### **STRONSAY COMMUNITY COUNCIL**

Chairman: Adrian Miller, Blinkbonny, Stronsay, KW17 2AF. Tel: 616354

Clerk: Colin McAlpine, The Hill, Stronsay, KW17 2AT. Tel: 616446

### **FUEL SUPPLY**

House owners are advised that GB Oils Ltd have been awarded the OIC contract for supplying fuel to Orkney.

GB Oils Ltd are offering customers a 'top up service' whereby they will monitor customer's usage and place and deliver orders when required. This service is linked to their Budget Payment Scheme.

If you are interested in this, then please contact the Kirkwall depot for further details.

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### **BAG THE BRUCK 2013**

#### **(Beach Cleaning Event)**

**Saturday 20th April and Sunday 21st April**

Anyone wishing to take part in this worthwhile event should contact:

Susan Ferguson

Burness Cottage

Burness Road

Firth

Orkney KW17 2ET

Phone 01856 761230

Email [susan@burness.force9.co.uk](mailto:susan@burness.force9.co.uk)

Susan will provide gloves, bags, and health & safety information.

Any groups wishing to apply for sponsorship by the community council for this event must notify the clerk in writing by Friday 12th April 2013.

Colin McAlpine

Clerk,

Stronsay Community Council

The Hill

Stronsay KW17 2AR

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

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

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### **STRONSAY KIRK**

Maundy Thursday 28 March at 7:30pm	Communion Service in the church hall
Good Friday 29 March at 7:30pm	Service in the church hall
Easter Sunday 31 March at 11am	Service in the main kirk

All 3 services taken by Rev David Bowen

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### **CHURCH ORGAN—FUNDRAISING**

The time has come when the Church really needs a new organ! The present organ is now more than 25 years old and has served us well over that time giving pleasure to many with music at church services, weddings, funerals, concerts and other events. It is now sadly showing its age with Bruce having to perform running repairs and administer first aid to keep it going and we feel we need to replace it now before it needs major surgery!

We've set up a small committee consisting of Alan Dawson, Bruce Fletcher and me (Margaret Dennison) to try to raise funds for the purchase of a good quality new electronic organ. You may remember that the Church had a very successful week in the Blue Door charity shop last July and some of the funds raised there have been earmarked for a new organ but we are still some way short of what is needed. We're presently considering some ideas for fundraising and hope to give more details later. In the meantime, if anyone who enjoys listening to organ music would like to make a donation toward the purchase of a new organ then we would be very grateful. Donations (if by cheque then payable to 'Moncur Memorial Church' please) can be sent to Ian Cooper at Midgarth and, if you are a taxpayer and are willing to give by Gift Aid then Gift Aid forms are also available from Ian. If you have any fundraising ideas or would like to help then we would be delighted to hear from you!

Margaret Dennison

(If you give £10 using Gift Aid, it's worth £12.50 to the kirk—as long as you are a UK taxpayer)

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Clerk: Colin McAlpine, The Hill, Stronsay, KW17 2AT. Tel: 616446

### **STRONSAY FISH MART HOSTEL & CAFE**

A vacancy has arisen for a flexible, helpful and welcoming person to run the Stronsay Fish Mart Hostel and Cafe for the 2013 summer season.

The Hostel Operator must have a contact telephone number and Public Liability Insurance and will be responsible for: -

- welcoming visitors to the Fish Mart
- keeping the Fish Mart clean and tidy
- laundering of used linen
- accepting bookings
- maintaining a guest register
- overseeing and maintaining adequate heat in the Fish Mart
- collecting money from Hostel hires and Cafe sales
- general health and safety responsibility for the Hostel and Cafe
- maintaining the fire safety log book and paying all utility and service invoices billed to the Fish Mart
- opening the Cafe at weekends and at hours to suit during the week

In return the Fish Mart Operator will not be charged rent and can keep all profit made.

Interested parties should notify the Clerk, in writing, by Friday 19<sup>th</sup> April 2013.

It is anticipated interviews will be held shortly after this with a view to the Fish Mart opening on 01<sup>st</sup> May 2013.

Colin McAlpine,

Clerk,

Stronsay Community Council,

The Hill, Stronsay, KW17 2AT.

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### **HOY HALF MARATHON**

I will be taking part in the Hoy Half Marathon on 16th June (postponed from last year) fundraising for Friends of [ANCHOR](#) (Aberdeen and North Centre for Haematology, Oncology and Radiotherapy).

Sponsor forms are in the shops and around the island again, or get in touch with me on 616238. Any donations much appreciated!

Mairi Dennison

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

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### **MOBILE LIBRARY**

Next visit:

**Monday 22 April**

Council Houses: 9:15—10

Stronsay School: 10—12

Stronsay Kirk: 12:30—3

Fishmart: 3:15—5:30

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***

### **POST OFFICE OPENING TIMES**

Monday	8:30—12
Tuesday	Closed
Wednesday, Thursday, Friday	9—12 and 1—3
Saturday	8:30—12 and 1—3
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 . . . . .	??
Rubbish collection . . . . .	<u>Tuesday</u> (bags out ready by 9am)

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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
Olivebank . . . . .	616255	Dentists:	
Ebenezer stores . . . . .	616339	Great Western Rd . . . .	01856 879683
Neil's on Wheels . . . . .	616454	King Street . . . . .	01856 875348
Taxi . . . . .	616335	Earls Palace . . . . .	01856 872958
		Golgotha monastery. . . .	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 (after 10:30 & before 21:00, please!) 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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### **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>

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Orkney Community Planning Partnership