

# The Shapinsay Sound

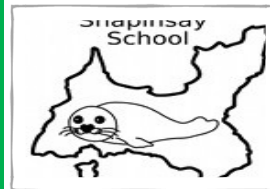


LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.  
Registered Charity Number: SD034818; Registered Company Number: SC255127.

Contact Information : Email: [SDTOOffice@shapinsay.org.uk](mailto:SDTOOffice@shapinsay.org.uk)

Telephone: 01856 711733.



We had a fun end of term. The children from Burray School came to visit and we all went to the castle. The Burray children had a tour with Elodie while the Shapinsay children had fun playing in the maze. Afterwards we all walked back through Ladies Walk. It was really nice to see the children playing with the children from Burray and making sure that they were all included.

**Erin** and **Lisa** entered the Primary Athletics Championships last term. They both did really well, and **Erin** came in third overall in the 11-12 years girls 100m.

As ever we had the end of term tradition of soaking the Primary 7s. This years effort was possibly the best yet. The children in **P4 - 7** had been making their own flood detectors and everyone was watching outside to see if they worked. When it came to the turn of the **P7s** (Lisa, Erin and Charlotte) the builders tipped huge amounts of water on them from the scaffolding above, and the P7 parents came out from the school to soak the children from behind. **The P7s** took it all in good spirit and luckily it was a lovely sunny day for being soaked!

We have been working on our **Gold Sports Award** all year, led by **Leanne Bews** and the **Sports Committee**. Our application was submitted at the end of June and we should hear in August whether we have been successful.

**Term starts again on the 21st August.**

The Nursery and **P1 - 3** classes will be learning about pets and animals, thinking about different types, where they live and what they need. Hopefully we will plan some visits in to find out more about animals. The **P4-7** class will be testing a hydrogen powered model car. They will be investigating some body systems and the potential problems which they may develop, so that they can make informed decisions to help them to maintain their health and wellbeing. They will learn about the impact that misuse of substances can have on individuals, their families and friends. They will learn how popular culture, the media and peer groups (as well as their own attitudes and values) can influence how people feel about substance use and recognise the impact this may have on their actions.

**Good luck to all our former pupils as they start at their new schools.**

Published by the Shapinsay Development Trust. Disclaimer: The content and opinions expressed in Shapinsay Sound are those of individual authors and their represented groups. These views are not necessarily shared by the publisher

SHAPINSAY  
DEVELOPMENT  
TRUST

# The Shapinsay Sound

## Shapinsay Development Trust



Welcome to this month's edition of the Shapinsay Sound. Hope you are all enjoying this amazing summer weather.

Its good to see all the farmers busy out in the fields getting all their crops in ready for the winter.

Friday the 20<sup>th</sup> saw a group of representatives from Orkney Island Council, Marine Services, Orkney Ferries, Ferguson Shipbuilders and other parties visit our lovely Island with regard to the Hydrogen Project and to see first hand the Ferry set up we have here on Shapinsay

They visited the Turbine Site and had a look over some of the Hydrogen equipment which is starting to come together, they also visited the site for the new heating plant for the school, then, they enjoyed a cup of tea and coffee at the Boathouse.

They were very impressed with what the Development Trust and the Community have achieved over the years so far and look forward to providing us with a New Ferry which as you will be aware with recent reports in the local paper and on Radio Orkney, the new ship should be with us in 2020 funding is now in place and it has been given the go ahead and is now moving onto the planning stage. The Architect gathering information as what would be required and there will obviously be more consultations yet and we shall keep you all informed as and when we receive updates.

The Shapinsay Cattle Show is not far away now and everyone will be busy washing, grooming, trimming in readiness for the show and that's before we even start on the animals!! We hope to see a good turnout for the Horticultural Show, if last years entries are anything to go by it shall be outstanding and a great success

Good luck everyone, the more the merrier, its good to take part and support the Island. We would also like to welcome the new family's that have moved onto our Island Community and remind everyone that the door is always open to welcome new Directors to Shapinsay Development Trust. **Save the date 3rd September 2018 Shapinsay Development Trust A.G.M.**



August 2018

INSIDE  
THIS  
ISSUE

Shapinsay  
Development  
Trust 1

Dancing with  
Horse's 2

Garden Notes  
from Old School 3

Garden notes  
part 2 4

Kirk News 5

Elwick  
Bookwrights

RNLI 6

The Smithy 7

Round the Isles  
visitors on  
Shapinsay

Shapinsay School 8



## Shapinsay Lass Dancing with Horses



Rachel is an athlete and her sport is dressage, (also known as dancing with horses).

Dressage is the art of forming a close partnership with the horse, so the horse and rider act as one. The rider's signals are almost invisible, yet the horse reacts to subtle aids such as change in weight and the rider's leg position.

Dressage stems from the days when knights rode horses into battle, but nowadays dressage is performed in an arena. The horse and rider are judged simultaneously, each movement gaining scores from 1 to 10. The order of movements for each test is different, and the movements become more difficult as the horse and rider become more advanced and move up the levels of training.

Rachel has two horses, Kingswells Midnight Blue (Pepper) and Greenburns Dvorak (Lootz). They have been away South this year, training with Eilidh Grant, who is a pupil of Carl Hester (gold medal winning Olympian, and multiple National dressage champion). So far this year, Rachel has been to a number of small competitions, with the aim of qualifying for major competitions. Both horses have done brilliantly, achieving personal bests and qualifying for the Scottish summer regionals and the under 25 national championships (which is held in Lincolnshire).

**Thank you to Eileen, Rachel and the Shapinsay Development Trust for their help.**



## The Smithy

by Phoebe Dunnett



The Smithy is a building we all know and love, and as its new proprietor Martyn Garrett says, is just too nice of a place to be seen closed.

Since he took over the running of the café in May, Martyn has brought new life into the Smithy with a new menu, new décor and a new ambition for the café.

The menu has staples of hot filled rolls, sandwiches and toasties, with two different kinds of fresh soup daily and a great range of home-made cakes baked every day as well.

The bread served is also made in house daily, as Martyn wakes up at 5am to make it. The days are also very long as he is dedicated to his new business, staying in the kitchen until the late hours of the night baking cakes for the next day.

Martyn has said he values local produce and uses it in his food as much as possible – with their specialty being the Shapinsay crabmeat: loved by locals and visitors alike. The Smithy is open 7 days a week and serves tea, coffee, cakes and lunch.

When I visited with my family, the atmosphere was very welcoming and cosy, and the service was extremely friendly. I particularly admired the use of the natural holes in the walls for decoration as tea lights were placed in the gaps, and also the local artwork on the walls and the use of a creel and other decorations to bring life to the stone fireplace.

The food was classic and delicious. As the Smithy is a budding new business, it is thriving in the tourist season with visitors to the island, and the Orkney Rowing Club even made the journey out to Shapinsay just for their lunch at the Smithy. I thoroughly recommend popping down to the Smithy for some lunch, or even just a cup of tea or coffee, as it is a great experience whether you sit inside in the cosy café or out in the beautiful garden.

## Round the isles visitors in Shapinsay

A happy group of 'island hoppers' were in Shapinsay recently and enjoyed themselves so much they say they'd like to come over here again. Folks from the Orkney branch of Scottish Autism and Enable in Kirkwall are having a series of outings to explore and have fun on different isles.

They've already been to Rousay and have some other island trips planned. Trip organiser Katy Celli, a support worker for Scottish Autism, said it's a great opportunity for people from the two organisations to mix and mingle and make new friends.

After enjoying a picnic on the Boathouse lawn and admiring the views they headed off on a walk to the RSPB bird hide. "The isles are so welcoming", says Katy, "and it's been fab to get away from Kirkwall to somewhere so quiet and peaceful".





# RNLI

## RNLI Fete & Barbecue

**Saturday 25th August**



**Around Shapinsay Yacht Race**  
**Quoits - Ladies - Gents and Under 16's**  
**Souvenirs - Raffle - Rolling the coin**

**Bar until midnight + Live Music - More details to follow**

**Fancy Dress parade from Pier to Playing Field 3pm along with Stromness Pipe Band**

**Theme "Animals" Individual and group prizes - with or without transport**

**Visit from Kirkwall Lifeboat**

**Any Group who would like to do fundraising stalls on this day for their own organisation welcome**



**The RNLI receives no Government funding and is on call 24/7 - 365 days a year**

**The charity relies totally on the generosity of the Public to continue the service**

**For every £1 raised, 85p is spent on operations Of this 48p is spent directly on rescues 3p is spent on prevention 34p is spent on operational maintenance 15p is spent on generating income**

**The RNLI's running costs £177.3 - Million per Annum**

**That's - £3.409 - Million per week £487,000 - every day £338.19 every minute**

**£5.63 every second that's £112.73 in the 20 seconds it took to read this!**

**This is a great lot of money, but we think it is worth it for the lives saved by the RNLI every year**

**The majority of the crew have other jobs and are on call as volunteers.**

**We hope you will come along and support our Stand at the Shapinsay Show**  
**and**  
**the Fete & Barbecue**  
**on**  
**Saturday 25<sup>th</sup> August**

## Garden Notes from Old School

Like most gardeners I suspect, I am hoping that this spell of good weather doesn't break before the horticultural show. This is our chance to present the results of all our hard work, not just to be judged but to create a display of flowers, fruit and vegetables for others to enjoy.

Daily checking of the brassicas is needed to spot those tell-tale clusters of seemingly benign small yellow eggs which soon will become a mass of caterpillars munching their way through the leaves. The eggs tend to be laid on the underside of the leaves so each leaf needs to be lifted and inspected carefully. Some of my cabbages are protected under a giant cloche covered with fine insect mesh but this doesn't protect them from slugs.

This spell of very dry weather has kept slug damage at a low level but as soon as there is a hint of rain, they all emerge from their hiding places. Gooseberry sawfly is also back again so a careful watch needs to be maintained to remove the caterpillars before they decimate the leaves.

Thankfully, the broad beans that took such a battering in June have put out new stems from the base and are now flowering and producing some beans. They are tied securely to canes to try to prevent any further snapping but to be honest, this variety, 'Masterpiece Green Longpod', is too tall and next year I will revert back to growing 'The Sutton' which is much shorter.

Beetroot has been good this year; I received a trial packet of the variety 'Subeto' which is perhaps smaller than 'Red Ace' but deliciously sweet. Spinach started off well but has now bolted; I suspect this is because it was planted out late and the extra time spent in modules put it under stress. It is still useable but the central rib on the larger leaves is best removed.

Every year, borage appears in the veg garden as self-sown seedlings; I leave a few where they have decided to put themselves as the intense blue flowers are a magnet for bees and hoverflies and also look good in a salad or in ice cubes for summer drinks.

In previous years I have grown all female varieties of mini cucumbers but this year decided to go for the good old 'Telegraph', now called 'Telegraph Improved'. There's a bit more effort involved as male flowers need to be removed to prevent the fruits having a bitter flavour and the plants are more vigorous so need to be tied to a supporting cane or wires. They seem to be producing plenty of fruits but I'm not sure how long they will take to reach their full size and it might be race to mature before the weather turns too cold.

A friend has given me some French Tarragon which has a better flavour than the Russian variety but is supposedly less hardy so as with any of the Mediterranean herbs such as rosemary, sage and lavender, it's a good idea to take cuttings to overwinter under cover as an insurance policy.

I will be experimenting with some woollen rooting cubes which sit in a shallow tray of water; this keeps the cutting moist but allows it to breathe at the same time. The idea is that new roots emerge through the woollen cube then the whole thing can be potted up so there's no root disturbance.

It's time to cut back catmint for a second flush of flowers. I always find this difficult to do because I love the exuberance of the plant, the way it flops over the edge of the steps and even the fading flower heads look attractive but the fresh new growth is just waiting to produce the next batch of flowers and these will continue until the bad weather sets in.

It is noticeable how shrubs in particular have responded to this gorgeous summer. Elders have more flowers than usual, Rosa glauca has flowered for the first time in six years, Olearis zennorensis has flowered for the first time ever, and warm, still, summer evenings have allowed us to appreciate the wonderful scents of honeysuckle, mock orange and roses. Let's hope there's more good weather to come so that summer can fade gently and we can enjoy a riot of colour into early autumn.



## Garden Notes

## Part 2



If you have any garden tips that you would like to share or any special plants that you would like to tell others about please let me know and I will include them next month.

Karen Evans, Old School, Shapinsay

[karen@evanssmallholder.plus.com](mailto:karen@evanssmallholder.plus.com)

## Kirk News

First of all a reminder that the **Shapinsay Kirk** will be in the **Blue Door** between the **17<sup>th</sup>** and the **22<sup>nd</sup> September**.

It's an important fundraising event for us. It's a very busy shop that goes through a lot of goods in a week so if you'd like to donate things, please contact myself directly or any of the elders.

We would also be grateful if you would like to volunteer to help any day of the week for a time between 9.30 am and 4.30 pm. If you would like to help, please speak to me – it would be much appreciated. All or any help or any goods will be gratefully received so please don't hesitate to get in touch!

Also this month I'd like to invite you all to the next **Philosophy in Community** which takes place every first Wednesday of the month at 7.30 pm in the kirk and is led by Emma Clements. We'll discuss the philosophy of place.

See you soon!

Julia

Contact me at: Rev Julia Meason, 874789, [JMeason@churchofscotland.org.uk](mailto:JMeason@churchofscotland.org.uk)

## Elwick Bookwrights



"You're gonna need a bigger boat."  
"Of all the gin joints in all the towns in all the world, she walks into mine!"  
"May the force be with you."  
"Frankly, my dear, I don't give a damn."

**Do you know in which films these famous lines were spoken?** (Answers below.)

On 7th July we had an 'Introduction to Screenwriting' workshop led by Dr Sara Bailey of the University of the Highlands and Islands. Sara is the Programme Leader for the new Creative Writing degree course starting at the UHI in September.

Sara explained that a screenplay is a blueprint for a motion picture or television drama. She taught us the correct way to format a screenplay: scene location and time, lines of scene action, and character cues for dialogue. She introduced us to various techniques such as the intercut (cutting back and forth between two separate pieces of action inside and outside), series of shots (a narrative sequence, useful for advancing the story quickly) and the montage (a series of images that blend into and out of each other). Everybody had a go at writing a screenplay for part of 'The Brownie of Copinsay' folk tale. The workshop was a great introduction to the art and craft of screenwriting and we hope that members will continue to develop their writing skills in this medium.

The Elwick Bookwrights meet at 10.15 on two Saturday mornings each month in the Boathouse. This month our meeting dates are **4th and 18th August**. On 4th August we'll look at aspects of novel-writing in preparation for our 1st September workshop with local writer Helen Davis (author of 'A Good Death') on 'Approaches to Crime Writing'. The meeting on 18th August will be for peer review of members' writing.

Annual membership costs £20. Visitors and new members are welcome to come along. For news, follow our Facebook page.

Kate Fereday Eshete, Secretary

**Answers: Jaws, Casablanca, Star Wars, Gone with the Wind**

**Photo Caption:**

Three Striped Bookwrights: **Dr Sara Bailey (right) with Sheila Garson (left) and Lynne Collinson**