

The Shapinsay Sound

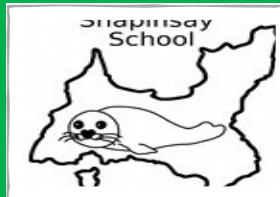


LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.
Registered Charity Number: S0034818; Registered Company Number: SC255127.

Contact Information : Email: SDTOOffice@shapinsay.org.uk

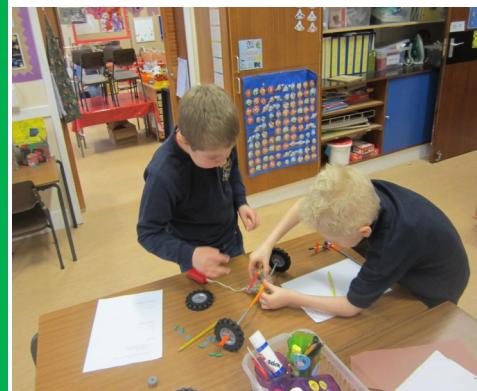
Telephone: 01856 711733.



What we've been learning

The Nursery children have been having

fun with Mistletoe, the Nursery elf. He has been very mischievous and has been getting up to all sorts of things. You can see what he's been up to on the nursery page on our website.



P1 – 3 have made some great models relating to space, and all the children watched Tim Peake take off for the International Space Station. The children have also

learned to make powerpoints, done some philosophy about aliens and black holes and have written their own science fiction stories. They have made space buggies using Knex and learned about the phases of the moon using Jaffa cakes (there's a video of that on the P1 – 3 page on the website).

P4 – 7 have been learning skills for learning, life and work. They had an open science lesson where many parents came in to take part in a science experiment about pendulums. You can read more about it on the website (which the children update each week). They have also been learning about what it means to be a good sport. They have been thinking about the mind in philosophy. They have linked Maths and Art and learned to draw parabolic curves. In Science they have learned about the water cycle, changing states of water and learning about why water needs to be cleaned and how it is cleaned before we drink it. They have learned how to make

digital animations in ICT.

Visitors to school

We have been very lucky and we had a visit from the Norwegian musicians who played us songs on guitar and double bass from Norway, Scotland and Spain. Lunch club came to listen as well, and we all enjoyed it. We also had a visit from the Young Dance Leaders from KGS who came to teach us a dance about Fairtrade. You can see a video of our dance on the website under Latest News.

Tree Lighting and Singing at the Kirk

The P7 pupils switched on the tree lights this year, and did very well considering the weather! The children performed songs on the recorder and sang really well together. They also joined the Shapinsay Singers at the kirk on the 14th December and sang with their usual confidence. The children have done well to learn "Silent Night" in harmony, and have also done well to learn a lot of the songs off by heart.

SHAPINSAY
DEVELOPMENT
TRUST

The Shapinsay Sound

January 2016

INSIDE
THIS
ISSUE

Chair 1

Trustee Profile 2

Shapinsay School
Part 2 2

3

Garden Notes

Garden Notes 4

New Opportunity 4

Wildlife matters 5

Kirk News 6

6

Poem 7

Cubs, Beavers,
Brownies and
Rainbows

Shapinsay School 8

From the Chair

by Sheila Garson



Since I last wrote Lateral North have visited the island to help the Trust consult on a new five year plan for the community. This approach proved very successful and I'd like to thank those of you who took part, either in person or through the questionnaires. Graham from Lateral North is busy pulling all the responses together and we hope to be able to share the outcome of this work with you in the new year.

In recent weeks there have been some issues with the Out of Hours boat service, which I know has proved frustrating for those of you who depend on it. We work very closely with the operator to minimise this kind of

cancellations, but were unable to find a speedy and cost effective solution on this occasion. At the moment a big portion of the revenue from the turbine goes into subsidising this valuable service and it is a constant challenge for the Board to balance this against other needs. However, we are actively looking at ways to cover such unforeseen cancellations without incurring significant additional expense. We'll keep you posted.

I'm writing this after a great evening's entertainment at the Kirk provided by the Shapinsay Singers and the primary school bairns. There is no doubt that Shapinsay has talent! Earlier this month Shapinsay School received an excellent inspection report and Odinstone took the top spot at the Fat Stock Show. These achievements are not only a great credit to the folk involved, but also serve's to illustrate the many ways our small island punches above its weight. As we move into a new year I hope that 2016 is another successful year for everyone who calls Shapinsay home and who help make it the great community it is.

At the recent board meeting trustees and staff took a moment to reflect on the contribution which David Holmes has made to Shapinsay and in particular his interest and commitment to the work of the Development Trust.

On behalf of the Board and staff I wish you all a Happy New Year!



Shapinsay Development Trust

by Lynne Collinson



Building Shapinsay's future

Local builder Steven Bews is enjoying his second run as a Shapinsay Development Trust director, having previously served on the board from 2006 to 2007. "I knew the goal of the Trust was to make things better for people in Shapinsay, so I wanted to take an interest and be a part of that", he says, recalling how he first got involved. During his first 2 years a Development Plan for the Island was created and the possibility of a community wind turbine was being investigated.

Steven became an SDT Director again in 2013, having in the meantime completed his training as a builder and set up his own business on Shapinsay.

"By then we had the turbine with potential revenue which would allow us to invest in the community, but as time went on we found it wasn't that straight forward. We always knew we were going to be affected by curtailment, but it turned out to be more than we'd realised, so it's exciting to be looking at innovative ways round that now as a Board."

Earlier this year he won the tender to convert the former boathouse at Howanbank into the new headquarters for the Trust and a flexible space for the community. However, it is more than 'just another contract' for Steven, "it's good to be working to refurbish the building in a fresh, modern way which represents the SDT's level of maturity, as a forward looking organisation embracing the 21st century - after all it's called a 'development trust' and that is what it's set up to do. It's good to keep progressing forwards", he adds "but at the same time respecting what's gone before, as we work to safeguard the Island's future".

Steven and his wife Leanne, who teaches part-time at the school, have two children – Magnus aged 3 and 5 year old Erika. The Bews family goes back on Shapinsay for several generations and Steven sees it as an idyllic location to bring up a family and also a convenient one, being so close to Kirkwall.

You may notice a slight change in Steven's appearance in the coming weeks. Unfortunately at different times both Steven and Leanne's children have had to make trips to the Children's hospital in Aberdeen. Grateful for the care given to their own and many others youngsters there, for the provision of accommodation and support to parents, Steven is currently helping the Archie Foundation raise cash in support of the hospital and other children's units in the North of Scotland. Called 'Beards for Bairns' the appeal involves men being sponsored to quit shaving between Christmas and Burns night – quite a challenge for Steven who normally sports a smooth look "I like being clean shaven" he says "so it'll be a bit of a test for me, but it's all in a very worthwhile cause!" If you would like to sponsor Steven please visit

<https://beards-for-bairns.everydayhero.com/uk/steven-1>

Shapinsay School PART 2

Table Manners

We have been having a challenge to try to improve our table manners. The children got into teams for lunchtimes and the table which shows the best manners by the end of term will have table service for the end part of the term. We have all been very impressed with the improvement in table manners – well done everybody!

Pantomime – advance notice!

After the success of "Cinderella & Rockerfella" last year, we will be putting on a pantomime once again in March. We hope that this will take place on Thursday 10th March. This year it is "Pirates versus Mermaids", and we hope that everyone will come and see it. We will start rehearsing after the Christmas break. Please watch out for any requests for costumes and props, and if you think you might be able to help please let us know. Finally, a big thank you to all the volunteers who have helped us in school this year. Football club couldn't take place without the parents who run it each week, and we are very grateful to all the other folk who have been in to support learning in class, helping with dancing and many other things.

Poem

by HL Davis

New Year Revolution

Here comes the year I go to the gym
Here comes the year I get really slim.
Here comes the month I give up the drink
Here comes the month I'll be in the pink.
Here comes the week that my life rearranges
Here comes the week that *everything* changes.
January first, tomorrow's the day!
No more excuses, I'm well on my way!

We *all* have resolutions and Tradition, it's true
Demands that we sacrifice old stuff for new.
Just... let's not be *hasty*. Take stock for a mo,
It just wouldn't do to be too thorough, so,
I'll take things quite steady; one step at a time.
Stop eating biscuits, drink only red wine.
Less of the Netflix, cut back on the cheese,
Substitute tatties for carrots and peas.

A whole year without any nim-nims or cake,
This time next year I'll be thin as a rake,
De-toxed and sober, no drams or po'cheen
My liver will thrum like a well-oiled machine.
Imagine a whole year of lettuce and juice,
Garnished with cabbage and spicy cous-cous.
Imagine... hell, no! Whatever am I thinking!
A barren twelvemonth without eating or drinking?

Bring on the champers! Open the port!
Sling us a slice of that raspberry torte!
Fish out the stilton, get out the jam,
I'll have a *chunk* of that wafer-thin ham.
January summons with a lean bony finger
Fill your boots now – there's no time to linger.
Feast with your neighbours till end of December
Make it a Hogmanay night to remember!

Happy New Year!

Cubs, Beavers, Brownies and Rainbows

We had a great end of term party where we all joined together and played games and had party food.

Thanks to all the adults who help us each week.

We restart again on Monday 18th January.



Kirk News



The Church of Scotland Guild is taking part in Teddies for Tragedies project. The Shapinsay knitters decided to join in the fun and we'd like to share some information and the pattern with you in case you'd like to help too. When tragedy strikes somewhere in the world, the first members of society to suffer are the children. Teddies for Tragedies works to alleviate some of the stress that prevails when these catastrophes occur. The simple gift of a hand-knitted teddy bear sends these children the message that someone in the world cares for them and that they are loved.

You will need:

double knitting wool
main colour for head and paws
trouser colour
jumper colour
scarf colour

size 10 (3 1/4) needles (NB smaller needle than usual for double-knitting wool)

Cast on 10 stitches in main colour. Knit 10 rows. Change to trouser colour and knit 30 rows. Measure the length of the leg if it's 3 1/2" then you'll knit a perfect teddy if it's more/less adjust your needle size. Knit another leg. Then knit across all 20 stitches and work a further 15 rows. Change to jumper colour and knit 24 rows. Change to main colour and stocking stitch (one row knit one row purl) for 5 1/2" (14 cm). Change to jumper colour and continue to knit teddy in the reverse order. Stitch the sides of the head. Make arms: with jumper colour pick up 8 stitches each side of the neck join (16 stitches). Knit 20 rows then change to main colour and knit 10 rows for paws, repeat for the other arm.

Scarf: Cast on 75 stitches, knit 4 rows. Cast off loosely. Weave in all loose ends and sew up the teddy leaving an opening in the crotch for stuffing. Sew across the top corners of the head to make ears before stuffing. Stuff your teddy with clean, new polyester stuffing (BS1425 or BS5852). Run a thread through the knitting and draw it in to make a neck, knot the ends and weave the in the excess. Embroider a smiley face. Use small stitches, (back-stitch and stem-stitch) and ensure all the ends are firmly finished. Sew the scarf to the back of the neck of the teddy so it won't get lost, but only at the back to increase the possibilities for play.

Check List

1. Teddies should be approximately 10" tall. To check tension, measure the first leg, if it's 3 1/2" then teddy will be the right size, if not, adjust your needle size.
2. Please adhere to the pattern, as we do like the teddies to be the same to avoid jealousy, i.e. no added Hats, Skirts, bags etc. Stripes are OK particularly when using up duller colours.
3. When drawing in the neck please weave wool through the knitting, starting at the centre back.
4. Knot the ends together. Do not wind surplus wool round the neck as a child could put their fingers underneath it and break it and perhaps pull the wool out and choke on it. Leave the scarf free at the front so child can tie and untie it. Do not use ribbon round the neck.
5. Please embroider mouth in stem stitch or backstitch so that the child cannot pull it out.
7. Stuff fairly firmly. With the amount of play the teddy gets, if there is not enough stuffing, it could be shaken down to one end.
8. Don't put teddy in the bag, all teddies have to be checked and this saves time.

Make a simple drawstring bag

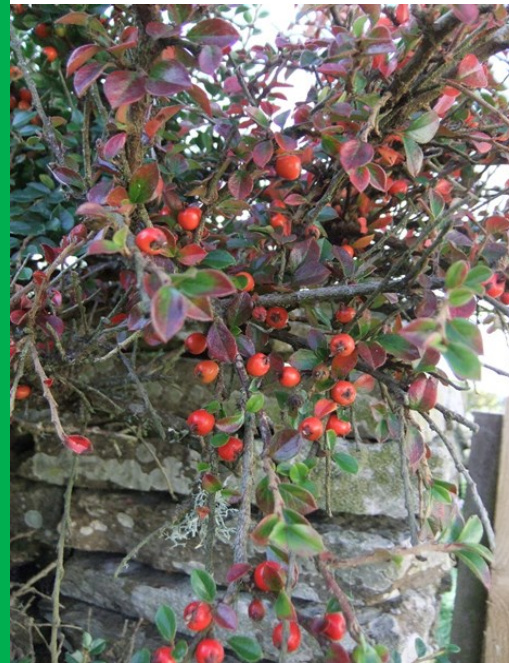
The bag should be big enough for a teddy (12 - 13" long and 9 - 10" wide). Turn over and stitch a casing at the top; leave a gap in the stitching for the drawstring. Use only one drawstring. Twisted yarn drawstrings made from oddments of yarn are cheap/free and effective.

Garden Notes from Old School

Firstly, a Happy New Year to everyone and hopefully a good gardening year ahead.

January is a time of new beginnings and new resolutions. I have three this year; 1) to put in more plants with berries for birds such as cotoneaster, holly, whitebeam, ivy, honeysuckle or firethorn; 2) to make more notes about what I do in the garden and about changes I'd like to make or new plants that I would like to put in a particular place, and 3) to act on those notes at the right time so that I will see the benefits the following year.

Someone helpfully suggested that this set of garden notes would read 'Looked out, raining, stayed indoors'. Well it can be a bit like that but when it's too wet to be outside working it's even more important to me to be able to enjoy the garden from the comfort of the house. Without the distraction of all the summer colours,



shapes within the garden become more of a feature and views to the landscape/seascape beyond are more valued. It's a bit of a balancing act trying to keep windbreak hedges dense and tall enough to do their job but not so tall as to block out the view. Any deciduous hedges such as fuchsia, elder or hawthorn can be pruned this month but it's best to leave escallonia and veronica until spring in order to reduce the amount of die-back from cold winds over winter.

Deciduous shrubs such as berberis can also be pruned and shaped now; if you like a bit of formality in the garden, berberis works really well as an alternative to the beautifully clipped box that you might see in big formal gardens, something like Berberis thunbergii f. atropurpurea with red leaves would be perfect. OK, it's not green but the shape is what you will notice in the winter and we have to accept that most evergreen shrubs suffer badly in the wind. The leathery leaves of bergenia look at their best in the cold months when they turn a lovely rich red colour and a low winter sun shining through a clump of dogwoods is a beautiful sight. Willows love our wet ground and I plan to find some more coloured stemmed varieties to brighten up the garden in winter.

The most workable area of the garden is the veg patch and that's because it's had years of organic muck of one sort or another piled on, not only increasing the fertility of the soil but gradually raising the height and improving drainage. So this is a lesson to take into the rest of the garden; I will be emptying my compost bins and spreading the contents around shrubs and clumps of perennials. There is always a debate as to whether it is better to cut back all the old stems and leaves at this time of year or to leave this until spring. When I worked as a gardener at a big house, the lady owner liked to have the garden 'put to bed' for the winter so by the end of October everything was chopped right down then all the borders were heavily mulched with compost and it did look very neat and tidy. The alternative view is that the old leaves provide protection for the plants during the worst of the weather and at the same time provide a refuge for all sorts of beneficial bugs and beasties. I tend to be somewhere in-between; I let everything die down naturally but unfortunately, in such a wet climate, it's mainly slugs that take refuge under the decaying plant matter so at this time of year I clear as much away as possible and spread compost in its place.



Garden Notes from Old School PART 2

Plant of the month is the snowdrop. It's one of my all-time favourite flowers and although it won't be in full bloom for a little while, towards the end of this month there will be some in bud in sheltered spots and it is the promise of what is to come that I so love at this time of year. It's the start of a new season, a sign that there are stirrings and awakenings underground and a new cycle beginning.

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

Double snowdrops



New year.....new opportunity!

Shapinsay residents who're 50 + are being invited to be part of an exciting new initiative called Orkney Voices. The goal is to inform, discuss, consult, campaign and represent the views of people aged 50 or over in Orkney.

Our local population is growing older but we believe this can work to the advantage of our islands so long as we use our voices to shape our communities.

We understand that there are already a lot of community groups that meet locally and we do not want to start yet another group. Orkney Voices will function as an association and forum to provide a platform for all who want to express their views, concerns and suggestions about improving life for people 50+ on our islands.

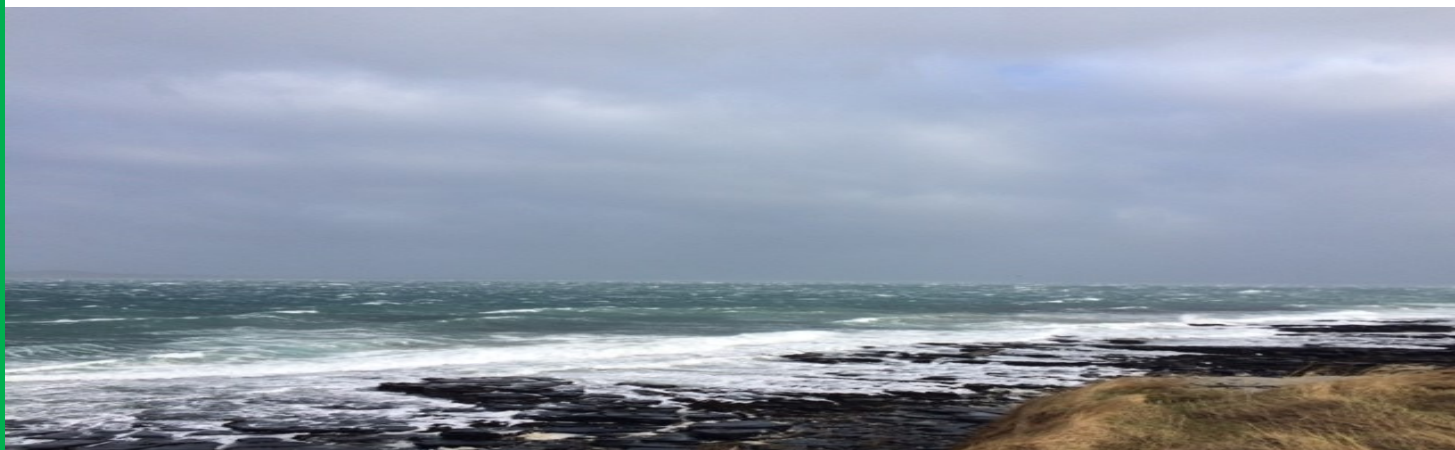
As well as representing older people in our own communities, Orkney Voices is also a member of the Scottish Older Peoples Assembly and will feed issues of concern to the elderly in Orkney to SOPA who are able to raise such matters from the grassroots direct to Scottish and Westminster Governments.

As part of the launch in January, OV will have its own website and is joining forces with Voluntary Action Orkney and the Positive Ageing Delivery Group for an 'Age is Just a Number' campaign. They would love to hear ideas from you or your group as to what would make life easier for those who are older.

If your group or any individual member would like to join OV, just send an email to kasha.jarosz@vaorkney.org.uk, post a letter to Kasha Jarosz, VAO, Anchor Buildings, 6 Bridge Street, Kirkwall, KW15 1HR, or phone Kasha on 01856 872897.

Or contact Orkney Voices spokesman Mike Lynch direct - mlynch1953@btinternet.com

Membership is FREE for Orkney residents and groups!



Shapinsay Wildlife Matters

by Paul Hollinrake

Dragons and Damsels

In the middle of winter I love to think of the spring and summer, and now I am wondering about finding dragonflies and damselflies in Shapinsay.

I'd like to set you a challenge for 2016. As far as I am aware there is only one species of dragonfly, more specifically a damselfly that breeds and lives in Shapinsay. I have found the blue-tailed dragonfly at several sites here but no other species. So I wonder if any of you would look for dragons and damsels in 2016 and let me know what you find.



An Emerald Damselfly found in Hoy in 2013.

There is a small leaflet available from the Orkney Biodiversity Records Centre at the library in Kirkwall, which briefly describes and illustrates seven species found in Orkney. They are principally found on Hoy, which is the Mecca for the group where all the species are found. Mainland, Rousay, Sanday, Egilsay, South Ronaldsay and Papa Stronsay also have records, but there are no records of any species from Shapinsay.

Common hawker dragonfly



Dragonflies are large insects with large eyes, two pairs of densely veined wings which remain open at rest; each pair is slightly different in shape. Whereas damselflies are more

delicate looking, with two pairs of identically shaped wings which are held over their bodies at rest.

The species known in Orkney are the blue-tailed damselfly, common blue damselfly, large red damselfly, common hawker dragonfly, golden-ringed dragonfly, black darter and four-spotted chaser. So there are not too many species to get the hang of.

As recently as 2010 a new damsel was found in Hoy. It is the Emerald damselfly. So there are now eight species known in Orkney.

The best time to look for them is between June and August, when the weather is calm and sunny. There are lots of promising quarry pools on Shapinsay, a few lochs and wetlands and many ditches, garden ponds even small ones and the some small streams. These are all good places to look, although they can be found well away from water too.

During the winter dragons and damsels exist only as grub like larvae, lurking in the bottom of pools and streams. They can remain in this unglamorous state for several years, before climbing up a stem where its skin splits and the magnificent adult emerges.

Damselflies eat small flies and midges and dragons will eat butterflies and moths too. They use their large eyes to spot prey and their legs are used to catch prey whilst flying, then passing the food to their mouths