

The Shapinsay Sound



LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.
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Could you Re-start a Heart?

Every week in Scotland, around 70 people will have an out-of-hospital cardiac arrest, i.e. a cardiac arrest either at home, in the workplace or in a public place. Currently only 4 out of those 70 people will survive to return home to their loved ones. However if a person receives cardio pulmonary resuscitations (CPR), their chance of survival may double. The quicker CPR is started the better their chances. On the other hand, without CPR being started, a persons chance of survival decreases by up to 10% with each passing minute.

What is Cardio Pulmonary Resuscitation?

Cardio pulmonary resuscitation—CPR—is a simple but vital skill used to push down on someone's chest to try to get the heart working again.

Do you want to learn to re-start a heart?

British Heart Foundations National Restart a Heart Day is on the 16th October, however as this is a week day **Heart Start Shapinsay and the Shapinsay Fire & Rescue Service** will be holding an open session on **Sunday 21st October at the Clubrooms** to teach this simple but potentially life-saving skill.

Why don't you come along and have a go? Who knows, a few minutes of your time now, may give another the rest of their life. You will receive a certificate and of course a cuppa and biscuits.

Time 10am—12noon and 2pm — 4pm

**Call—for help 999
Push—the chest
Rescue—breaths**

SHAPINSAY
DEVELOPMENT
TRUST

The Shapinsay Sound

Shapinsay School

October 2018

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The Nursery children have welcomed **Agi** into the class. They have been busy playing in the Vets role play area and thinking about how to look after animals. There has also been a lot of painting and drawing going on.

The **P1 - 3** children have been continuing to work on their animal project. In science they have learned about food chains, and thought about what each animal eats. In music they have been singing and accompanying the song "The animals went in 2 by 2". In philosophy we thought about Noah's Ark, and whether an animal could be good or bad. There were some interesting ideas!

The **P4 - 7** children have been learning about the human body in Science. In Spanish they have been learning the days and months so that they can write the date. In French they have been learning body parts. The children have also been learning to programme BBC microbit computers, and they were able to make their microbits light up to make words or pictures. We have welcomed **Justin** into the **P4 - 7** class.

We now have all our pupil committees in place. As part of our self-evaluation last year the children wanted to have more opportunities to lead things. As a result we now have the Pupil Council, Junior Road Safety Officers, Eco Committee, Sports Committee, IT Group and the Library Group. Each group has set their aims for the year and these will form part of the School Improvement Plan for this session.

Before the summer holiday the P4-7 class and Miss Clements put together a nomination to the Primary Science Teacher Awards to nominate Miss Angier as an outstanding science teacher. We are delighted as she has been shortlisted, and we will be having a visit from the Primary Science Teaching Trust at some point. Fingers crossed!

Finally, we are delighted to announce that: **on Monday 24th September we were the first school in Orkney to be awarded the Gold Award by Sport Scotland.**

We had lots of visitors from Shapinsay and from beyond at the special assembly. The sports committee did a wonderful presentation where they explained all the hard work that had gone into the award. To achieve the award the sports committee (formed of pupils, parents and staff, but in particular Mrs Bews and Kirsty Spence from Active Schools) had to do a lot of work over the last year. **Well done!**



Shapinsay Development Trust

Congratulations to Shapinsay School



Kirk News

I need to start by extending a heartfelt thank you to all of you who have helped make our week at the Blue Door such a success! You've brought donations, raffle prizes, chutneys, plants, baking and volunteer hours in great abundance – thank you! Without you all and your tremendous support it wouldn't have happened! We raised a fabulous **£2937.06!** Thank you for wonderful support!

This month we begin our coffee afternoons again at the Boathouse – please feel free to come along on the 18th October between 2 and 4 pm. It's an opportunity to chat with one another, share a cuppa and sample some excellent baking from local bakers. There will also be activities for children as always. As our Handbells Group are still raising funds for the new tone chimes, we'll put all the donations on the day towards that – but there is no need to give anything! What's important is the social interaction and getting to know one another better.

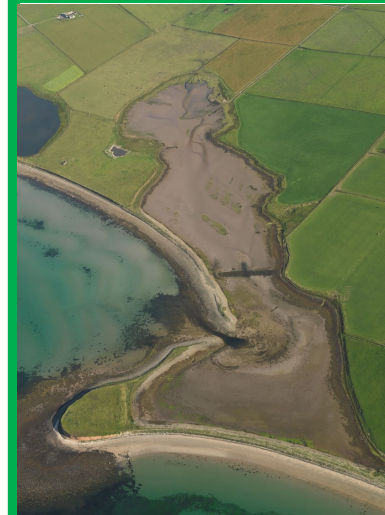
Later in the month we welcome two preachers to Shapinsay – both of them are Episcopal readers willing to help us out. Chris Burton has never been to Shapinsay before and Catriona Robertson has been once or twice before. We're looking forward to welcoming them and sharing in worship with them. See you soon hopefully!

Julia

Contact me at: Rev Julia Meason, 874789, JMeason@churchofscotland.org.uk

Sea-ing things on Shapinsay!

by Pete Higgins



Do you have a connection to the sea?, then we'd like to hear from you and invite you to take part in an important survey on Shapinsay. Human occupation of Orkney will always depend on what use is made of the sea. Orkney Research Centre for Archaeology (ORCA) is looking for traces of how humans have used the sea, from the first settlers to the present day, and are looking for help from local residents.

We suspect there is quite a lot of evidence scattered around Orkney, but so far they've had little attention except as part of wider, investigations, and they are slowly disappearing. We think the time has come to see what survives, and what they can tell us, and we're starting with Shapinsay.

We're looking for anything related to the sea – boat-building sites, harbours, nousts, wharfs, slipways, landing places, net mending and drying areas, land reclamation, sea walls and other defences, navigation beacons, fishing equipment, dumps of shellfish, kelp pits, and others. If you know where these or anything similar can be found, we'll be interested!

The study will concentrate on the Ouse, which was used as an anchorage depending on the wind and tide, from at least the 18th-century. Here there are low linear stone features such as The Furrow of Traddleton visible at low tide, and nousts and landing places on the ayres at Ling Holm and Lochend.

We'd like your help with a walkover survey, guided by a professional archaeologist, aimed at recording what we can find, but just as importantly, what you can tell us.

Fieldwork will be on Thursday 4th October to Saturday 6th, between 10 and 4.

Could anyone interested please call Pete Higgins on **569223**, or email pete.higgins@uhi.ac.uk, so we have some idea of numbers. Meeting place is the Boathouse, and we'll run a mini-bus to the Ouse.

Shapinsay Crafters



ANOTHER CHANCE TO BUY A GIFT FROM OUR SHAPINSAY CRAFTERS!



Shapinsay Heritage Arts and Crafts will have lovely hand crafted items for sale at the...

Charities Christmas Sale

Kirkwall town hall.

SATURDAY NOVEMBER 3RD

Now that the Smithy Heritage Centre has closed for the winter this is the perfect opportunity to pick up that special Shapinsay made gift for that special someone! Or just pop along to say 'hello' and support us!

Scottish Charities Incorporated Organisation number SC030206

RNLI



The day kicked off with the Kirkwall Sailing Club yachts arriving at 10am for their briefing and bacon rolls provided by the Shapinsay Lifeboat Guild. The Around Shapinsay Race set off at 11am. The day started very miserable and windy, but this did mean the yachts sailed around the island very fast and were back in time for the Parade at 3pm.

Kirkwall Lifeboat also came out a visit. The weather improved and Stromness Pipe Band lead the floats to the playing field at the Community Centre in the sunshine. This was followed by a wonderful mix of live music by local and visiting musicians well into the late evening and a Barbecue provided by The Shapinsay Lifeboat Guild. There was also a Quoits competition held outside competing for very coveted trophies carved by Marvin Elloitt. Shapinsay Parent Council had sideshows for the bairns. It was a very successful day and took in over £800 with added donations.

The Shapinsay Lifeboat Guild provided the Barbecue for the Shapinsay Darts Open on Saturday 1st September and it took in £400 after expenses are deducted for both these events we hope to bank approximately £800.

Over the summer the Shapinsay Guild had a stand at the Shapinsay Show which raised £257. (Some of this was souvenirs)

The Smithy Cafe had a RNLI donation box on the counter, which the staff generously added all their tips to and amounted to £352

So over the summer our Guild will bank over **£1400** to the RNLI.

We would like to Thank all the generous supporters.



Garden Notes from Old School

The tail end of Storm Ali brought us into autumn with a bang, a reminder that we have reached the end of another growing season and harsher weather will dominate from now on.

The battering from rain and wind combined causes some flowers to turn brown and soggy but stalwarts like the Michaelmas daisies don't seem to be too affected so hopefully we can enjoy them for a little longer. Some flower stems are too brittle and snap in the wind but others will bend and flex and cope much better. This year, Verbena hastate 'Rosea' has really impressed me with its ability to withstand the wind; it is about 4ft high and can bend to half its height without being damaged at all.



Seed catalogues are starting to fall through the letterbox and I find it helpful to make a few notes about this year's successes and failures in order to make decisions about next year. I have already decided to go back to my old favourite broad bean 'The Sutton'; it only grows to about 2ft 6ins tall so is easier to protect from the wind and is always a reliable cropper. A climbing French bean 'Cobra' has been grown in the greenhouse for the last couple of years and has been very successful, but next year I think I will replace it with a French/Runner hybrid 'Moonlight' which was grown outside this year. Although it has been smothered in flowers and grown quite vigorously, the beans are only just now starting to mature so hopefully it will crop earlier in the greenhouse and perhaps I could plant a few dwarf beans at its base.

It's time now to order and plant garlic so that the cloves can be subjected to a cold spell over the winter. This year I harvested a good crop from the pink Germidour so I'm happy to grow that variety again.

The last of the peas and broad beans have been harvested, the haulms chopped up and added to the compost heap and the roots left in the ground to put back the nitrogen stored in the root nodules. A leafy green crop such as early cabbage will be grown on this spot next year to take advantage of that nitrogen. There are still some tomatoes ripening in the greenhouse but this is a difficult time of year to be able to provide enough ventilation and there is a risk of mildew setting in. At this late stage of growth it's perfectly alright to cut off all remaining foliage on the plants and allow the fruits as much air and light as possible to ripen.

The very sunny summer we have just enjoyed has produced a mass of rose hips. I have been gathering as many as possible to make Rosehip Jelly but getting the timing right is difficult; too early and they're not fully ripe but too late and the birds have already started to peck at them. They don't know that I will always leave some for them. In the meantime, they are having a great time eating the berries from the Whitebeam which is also smothered this year.

Garden Notes

Part 2



When the weather started to turn, my pots of dahlias were moved inside the greenhouse so that they could be enjoyed for as long as possible. There is one variety called Café au Lait which I planted very late and it's only just starting to flower. Although I'm not sure I would describe it as coffee coloured, it is a beautiful subtle shade of pink and the flowers are enormous! Each flowering stem has had to be individually supported as the flowers unfold to their full size. Another surprise is flowering in a pot next door; it should be either Labyrinth or Burlesca but doesn't look quite like either! Whatever it is, it's lovely to have and I'll try not to lose it over the winter.



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.

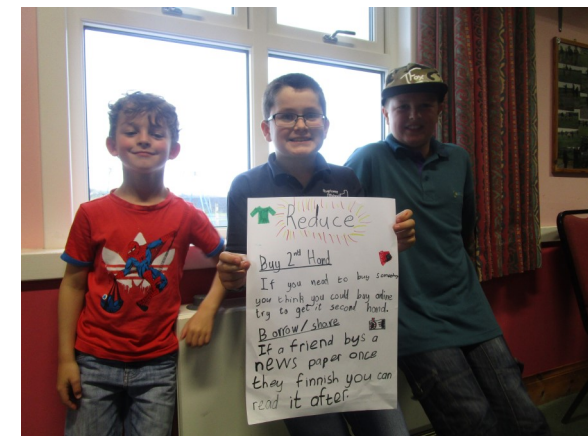
Karen Evans, Old School, Shapinsay
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Shapinsay Scouts, Cubs and Beavers

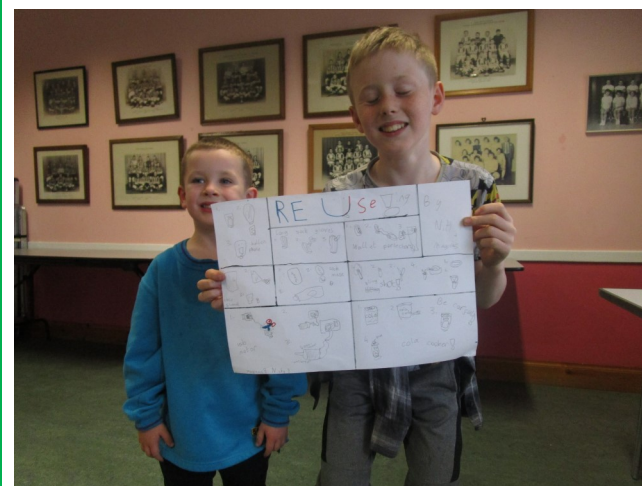
The Scouts, Cubs and Beavers are working towards their environmental awareness badges. They have been finding out how energy use can be reduced, looked at what has been going on around the school building and have been looking at the five Rs of recycling.



Refuse (don't take the thing in the first place),



Reduce (take less of it)



Reuse (Use it for something else as well),



Recycle (turn it into the new product)



Rot (let it biodegrade).

The boys worked in 2s and 3s to create posters to help everyone think about how we can reduce our impact on the environment and these will be displayed on the board in the community corridor.