

The Shapinsay Sound



LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.
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We've had the usual busy start to the academic year. All the new children to the school have settled in really well too. The Nursery children have been finding out about homes (of people and animals) and have been having lots of fun building things. They've also been learning about babies and how to look after them.

P1 – 3 are learning about Shapinsay, and all the people that help in our community. So far they have visited the Smithy and Heritage Centre, and will be visiting the Fire Station, Kirk, Shop and Sorting Office – and will be having a visit from the ambulance and Nurse to the school.



P4 – 7 are learning about electricity and have been making their own torches. They have also been looking at the art of Delaunay and Mondrian.

P1 – 7 all enjoyed a visit from the Orkney Science Festival where the children learned about music and the brain. The older children made up their own dance while the younger class were fascinated by how the brain passes messages.

We are collecting Christmas Shoeboxes again, which are sent

to people who wouldn't get gifts otherwise. If you would like to take part, please drop into school for a leaflet. Shoeboxes must be returned to school by Monday 31st October.

All of the children have been enjoying the new outside area, and we would like to invite you all to the official opening on Friday 7th October from 2pm – 3pm. There will also be refreshments available. Please do come along to see our new area and also to see the school if you haven't been before. All are welcome!



SHAPINSAY
DEVELOPMENT
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From the Chair

by Sheila Garson

October 2016

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I'd like to begin by welcoming Davie Campbell, our new accounts person, to the team. While Davie doesn't live on the island he will be known to some of you as he already has clients here. He has an excellent financial background and a very good understanding of Third Sector organisations so has been able to hit the ground running.

Our staff are at the heart of what we do in developing and delivering projects, securing funding, ensuring our services run efficiently, keeping the community informed and involved and much more. We are very fortunate to have excellent staff, who are very committed to the Trust and to the Community here on Shapinsay.

With recent changes and new challenges ahead including the upcoming work involved in BIG HIT and other projects in the pipeline and our move to the Boathouse, the Board has taken the opportunity to carry out a review of staffing. We are very aware that if we are to maintain and develop the current level of activity, we need to ensure we have the right staff structure to enable us to achieve this. We also recognise that we do not have the expertise to carry out this work alone so have called on the support of the Human Resources officer from Voluntary Action Orkney in carrying out this piece of work.

Of course the Board is also key in the running of the Trust, but their role is a strategic one. The 5 volunteer directors who currently make up the Board would welcome some new blood. It is an exciting time to be involved and a great opportunity to give something back to the community. Please get in touch if you are interested.



Over 50

Over 50 and living on Shapinsay? Your views sought on 'the good life'!

People over fifty are being invited to air their views on what they think is the essence of a good life in later years.

A team of researchers from the Faculty of Social Sciences at the University of Stirling are partnering with Age Scotland to look into this important topic across Scotland - and Shapinsay is included!

We are hosting one of the sessions at the **Boathouse on Tuesday October the 4th from 10.30 am until around 12 noon.**

The discussion will look at whether there are policies/practices that might support people to live well/have a good quality of life as they age. Issues that have already come to light in discussions elsewhere will also be thrown into the mix for us to consider and comment on.

The session will be audio recorded but all information collected will be treated in confidence.

The event is free, includes a light lunch at the end and anyone over 50 can take part but places are limited please contact cao@shapinsay.org.uk soon if you'd like to take part

Grill an expert on facts about food!

Ever wanted to ask an expert everything you ever wanted to know about food?

Well now's your chance!

Hi, I'm Lindsey Kolthammer, Lead Dietitian for NHS Orkney. I have been a Dietitian for 17 years working in both NHS England and Scotland before finally settling home 9 years ago. I have worked in many areas of dietetics including nutrition support and most recently weight management and healthy eating. I live in the West Mainland with my husband, 2 boys and one crazy cat (who I think is more work than the boys put together!)

Thank you for inviting me to come to meet with you all on the 10th October about how to get the most out of your diet. In the session I plan to cover healthy eating, how best to achieve this, whilst dispelling many of the myths surrounding food. I also hope you will enjoy some of the fascinating facts about the foods you may love or hate! There will be discussions around the nutrition of foods, which foods are best for certain aspects of health as well as how to prepare to eat healthily in the winter months.

Look forward to seeing you on the 10th October.

Shapinsay Horticultural Association

Following the recent AGM it was agreed that the categories for the Photography class next year will be as follows:

1. **Black and White**
2. **Night Sky**
3. **Portrait (one person head and shoulders)**
4. **Humorous with caption**
5. **Shapinsay Building**
6. **Texture**
7. **Transport**
8. **People at Work**
9. **Flowers**
10. **Seasons**
11. **Animals**
12. **Celebration**

So get your cameras out and start snapping; we look forward to seeing the results at next year's show!

Shapinsay Community Council

SHAPINSAY COMMUNITY COUNCIL

VACANCY FOR NEW MEMBER

WE ARE CURRENTLY LOOKING FOR A NEW COMMITTEE MEMBER TO JOIN US ON THE SHAPINSAY COMMUNITY COUNCIL.

AS A COMMUNITY COUNCILLOR YOU WILL PLAY AN IMPORTANT ROLE IN LOCAL DEMOCRACY BY REPRESENTING LOCAL VIEWS WHICH CAN INFLUENCE DECISIONS IN PLANNING AND LOCAL SERVICES PROVISION.

YOU WILL ALSO WORK TO ENSURE THE BEST INTERESTS OF THE WHOLE COMMUNITY AND REMAIN REPRESENTATIVE OF, AND ACCOUNTABLE TO, THE COMMUNITY THAT YOU REPRESENT.

IF INTERESTED OR WOULD LIKE TO FIND OUT MORE INFORMATION ABOUT BECOMING A COMMUNITY COUNCILLOR PLEASE CONTACT ONE OF THE FOLLOWING COMMITTEE MEMBERS BY THE **15TH OCTOBER:**

Fiona Summerfield, Glynis Leslie, Jean Baptiste Bady, Lynsey Leslie, Eileen Phillips, John Rodwell.

Orkney Science Festival

The Orkney Science Festival came to Shapinsay - and we loved it!

Shapinsay was the venue for two intriguing Orkney Science Festival events last month hosted by SDT.

In the first, Rev Dr Hamilton Inbadas and Dr Shahaduz Zaman posed the question 'What makes a compassionate community'? As part of the University of Glasgow's End of Life Studies group these global experts have been looking at how compassion for the dying is expressed in different cultures.



Those attending the event heard that in some places such as India and Bangladesh volunteers are very involved in palliative care.

The topic of whether that approach could work to the same extent in our culture was discussed. What might be the barriers which stem the flow of compassion in this way? Is how we do things in the west really better or are there lessons to be learnt from areas of

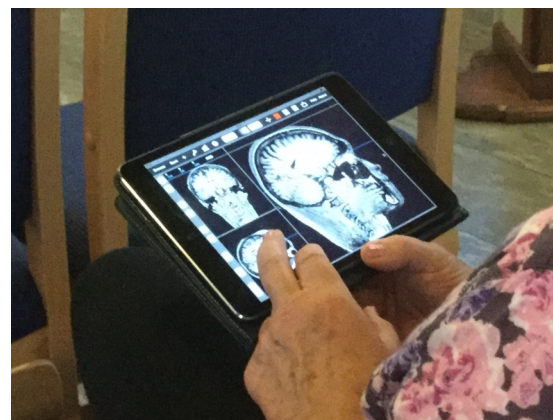
the world where things are done differently?

You can hear a recording of the discussion for yourself by following this link <https://soundcloud.com/endoflifestudies/discussing-compassionate-communities-and-palliative-care-on-the-island-of-shapinsay>



The subject matter certainly got folks talking and was picked up with interest by the Philosophy for Adults group the following week.

Another Science Festival event had participants at the Kirk doing some ceilidh dancing with a twist as part of a session by neuroscientist Lewis Hou and Shapinsay's Helen Le-Mar, both talented musicians. The pair were looking at the links between science, music and the brain. As well as teaching us about the connections with a model of the brain and a scan of Lewis's own brain – they also showed us some great dance moves echoing the way the brain works. Loads of fun was had and we have been promised a follow on event from this taster session.



Kirk News



I write this a day after our Shapinsay Kirk Open Day. It has been a great success and I'm delighted to have been part of it. We raised funds towards a wheelchair for the Shapinsay Medical Fund – we raised £103.70.

We're considering holding another fundraising event to make up the difference and enable the Medical Fund to purchase a wheelchair for Shapinsay.

A huge thank you goes to all those who contributed in their various ways: those who baked amazing goodies, helped set up on Friday evening, cleaned the kirk before and

after, served teas and coffees, helped with the display around the church (including communion and flower displays), did the dishes, worked with the children – and of course came along to support it! Your various contributions are greatly appreciated! The atmosphere was great throughout and it was a tremendous teamwork experience – thank you!



October is our Creation Time so the first two Sundays are going to have an eco-friendly theme to them.

On the first Sunday in October we'd like to invite all the children to come along to our Sunday Club that runs at the same time as the service. We begin together and after the children's address the young people go through for their activities.

All will be made most welcome!

Rev Julia Meason, 874789, JMeason@churchofscotland.org.uk

8th Orkney (Shapinsay) Scouts

We now have 3 sections in our group with 2 Scouts, 6 Cubs and 2 Beavers.

This term we are working on our Disability Awareness and Fundraising Badges. We have been trying to do things without being able to see, hear or speak. So far it's been quite interesting!

The Scouts will be leading some Fundraising activities so please look out for more information on this.

We would also like to welcome Gillian Harbour who has joined us as an adult leader.

Garden Notes from Old School

by Karen Evans

At this time of year we cherish every warm sunny day because, although we don't like to think of it yet, by the end of October, late autumn is well and truly here! The clocks go back and all of a sudden the days seem very much shorter. I'm hoping there will be enough sun left to ripen the sweet and chilli peppers that I have on my windowsill. In the next week or so I'll be planting garlic. The quality and size of crop is much better if it has a cold spell in the ground over winter as long as the ground isn't too wet. The variety Germidour has a pink skin and a lovely flavour; I have grown this before and it keeps well too. After harvesting the last of the summer crops in the veg garden there will be areas of bare soil so I will cover this in a thick (3" to 4" if possible) layer of mulch, probably a combination of garden compost, horse manure and seaweed. It doesn't need to be dug in, the worms will do the work for me over winter. I haven't tried growing celery in the open ground yet but what I did grow this year is 'cutting celery'. It's a leafy crop, grown like mixed salad leaves and gives a mild celery flavour to a green salad. I grew it in a seed tray on a windowsill and think it would be something that children might like to grow because it's a 'cut and come again' crop. If you've grown antirrhinums (snapdragons) as bedding this year and especially liked a particular colour, it's worth potting up a plant and keeping it over winter in the greenhouse or a cool light place. I have Antirrhinum Black Prince and A. Twinny Peach which I keep in a pot over winter, cut back in spring to produce nice bushy plants then use the prunings as cuttings for new plants. You can do the same with salvias and penstemons. Although most pruning will be done in spring, it's a good idea to prune back some of the growth on buddlejas and roses as soon as they've finished flowering and to make sure that the new growth on climbing and rambling roses is tied in securely to prevent damage by the wind. Both these plants have been wonderful this year; it just shows what a difference a sunny summer makes. Buddleja Black Knight is one of my favourites, it is growing against a south facing wall alongside Rosa glauca and Malva Mystic Merlin. On a still sunny day the strong honey scent of the buddleja is almost overpowering and of course the bees and butterflies love it too. The sun has also allowed the hips on the roses to ripen well and I'm sure I won't be the only one making rosehip jelly later this month.



October is a good time to plant spring flowering bulbs (except tulips which can wait until November or even early December); we all think of daffodils and crocus but grape hyacinths (muscaria) and alliums also make a really good display. While watching the Beechgrove Garden on TV I saw a stunning combination of a purple leaved elder underplanted with a mass of alliums so I'm planning to try to re-create something similar next year. For a damper spot, what about camassia, leucojum summer snowflake or snake's head fritillaries? The key thing is to make sure the bulbs are planted deeply enough; as a general rule, plant at twice the depth of the bulb itself and remember that it is less harmful to plant too deep than too shallow. Daffodils are notorious for refusing to flower if they're not planted deeply enough which is why the larger flowering types planted in pots sometimes come up blind.

Plant of the month is cotoneaster. There are varieties for ground cover right through to large shrubs or small trees. They are easy to grow in any ordinary soil and at this time of year are covered in small red or black berries which the birds love. As soon as the weather turns a bit colder the leaves on the deciduous types start to turn a beautiful red colour. I have Cotoneaster horizontalis Variegatus which as its name suggests spreads horizontally along the ground and has very dainty leaves with cream edges, C. cornubia which can grow to the size of a small tree and C. melanocarpus which I grew from seed this year and is supposed to be wind hardy and good in coastal areas so we will see! 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.



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Shapinsay Wildlife Matters

by Paul Hollinrake

Water Buffalo

Twenty young water buffalo have been grazing the land at the RSPB reserve on Shapinsay for the last two summers.

They are doing an excellent job for conservation. They are hardy and very friendly and easy to manage on the reserve. I have got to know them and they seem to be very used to me now.

They have grazed areas that have not been grazed in living memory.

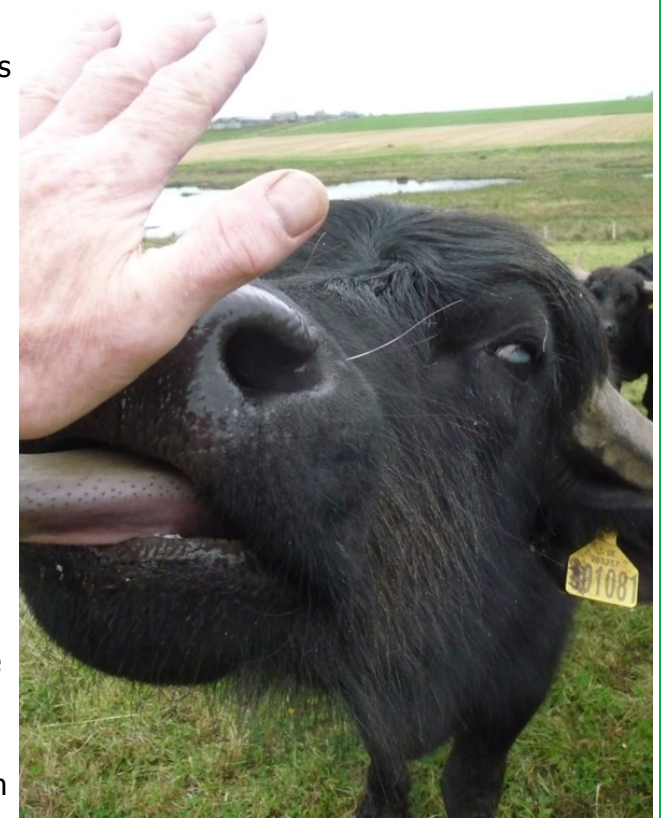


Nobody wants to risk their cattle in some of the wet areas of Mill Dam for fear of them getting stuck. Buffalo instinctively know where to go, where is safe and where they can go in to the water and get out again! They are relatively light weight and have large splayed feet well adapted to foraging in wetlands. They really love to wallow!

In the past we have brought in a digger to create small pools and open up drainage channels on the reserve. This is a difficult and expensive operation. The buffalo may reduce or totally negate the need to use diggers in the future as they open up pools naturally by wallowing in the existing pools which are getting choked with vegetation, and eating off rank and coarse reeds, sedges and grasses which they love.

Buffalo grazing areas hitherto ungrazed is removing rank vegetation and opening up the sward, which will make the habitat better for breeding ducks and waders in the future. It is well known that the insect life and other mini beasts increase in an area with more pool and ditch edges, which of course provides more diverse and increased food for the birds that use the reserve.

The buffalo will be returning to their farm in Deerness at the end of October, once their job at the Mill Dam for the summer is complete. They are owned by Naomi and Russell Bremner of Orkney Buffalo. We hope to see them back again next year



Buffalo number 01081 getting friendly with me