

# The Shapinsay Sound

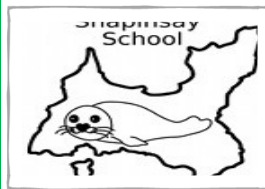


LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.  
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## Sports Award

We have already gained our Silver Award and we are now working towards our Gold Award. We have a Sports Board in the school where we display photos of the PE participant and the Football Player of the week. Our Sports Committee are working on improving Sports in the school, which includes PE lessons and Clubs and activities outside of school. (Written by Lisa Bady, Sports Committee member).

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## Pupil Council

We have had our Pupil Council elections and now have our new Pupil Council. They are Erin Boyd, Charlotte Diamond, Lewis Moncrieff, Paul Bady and Erika Bews. They will be meeting on Thursday lunchtimes and if anyone has any suggestions for Pupil Council, please put a note in the Pupil Council box in the school entrance area. (Written by Erin Boyd, Pupil Council member)

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## P4 – 7 News

We have been learning about vertebrates and their features. We learned about how the sun produces energy for the plants to grow and creating our own food chains. In RME we have been looking at how different religions view animals and how they treat them. In Art we have been learning to blend oil pastels to shade butterflies and have done some work on symmetry. In Music we have been learning to play Mamma Mia with different instruments like the keyboard. In PE we are learning about basketball and how to shoot and dribble. (Written by Cameron Boyd, P5)

SHAPINSAY  
DEVELOPMENT  
TRUST

# The Shapinsay Sound

October 2017

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## From the Chair

by Steven Bews



As I write this on a beautiful September evening the combines are finishing the harvest and trying to make the most of the breaks in the weather, let's hope the weather holds and we enjoy a dry October.

You may or may not be aware that I have been a director on the board for the last 4 years, and prior to that served on the board in its infancy, and in 2006 became Acting Chair for a brief period.

Following our first board meeting after the 2017 AGM I have been elected as Chair Person for the Trust. Having seen the level of commitment and time given to this role by my predecessor, I understand it is not a minor undertaking, and will do the best with the time I have to ensure the Trust continues to serve the community in the best manner possible.

I am aware that we have been seen to have not fulfilled expectations in terms of communication this year and this is something which I hope we can work to rectify. I would like to take this opportunity to reassure everyone that we will always have the community's best interests at heart, the directors are all volunteers who have taken on this role because they are willing to give their time freely and have a determination to see Shapinsay thrive and want what is best for the community as a whole.

The Trust's Development Plan is a working document which is the basis for informing future projects, this is still in draft form but is based on the feedback from community workshops and questionnaires which were circulated in 2016. The community were invited by various means to share their thoughts on what should be the Trust's main aims for the future, therefore the plan is a direct result of this community consultation and participation. I hope by my next newsletter we can have a launch date for this document, so the new board has a clear focus for the coming year and that everyone is fully aware of the aims of the Trust.

My first duty as Chairperson was to attend a full day visit of 30 delegates from across Europe and Scotland. Shapinsay played host to delegates from the European Small Island Federation, who came to see first hand what a small island community could achieve, there is more information on this event further on in the newsletter. I was then invited in to Kirkwall to attend the Scottish Island Federation AGM that evening, which reassured me that the challenges that we face as an island Development Trust are experienced throughout the country. This was then followed by a networking event for both federations, where the discussion amongst most of the delegates seemed to centre around transport. I then made use of the out of hours boat service, which appears to be unique amongst all the other island communities, which allowed me to return home to my family late that same evening, a service most delegates were envious of.

Hosting an event of this nature allowed us to showcase Shapinsay as a progressive and forward thinking community, which still maintains its unique island identity and heritage. Having grown up here, and chosen to stay and raise my family on the island, I want to see Shapinsay continue to thrive and maintain its position as a viable island community. This can only be done by ensuring Shapinsay is a desirable place to live and work, I believe we all have a responsibility to make Shapinsay the best place it can be. I hope in my time as Chair of the Trust I can help work towards this aim.



## Shapinsay hosts small islands fact-finding tour by Lynne Collinson



Shapinsay Development Trust was delighted to host a visit by the European Small Islands Federation last month. 32 islanders from 13 countries in Europe including Sweden, Finland, Greece and Denmark—as well as other small Scottish islands - spent the day on Shapinsay.

The delegates were in Orkney for the organisation's annual conference and to take part in a debate about Smart Islands at the Orkney Science Festival.

During their Shapinsay trip the visitors looked round the Boathouse and admired the 'Sew Shapinsay' project as well as visiting our Heritage Centre and having a minibus tour round the island. They were especially eager to see and learn about our community wind turbine and about our island transport service and the Out of Hours boat service which it funds.

Turbine Manager Adrian Bird gave a presentation to the group about Whirly. Boathouse Co-ordinator Rachel Chrin and Transport Administrator Eileen Phillips talked about our community transport and there was a slideshow about some of our many community activities. Community Energy Scotland's Mark Hull gave an overview of Shapinsay's role in the 'Big Hit' hydrogen energy project and other delegates shared about low carbon island initiatives elsewhere such as Biogas transport in Oland, Sweden.

SDT Chair Steven Bews welcomed the event saying "I had the opportunity to speak to various delegates from across Europe, those I spoke to were impressed by the scope of activities that the Trust undertakes: in particular the services which we provide to the community, such as the Out of Hours ferry, electric car and mini bus transport provision etc; the facilities which we provide at the Boathouse and the SWAP grant system. It gave the other island communities from around Europe some food for thought. It was also nice to receive some recognition for the work the Trust and its staff have done, and to see that what we have achieved to date is held up as an example of what other island communities aspire to".

Writing on the organisation's website following their Shapinsay trip ESIN Chair Camille Dressler said that positive comments from members about the visit included "the quality of community engagement is really remarkable here" and "this is an inspiration to all our island communities". As part of the day Camille presented Shapinsay Development Trust with a giant Green Energy flag as a 'thank you' for hosting the visit.



## Shapinsay Parent Council

### Bag Design Competition



Open to all School Children **Shapinsay** and **KGS**.

Draw a **SHAPINSAY INSPIRED** design in **ONE COLOUR**.

Entry forms available from Shapinsay School or Youth club.

Entries back to **Shapinsay school** or **Marie Dunnett** by 13th October.

## Garden Notes from Old School

## Part 2



The Red Admiral butterflies and bumble bees are taking full advantage of these late blooming flowers but when they do finally fade, leaving a few seedheads on the plants will give the birds something to enjoy. This year the blackbirds seem to have produced a much larger number of young than usual and they are now stripping the whitebeams of their berries almost before they are fully ripe. The seeds are then deposited around the garden (as is also the case with fuchsia) and the following year there are plenty of young seedlings to pot up as new trees. I also like to allow the last of the nasturtiums and annual poppies to set seed to collect for sowing next year. Sometimes however, the weather doesn't stay dry long enough for the seed to fully ripen and it's a pointless exercise collecting damp, unripe seed as it will simply rot. Some of the seed will of course disperse naturally and new plants will spring up in unexpected places next year. Doesn't it always seem to be the case that the seedlings which arrive under their own steam seem happier and do better than those which we carefully place in what we think is the right position for them!

Tasks that need to be done now are to reduce the height of both buddleja and willow so the winds don't rock them too much during winter. The long wands of the buddleja can be reduced by about two thirds now and then cut back further when they start into new growth next spring. Small shrubby herbs like lavender, thyme, rosemary and oregano will get a haircut with the garden shears just to take off the dead flowering heads but being careful not to cut back into the old wood. Potentilla and catmint can also be given this treatment before winter.

As the last of the climbing French beans have been harvested from the greenhouse, the plants have been cut down and composted; as the days get shorter and damper and the nights get cooler, there is an increased risk of botrytis so it's important to clear away any plant material that has finished its production. If there is a bright, sunny day, even during winter, it is a good idea to get some ventilation into the greenhouse but it's also important not to have huge temperature differences between night and day so getting that balance right this first year will be quite a challenge! I plan to experiment by lifting some kale and cabbages which have been growing outside and re-planting them into the greenhouse in the hope that they will continue to produce greens for us during the winter months and not rebel and immediately go to seed. I found that several of the cabbage plants which went straight into the greenhouse in June at the same time as the others were planted outside, found it far too hot and suffered badly. Next year, I will try sowing a batch much later, directly into the greenhouse. As the saying goes, timing is everything!

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)



## Shapinsay Wildlife Matters Part 2

The largest increases are geese, with none breeding in the early years and now teens of pairs regularly breed. The largest decreases are black headed gulls, which used to number hundreds of pairs in the 90s, but now very few pairs nest. There are relatively new species too. Sedge warblers are small warblers which have only started breeding here in the last five years, and reed buntings are steadily increasing with 3 pairs this year.

Curlews are now considered a highly threatened species in Britain, with massive declines noted recently. We have a very healthy population at Mill Dam and in Orkney as a whole.

The reasons for the ups and downs of each species are difficult to work out, and everybody has different and highly plausible ideas. To me the main thing is to accept change, but strive to do our best for as much variety of wildlife as possible, by providing good and varied habitats for them to be safe to feed, nest and go about their daily lives. That is what we try to do at Mill Dam.

By Paul Hollinrake. RSPB Mill Dam Warden.

## Garden Notes from Old School

As another gardening season comes to an end there's a chance to reflect on the summer we've just had. The real bonus this year has been the relative lack of strong destructive winds during the summer months. The plants have really appreciated the warmth and moisture and the chance to blossom and grow without being bashed around. It's quite easy to be lulled into thinking that this is the norm and have thoughts about planting all sorts of beautiful things seen in books or magazines but we all know that this will probably end in tears!

Walking around the garden, it's lovely to see so many things still flowering and being at their autumn best. Leaves gradually changing colour on the dogwoods and flowering cherries add to the picture. There is nothing subtle about the colours at this time of year. The gentle pastels of summer give way to the various yellows, reds and oranges of Helenium 'Red Army', Rudbeckia 'Goldsturm', Crocosmia 'Twilight Fairy Gold' and the last of the nasturtiums scrambling over the edge of the path. Add this to the almost fluorescent pink of the purple loosestrife Lythrum 'The Rocket', the bright metallic blue of the sea holly Eryngium variifolium and the zingy purple of the hebe and picture is anything but restful.



## Kirk News

This time I've got a bunch of dates for you to save! Our coffee afternoons at the Boathouse are starting again and the dates we've got in our diary are the 19<sup>th</sup> October, the 16<sup>th</sup> November and the 28<sup>th</sup> December between 2 and 4 pm. Also our [Christmas Community Carol Singing](#) event will take place on the 17<sup>th</sup> December between 4 and 6 pm. Hopefully this will enable you to plan ahead.

In October we're going to continue our 'A place to call home' study, a series of six Bible studies, for small group discussion, which have been produced by four churches (the Baptist Union of Great Britain, Church of Scotland, Methodist Church in Britain and the United Reformed Church) in collaboration with Housing Justice and Scottish Churches Housing Action. All studies are stand-alone so please feel free to come along to any of those even if you can't come to all of them.

On the 30<sup>th</sup> October we're inviting all the children to come along to the Light Party in the community centre. It's primarily done with and for the uniformed organisations but all children are invited and will be made most welcome. The Light Party is then for all children and young people in our community. It will be a time full of games and crafts! Supper will be provided. See you there!

Julia

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

## Shapinsay School Part 2



### **P-3 News**

We have been learning about the human body. We have been making things in our classroom for our role play area which is the Doctors' Surgery. We have learned about different parts of the body like the skull. In French we have learned words for parts of our bodies. (Written by Sinclair, P2)

### **Nursery News**

The children have been learning about colours, numbers and shapes. They have been joining in with PE lessons and playing in the Nursery and outside area. (Written by Sue)

### **Science Festival Visits**

We had several visits relating to the Orkney Science Festival. P4 – 7 learned that micro bits can be connected to the computer and programmed. Both primary classes learned more about origami and heard some stories about Japan. Lewis Hou came back to visit and told us about animal brains. (Written by Charlotte, P6).

**Finally – a peedie reminder that we are again collecting the Christmas shoeboxes to send away. If anyone would like to help by making up a box please let us know. Shoeboxes should be returned to school by the end of October.**



## Shapinsay Parent Council

**PLEASE** can you encourage your children when out cycling or on other wheeled toys to be **SAFE**. Information from <http://think.direct.gov.uk/cycling.html>

### THINK! advice for when you're driving

1. Look out for cyclists, especially when turning - make eye contact if possible so they know you've seen them
2. Use your indicators - signal your intentions so that cyclists can react
3. Give cyclists plenty of space when overtaking them, leaving as much room as you would give a car. If there isn't sufficient space to pass, hold back. Remember that cyclists may need to manoeuvre suddenly if the road is poor, it's windy or if a car door is opened
4. Always check for cyclists when you open your car door
5. Advanced stop lines allow cyclists to get to the front and increase their visibility. You must stop at the first white line reached if the lights are amber or red and allow cyclists time and space to move off when the green signal shows
6. Follow the Highway Code including 'stop' and 'give way' signs and traffic lights

### THINK! advice for when you're cycling

1. If a lorry is indicating left, passing on the inside can be dangerous. Hang back at the junction to reduce the risk of a collision.
2. Ride positively, decisively and well clear of the kerb - look and signal to show drivers what you plan to do and make eye contact where possible so you know drivers have seen you
3. Avoid riding up the inside of large vehicles, like lorries or buses, where you might not be seen
4. Always use lights after dark or when visibility is poor
5. Wearing light coloured or reflective clothing during the day and reflective clothing and/or accessories in the dark increases your visibility
6. Follow the Highway Code including observing 'stop' and 'give way' signs and traffic lights
7. THINK! recommends wearing a correctly fitted cycle helmet, which is securely fastened and conforms to current regulations

## Shapinsay Healthy Living Centre

Following a review of the ActiveLife membership that was launched in January this year, OIC are going to be offering an ActiveIsland membership for those of us that live in the isles and don't access the facilities on the Mainland.

Starting in mid October, it will be £12.50 per month for an individual or £17.50 for a family, to access the facilities in Shapinsay which at present include the gym, Fatburn Extreme classes and the yoga classes which start on 19th October. The budget membership will remain the same at 50p per activity, if you are in receipt of certain benefits.

The ActiveIsland membership offers great value for money as a session at the gym now costs £4.55 a session, so you only have to attend the gym 3 times a month (although we'd love to see you more often!) to make your ActiveIsland membership worthwhile.

Please contact **Annette** (711311), **Lisa-Marie** (711728) or **Louise** (711373) for further details or pop into the gym.

## Shapinsay Wildlife Matters

by Paul Hollinrake

### Mill Dam RSPB Reserve Breeding Birds

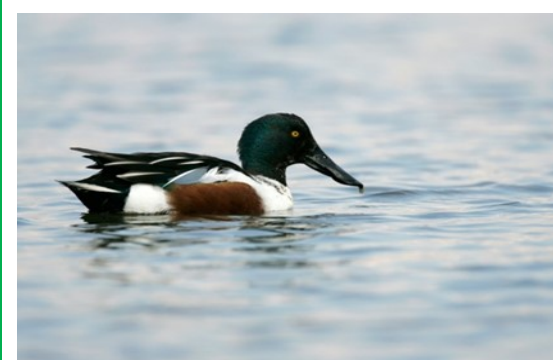


Curlew



Coot

Species	Pairs	Species	Pairs	Species	Pairs
Mallard	13	Coot	2	Linnet	2
Wigeon	1	Moorhen	3	Skylark	3
Gadwall	2	Water Rail	0	Pied Wagtail	1
Teal	4	Corncrake	0	Blackbird	1
Shoveler	10	Spotted Crake	0	Starling	0
Tufted Duck	8	Little Grebe	1	Sedge warbler	5
Pochard	0	B H Gull	5	Wren	1
Pintail	1	Common Gull	1	Redshank	5
Ruddy Duck	0	Arctic Tern	0	Curlew	8
Garganey	0	Pheasant	7	Lapwing	8
Shelduck	2	RL Partridge	0	Oystercatcher	9
Mute Swan	1	Meadow Pipit	12	Snipe	5
Greylag goose	15	Reed Bunting	3		



Shoveler



Reed Bunting

Every year I attempt to estimate the number of birds breeding at Mill Dam. It is quite a daunting task! There are up to 40 species that have bred since the reserve was first established back in 1993. There are standard techniques followed by conservationists all over the World which I follow. The theory being that the methodology could be repeated by someone else. This allows us to see trends, see which birds are declining and which are doing OK and which are increasing. This year 29 species bred. This includes 7 species of ducks, 5 species of waders, 8 species of passerines (perching birds like reed buntings) and an array of other species shown in the table. It is an impressive collection of breeding birds for such a small site.