

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.

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We have been enjoying the recent lovely weather and have been playing and working outdoors. We were really pleased that so many folk came along to the official opening of the new area. A big thank you to the pupils from KGS who came in to open it.

Nursery and preschool children (as well as the primary children at playtimes) have been enjoying

playing with the new blocks that the SDT kindly funded for us. Ian's made 2 "cars" as well for the children – and it's wonderful to see the children using their imaginations to travel to many amazing places!

P1 – 3 have been continuing with their learning about Shapinsay. They loved visiting the shop, learning about the post from Mervyn, a treasure hunt at the kirk, going in the fire engine and being pretend patients in the ambulance.

Huge thanks to everyone who has helped us with our project this term!

P4 – 7 made their own games using their knowledge of circuits – where a buzzer sounded or a light lit up when you got the answer correct. They even made their own burglar alarm into the classroom! The younger children enjoyed playing all their games. The older children have also been learning to play handbells and are doing really well.

If you would like to see more about what we've been doing in school please do check out the school website – www.shapinsayschool.org – there are up to date photos on the latest news and the class blogs.

If you have any Christmas shoeboxes please return them to school by 31st October as they are being collected on 1st November.

Finally, we are working on a recycling project called "Recycle with Michael" run by the Salvation Army. If you would like to help us raise money for the school by donating your unwanted clothes and shoes,

The recycle with Michael bags can be collected from the school or the shop

The filled bags can be brought back to school by 14th November when they will be taken to Kirkwall. Thank you!



SHAPINSAY
DEVELOPMENT
TRUST

The Shapinsay Sound

November 2016

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AGM 2016 - Important Choices - Don't Miss It!



I am sometimes just given a sentence to explain where Shapinsay is, and what Shapinsay Development Trust does. That's tricky but I find this sums it up quite well –

Shapinsay Development Trust works to ensure the future of the resilient island community of Shapinsay, one of the Orkney islands. Islanders are empowered and resourced by the work of the Trust in whose work they are intimately involved.

When I am asked about our day-to-day activities I talk about Whirly and how that supports our out-of-hours boat service, our electric car (and minibus) transport service, and about SWAP grants that fund and resource island activities.

I am also often asked about our island's future and then about what it has been difficult for the Trust to achieve. About the future I am always positive. As for difficulties it's the frustration of not being able to *'facilitate the provision of care facilities for the elderly within Shapinsay'* that's foremost in my mind.

We might have a window of opportunity to address this. The Scottish Rural Housing Fund offers capital funding to us and OIC are encouraging us to express interest. If an annual financial commitment can be made in support of well targeted enhanced care services then, there is scope for some of that housing to be *Sheltered* or even *Very Sheltered* and dedicated to those older folk who are no longer able to stay in their own home but who prefer to remain in Shapinsay rather than move to Mainland.

That support might come from the anticipated increase in turbine income from our exciting **BIG HIT** hydrogen energy project.

It would, however, take a considerable amount of concentrated consultation and then a decision from a strong, determined board of directors to push Shapinsay Development Trust onto that path.

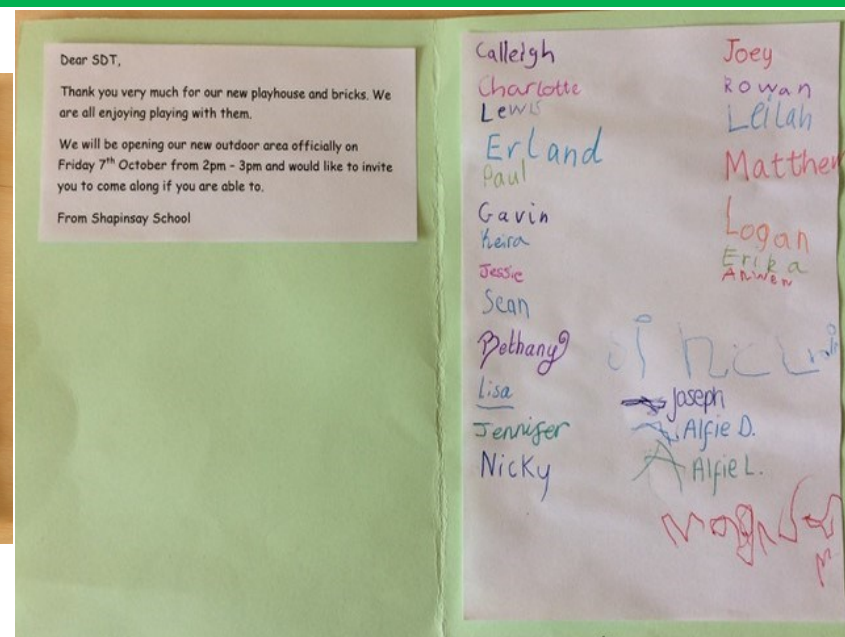
Each year at its AGM Shapinsay Development Trust seeks new commitment to, and a new mandate from, **YOU**, the folk of Shapinsay. The simplest way to show that is through membership but an even more proactive way is by joining the board. It's the skill sets of Shapinsay folk that resource the Trust's actions. It's **your** Trust.

If you'd like to see what I've outlined above happen then that would be a good reason to step up and put yourself forward to become a director. If you have a better, or different vision of your own then that would be a good reason too.

N. Thake - 26/10/2016.

Shapinsay Development Trust AGM
Tues Nov. 15th. 7.30pm Community Centre.

Thank you



Events at the Boathouse.



Events at the Boathouse on health and quality of life have been proving popular. NHS Orkney lead dietitian Lindsey Kolthammer gave a useful session on nutrition where 'everything in moderation' was the message. She also challenged our mind-sets about what is 'better for us' to include in our diet. If you would like to have been there but were unable to attend we have some A3 healthy eating colour charts available from the day. Do get in touch if you'd like one.

Also visiting Shapinsay last month to speak at a SDT hosted event was Toni Giugliano of Age Scotland. Toni led participants aged over 50 in a focus group to get their views about the ingredients for living a good life in later years. The session was recorded and the information gathered will be used as part of a research project involving the University of Stirling. A regular programme of events is planned at the Boathouse so if you have any ideas for topics which others might also find of interest then do let us know and we'll see what we can do to facilitate what folks would like to see offered on the island. Contact cao@shapinsay.org.uk



Creative Collaboration Opportunity! Part 2

Our idea is to work alongside others who are also interested in getting together as a group, not necessarily to produce a shared piece of work, but to find ways of working together, supporting each other and sharing some skills. If you're interested to know more, please get in touch, or leave some details with Lynne Collinson cao@shapinsay.org.uk. It doesn't matter how and what you work in, or even if you see yourself as an artist or not. If you want to be involved, you'll be welcome.

Fiona's website: www.FionaSanderson.com
Katherine's website: www.KatherineDiaper.com



Elemental Conversations Fiona Sanderson and Katherine Diaper



12th - 23rd June
Northlight, Stromness

Gallery open 10.30am - 5pm daily
Preview 11th June 6pm - 8pm

Voluntary Action Orkney

Voluntary Action Orkney (VAO) is working in collaboration with The Orkney Partnership and Orkney Health and Care to deliver a project named **Your Island Your Choice** which has a small grants fund attached to it.

Shapinsay Development Trust has been asked to promote a questionnaire associated with this project and we are happy to do so. It can be accessed online here - <https://www.surveymonkey.co.uk/r/W5Y2LVQ>

Paper copies will be sent to us and these will be available from the Boathouse when they arrive. If you'd like us to mail you a copy, then we'll be happy to do so. We will also bring them along to our AGM on the 15th November.

The surveys will also be available from Shapinsay Community Association. We are told that there will be "a public workshop and funding surgery" held in Shapinsay in late November or early December. We will publicise the date of this when it is known.

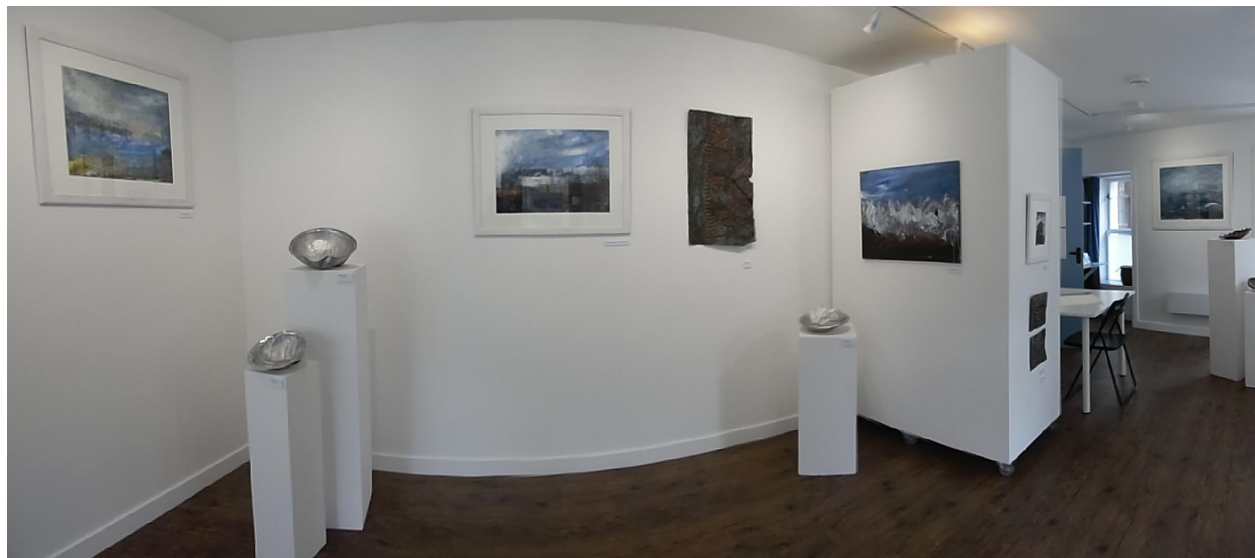
Creative Collaboration Opportunity!



Two Stromness artists, Katherine Diaper, painter, and Fiona Sanderson, metalworker, are hoping to do some work on Shapinsay early next year, and are looking to join up with people who like the idea of working together creatively. They've been in touch to explain their thinking so far.

We all know that when you're busy it can be hard to take a step back and do the things you'd like to, rather than just the things you have to do. As artists, we found that meant we were usually working independently, and in solitude, but wishing to share some of our creativity too. Last year, we decided to do just that, and worked together on a shared idea

that became an exhibition.



We found working together was an encouragement to enjoy, experiment, play with other ideas and unfamiliar materials, to make new discoveries. It has been a very open and flexible process, and it's been very good for us! We value working together, even though we are not producing shared work.

So, where did we start?

It began with a conversation. Every so often we'd return to that conversation with ideas and reflections, that would, in turn, build into the work we were making. By the time we were ready for an exhibition we found we had come to know each other quite differently, and really enjoyed having someone else to work alongside.

As the exhibition went on, we took time to look at the conversation we'd had, and used it to make paper based work that we would leave each other, in the gallery, to pick up and add to as we chose. This looks like it will become the basis of some new shared work too.

We're planning a collaborative project on Shapinsay, which might be to do with place, and connections with places. Fiona's grandparents were lighthouse folk who were on the light at Helliars Holm when their children were born, back in the 1920s. This feels like a good place to begin.

Kirk News Highlights of Poland

We usually try and visit family and friends in Poland once a year and at the same time spend a few days exploring the country. This time in Warsaw we attended the Polish Reformed Church and caught up with Julia's colleagues and acquaintances. There we heard among the notices about an exhibition on the Bible that we later went to. This included the very earliest clay postal service – a letter in clay covered in flour and then enclosed in an envelope of clay. The letter was opened by breaking the outer clay skin revealing the contents. Fascinating revelation! Also a copy of the first German printing press from the 15th century and many early copies of the first Bibles.

A day's railway journey across Poland took us to Walbrzych in the Silesian mountains. There we visited a XIIth century castle Ksiaz which was occupied and expanded upon right until the 1920s. Winston Churchill's sister-in-law, Daisy, was the last owner. Latterly it was the lair of the German high command during the Second World War.

A coal mine in Walbrzych closed in 1998 has been refurbished as a fascinating mining museum - trips to the pithead and underground and free coal if you wanted to carry it home (Kenny refused to put one in his pocket!). The refurbishment was part-financed by the European money. In fact much of Poland's infrastructure



benefits from European funding – the railways are modern and stations exceptionally clean and well maintained.

If you're going to Poland, no trip to Poland is complete without a visit to Krakow and the sobering experience of visiting Auschwitz and seeing the industrial scale of modern genocide. Another highlight was visiting the Russian csars

hunting forests in Bialowieza in eastern Poland. We've seen forest bison, elk, wolves and wild boar in their natural environment and dined in a restaurant housed in a refurbished csar's railway station. While there we took a trip in a very special railway car – see photo! All in all a very interesting European country.



Shapinsay Lifeboat Guild

Preliminary Notice

Annual Ceilidh, Supper and Dance

Saturday 4th February

Tenders are invited for the bar at this event.

Please contact Glynis before 12th November

We'd like to change the format a bit, so if you can sing, dance, play an instrument, do a sketch, or have any other talent - please let one of our Guild members know you'd like to perform. We plan to have an informal meeting in November to make up the programme.

Guild Members:-Heather, Jan, Glynis, Emma Clements, Louise, Margaret Eunson, Paul Evans, Sandra Rodwell, Helen Davis, Lisa-Marie.

Enclosed in this letter is an envelope if you would like to make a donation to the RNLI. There will be a box in the shop or give it to any of the above members.

Thanks to the SDT for distributing these.

Garden Notes from Old School

by Karen Evans

At last, I have solved the mystery! There is a class at the Horticultural Show, under Pot Plants, for Bride's Blossom. Various people tried to describe it to me, then someone gave me a young plant which I kept in the greenhouse. The leaves grew bigger and bigger, then this year it flowered! Long stems with many small pale pink flowers, very delicate and beautiful. I've been told that the flower spikes were somehow woven together to make a wreath effect. It looked vaguely familiar and a bit like another plant here waiting to be planted in the garden, *Francoa sonchifolia*. I checked my RHS reference book and there was an entry listed directly above, *Francoa appendiculata* or Bridal Wreath. A relative of the saxifrage from Chile, it likes well-drained fertile soil and light shade but is only frost hardy. Plant World Seeds say 'These lovely flowers were very popular in the past as pot plants', so now I know! This has been such a wonderful year in terms of weather, particularly being able to enjoy autumn. The month of November has a split personality; it is both the end of the season and also the beginning of the next. Blackbirds have completely stripped the Whitebeams of their berries so they will remain bare until next year. The last of the peas and beans have been harvested; a good crop from 'Canoe' and also a mangetout called 'Kennedy' which just went on and on. The broad bean 'Stereo' is marketed as being a mangetout if picked when young and that's definitely the case, very sweet and tender. If you miss some and they grow big, just use them as you would normal broad beans. When the last of the crop is picked, cut pea and bean plants off at the base, compost the tops and leave the roots in the ground so that the nitrogen stored in nodules on the roots can be used next year by the brassicas.



Amazingly, there are still one or two courgettes left to pick though the next cold wind will finish them off. The nasturtium 'Just Peachy' is twining itself in and around the courgette plants and still producing plenty off flowers. Lettuces are starting to run to seed now but there are still useable leaves that can be picked off the main stem. A red cos variety 'Nymans' has been good this year, inter-planted with scotch marigolds (I think called 'Flashback'), with large double blooms and a red tinge to the backs of the petals. Marigolds are supposed to help keep aphids away so I always plant them between rows of both lettuce and cabbages.

Looking now towards next year, I have planted my garlic. As long as there is good drainage, garlic will be better if it has a period of cold in the ground. Last year, I missed the boat and didn't plant until spring, so although I still got a perfectly useable crop, it hadn't developed into nice big bulbs with separate cloves. Strawberries have produced lots of runners with new little plantlets attached. If the new plants have rooted, simply cut away the runner, dig them up and replant where they're wanted, or alternatively, pot them up and put them somewhere protected ready to plant out next spring. Cut off the old leaves from the original plants and mulch around them for protection.



I'm still working on a new planting area and I love playing around with different combinations, trying to ensure a succession of colour throughout the year. Looking great at the moment and my Plant of the Month, is crocosmia. I nearly shock myself with this decision, as the dreaded orange montbretia is one of my most hated plants but there are many lovely forms of crocosmia that are well worth growing. Most people will have heard of 'Lucifer', a strong growing deep red variety that really makes an impact if you have the space for it. Sadly, my memories of lifting and dividing huge mature clumps of this plant, mean that it's not one of my personal favourites. I prefer the smaller, more subtle varieties such as Crocosmia 'Solfaterre' and the Twilight Fairy series 'Gold'.

Both these have a bronzy coloured tinge to the leaves which really sets off the flowers. For something a little taller, try C. masoniorum Rowallane Yellow or C. Walberton Yellow, or for something with a bit more spice, C. 'Salsa', a golden orange with a red ring at the throat.

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

Shapinsay Community Association

At our AGM in September the SCA decided to expand the number of office bearers in order to share out the workload.

The community association is made up of a keyholder for every group that uses the community centre. At present this means the community association has 26 keyholders, which is quite a sizable committee! So, we now have an Executive Committee, which will meet regularly to ensure that the community centre is running at its best for the benefit of the community.

The Executive Committee is;

Chairman & Booking Clerk – Annette Kirkpatrick

Minutes Secretary – Leanne Bews

Correspondence Secretary – Paul Evans

Treasurer – Peter Coomber

Funding – Louise Hollinrake

Housekeeping – Jan Buchanan

SDT rep – Lynne Collinson

Headteacher – Emma Clements

Please note that our charges will increase on 1st November.

Activities run by the Association £1.50 per adult, £1 per child

Clubroom	£10
Hall	£25 per session
	£30 whole day
Dances	£35
Dinner Dances	£50
Weddings	£150
Steward	£11 per hour

All bookings should be made with Annette on 711311 or e-mail shapinsayca@gmail.com

8th Orkney (Shapinsay) Scouts

3 cubs, 2 scouts and 1 leader took their promises in October.

