

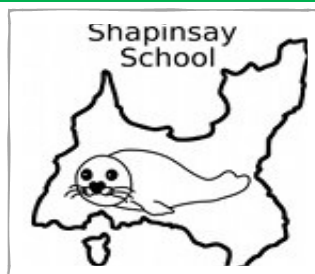
The Shapinsay Sound

LOCAL

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.
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As this goes to press, the children haven't yet started back at school so there's not much news from the school this time.

We are however gradually getting the school ready for the start of term. The new fence is now up at the front of school, and hopefully by the time the Shapinsay Sound reaches you we should have started using it.

We also have some new windows in the library and a new door from the Nursery to our new outdoor area. Please see the next issue for more news on what we are doing!



SHAPINSAY
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The Shapinsay Sound

From the Chair

by Sheila Garson

September 2016

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Once again Shapinsay put on two great Shows on the 9th August, despite the challenges of the weather. As a community we are indebted to the organisers and exhibitors who put in so much work to make this happen. It really is impressive for a peedie island like ours.

Thank you to everyone who took the time to come and visit us at the Boathouse on Show day. It was great to have a good mix of islanders and visitors and to get your input.

We were delighted to have a visit from John Maguire and his camera man, from BBC One Breakfast, on Show day. They were in Orkney making two programmes, one on Brexit and one on the difficulty of retaining young folk in remote rural areas. As the BIG HIT project is funded through Europe they were particularly interested in how Brexit might impact on this and on the wider community. They returned to the island in the evening to do some filming at the Show dance too. How much of Shapinsay will appear on the final programmes remains to be seen, but if you want to see them, they will be broadcast in the week beginning September 5th.

In many ways the Shows herald the end of summer. By the time you read this the schools will be back after the long summer holiday and folks thoughts will be turning to harvest. As the nights begin to draw in the winter activities will get underway again so keep an eye on the calendar to see what is happening on the island.

We will soon be holding our AGM and the Board are keen to recruit new directors. The Board have responsibility for the strategic direction of the Trust and meet every 4 to 6 weeks. If you have an interest in the community, why not stand for this interesting and worthwhile role. Please feel free contact me or any of the directors if you'd like to know more.



Younger Islander's Viewpoint

Younger Islander's Viewpoint – *the first of a series by younger members of our community.*

My name is Markus Muir, I live on our family farm in Shapinsay and I am 13 years old. My Dad and Grandad work on and run the farm. My Mum and Granny help out. I have a brother who is 11 and a sister who is 6. Me and my brother quite often help on the farm. A farm is a great place to live.

Being a young person living on Shapinsay is a great experience. It is a very safe place to live and the island's landscape is beautiful. Meaning there are many things to go and do and see around Shapinsay. From my point of view though it lacks things like clubs for teenage people. I think younger people in Shapinsay would benefit from more clubs aimed at their age specifically teenagers.

The thing I most appreciate about Shapinsay is the islands history and farming culture. I love spending time outside either helping on the farm or just playing outside. I sometimes spend time playing with my friends online.

In the future I would love to stay in Shapinsay. I would like to become a farmer and work on the family farm. In school I have a project coming up called the Fereday project and I've to research for my project something related to farming in Shapinsay. I chose this topic because it is something that I'm interested in and I know I can do a lot of research on.

Thank you Markus for sharing your thoughts about life on Shapinsay. If you're a younger island resident and would like to write your own short article for the Shapinsay Sound please let us know. Also, if like Markus you think there could be more clubs for teenagers on Shapinsay and you have some great ideas you'd like to discuss please contact our community action officer Lynne Collinson.

cao@shapinsay.org.uk



Orkney Science Festival Pop up Xtra on Shapinsay!

What is a compassionate community and what can compassion mean at the end of life? What can we learn from community palliative care volunteers in India and Bangladesh? And what can they learn from us about compassion in an island community?



Dr. Shahadus Zaman

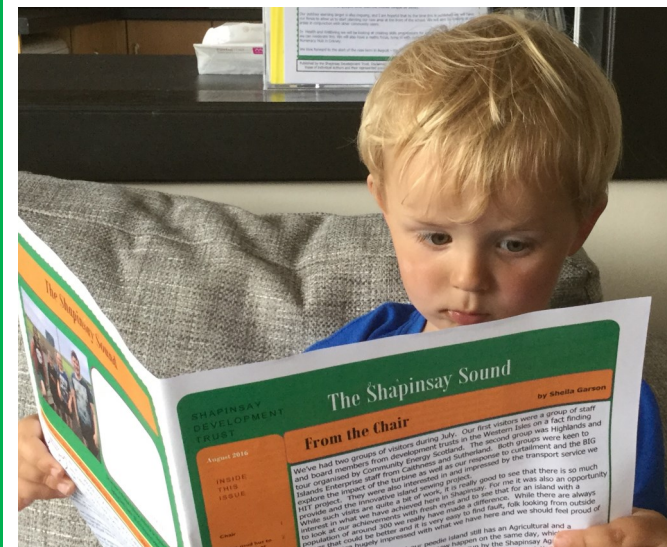


Rev. Dr. Hamilton Inbadas,

Join the discussion with two global end of life experts, medical anthropologist Dr. Shahadus Zaman and bioethicist Rev. Dr. Hamilton Inbadas, both of the University of Glasgow End of Life Studies Group. Hosted by Shapinsay Development Trust, this free event will take place at the Boathouse on Thursday September 1st at 7pm.

For more details contact cao@shapinsay.org.uk.

The Shapinsay Sound



Something for Everyone!

Free copy

Delivered to your door every month.

Let us know if we need to add anyone new to our mailing list.

SDToffice@shapinsay.org.uk

Inspirational day for kite flyers!

by Lynne Collinson



Shapinsay was the venue recently for a pop up kite workshop led by a talented visitor to our island. German silk banner artist Tanja Leonhardt was on the island to stay with her friend Anna Miesicka-Lidderdale and took time out from her holiday to let some of us fly her amazing creations! She also got us busy decorating kites of our own in a creative event hosted at the Boathouse by Shapinsay Development Trust.

Tanja encouraged those taking part to think of words which meant something special to them to paint on the kites, saying "if there's some writing on the kite that comes from your heart – it's like a little part of yourself that's in the air – shining and glittering in the sun"



Breezy conditions made the flying a bit tricky at first but soon everyone's freshly decorated kite was soaring high to cries of delight! Tanja says that the dancing of the kite in the wind gives the flyer a "dancing on the inside" experience of joy and those taking part certainly agreed.

Some described it as a magical and even emotional experience – the younger folks finding it great fun and the adults saying it was relaxing and therapeutic taking them back to their childhood days.



We hope to have more fun with banners and kites with Tanja if she comes to Shapinsay again next year. In the meantime you can view her fabulous silk banners being flown as art in the Orkney landscape on her website at <http://www.atelierleonhardt.de/seidensprachen%20index.htm> if anyone is interested in starting a kite making or flying club off the back of this popular workshop we'd love to hear from you. To get in touch email cao@shapinsay.org.uk



Philosophy for Adults

The group will be starting again in September, meeting at the kirk at 7.30pm on the first Wednesday of each month.

This is an opportunity to meet to discuss the things we never get a chance to talk about much – the "big" questions. We start each session with a stimulus to get us thinking. So far we have discussed things like belonging, art, the mind, eternal life and bravery. Please come along if you would like to find out more – all are welcome!

Handbells

Following the visit from the Caithness Handbell ringers, we now have our own fledgling group. We are meeting on Monday evenings from 7 – 8pm in the Music room. You don't need to be able to read music!

Please come along if you are interested – all are welcome (older children with an adult please).



Garden Notes from Old School

by Karen Evans

Well the shows have come and gone and as usual at this time of year, we feel the seasons changing. Those strong winds at the beginning of August caused damage in both the flower and veg gardens; scorched foliage and blooms bruised and browned. There will be some people who anticipated the effects of the weather and carefully protected or staked their plants and who can quite rightly be feeling very smug just now. I wish I was one of those people but as usual, and I expect like most, I end up trying to deal with the after effects of the damage. Staking plants when they are already at full height is never really successful, certainly not from an aesthetic point of view anyway; they always look trussed up as if they're in a corset. The best thing to do now is remove the damaged top blooms, cutting just above a leaf node; the plant is now at a more manageable height to stake and hopefully there is still time for new buds to open.

I was away for nearly a month in July and in the words of Monty Don, "the garden had been partying long and hard" in my absence; peas and beans were covered in chickweed, young cabbages and kale were reduced to little skeletons by slugs and larger cabbages were also very damaged. There's been a lot said about Diamond Moths but having 'Googled' this I'm not convinced they are the culprits; could it have been Flea Beetle damage? The gooseberries were nearly stripped of foliage by sawfly but thankfully, there is still a good crop of berries. I don't use chemical sprays so would normally pick off the caterpillars every day; there're always one or two that get missed but between me and the birds, we keep it under control. I'll give them a good feed with liquid seaweed and there shouldn't be any long-lasting effects.

In addition to horse manure and seaweed I use home-made compost in the veg garden which includes all the dead heads, leafy prunings and other bits and pieces of plant material tidied up from the garden. It amazes me how many unexpected seeds germinate from this - pansies, foxgloves and poppies all appeared this year. Apparently, each poppy seed head will contain around 17,000 seeds of which 3,000 can remain viable and dormant in unworked ground for at least a century. Now that's what I call a will to survive! When I worked as a volunteer gardener at Branklyn Garden, a National Trust for Scotland garden in Perth, I remember the Head Gardener telling me that all seeds want to grow, it's just a case of us giving them the right conditions. The two main reasons for seeds failing to germinate are, either that we bury them too deeply or that the seed is too old. Many seeds need light to germinate which is why the poppies appear when the ground is cultivated. Some seeds need to be sown fresh, such as primulas and others such as astrantias, need a cold spell; sprinkle them on the surface of either vermiculite or grit and put the seed tray in an unheated greenhouse where they will sit out the winter and germinate in spring.

Plant of the month is the red hot poker which also comes in colours other than red; some are apricot, bronze, pale lemon or green fading to cream with lovely names such as Kniphofia Percy's Pride, K. Bees' Sunset, K. Pineapple Popsicle and K. Toffee Nosed. They look superb planted next to the blue and purple autumn flowering Michaelmas daisies. In their native South Africa, they enjoy warm damp summers and dry winters so in our climate they're best in a border that drains well in winter; we don't need to worry that they will get too dry during the summer!



In the border, continuing to remove dead flower heads will prolong flowering for as long as possible although with the autumn equinox approaching and light levels reducing, there won't be much more top growth.

However, it's a good time to plant out perennials; the ground is still warm so they can make plenty of root growth, becoming strong plants for next year. In the veg garden, assess crops grown and make notes for next year; there are some tried and tested old favourites that I wouldn't be without but some of the newer varieties don't always live up to expectations. The seed catalogues are already appearing through the letterbox and no doubt all the glossy photographs will tempt me, like thousands of others, to try something new and 'better' (really?!) for next year.

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

Kirk News

Thank you so much both to all those who helped with the kirk table at the Show and to those who came to see us. It has been a great success and we are delighted to have done it.



The greatest attraction turned out to be the communion tokens and offering ladles. Lots of interesting ideas as to how those were used were put forward before we finally revealed what these were! Well done everyone!



This year is a year of firsts for us as in September we're going to have the first ever Kirk Open Day. It will take place on the 17th between 10 am and 12 pm. It will be run as a coffee morning – funds from which will go to the Shapinsay Medical Fund. There will also be a display on the kirk's past, present and future with an option for you to put a cross against activities you'd like to see happen in your community!

This will help us determine what the needs and interests are and respond accordingly. Do come along on the day – we hope to see you there!

Last but not least I'd like to mention a new development. There are a few folks in the community who started getting a CD with a recorded service from Kirkwall East (we don't have recording facilities in Shapinsay). If you can't get to church but would like to get such a CD weekly, please do let me or any of the elders know.

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

Calling women involved in farming on Shapinsay!



©James Hutton Institute

Women in farming on our island are invited to contribute to research commissioned by the Scottish Government to build a picture of the role women play in agriculture across Scotland.

Studies in other parts of the UK, Europe and beyond shows that women's work on farms is under-reported and that women are not well represented in farming organisations but so far there has been no information on this topic gathered from Scotland.

Women living or working on farms, crofts and small-holdings on Shapinsay will have the opportunity to meet the researchers in an informal session at the Boathouse towards the end of September over coffee and cake!

Anyone interested please email cao@shapinsay.org.uk for more details.