

The newsletter for the island of Shapinsay produced by the Shapinsay Development Trust.
Registered Charity Number SC034818; Registered Company Number SC255127.

Shapinsay Lad's Climbing Journey

Training

Sean climbs at the Picky Centre training 4 times a week when he can. Tuesday and Sunday nights are dependent on the OOH boat running, so can be limited in the winter months. Tuesdays he trains with the members of the Orkney Youth Squad and Sundays are club meetings. He enjoys climbing with the squad on routes they enjoy or working on their project routes. On Fridays Sean attends his NICAS climbing session and is about to complete level 4. Saturday mornings he's up and on the first boat again to get into the picky to climb during their public session.

Competitions

The Youth Climbing Series (YCS) is a yearly series that selects young climbers to be part of the Scotland Squad and subsequently the Scotland Team who are invited to the British Final to represent Scotland.

There are 4 rounds to the YCS two roped climbing. Sean was in youth C. This is lead climbing where they clip onto the wall as they climb. This can result in some quite spectacular falls, when walls are up to 18m high. They have 4 routes to climb with only 1 chance at each route. Two rounds are boulder rounds - where they are not tied onto the wall – and climb up to a height of 3/4m. Slipping means falling hard on the mats. They have 2 hours to complete 8 boulder climbs.

This year due to covid all the young climbers were dropped off at the door and had to manage the competition without the help (or hinderance!) of parents.

Round 1 Ratho, Edinburgh

The first round was Ratho in Edinburgh. Ratho is built into a quarry, so the early start at 8am meant the wall and the holds were cold, Sean said that his hands were numb from the cold half way up at the holds were so cold. Sean climbed well, topping his first climb. Each climb gets significantly harder as the route setters are aiming to make the routes as difficult as possible for them. Sean enjoys climbing at Ratho, with the wall almost twice as high as Picky on some routes it really does challenge his strength and stamina. After the four climbs he finished 3rd. Unfortunately, due to covid they decided not to have podiums to allow the climber to celebrate!



Round 2 – Eden Rock, Edinburgh



Eden rock Edinburgh. This is an industrial unit set out with 50+ boulder problems. Sean had to manage his time and climbing plan himself, no input from coaches or parents. This is where the team support each other as they discuss problems, sharing how

the managed each route. You'll see them doing the climbing hand dance planning and discussing their route. Once they complete the routes they hand in their score cards and wait for the results. Sean finished 4th.

Round 3 – Perth College, Perth

This was a roped round in Perth. Since this was in the October holidays, we took the opportunity to go early so Sean could climb on the wall familiarising himself with the layout before it was closed and reset for the competition. This was tense for Marie as she had managed to sneak into a viewing gallery. Marie was keeping track of his climbs as a 3rd in this round would leave Sean in a good place for qualifying for the Scotland Team. Sean was the tallest in his group which means he also had the biggest hands! First two routes went really well. Third route was lots of very small "pinch" holds not great for his hand size, this route didn't go too well but Sean was happy with how he climbed and managed as far as he could. The last, hardest route was proving tricky for a number of the other competitors, but this was large "volume" holds which turned out to be perfect for Sean. He finished this round joint 2nd!



handing in their score cards early as they had given it their all. It was a tense wait for the scores to be published. **Who had made the final?**

Sean made it finishing 4th but, overall because he

had attended all 4 rounds, he finished 3rd in the series!!

British Final - Southampton.

Orkney to Southampton couldn't have been any more of a trek! This was a two-day competition. **Day one:** boulder problems, and **day two:** lead rope climbing. The same format of 8 boulder problems in 2 hours. Sean climbed brilliantly. Finishing 15th after day one and ahead of both other Scottish climbers, who placed 16th and 17th. Day two roped was difficult but Sean gave it his all enjoying every minute of the experience. He finished 16th overall and 2nd of the 3 Scottish climbers. His personal best score.



Now he is training for next year to hopefully get back to being a part of the Scottish team and competing at the British final. This year he has the opportunity to travel South for training with the Scotland team.

Thank you to Shapinsay Development Trust, Shapinsay Community Council, Orkney Island Council, Pentland Ferries, Loganair and Cooke Aquaculture for your support to attend these competitions.

Round 4 – The Prop Store Glasgow

Sean was joint 3rd overall with another young climber going into round 4 at the prop store in Glasgow for the second boulder competition. Only one of them would qualify for



the Scotland Team and go to the British Final – no pressure!

Again, Sean was dropped at the door and was required to manage his 8 climbs, 5 attempts in 2 hours and his score card. This was a really tough set round, all the climbers struggled,

SHAPINSAY SCHOOL

In March we will be taking part in World Book Day, and raising money for Comic Relief. If you would like to donate towards Comic Relief we will be happy to add it to the school's fundraising.

In Philosophy the children have been discussing colour, and whether colour is real or perceived. We looked at a lot of illusions, and talked about the colours that different animals can see.

The children have also been learning the songs for "The Piper" which we hope we will be able to perform in the summer term.

Nursery



We have been playing lots of board games, learning about turn-taking, fairness and having discussions about the importance of following the rules. We have also been enjoying potion making and investigating different scents such as peppermint, strawberry, lemon and orange. The children are still enjoying a café in the role play area. In PE we have been continuing to work with rugby balls and have been doing rocking and rolling in gymnastics.

P1 – 4

P1 – 4 have continued with their work on lighthouses, and are in the middle of making their own "Lighthouse Keeper" story books. So far, the children have planned their stories, and started to write them. We are working on editing them so that they are the very best they can be. In music, the children worked together to create a soundtrack for the short-animated film "Lighthouse". In Social Studies, the children learned about the first lighthouse – the Pharos. In technology we are building our own lighthouses and hope to experiment with electric circuits and coded micro:

bits to create flashing lights for them. We learned that the French word for lighthouse is phare, as we have been learning the names of different buildings in French. In ICT we have been learning how to save items, how to send Emails and how to attach our saved items to our Emails. We are also hoping to work with the older class to code micro: bits. In art we have continued with our weaving and have made some woven baskets using paper cups as our loom. We will be doing more weaving using different looms throughout the rest of the term. In PE we have been continuing to work with rugby balls and using a range of travel movements, pathways, rolls and jumps to create gymnastics sequences.

P5 – 7

In English, the P5-7 children have been reading and writing instructions. Spanish work has included being able to express opinions on a variety of sports and being able to give reasons for those opinions. RME learning has been about Islamic beliefs, the Koran and mosques. Technologies has involved working with engineer Dave Craig on designing, making and testing wind powered machines. The children have also been programming Sphero robots so that they move in different directions at different speeds, make noises and flash patterns of lights. Art has included making a range of tones with charcoal and pencil and learning to use techniques such as cross-hatching and stippling to make drawings look 3D. In PE we have been learning netball skills and playing team games using those skills, we have also been exploring counter balance and counter tension as part of work on creating gymnastics sequences.



Shapinsay Community Association

Are holding a

COFFEE AFTERNOON



On Sunday

13th March

From 2-4pm

Come and enjoy a tea or coffee
and some homebakes.

There will also be a raffle.

We are raising funds for:

Shapinsay Community Association funds

All current COVID guidelines will be followed.

Garden Notes from Old School

Until recently, it had been a dry and fairly mild winter but then rain, snow and hail all put in an appearance and now the ground is soggy and waterlogged in places. March is often a totally unpredictable month so let's hope that the old saying 'in like a lion, out like a lamb' holds true.

Over time we get to know our gardens intimately; the dry, free-draining spots, the areas that become wet in winter but drain in summer and the areas that never fully dry out. Choosing the right plants for each of these conditions is important if they are to not just survive, but flourish. At the lowest point in my garden the ground is always wet in winter and never fully dries out even in the height of summer, so this was an ideal spot to plant yellow-stemmed willows for winter colour. Every other year, sometime towards the end of March, I cut the stems down to about 6ins (15cm) high which stimulates the growth of fresh new stems which have the best colour the following winter. The same technique also works well with red-stemmed dogwoods



(*Cornus alba sibirica*). I have tried growing *Cornus* Midwinter Fire which has amazingly bright orange stems but it doesn't seem to be as hardy as the others; every winter it suffers a lot of die-back and never really seems to get growing strongly. I suspect it needs a much more sheltered position. These coloured barked shrubs look fabulous in the low winter sun and the red dogwood stems seem to glow against the pure white of snowdrops. Each year, when the snowdrop flowers have finished, dig up a clump, split it into smaller sections and replant them into other areas in the garden. They establish best when they are re-planted like this, 'in the green'. At first, they'll just flop, then they'll disappear for summer and if you're like me, you'll probably forget where you've moved them to, but next year, they'll re-appear and it's always a joy to find them in places I'm not expecting!



After snowdrops come the hellebores or lenten roses and in sheltered spots, they are in flower now. In order to get the full benefit of the flowers, cut back all the old leaves from last year and mulch around each plant – bark chips work well for this.

They will often self seed but the new plants are, more often than not, a non-descript pink colour. This is fine to bulk up the number of plants in an area but if you want something a bit more showy, it's best to buy a named variety.

Following on closely behind are the pulmonarias or lungworts which are planted amongst the hellebores as they enjoy the same



conditions of part shade and moist soil. Many of mine have the classic flowers which show pink and blue flowers at the same



time but there are others that are more pure in colour such as *Pulmonaria* 'Raspberry Splash', P. 'Blue Ensign' and P. 'Sissinghurst

White'. I rate them as invaluable plants for this time of year on two counts; firstly, they are a real favourite with the early bees and secondly, they're not eaten by slugs!

A shrub I've been particularly pleased with this year is *Mahonia* 'Winter Sun' which flowered for the first time. It certainly lives up to its name; this photo was taken on 7th January and the flowers really are a sunshine yellow. Hopefully it will go on to produce smoky blue berries later in the



year. Now planted in a sheltered spot in semi-shade with ivy and a silver variegated privet for company, this is its second home after it sat miserably in its first location and refused to grow. Over the years, I've become more philosophical about moving plants. Even if I think I've put them in a spot that I believe should suit

them, if they don't 'do', I'll put them somewhere else.



Cyclamen growing in clay pots on the bathroom windowsill have been producing flowers for weeks now and are coming to the end of their show. Soon they will go to a shady spot in the cold greenhouse to rest and conserve their energy ready for next year's display. Every year I like to have a few

dwarf iris in pots in the house in order

to appreciate their delicate flowers and scent. They are perfectly hardy and do grow outside but the flowers get spoilt by rain and wind. This is a variety called Iris reticulata 'Alida' which I bought from Shearers and which were planted at the beginning of December. I like to buy a few new bulbs every year for pots, then at the end of their flowering, they won't be wasted, they'll be planted in the garden in the most sheltered spot I can find.

When the days start to get noticeably longer I become impatient to start sowing seeds but it's prudent to be cautious. If the plants are to eventually go outside then it's best to wait a bit so that the seedlings don't become tall and leggy while waiting for the weather to warm up enough for them to go into their final positions. However, broad bean Aquadulce, radish French Breakfast and spinach Lazio have now been sown in the greenhouse because that's where they'll stay to grow on and they are all hardy enough to germinate at lower temperatures. Any of the flowers described as 'Hardy' can also be sown at the end of the month either directly into the ground outside or in modules in a coldframe for planting out later. Plants described as 'Half-hardy' need warmth to germinate and can't go outside until the last frost has passed but many also take a bit longer to develop so they too can be sown at the end of March.

I've sown two varieties of tomatoes, both classed as 'cherry' and with a really good flavour, Gardener's Delight and Sungold. These definitely need warmth to germinate and mine are started off on top of the boiler where they get a constant gentle heat. As the plants get



bigger they must be very gradually acclimatised to a cooler position until they can be planted into pots in the greenhouse. I always plant dwarf French marigolds in the same pots as the tomatoes to help keep whitefly levels under control.



In a previous newsletter I wrote about the 'no dig' technique (championed by Charles Dowding) and received some feedback saying that this system wouldn't work in Shapinsay because the ground gets too wet and becomes compacted. This made me realise that perhaps the concept had been misunderstood. No dig, in this context is not a case of simply being 'exactly what it says on the tin'; it isn't an excuse to be a lazy gardener! The idea is to build up the soil level using a layer of about 4ins (10cm) of any organic matter, either as a mulch around flowering plants and shrubs or onto the vegetable beds. This is carried out on a regular basis either in autumn when crops are cleared and/or as soon as a crop is harvested and before the next is planted. In this way, the worms, micro-organisms and fungi in the soil do all the work to create available nutrients to the plants. Soon, the soil becomes more friable and easy to work with. Rain, even heavy rain, filters down slowly so drainage is actually improved and as long as you don't walk on it, it never becomes compacted. Have a go - you won't be disappointed!



Successful SWAP applications January/February 2022

A Leslie: £136 towards Nail courses and equipment.

K Muir: £330 for 10 driving Lessons

Shapinsay Lunch Club

Lunch Club is back!

When? Wednesday 16th March from 12.15

Where? At the Community Centre, in the Clubrooms.

Who's welcome? All residents of Shapinsay over the age of 50.

We enjoy a hot meal, a cuppa and a raffle! There is often a programme of entertainment (Covid restrictions still apply) which may be music and song, speakers, slide show, games or just a natter.

More information will be on the Shapinsay residents FB page and a poster in the shop nearer the time.

Transport can be arranged, if you would like to find out more about Lunch Club or to arrange transport, please contact Jan on 711270



Shapinsay B.A.L.L group
Mondays 7th & 21st March
The Clubrooms
2pm
anyone over 50 years
come along for fun,
friendship and opportunity
to try some new activities.
Contact Alison 711 733 or
07867622814 if you would
like more info.



What is a B.A.L.L. Group?(Be Active Long Live)

What would participants get from attending B.A.L.L group?

The benefits of attending a B.A.L.L. group:

- Being part of the community
- Keeping active
- Improved physical and mental health
- Good company
- Choice of activities
- Being valued
- Advice & information

The B.A.L.L. projects objectives are:

- To provide opportunities and choice for older adults in Orkney
- Improve confidence, self-esteem and mental health
- To engage older people in the planning & running of their groups
- To improve quality of life by increased mobility, lessening the risk of falling
- Improve physical health in general
- To foster companionship
- To develop sustainable programmes by supporting people to become self sufficient

Shapinsay Development Trust



Welcomes you to

'The Piece Place'

At The Clubrooms

2-4pm



Wednesday's 2nd & 23rd March

All ages welcome

You are welcome to book a table or to drop in. To book a table please phone Alison 07867622814. Free Transport available phone Eileen- 07798570439

Fancy a cuppa, Homebakes and catch up in a safe and socially distanced environment? Why not come along to The Piece Place. There is no charge, donations to the Wellbeing Fund which is used for the benefit of island residents if desired.

We look forward to welcoming you.

Please adhere to the current Covid guidelines which are:

- Wear a mask/face covering on entry and exit to The Piece Place.
- Masks can be removed when seated but must be worn when leaving the table.
 - Sanitise hands upon arrival and exit.
 - Track and Trace records will be kept for 21 days.

Thank you for your co-operation.



Shapinsay Community Council

The next meeting of Shapinsay Community Council will be held on Wednesday, 23 March 2022 at 7pm (venue to be confirmed) and that any agenda items should be with the clerk (shapinsayclerk@gmail.com or c/o Democratic Services, Orkney Islands Council) no later than midday on Tuesday, 15 March to ensure they are included.

Health Walks

Meet outside the Boathouse

2pm on Tuesday's 1st, 8th, 15th, 22nd & 29th March

Gentle walks in the winter months are in the surrounding area of the village, and all on pavements, tracks or footpaths. All ages and abilities welcome. The walk goes wherever is most sheltered on the day. If the walk is postponed due to weather it will be intimated on Facebook.

Any queries contact Alison 07867622814



SHAPINSAY COMMUNITY COUNCIL

TENDERS ARE INVITED FOR THE 2022 and 2023 GRASS CUTTING

of

**SHAPINSAY KIRKYARD
COUNCIL HOUSE AREAS
AMENITY AREAS
BURROUGHSTON BROCH
AND
SMITHY GARDEN**

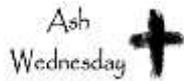
Conditions of contract and tender documents are available from:

Democratic Services, Orkney Islands Council, Kirkwall
(01856) 873535 ext 2264

communitycouncils@orkney.gov.uk

The closing date for receipt of tenders is Thursday, 10 March 2022

Kirk News



March marks the beginning of Lent, a period of preparation for Easter

which this year falls in mid-April. We will therefore begin with an Ash Wednesday service with an imposition of ashes. This will take place on the 2nd of March at 7 pm in the Shapinsay Kirk.

During Lent, we're going to be reading the Gospel according to Luke. You're welcome to join our Zoom group which will meet every Thursday at 8 pm. We will be using the 'Swedish method' of reading and discussing a passage from the Bible. This gives all group members the opportunity to participate, whether they are newcomers to the Bible, or have been reading it for half a century or more. All contribute on equal terms!



The 'Swedish method' seems to have begun in Västerås in Sweden back in the 1940s, and quickly spread through the Swedish church and then to other countries. Along the way, rather like Covid, it has developed variations. You can read more about the variants of the Swedish method of Bible study on the internet. We will be using the following basic version, at least to start with.

LIGHT BULBS. As you read the chapter for the day, first, make a note of any 'light bulb' moments. Things in the passage that 'shine' or stand out for you. Maybe something you have not noticed before.

QUESTION MARKS. Next, make a note of any questions arising from the passage. These may be, for example, things that are difficult to understand or are confusing, questions you would like to ask the writer; anything else.

ARROWS. Then make a note of anything that particularly applies to you here and now.

If you'd like to join the group, please get in touch.



This month, we're also going to restart Game on Shapinsay. We will be running board games sessions

alongside the Piece Place on the 2nd and the 23rd of March between 2 and 4 pm in the music room. Also, another session will take place on the 19th of March between 7 and 9 pm in the music room. Games can also be loaned – speak to Lenka at Haughland House.

Finally, we will hold the World Day of Prayer service with a theme of hope in the club rooms on the 26th of March at 3 pm. The program is based on the letter that the prophet Jeremiah wrote to the exiles in Babylonia, in particular the sentence: 'I Know the Plans I Have For You' (Jeremiah 29:1-14). The exiles were in a context of suffering, uncertainty, and opposing views on how to respond to the moment. In the midst of all the uncertainties we are living under due to the COVID-19 pandemic, the World Day of Prayer 2022 theme is a balm of confidence. It is an invitation to place our trust in God in times of suffering.



We hope to see you at some point!

Rev Julia Meason,
JMeason@churchofscotland.org.uk,
874789/711275

Youth Consultation evening – Under 30? This is your chance to have your say!

**Friday 4th March 2022 in the Clubrooms
6pm for s1-4
8pm for age s5-age 30**

There will be food and soft drinks
Please let us know if you are able to attend

What do you think Shapinsay needs?

What activities do you want?

Do you want to live on Shapinsay long term?

We will have post it notes and posters so you don't HAVE to be part of a discussion if you don't want to

Soond Cinema

Sunday 6th March 2022 @ 7pm-Ode to Joy

What: Living with a rare condition that makes him pass out when he is happy, a man resigned to a boring life falls for a free-spirited woman. (Comedy)

Where: Netflix and optional Skype Group Chat before and afterwards

Director: Jason Winer **Classification:** 12
Duration: 97 minutes

Sunday 13th March 2022 @ 7pm-The Health Journey

What: In the wake of a heartbreak, a man is talked into going to a health resort to help him get back on his feet. (Comedy)

Where: Netflix and optional Skype Group Chat before and afterwards

Director: Lasse Åberg **Classification:** PG
Duration: 104 minutes

Sunday 20th March 2022 @ 7pm-I Am Kalam

What: An intelligent young man born into poverty befriends the son of a once noble family and is inspired by the life of India's president to pursue an education. (Drama)

Where: Netflix and optional Skype Group Chat before and afterwards

Director: Nila Madhab Panda
Classification: PG **Duration:** 88 minutes

Sunday 27th March 2022 @ 6pm-Sa Vit Som En Sno

What: Elsa Andersson defies her father in a quest to realise her dream of becoming Sweden's first aviatrix. (Historical Drama)

Where: Netflix and optional Skype Group Chat before and afterwards

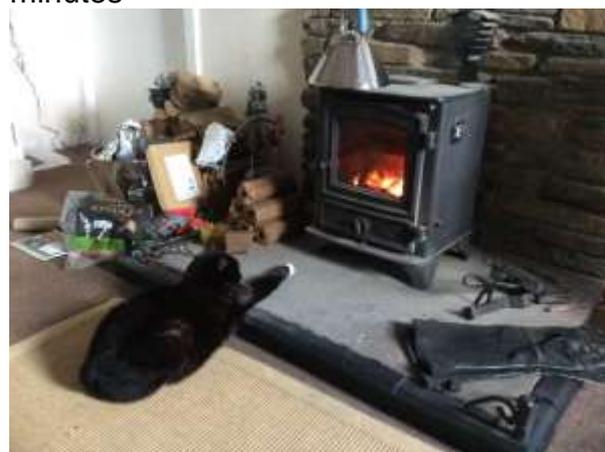
Director: Jan Troell **Classification:** 12
Duration: 151 minutes

Sunday 3rd April 2022 @ 7pm-The Ponds

What: Winter or summer, rain or shine, swimmers use the ponds at Hampstead Heath all throughout the year. These are their stories. (Documentary)

Where: Netflix and optional Skype Group Chat before and afterwards

Director: Patrick McLenan & Samuel Smith **Classification:** 12 **Duration:** 73 minutes





Cast Affs opened on 18 March 2021 as an 8 week pop up charity shop project and due to its success, has run for almost a year!

Due to the change in ownership of the 'Smithy' and building renovations planned for the future. The time has sadly come to think about closing Cast Affs. We have been unable so far to find a suitable venue to relocate to, but if anyone can think of a venue that might be suitable, please contact the Boathouse.

Cast Affs has been a very successful island project with many different benefits; providing paid employment, providing volunteer opportunities, raising money for charities on the island, enabling residents to purchase cheap, affordable clothing, bedding and household goods here on the island, enabling residents to donate goods for sale and perhaps prevent goods going to landfill.

After 5th March, we will no longer be able to accept donations of goods and Cast Affs final day will be Saturday 2nd April. Thank you to everyone that has donated goods over the past year, without your donations it wouldn't have been possible to have Cast Affs. Any goods which are left after Saturday 2nd April will be donated to charity shops in town.

Thanks are expressed to; Shapinsay Community Council and Shapinsay Heritage Arts and Crafts for the use of the building, Shapinsay community association for the use of tables, to Lynsey, Abbie and Ashley for the great work they did as employees, to all those who have given their time to volunteer and provided such support and encouragement, to the Shapinsay Development Trust board(s) for supporting the project and finding the funding to enable it to operate, to all that donated shelving, clothes rails, goods etc, to those that worked behind the scenes keeping me right and to you the residents of Shapinsay for coming along week after week and supporting us, you have done an incredible job, enabling money spent in Shapinsay to stay here on the island to the benefit of many. (A breakdown of the charities to benefit will be published in a later sound when the final amount is divided out).

Thank you everyone, it couldn't have been the success it was without your support.

Alison Meason

P.S Hope you will all come down and support 'Cast Affs' in March!hapin



Photography Competition

Shapinsay Development Trust are running a photography competition!

We would like to increase our gallery on the Shapinsay website. We want to showcase Shapinsay to the world, and there are so many wonderful photographers on Shapinsay!

Rules: You can enter up to 2 photos per person, of anything Shapinsay related (preferably not people). By entering, you agree to letting us use your photos in the gallery and post them to our Facebook page for the period of one week. We will credit the photographer on the gallery page.

Closing date for entries is 21st March 2022 – To submit photos, please send them to:

ebike@shapinsay.org.uk or [07471 751791](tel:07471751791)

After closing date, the photos will be uploaded without names, to the SDT Facebook page and there will be one week for people to comment and "Like" their favourite photos, the one with the most likes will be our winner.

The winner will receive a mug or a slate with the photo of their choice on it.

SHAPINSAY WAY AHEAD PROGRAMME

SDT SWAP grants are available all year round.

We can cover the cost of up to 10 driving lessons per person

Up to £100 toward Equipment to enable activities (up to 50% of total cost)

Accommodation when activities require overnight stay Sports/education/training up to a maximum of £600 (up to 60% of total cost)

Community Groups

We welcome applications from individuals or community groups for activities other than those mentioned above. This will be discussed at a full board meeting and a decision will be made by the full board.

For more information visit Shapinsay.org.uk and download the guidelines (Under SDT) or email boathouse@shapinsay.org.uk

Things we've funded in the past:

Accommodation for trips to competitions

Driving lessons

Nail courses

Christmas party for teens

Kickboxing lessons

Piano lessons

Equipment for the Shapinsay Picnic Committee

Printing of the Phonebook

Playgroup Trips

School trips

Climbing equipment

Trophies

Help towards printing of Reflective Routes

Entry fees for competitions

Fireworks

