

ROUSAY, EGILSAY & WYRE REVIEW

**JUNE
2009**

**Internet
Edition**



ROUSAY REGATTA & WATERSPORTS DAY SATURDAY, 27TH JUNE

As the date for the Regatta is again fast coming upon us, we must get things more organised about the Pier this year.

First, we **need helpers** to make the day a success, strong men and women to look after some of the sports, such as the pillow fights; tight rope; do-nut challenge; greasy pole; etc.- to organise a time for starting them and keeping records to determine the winners. A different person for each sport would be really good. We also need people to help with the stall, games and entertainment. We also need donations of small cakes and tablet for a cake stall, so any help with this would be much appreciated.

To sort out the organisation necessary to make this a great day for all taking part, as well as raising funds for the RNLI, there will be

A MEETING AT THE PIER RESTAURANT ON FRIDAY, 19TH JUNE AT 8.00 P.M.

We need your help and support to sort out the Games; Stalls;
Events and Timetable, so
PLEASE COME ALONG

Sailing starts approx 12 noon and side shows at 2.00 p.m. The BBQ will be running all afternoon, and the highlight of the day will be the RAFT RACE at 4.30 p.m.

WHAT'S ON IN JUNE



Tuesday, 2nd.
*InnQUIZition at 8.00 p.m.
at The Taversoe*

Thursday, 4th.
*Parent Council Meeting at
the School - 2 p.m.*

Saturday, 6th.
*SWRI hosting Holm
Visitors from 11.00 a.m.*

Sunday, 7th.
*- Church Service 11.30
- Gun Club at Quoy
Grinnie, 2.00 p.m.*

Tuesday, 9th
*School Skate Park Setup at
11.30 a.m.*

Thursday, June 11th.
*Tommy's Photo Show at
the Church Centre 7.30 p.m*

Sunday, 14th.
Church Service 11.30

Tuesday, 16th.
*REW&G Community Coun-
cil, 7.30 p.m. at the School*

Friday, 19th.
*Regatta Planning Meeting.
8.00 p.m. at The Pier Res-
taurant*

Saturday, 20th.
*SWRI Craft Trail. Leaving
on the 10.05 Ferry.*

Sunday, 21st.
Church Service 11.30

Thursday, 25th.
*School Sports Day and
Plant Sale, from 2.15 p.m.*

Saturday, 27th.
*Regatta & Watersports
afternoon at the Pier*

Sunday, 28th.
*- Church Service 11.30 a.m
- Rousay Song Share, 2.00
to 4.30 p.m. at The Pier*

CHURCH SERVICES

Sundays at the Church Centre

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7th. June at 11.30

14th. June at 11.30

(David Fiddler)

21st. June at 11.30

28th. June at 11.30

+++

All Welcome

EGILSAY SUMMER DANCE

Saturday 11th. July, 7.15 p.m.

Adults £8 - Under 13's £4

Music by Hullion
Bar - Buffet - Raffle
Late boat applied for

Contact Christina Cox
Egilsay Community
Association Treasurer
821 238

ORKNEY: GATEWAY TO THE ATLANTIC

A new archaeological project will start at the end of June this year in Rousay. The project will see a collaboration between Julie Gibson, (the Orkney Islands Council Archaeologist), and Jane Downes, (Head of Archaeology at Orkney College), with Ingrid Mainland, Julie Bond and Steve Dockrill, (all Senior Lecturers from the University of Bradford). This team will be working with students from the City University of New York as part of an international NABO, (North Atlantic Biocultural Organisation), Field School. NABO is a research co-operative of scholars from the US, Canada, Britain, Iceland, Greenland, Norway, Denmark and the Faroes, who work on past settlement and environmental change.

Steve says, "This is an exciting opportunity to find out more about how people lived in the past as well as providing training to an international group of students. It builds on several decades of combined experience of archaeological research, working in both Orkney and Shetland for Julie Bond, Ingrid and myself. We have found the American students hard working and great fun when we have worked with them in Shetland, (at the Iron age Village at Old Scatness and with the Viking Unst Project). Brought up at Nears, Rousay, Ingrid unfortunately is pre-booked for field work this first season as she will be in Iceland working with other NABO colleagues. We hope that by pooling resources we can help to bring in new techniques to understand the past as well as recording some of Orkney's unrivalled archaeology. High on our agenda will be to help Julie Gibson's huge task by recording some of the eroding coastal sites and their associated landscapes."

Part of the funding for the project comes from an American National Science Foundation (NSF) grant as part of research for International Polar Year, which is designed to look at the effects of climate change. The project runs end June to 13th July inclusive, and it is intended to have some public lectures in Rousay and the Mainland as part of the programme – notices will be posted.

JG

DIRECT ACCESS TO PHYSIOTHERAPY

With effect from the 1st June 2009, individuals who have musculo-skeletal symptoms such as back pain, knee pain, hip pain, etc, can directly access the Physiotherapy Services, without having to see their GP first.

The procedure will be to make contact with the physiotherapy department directly; they will ask a series of questions, then allocate a physiotherapy session for assessment and treatment.

You can obviously still see your GP for these problems; in many cases simple exercise, stretching advice and analgesia are more than sufficient, without the need to see a physiotherapist. If physio is deemed useful, your GP can refer you on too.

To contact the Physiotherapy Department,
telephone:- (01856) 888000
and ask switchboard for the physiotherapy department.

WANTED

Childminder needed for toddler for first two weeks of July.
Call Julie Gibson in the first instance on 821 368 or email julie.gibson@orkney.uhi.ac.uk

WANTED

Old/unwanted large plastic fuel or water tanks to be used as pig arks. Anything considered.
Please ring Colin on
821 372 or 07518 104170

CT SCANNER FOR ORKNEY

It has been well publicised that local Stromness man Mike Craigie, has started a campaign to raise funds in order to obtain a CT scanner for Orkney. He has begun the procedure to start a Charitable Trust for the funds, and the official fundraising campaign should be launched on the 20th May, 2009.

Eight out of ten Strokes are caused by clots, (thrombosis); the remaining two out of ten are due to bleeds, (haemorrhage). If a clot is treated promptly with a drug to dissolve that clot (thrombolysis), then any damage done during that stroke is minimised, and occasionally reversed completely. This prevents disability, and even death. It is essential to exclude the haemorrhagic cause before giving that drug, (the drug would make the bleeding worse), hence the need for a CT scanner.

Scanning within 4 hours of symptoms will usually allow the medical team to be able to tell the difference between a bleed and a clot; and thus allow life-enhancing treatment to be given to 8 out of 10 stroke victims. The scan needs to be done promptly, as the drug must be given within 6 hours in order to have any chance of working; and the quicker it is given, the less damage is done by the stroke.

Without a 'plane sitting constantly ready on the runway, there is no way Orkney residents can access the CT scanners at Aberdeen or Shetland quickly enough: we need a scanner in Orkney.

If you are willing to help raise money, or have funds you would like to donate, you can contact the following:-

- Mike Craigie - eMail: mike@cess.co.uk
- Rod Burns - eMail: sobraouk@yahoo.co.uk Mobile: 07708 177482

If you have any questions you would like answered about CT scanners for strokes, please do not hesitate to get in touch with me. This is a very worthwhile cause, but Orkney will only get a CT scanner if our local population get behind this campaign.

Dr. Sue Macalister

TOMMY'S PHOTOS OLD & NEW

Tommy Gibson will be giving a Computer Presentation of Photos from his vast selection of Rousay Old & New. Come and see if you can recognise: Strange People, Places and Events from the past. You may be surprised at what you see, and you will certainly be entertained.

THURSDAY EVENING, JUNE 11th.

7.30 p.m. at the Church Centre

Supper & Raffles

Proceeds to the Triangle Club

** ** *

FAMILY ALBUM

Photographs from decades past
spark visions in the mind
Of days forgotten, friendships lost,
and places left behind
Each page that's turned recalls anew
the joys of past childhood
That future eyes will gaze on
with the truth misunderstood

For no one truly knows the grief
behind a smiling pose
And family secrets disappear
when album pages close
The pictures etch a heritage
in silence like a mime
Of one life to another
in the frozen face of time

To know a life through photographs
is just to know a dream
For life displayed in images
may not be what it seems
For from albums filled with faces,
the sentiments depart
And truth is carried only
in the mind and in the heart

And so I think that pictures
are a token of a soul
Exposing just the outer shell
of what the eyes behold
The portrait of a father
is a portrait of a son
But the truth behind the picture
is a treasure fondly won

Let the stories take you back again
and be a vital part
So the lives of those who went before
can penetrate your heart
For an old forgotten photograph
is half a ballad sung
So be sure to tell the truth about
each picture to the young

The album then becomes alive
with joy and pain and strife
And heritage more precious
in the meaning of a life

Elizabeth Santos

ROUSAY SCHOOL NEWS



Cycle training

P4-7 pupils are undertaking cycle training every Monday afternoon this term. As well as using the school playground, they will also be using the public roads around the school. Please look out for the warning triangles at the beginning and end of their working area when you pass the school. Thank you.

Skate park

The Parent Council has arranged for a mobile skate park to be set up in the school playground from 9th – 25th June. Skateboards and bikes can be used on the ramps. The skate park can be used by anyone outside school hours. Please note that the skate park will not be supervised outwith school hours, so usage of the facility is entirely at your own risk. Anyone who is able to help to set up the skate park should come to the school at 11.30 a.m. on Tuesday 9th June.



Sports Day

Sports Day will be held on Thursday, 25th June, starting at 2.15 p.m. with a similar format to last year, although hopefully outside!

P1-3 are having their biennial tree and plant sale following the Sports. These are trees that they have grown from seed or from cuttings. They have about 40 sycamore, 25 escallonia, 10 elder and 5 hebe. Any donations of plants/trees will also be welcome.

AM

THE BIG ORKNEY SONG PROJECT

comes to ROUSAY on SUNDAY
28th JUNE at the PIER RESTAURANT

ROUSAY SONG SHARE
2.00 p.m. to 4.30 p.m.

Meet & Greet from 2.00 p.m. Concert starts at 2.30 p.m. to co-incide with the arrival of the Ferry from Egilsay and Wyre.

There will also be a workshop available for those who would like to participate, where a new Orkney song will be taught and there will be an opportunity to talk about Orkney Songs and to share anything with the Project.

Refreshments available—All Welcome.



TAVERSOE HOTEL

Summer Opening Times

Monday	11 a.m. - 5.30 p.m.
Tuesday	11 a.m. - 11 p.m.
Wednesday	11 a.m. - 11 p.m.
Thursday	11 a.m. - 5.30 p.m.
Friday	11 a.m. - 11 p.m.
Saturday	11 a.m. - 11 p.m.
Sunday	11 a.m. - 10.30 p.m.

Dinner Taxi Service

Dinner without the driving. Book an evening meal at the Taversoe. We will collect you and return you home. Available Friday & Saturday nights. Tel: 01856 821 325

Taversoe InnQUIZition

Tuesday, 2nd June. Thereafter on the First Tuesday of the month.

8 p.m. Free Entry.

Light Supper.

DEVELOPMENT TRUST NEWS

Since last month's Review I have travelled to Birnam in Perthshire to attend a Powerdown Seminar to meet the other members of the 27 Scotland-wide community groups which make up the Community Powerdown Consortium. Together with Nickie May, Shapinsay and Marion Macleod, Stronsay we learnt how each group within the Consortium will take forward a variety of projects to reduce carbon emissions in their communities. Sam Marcus, Powerdown Officer for Energy Action Westray and Kate Townsend of the Eday Partnership were unable to attend. We are all bidding for some of the £27.4 million in the Climate Challenge Fund which was established by the Scottish Government to help communities across Scotland, and runs until 2011.

At the moment I am working on submitting bids to this fund for our Affordable Warmth project to tackle fuel poverty in our 3-island group. I am also putting together an application for funding for the establishment of community gardens. I hope to be able to get out and about in the next month or so to discuss these within the community and start putting some flesh on the bones of the ideas that we have about what we can do.

Michelle Koster, Community Powerdown Officer



SWRI

The next Meeting of the SWRI will be held on Saturday, June 6th when we will be hosting members of the Holm Institute, who are arriving on Rousay at 11.00 a.m. and providing the programme for the day. There will be Competitions for:-

- i) Small table decoration
- ii) Bonniest scarf

The following Meeting also takes place later in June, on Saturday the 20th when a mini Craft Trail has been organised on the West Mainland, leaving on the 10.05 a.m. Ferry.

ROUSAY SCHOOL PARENT COUNCIL

Don't Forget! The next Parent Council meeting will take place on Thursday 4th June, at 2.00 p.m. at the school.

If you would like anything added to the Agenda, please contact Michelle on 821 420 by Monday 1st June, or email:-

m_kosteruk@yahoo.co.uk



The WAGs

and friends raised a total of £1175 for the School Play Park fund in the recent Lands End to John O'Groats Challenge at the Rousay Healthy Living Centre.

Well done and thanks to all who took part, and of course to those who sponsored them.



FOOTBALL SEASON!

Football at the Rousay school pitch.
Sundays at 3 p.m .

Come down for an informal kick about.
All abilities welcome!

Robbie



CHRISTIAN AID WEEK and SHAKE, RATTLE 'N' DRUM

A big thank you to all the people who helped with an enjoyable "Shake, Rattle 'n' Drum" and an especially Big Thank You to everyone who donated. Here are some examples of the projects Christian Aid funds:-

- Training courses for Afghan women that enable them to earn a living from their homes;
- Funding for farmers in Bangladesh to establish flocks of ducks that provide income from their eggs, control pests in their paddy fields, and which can survive the increasing flooding that climate change now causes;
- Funding and training for a local community radio station in Andhra Pradesh, India, that enables very isolated people to share their farming knowledge and keep up-to-date on agriculture, medicine and other issues that affect their lives;
- The provision of a solar panel to a community in Malawi to power a water pump to irrigate their fields and enable them to grow a greater variety of crops for local consumption;
- Sinking wells to provide clean, local water to Ethiopian villages. Thus eliminating the 12-hour journeys young women often have to travel to fetch water, risking kidnap and rape;
- Training for villagers so that they can effectively campaign for the causes that are important to them: e.g. a local school in a Ghana; negotiating local peace deals in Colombia so that villages are not regularly laid waste each time drugs gangs pass by; access to affordable piped water in Bolivia; the re-uniting of families torn apart by armed conflict;
- Lobbying the British Government and the EU to maintain pressure on the IMF to end its funding practice (the Washington Consensus) that imposes inappropriate economic strategies that ultimately increase poverty!

Of the total income Christian Aid receives, 1% goes on administration, 19% goes on fundraising, the rest, 80%, on alleviating poverty. That's value for money! **We raised £162.**

Thank you again.

ROUSAY CHURCH

STOP PRESS

You can now view the Video on YouTube on the Internet
"Shake, Rattle 'n' Drum Aid, Rousay"
at

<http://www.youtube.com/watch?v=pk6qLzEbAPQ>

FOLK DANCING



Church Centre,
Wednesdays, 8 p.m.
"All the ills of mankind, all the tragic misfortunes that fill the history books, all the political blunders, all the failures of the great leaders have arisen merely from a lack of skill at dancing."

MOLIERE

PIER RESTAURANT

Summer opening times

MON / TUE	11.00 a.m. - 11.00 p.m.
WED	11.00 a.m. - 6.30 p.m.
THUR/ FRI / SAT.	11.00 a.m. - 11.00 a.m.
SUN	11.00 a.m. - 6.30 p.m.

Last orders for food by 8 p.m. when closing at 11.00 p.m. and by 5 p.m. when closing at 6.30 p.m.

If there is no one in the bar at 9.00 p.m. we will close.



THE ROUSAY GUN CLUB

The Rousay Gun Club Open Day held on Sunday, 24th May was a resounding success and enjoyed by all who took part. Despite the showers as the afternoon progressed, a number of shooters came along to give clay pigeon shooting a try, some of whom had never held a gun before. Everyone hit a target, but special congratulations must be handed to Dave Basford who hit 10 out of the 25 clays thrown for him! Well done Dave!! Amid plenty of sandwiches and hot soup, cups of tea and a raffle, the club welcomed two new members and have donated £52 to the School Play Park fund.

Rousay Gun Club are again planning to represent the island at the annual North Isles Shoot to be held in Eday at the beginning of September. We know many of you supported the team at last year's competition when Rousay hosted the event, so if you would like to come to Eday and join in the fun, how about getting some practice in now... The next shoot will take place at 2.00 p.m. on Sunday, 7th June at Quoy Grinnie.

MC

ROUSAY GYM OPENING HOURS

Supervised Times

Monday	7 p.m. - 9 p.m.
Tuesday	7 p.m. - 9 p.m.
Wednesday	5 p.m. - 7 p.m.
Thursday	7 p.m. - 9 p.m.
Saturday	4 p.m. - 6 p.m.

Buddy System Times

Hours: 7 a.m. - 5:30 p.m. weekdays during school terms.

Please note that the Gym will be CLOSED on 27th June for Rousay Water Sports Day.

JUNE SPECIAL OFFER

Anyone with an expired 2009 saver card has until June 30th to use it.

Jo Inkster
Co-ordinator

SURGERY HOURS BANK HOLIDAYS (821 265)

Please note, that the Surgery is open for normal hours during all Bank Holidays except Christmas/New Year.

!SPECIAL OFFER! ROUSAY RESIDENTS ONLY

If anyone is interested, I have been able to acquire a small quantity of **Heat Pumps** that came by way of an end of season sale.

These are brand new, but effectively they represent a now obsolete model, but are of the latest technology in terms of being energy efficient.

All units are 3Kw heating capacity, are remote controlled and have a basic timer function.

Normally these units would retail at around £800-£900 installed, but I am prepared to install them from £400.

If fitting the unit requires cutting through a stone wall this would cost more, but I would advise any extra cost before starting.

These units are ideal for keeping down the cost of heating currently provided by storage heaters and I would expect them to cost only £100-£150 to run a year.

For further information, please call me (Brian) at home on 821 351. (Due to off-island commitments, please call me after June 5th.)

**IN CASE OF MEDICAL EMERGENCIES OR IF YOU NEED AN
AMBULANCE TELEPHONE 888 000
BUT FOR FIRE, POLICE OR COASTGUARD CALL 999**

**ROUSAY REGATTA &
WATERSPORTS DAY
SATURDAY, 27TH. JUNE**

**** SAILING ** CATCH A RAT ** GREASY POLE ** BOTTLE STALL ** DO-NUT ****

**** RAFT RACE ** CAKE STALL ** BEAT THE GOALIE ** TOMBOLA**

ETC. ETC. ETC. ETC. ETC. ETC.



ETC. ETC. ETC. ETC. ETC. ETC.

**** TRACTOR PULL ** B-B-Q ** HOOK A DUCK ** TIN CAN ALLEY ****

**PLEASE COME ALONG TO THE PLANNING MEETING AT
THE PIER ON FRIDAY, 19TH. JUNE AT 8.00 P.M.**

**WE NEED HELP WITH ORGANISING AND SUPERVISING ALL THE USUAL
ACTIVITIES, AMUSEMENTS, STALLS, SIDESHOWS AND CHILDREN'S
GAMES AND WE CAN'T DO IT WITHOUT YOU!**

HELP MAKE THE DAY A GREAT SUCCESS

**All items for the July Review should be sent to
Ian Glen at Hanover, Sourin by the 25th. June, 2009
Ring 821 427 or email: news@rousay.org.uk**