

TATTIES FOR SALE, BY THE BAG OR BUCKET WILL DELIVER.  
BIGLAND 821244

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MACMILLAN COFFEE MORNING / SOUP AND SANDWICHES LUNCH,  
AT THE CHURCH CENTRE 11.00 --2.00  
THURSDAY 25TH SEPTEMBER  
transport will be available (821244)  
EVERYONE WELCOME/NEEDED TO COME AND SUPPORT

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ON TUESDAY 9TH SEPT  
SWRI  
MEET AT PIER RESTAURANT  
FOR A MEAL  
6.30 FOR 7.00  
ALL LADIES WELCOME  
Please contact Liz 821477 or Muriel 821284  
by Sat 6th to book

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Islands View Surgery will be closed on the evening of Wednesday 17th  
September, due to computer upgrades. Morning surgery (9-11am) as  
usual. Sorry for any inconvenience this may cause.

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SPECIAL COLLECTION OF RUBBISH  
TUESDAY 2ND SEPTEMBER  
TO BOOK  
PHONE ORKNEY DIRECT  
ON  
873535

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Well folks, Its nearly time for me to leave the comforts of home and go on  
my adventures in Nepal.  
With training and fundraising almost complete it just leaves final  
preparations, such as getting my kit together and actually getting there.  
A lot of you will have seen me on my training walks round Rousay and  
Egilsay. Thanks for the cheery waves and sometimes even a bit of a  
blether. .... I've been up hill and down dale, round lochs and through the  
heather moors I've walked all around Rousay 4 times, three times on the  
road and once almost round 'the edge' (haven't a clue how far that was but  
it took 8 hours). I've walked right round the edge of Egilsay which took 5  
hours.  
Some walks I did alone but the most enjoyable were those accompanied by  
Wendy and Missy, notably 'Rousay round the edge', Knitchen / Blotchnie /  
Muckle Water, Loomuchen and Faraclett.  
We had great fun and encountered all sorts of flora and fauna including

beautiful mosses, ferns and wild flowers, a very long legged cow and gargling sheep.

The fundraising 'fun day' was a fantastic success, and I hope everyone enjoyed the day. My fundraising total now stands at a whopping £1147.61! Many thanks for all your support. I'll give you a trek update on my return, in the meantime....a few Nepalese customs to mull over whilst i'm gone  
For YES, shake your head from side to side, for NO, shake your head up and down (this is gonna be confusing)

When you touch someone with your feet accidentally you pay back the respect by tapping the persons shoulder and then your forehead  
...and after all that tapping and shaking there's.....

Slurping – it is common to slurp tea and other hot drinks in restaurants and homes

Never keep your shoes or sandals upside down

Spilling rice and walking on it is an insult to the Hindu goddess of food

Do not use bad language, blow your nose in front of people or lick your fingers they are considered bad mannered; however, spitting and throwing litter around is OK!?

Interesting times. I'm soooooo looking forward to Yak

Namaste

Chris

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Islands View Surgery times

Monday 9-11am

Tuesday 9-11am 5-6pm

Wednesday 9-11am 6-7pm

Thursday Closed

Friday 9-11am 4-5pm

Saturday 9-11am

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Approx 1000 Redland Roof Slates

(as seen on Yorvil roof)

Offers

Terry 821324

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Church Services

11.30 Church Centre

Saturday 13th Sept C. Farrington

Sunday 28th Sept