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## Riddles

1. What has to be broken before you can use it?
2. What is full of holes but still holds water?
3. You see a boat filled with people, yet there isn't a single person on board. How is that possible?
4. What question can you never answer yes to?
5. What gets wet while drying?
6. What can't talk but will reply when spoken to?
7. I'm light as a feather, yet the strongest person can't hold me for five minutes. What am I?
8. Where does today come before yesterday?
9. What goes up and down but doesn't move?
10. If you're running in a race and you pass the person in second place, what place are you in?
11. It belongs to you, but other people use it more than you do. What is it?
12. I have hands and a face but I am not living, what am I?
13. What can you catch, but not throw?
14. What kind of band never plays music?
15. What can travel all around the world without leaving its corner?
16. What kind of coat is best put on wet?

17. What five-letter word becomes shorter when you add two letters to it?

**Freyja (11)**

## Rock Climbing

On Sunday, I went to the rocky bit off Rippack with my mum. I hadn't been here before. It is a great place for rock climbing. It was fun climbing up steep rocks and doing some parkour tricks. After that we went to 'the burns' (Kirki Geo) and I did some more parkour on the big rocks down there.

On Monday, Pat, Freyja and I went back to this rocky bit to get some exercise by climbing about on the rocks. It was great fun.

**Harris (8)**



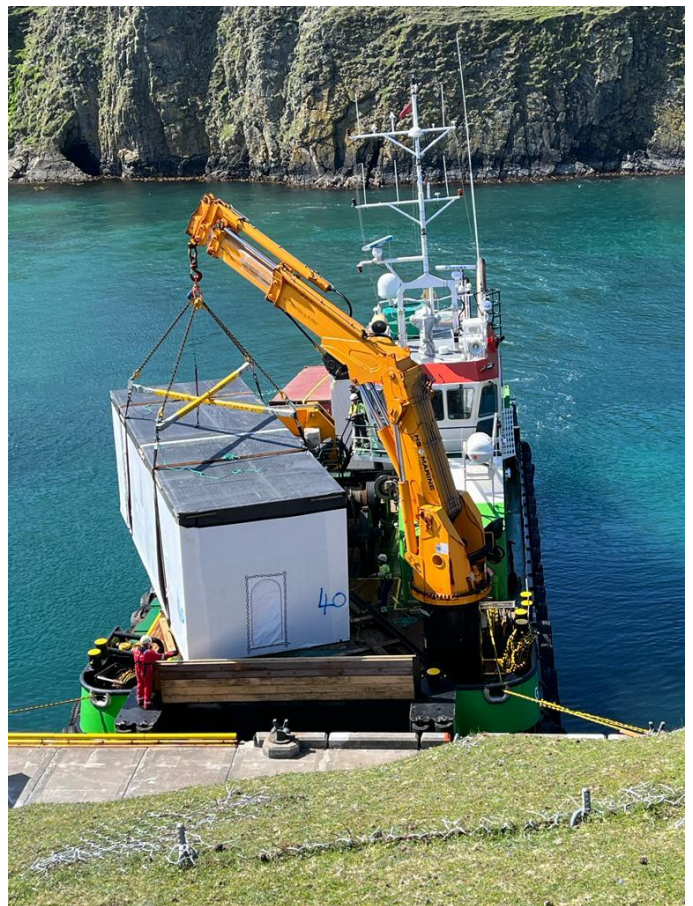
## Chicken Pox!

I got chicken pox, you can tell by the name of this story! How I got chicken pox, I've got zero idea! I got days off school and I wasn't feeling too bad - it's better being off school and I got to eat lots of unhealthy stuff and have loads and loads of screen time. Mairi and Ellie had come to stay. Mairi is my mum's cousin and Ellie is my second cousin. Yesterday we went to Sompal, that's one of the millions of beaches we have and also one of the best for rock-pooling. I found lots of little crabs and mummy found a strawberry anemone. I also found a cuttlefish bone and some sea slugs. I really liked it.

Luca (8)

### Riddles Answers:

1. An egg
2. A sponge
3. All the people on the boat are married
4. Are you asleep yet?
5. A towel
6. An echo
7. Your breath
8. The dictionary
9. A staircase
10. Second place
11. Your name
12. A clock
13. A cold
14. A rubber band
15. A stamp
16. A coat of paint
17. Short



The Green Isle arriving with some FIBO modules this week

**Fair Isle Bird Observatory Update** - Having had to pause previously the transportation of modules due to the never ending adverse weather we recently began to remobilise for the hoped for better weather. Whilst it might not be warm yet on Fair Isle the wind has been relatively benign allowing us to start moving the modules again.



To date we have been able to bring over 3 shipments of modules meaning we have now passed the halfway point in the transportation schedule. Hooray!

Over the next 2-3 weeks subject to the weather gods still smiling on us we will complete the transportation of all the remaining modules. Thereafter, we will proceed to putting on the roof, tiling it and then applying the cladding to the whole building. As you can imagine the Isle and the Obs site in particular, is a hive of activity which is good to see and as we progress further we will provide updates for all FIT readers.  
Douglas Barr – FIBO Chairman



The huge lorry used to take the modules from the pier to the Obs site

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**We were an editor down last weekend as Hollie was away going for a gentle jog around Edinburgh and East Lothian, let's hear how she got on!**

### **My First Marathon**

After completing the Edinburgh Half Marathon last year (something I decided to do once I turned 50, having completed 3 in my twenties), I almost immediately had this nagging desire to try for a full marathon. I kept that to myself for several months but then last Christmas when I had all my family home, I decided to bite the bullet and sign up for the Edinburgh Marathon taking place on 28<sup>th</sup> May 2023. Surprisingly my family were all very supportive and promised to come and cheer me on for the day. I knew it would take at least 5 months to train for this event, particularly as I had done absolutely no running at all for 4 months. New Year brought a couple of hideous bugs to the isle and I didn't manage to avoid them, so training was delayed until mid-January. I got hold of a 16 week woman's marathon training programme but a quick scan of this showed me that I had a bit of work to do before I could reach the fitness needed for week one of the programme, so I started with very short runs (mostly 2 or 3 miles and all on the treadmill, as after all it was January in Fair Isle). By early February I was ready to start the official training programme. This programme had three short runs and one long run per week, gradually building up the length of the long run until you peak at 20 miles, 3 weeks before race day. I knew immediately that I would struggle to find time for 4 runs a week, so I went through the programme and removed the easiest run from each week. One of the short runs each week was a 'tempo' run, so you had to run at specific speeds for specific

time periods and so I nearly always did these on the treadmill as the hills and wind on Fair Isle made it hard to stick to faster speeds. I also did at least two sessions of strength training each week to build up muscle strength in my legs and core (apparently essential for a marathon). I followed this programme for 16 weeks, peaking in mileage (21 miles for my longest training run) at the height of the lambing season, which was not the best timing but couldn't be avoided. Fair Isle is a fairly tough training ground, it is very hilly with very little flat ground and of course it is often windy and wet in February, March and April. It could also be quite cold, but I knew this would all ultimately stand me in good stead for the flat course in a warm and wind-free Edinburgh. My friends and neighbours on the isle provided moral support and encouragement throughout these weeks, which really helped. Having avoided Covid and chicken pox that were around in mid-May, Deryk and I travelled to the Central Belt a few days before the race. We spent precious time with family, staying with Mhairi and Lachlan in their lovely new house, seeing Raven's new flat and best of all seeing my Mum and Dad's new house just outside Stirling that they got the keys to while we were there! We even caught up with Iain and Ruth as they were also 'south' and saw Daniel and Katie's new house too! Lachlan and Del accompanied me on my last training run – just three miles to keep the legs moving - and I had my first taste, in 5 months, of running on the flat. I hoped to run the race in about 4-and-a-half hours, but it was difficult to gauge as my training was always on hills, so testing my planned pace on the flat, even for just 3 miles, was very helpful. On Sunday 28<sup>th</sup> May we travelled to Edinburgh in a taxi. Ythan had already finished the Half Marathon (which started at 8am) before I got to the start point of the marathon. I was very lucky to have an 11-strong support team, three of my kids, some of their partners, my parents and some good friends. After seeing me to my start 'pen' they positioned themselves about half a mile into the race, so I saw them right at the start when I was fresh and excited. It was quite moving, the atmosphere is electric and there is such a huge sense of anticipation and support exuding from the other runners and the assembled crowd. I stuck to my race plan and resisted the urge to go fast on the flat/downhill first few miles. Then about mile three I saw three ladies running just ahead of me with 'SHETLAND' on the back of their vests. I ran alongside them and told them where I was from and we ran together for the next 5 miles or so. The support from the people of Edinburgh really is fantastic. They line the streets, shout out your name and hold up funny/encouraging signs. They do this for hours, first for the Half Marathon and then for the full Marathon. There are bands playing, people handing out sweets and orange slices and just a general feeling of love. I know it sounds cheesy, but that really is what it's like. The official stewards are also outstanding, they are so supportive and helpful as well as cheering you on like everyone else. I ran for Macmillan Cancer Care and was wearing their official vest, so every time I passed a Macmillan support station- they cheered extra loud and really helped lift my spirits. I had hoped to see my personal support team at mile 9 but their bus was really late so I had already passed that point by the time they arrived. This was a little bit of a low point when I realised they had not made it there in time and I was still not even half way. But after that it just got better. The first half was cool, overcast with sunny spells but then the sun came out and the temperature started to rise. I had heard so much about 'hitting the wall' and knew this was most likely to happen at around 20 miles, so I was delighted that I felt totally fine as we passed the 20 mile mark. I even managed to speed up between mile 20 and mile 23!! At this point it was very hot, lots of people were pulling up with cramp and sadly for a few much worse and many people were walking. I think this is where my hill training and my race plan to go steady at the start paid off as despite my hips starting to hurt quite badly, I found myself slowly overtaking people, both men and women who were much younger and fitter looking than me. About a mile and a half from the end, when I was starting to suffer pretty badly with my hips, I got a wonderful surprise as my kids and partners (including Ythan wearing his Half Marathon finishers T-shirt and medal) had walked from the finish line to cheer me on the final stretch. The last mile was fantastic – the crowd are literally screaming at you to keep going. On the final bend I saw my pals and on the final 100m I saw my parents and then Del. The tannoy shouted out. 'Come on Hollie, you are nearly there' so I think the pain was showing on my face!! I was a little emotional as I crossed the line and the lovely young steward who gave me my medal was very kind – and everyone knows if you are kind to an exhausted, emotional woman it makes her worse! Del met me, took me to the Macmillan care tent and I got a soothing massage from one of their amazing volunteers. Then I met my support team. I am so lucky to have such a great group of people willing to give up their



Sunday to watch me do this (one even travelled up from England especially). A long walk to the bus and then an hour bus journey really caused havoc with my hips and I was a bit crippled by the time we got back to central Edinburgh. Yet another pal came to the rescue and gave me and my parents a lift to their hotel where I grabbed a quick bath. The rest of the support squad hit the pub for a well-deserved pint or two. We had a lovely meal out in town then those of us staying in Stirling got an Uber back home. My official race time was 4 hours, 30 minutes and 55 seconds. Of course no one runs a perfect route, so according to the GPS on my smart watch I ran 26.44 miles, which is 0.24 of a mile longer than a marathon. My unofficial (but more accurate) marathon time was 4 hours 28 minutes and 39 seconds. I am delighted with this, especially as I was deliberately holding back for much of the race. But far more importantly we raised £3091 for Macmillan Cancer Care. That is amazing, thank you all so much.

I have loved this journey, it has been challenging, inspiring and at times emotional but it has given me a focus for the last 5 months and has been good for my physical and mental health. My family, friends and a big bunch of strangers have supported me all the way. But my biggest thanks, of course, goes to Del. He never doubted I could do it, picked up the extra slack when I had to run long training runs instead of mucking out lambing pens and on occasions pushed me out the door when I was looking for an excuse not to train.

Thank you to every single one of you.

Hollie

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## NOTICES

### **Fair Isle Community Association and Committee Meeting - 7th June 7.30pm, Hall**

**Committee Room.** A reminder that the Isle meeting is coming up on Wednesday. We're hoping that our new Development Worker, Jack, will be in the Isle and will be able to attend

David, Chair, Fair Isle Community Association and Committee

**Chapel** – All welcome to join in worship at the Chapel this Sunday at 11am.

**Upcoming cruise ships** – Ocean Endeavour will be visiting on Monday afternoon and Hondius on Tuesday morning after which we will have a couple of weeks without ships.



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We were very saddened to hear that Dave Okill passed away a few days ago. Many of you will be familiar with Dave, who has been visiting Fair Isle since the 1970s and was heavily involved with the FIBO Trust for several decades. All those who knew him will have their own favourite memories I'm sure (and there's probably not a FIBO Warden or assistant in the last thirty years who won't have repeated one of Dave's classic phrases in his distinctive Merseyside accent!). I was always taken by the fact he would ask after Grace and Freyja virtually every time we spoke, and would never miss an opportunity to tell me what great girls they were, so I'll always remember him as a kind and caring man. He was also great fun, and sitting down with Dave and a cuppa, or a pint of Corncrake, would always involve some great stories. Dave had a distinguished record as an ornithologist, and leaves behind many friends in the birding world. On behalf of the Fair Isle community, I extend our deepest condolences to Dave's wife Gillian and son Antony.

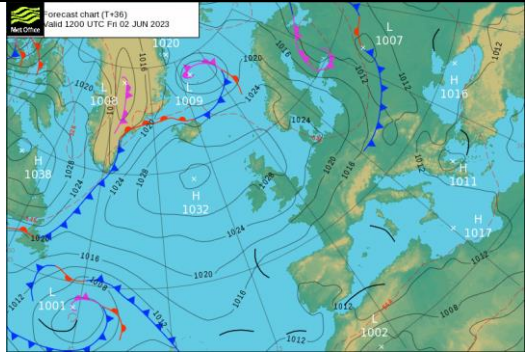
David Parnaby – Shirva



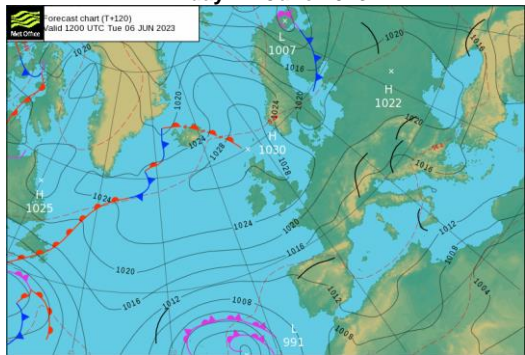
Dave receiving a long service volunteer award from friend Pete Ellis and very happy bird-ringing!  
Thanks to Kevin Kelly for photographs, bottom photo by Jason Moss



# FAIR ISLE WEATHER FORECAST



Forecast Chart 1200 UTC  
Friday 2<sup>nd</sup> June 2023



Forecast Chart 1200 UTC  
Tuesday 6<sup>th</sup> June 2023

## GENERAL SITUATION

Friday 2<sup>nd</sup> June 2023

High pressure presently covering an area extending westwards from Scotland to south of Iceland looks likely to persist for the foreseeable future, maintaining quiet, settled conditions across much of the British Isles albeit with a rather cloudy moderate northwesterly airflow over Shetland.

## OUTLOOK FOR THE WEEKEND

Temperatures around 10° or 11° Celsius by day and 8° or 9° overnight.

**FRIDAY 2<sup>nd</sup>:** Another dry and sunny day, though some high cloud turning sunshine hazy at times. Feeling warm with only light F2-3 NNW winds. Turning cloudy overnight with chance of mist.

**Sea State:** Slight or smooth with a 1 metre or less NW'ly wind swell.

**SATURDAY 3<sup>rd</sup>:** A cloudy day, mainly dry though chance of patchy drizzle. F3 NW'ly winds. **Sea State:** Slight or smooth with a 1 metre or less NW'ly wind swell.

**SUNDAY 4<sup>th</sup>:** A cloudy day with with some patchy drizzle. F3 NW winds.

**Sea State:** Slight or smooth with a 1 metre or less NW'ly wind swell.

## FORECAST FOR NEXT WEEK

Temperatures 10° or 11°, perhaps 12° Celsius by day, 8° or 9° overnight.

**MONDAY 5<sup>th</sup>:** A brighter day, mainly dry at first with chance of the odd spot of rain or light shower later. Light to moderate NW'ly winds.

**Sea State:** Mostly slight with a 1 metre NW'ly wind swell'

**TUESDAY 6<sup>th</sup>:** Rather cloudy, though mainly dry with moderate NW'ly winds.

**Sea State:** Mostly slight with a 1 metre NW'ly wind swell.

**WEDNESDAY 7<sup>th</sup> – SUNDAY 11<sup>th</sup>:** Staying settled with variable amounts of cloud, chance of a shower with moderate NW'ly winds. **Sea State Wednesday:** Mostly slight with a 1 metre NW'ly wind swell.

Dave Wheeler

