

# FAIR ISLE TIMES

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## Fair Isle Primary School News

### An Interview with Fair Isle's New Nurse – Tammy

We decided that there was no better way of making one of newest resident's feel welcome than to invite her into school for one of our famous, "Fair Isle Interviews". We came up with some thoughtful and tricky questions (sorry for putting you on the spot Tammy). We were very grateful for her coming into school to chat to us and give such brilliant and honest answers. We hope she loves Fair Isle as much as we do!



#### Why have you moved to Fair Isle and do you think you will be happy here?

Judging by the last few days, very happy! I actually saw some killer whales yesterday and that was three days in so that was pretty spectacular. I never normally saw that in Bedford on my lunch break. I moved here because I would love to live remotely and I've always loved the thought of that and then I saw it on the news and I thought I should apply for that (never thinking I would actually get it). I applied, went for the interviews and I got the job (it was like winning the lottery).

#### Where have you lived other than Fair Isle?

I lived in Bedfordshire and then I went to Norfolk and went to university there. Then, when I qualified as a nurse, I went travelling so I took £800 and myself, got on a plane and I travelled for two years to Australia, New Zealand, Malaysia and Cook Islands. I learned as I was going along and then I moved back to Bedford again.

#### What has your favourite holiday ever been?

I love going to festivals so I like music holidays very much. I've been on holidays a lot and stayed in my tent, which is my favourite thing to do when it is raining. I love the pattering sound of the rain on the roof of my tent. I went on a lovely holiday last year to Greece to Kefalonia and spent a long time swimming in the sea because it's very warm there and you float a lot because it's very salty. I love a place called Lynton and Lynmouth, which is in England. It's really hilly and when you drive up these hills you see all the clouds below you in and it's beautiful.

#### If a genie gave you three wishes, what would they be?

So you could start by asking, "Can I have 10 wishes first?" but that would be a bit greedy, wouldn't it? I think my first wish would definitely be that all the people I love and all my family and friends were healthy and happy. For my second one, this would be a good wish... to give everyone I knew a wish as well! My final wish would be to

not be asked what my three wishes are!

What sports do you like and what teams do you support?

Well, I used to love running but then I liked cake and that became my biggest love for a while. I used to do park fitness with a group of friends so we used to do that together; we used to run around the park and really enjoyed that along with some strength training with the kettle bells and things like that. I did do a bit of netball where I was goal attack. My whole family supports Aston Villa - my two sisters-in-law have Aston villa tattoos so I get dragged along a lot to watch them as well as watching the games on the telly which I like. Luton is my team though. I also love swimming!

What kind of music do you like and do you have a favourite singer or band?

I love country music. I like old-school Country and Western and I was named after Tammy Wynette. I don't know if you've heard of her but she sang "Stand By Your Man" and "Divorce". My dad was in a band called Kentucky County and so when I was little we used to be the next generation so we used to go out and sing with him. Also, I was in a band with four girls. We were in a folk band, and we were called Duzzy Avocado! Why? Because there was a little meme of a little avocado driving a car and it said, "He might be small and green but does he **have a cardo**"? So that was what we called our band. I play the guitar and the banjo and I love to sing. I love all music. Music is probably my favourite thing in the world!

Have you got a favourite joke you can tell us?

A rabbit walks into a hardware store and says, "Have you got any lettuce?"

The assistant replies, "No... we're a hardware store."

The next day, the rabbit comes back and asks again, "Have you got any lettuce?"

The assistant says, "No... I told you this yesterday! We're a hardware store. Now go away or I will nail your ears to the counter."

The next day, the rabbit comes back and asks, "Have you got any nails?"

The assistant says, "No.."

"Well, says the rabbit. Have you got any lettuce?"

*(We liked that one, Tammy.)*

What is your favourite colour, and why?

I love pinks and dark purples like fuchsia. I also love teal as a colour too.

If the world was going to end, what three-course meal would you have?

To start off with (this sounds a bit fancy pants) scallops. Then, for main I probably would have Mexican food you know like burritos (they're delicious aren't they?) filled with steak, cheese and fried beans. For desert, Black Forest Gateau, a chocolate cake with cherries and cream.

*(Sounds yummy, we hope we're invited to this meal too!)*

What a fabulous interview!

**A Busy Week with Lucy!**



We have had a busy week with Lucy (who very kindly travelled all the way from Skye to teach us once again) which has included a mini project on South Georgia in preparation for our visit from Dave.

Luca and Ander wrote detailed reports about the geography and biodiversity of this fascinating island. They made some thorough notes before writing excellent reports, including fabulous features of non-fiction genres along the way. Khalicee created some beautiful artwork to show the wildlife. We also learned about the incredible story of Ernest Shackleton's



expedition.

In PE we enjoyed gymnastics and made huge improvements in our vaulting skills. Check out our youngest learner mastering a fantastic shoulder stand.

There was even time to try playing the oboe Lucy brought with her all the way from the West Coast. It was brilliant to learn a bit more about an instrument we were fairly unfamiliar with.

Thank you so much again for coming to teach us Lucy (braving a somewhat bumpy North Link ferry in the process). We cannot wait to see you again after the summer holidays.



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HAPPY BIRTHDAY for yesterday to Kathy Coull at Upper Leogh – celebrating a ‘big’ birthday. Hope you had a lovely day, Kathy!

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Today is the last day of the meteorological winter (thanks to Dave the weather for that) and it certainly feels very spring-like here in the isle. Fine days have been so few and far between this winter, and while we are far from being past all the poor weather, the longer days plus a few beautiful days fairly help to lift the spirits. Spring bulbs starting to flower and frogs getting in the mood for spawning all add to the seasonal feel.

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**Chapel this week** – we will be congregating at Quoy this week, with Dave leading the worship. All very welcome to join at 11am on Sunday

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**Fair Isle Committee AGM, quarterly meeting and Fair Isle Development Company AGM - Monday 9<sup>th</sup> March.** We plan to hold the Fair Isle Development Company AGM from 7pm until 7.30pm, all welcome to join, any residents keen to join the FIDC as a board member do get in touch with Hollie asap. We will follow the brief FIDC AGM with the Fair Isle Committee AGM and quarterly meeting – from 7.30pm until 9pm. Any items for the agenda to be sent to Jonathan ASAP.

Many thanks, Eileen, Chair of FIC

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***Da week dat's awa... fae far awa...***



A few weeks ago, I was given the kind invitation by Eileen to write a piece for the Fair Isle Times. I replied in the affirmative and then immediately after panicked. Anyway, I've finally given myself a kick up the arse, and off we go ...

Today **Sunday**, I went to Whipsnade Zoo. I had booked myself on a Vets in Action talk, one of several talks the zoo are presenting over the next few months as 2026 is ZSL Whipsnade and London Zoos' 200th anniversary. Very interesting information regarding the many changes made to zoo animal care and worldwide conservation over the last 200 years. They explained about how and when a vet was first employed (1951!) and just a fraction of the pioneering work that has happened.

Cataract operation on a rhino, leg braces for a baby elephant with rickets, a colostomy for a snake and special hooves for a giraffe. All incredible. Then we also got to see one of the two baby giraffes born in Dec 25 (already taller than me, but not difficult!) and the baby rhino born 31<sup>st</sup> December 25. They said he looked like an (extra-large) potato with big feet when he was born. He had the zoomies when we were watching him, so cute.

After the talk, I went to the butterfly house (to try and warm up mainly) but always the first place I go when I visit. I managed to spot a glasswing today, really chuffed. In the butterfly house, I also took a photo of a fungi, which I will be emailing to Mr Riddiford at some point, for him to identify for me. It won't be anything exciting, but I just like to know what things are.

Then lastly, before I left, I went to the hill to look over the Dunstable Downs. Not a fantastic a view as usual today due to the rain, but hey-ho - still lovely view all the same. This view gives me a similar feeling to standing on the top of the Ward Hill, over-looking the whole of Fair Isle and seeing the sea all around.

I so miss the sea (didn't matter whether it was calm or ferocious, still absolutely amazing), I also miss the walks Sue, Marlowe and I used to do all over the island, but mainly over the back of the air-strip, and I miss sitting on the beach counting the seals at the North Haven, but life moves on.

Anyway, I digress, so what happened over the rest of my week. **Monday.** I usually work a 10 hour day on a Monday at Hemel Hempstead Hospital. Mainly because I have an afternoon clinic, which following paperwork means I leave at 6pm, but I get into work for 8am. If you don't get on site by 8am, you end up parking down the road (a five minute walk) at the NCP car-park, who fine you for parking there requiring you to go through the rigmarole of fighting said fine. I already pay the Trust to park on site, so I refuse to go through all that rubbish as well.

Once on site, I spent the morning working with our new rheumatology clinical nurse specialist (CNS) trainee. Ritu has been with us since October 25 and is doing really well (all down to my incredible training obviously!), but it takes at least 2 years to have a capable and confident rheumatology CNS, so a while to go yet before everything slots into place for her. We went through patient medication blood monitoring and advice line calls together. The afternoon, as I said is my out-patient clinic, counselling patients on new disease modifying and biologic medications, general answering of questions and lots of reassurance. Ritu has just started her own clinics, so also supported her with queries she had and wrote prescriptions for her patients.

**Tuesday.** Another long day, but at St Albans City Hospital today, as I have a clinic there in the morning. Ritu shadowing me today, and then several meetings in the afternoon and numerous actions requiring sorting from meetings, also signing clinic letters and outstanding administration from both clinics before setting off home. Eventually, home at last, and crash on the sofa with a glass of wine.

**Wednesday.** Watford General Hospital today, as need to spend time with Artiben, my CNS dedicated to this site. A general catch up with her, ensure she is feeling happy (hum, NHS - not possible!) regarding her work load and how we are doing things. Training to Arti in the afternoon on DAWN, our new electronic blood monitoring system, being rolled out to make things safer for our patients. Still need to completely get the consultants on board with this, but getting there slowly. Left at 4pm today, nice, as had a friend stopping. We whinged (I have turned into a grumpy old woman) about the state of the country and went for a nice meal at the Eastern European restaurant (scrummy) at the bottom of the hill.

**Thursday.** Hum, set off to work bright and early as usual. If the road is clear from where I live in Luton (shush, someone has to live there), it takes me 6 minutes to drive to the M1 junction 10. Today, this was not the case, overhead sign advised of a 30-minute wait to get to junction 9, still stationary and it went to 45 minutes and then an hour. I don't have a clinic on a Thursday, so made the decision to pull over into the outside lane, go all the way around the junction 10 roundabout and went back home. Worked from home instead, spent the day catching up on phoning patients, yet more blood monitoring and started on writing a couple of SOPs, one for patient care and one for CNS staff and their annual leave – life can't get much more exciting than this, can it? I logged off my work laptop at 4.30 pm, and made the long journey downstairs to the kitchen for a cup of coffee and think about something to eat.

Hey, a phone call from Mr Riddiford this evening, how lovely. He gave me a catch up of life on Fair Isle, the comings and goings of various birds (Hen Harrier at Schoolton), also how various islanders are doing, or

not quite (as the case may be) and new flora, fauna and sealife that has been seen. New nurse very, very soon I hear, yippee, fabulous news.

**Friday.** Day off – it is nearing the end of the annual leave year, so you either have to use it or lose it! Decided to book a train into London and go to Borough Market, as I have never been before. Where I bought my house (old Vauxhall car site land) it is a 10 min walk from door to train platform, and if you pick the right train 23 minutes straight through to St Pancras station. Oh my goodness, what an amazing market. There were vegetables, fruit and fungi I have never even heard of before, bakers, butchers, fish mongers, cheese mongers and then shops selling pots and pans to cook it all in. I came home with a variety of veg, a rabbit, some sausages and bacon. Haven't had rabbit in years – delicious, and the bacon had the most amazing flavour, and wasn't swimming around in a pan full of water when I cooked it.

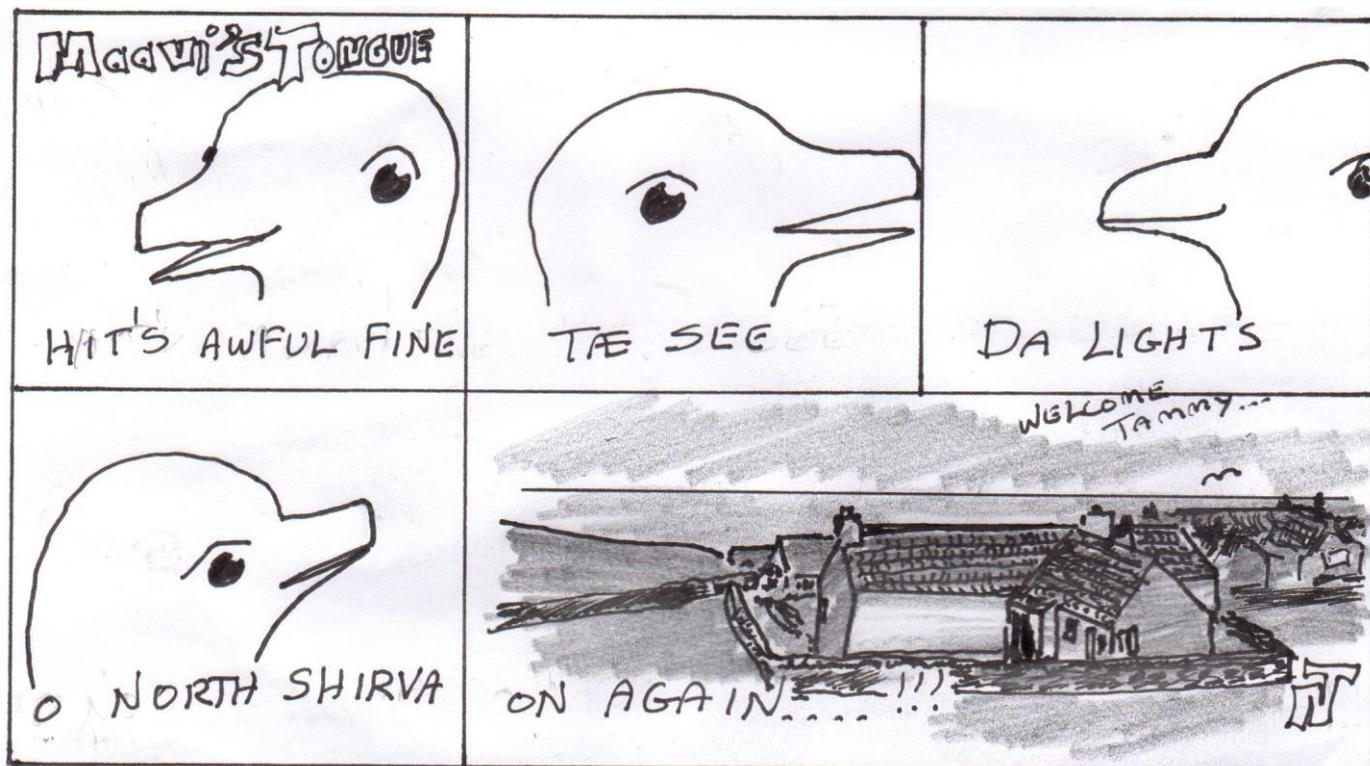
The architecture of the area is also incredible – very old and very new all at the same time. When you exit the tube station and look across the road and also up, there is a 15 century coaching house, with the Shard directly behind it. Also, many 18<sup>th</sup> century houses, but also several new buildings fitted in between, all being built using immense cranes. Also, not far away part of the old Roman wall around London. There is so much all jammed together, and so many people, all in such a tiny little area. Far less space than the size of Fair Isle.

**Saturday.** Due to my friend visiting on Wednesday evening, didn't get to do my volunteer evening stint with the Luton Sea Cadets. Can't say or write, Luton Sea Cadets without it making me chuckle – how far away from the sea is Luton?! So today I went and helped as part of the clean-up crew on the site. Helps with health and safety and hopefully makes the Cadets feel a little prouder of the space they train at. The weather was very cold when we all arrived, but soon due to the physical work and also the sun managing to stave off the rain for once this year, we achieved loads and the site now looks so much better.

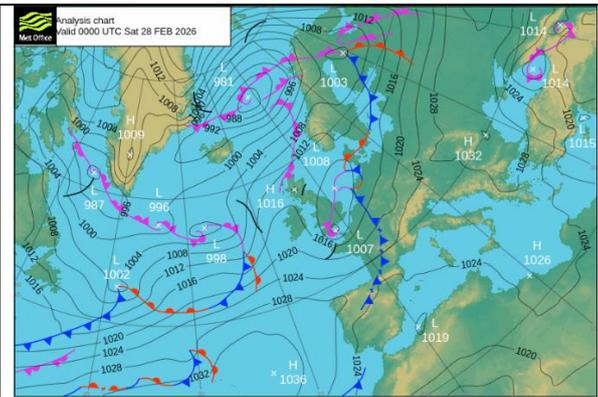
Only thing left to do was head home, for a glass of wine and a read of this weeks' Fair Isle Times.

Felicity, Luton (formerly of North Shirva)

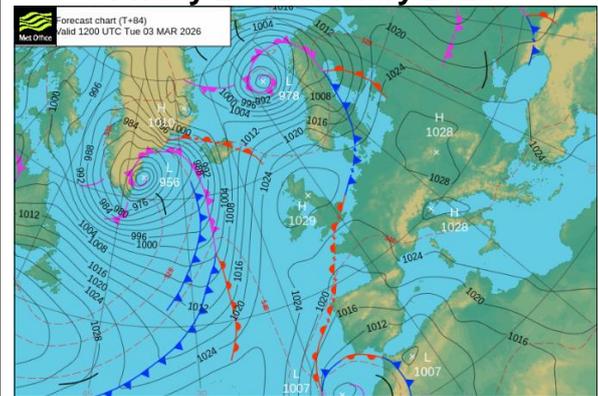
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## FAIR ISLE WEATHER FORECAST



**Analysis Chart 0000 UTC  
Friday 28<sup>th</sup> February 2026**



**Forecast Chart 1200 UTC  
Tuesday 3<sup>rd</sup> March 2026**

### GENERAL SITUATION

**Saturday 28<sup>th</sup> February 2026**

Pressure is building north across the UK. However, with low pressure over the Norwegian Sea a mainly westerly airflow remains across the north of Scotland. A developing depression south of Iceland will drive its frontal system east backing the strengthening airflow southerly for Saturday as the front brings rain late Sunday into Monday. By Tuesday with high pressure expected to be centred over central Scotland we should see mainly dry sunny conditions, albeit with a fresh southerly breeze. After midweek the high relocates into southern Scandinavia allowing Atlantic low pressure to drive fronts east bringing an unsettled end to the week.

### OUTLOOK FOR THE WEEKEND

Temperatures 7° or 8° possibly even 9° by day, 5° or 6° overnight.

**SATURDAY 28<sup>th</sup>:** A dry, bright and sunny day with a F3 SW wind. Cloudier overnight though remaining dry with S winds possibly gale F8. **Sea State:** Mostly rough at W 3 metre.

**SUNDAY 1<sup>st</sup>:** A bright start before cloud thickens and lowers as SSE winds strengthen F6-7. Rain arriving late afternoon/early evening. Further rain overnight with F6-7 S winds possibly heavy at times, clears east overnight. **Sea State:** East of Shetland moderate at SW 2 metre. Otherwise, moderate to rough at WSW 3 to 4 metre.

### FORECAST FOR NEXT WEEK

Temperatures 7° or 8° by day, 5° or 6° overnight.

**MONDAY 2<sup>nd</sup>:** Starting cloudy with outbreaks of rain and a strong S wind, possibly gale-force at times. Mainly dry by midday with some sunny spells for the afternoon with fresh to strong SW winds veering WNW. **Sea State:** Mostly moderate or rough at SSW 2 to 3 metre.

**TUESDAY 3<sup>rd</sup>:** Mostly bright and sunny but with a fresh WNW breeze. **Sea State:** Mostly moderate or rough at WNW 2 to 3 metre.

**WEDNESDAY 4<sup>th</sup> – SUNDAY 8<sup>th</sup>:** Wednesday dry bright and sunny with a strong S wind. Rest of the week rather cloudy with scattered showers perhaps longer spells of rain at times and fresh occasionally strong S winds. **Sea State Wednesday:** Mostly moderate or rough at SW 2 to 3 metre.

**Dave Wheeler**