WELCOME to the third issue of our coronavirus lockdown Newsletter for Stoke Climsland. With the restrictions on all of us we’re adapting to a completely unfamiliar way of life. We don’t know how long this will go on but there certainly seems little prospect of getting back to normal in the immediate future.

We hope that this Newsletter is getting to everyone in the parish. We’re sorry that we couldn’t, in the end, manage door-to-door distribution and have to rely on making the Newsletter available via various routes on the internet. If you know of a neighbour who does not have access to a computer, tablet or smartphone, please do print off a copy of this Newsletter and get it to them.

The next issue of this Newsletter will be available on Thursday, 16th April. Deri (contact details below) will be pleased to have your contributions on Tuesday the 14th or, if possible, sooner than that.

HI CORONAVIRUS WATHA

I heard the poet, Matt Harvey, read this out on BBC Spotlight last week and thought it worth sharing. He’s given us his permission to reproduce it. Read it in the rhythm of Longfellow’s Song of Hiawatha.

This is my sincere reflection
In this time of mass infection
In the style of Hiawatha
How I wonder why I bother
In our memory we carry
Images of February
Hugs and kisses, making merry
A fading world now legendary
Now the people we are stuck with
Are the ones we must put up with
And what’s worser,
vice versa
Up the wall we drive each other
Mother father sister brother
Kissing cousin, uncle, aunt
Can we get on? Yes we can’t
Now’s the time to stop and step back
Back from normal social contact
Wash your hands and keep your distance
To perpetuate existence
Some of us don’t do the right things
This is why we can’t have nice things
Those who won’t do lockdown let down
Those who get down with the shutdown

There are dipsticks out on picnics
Numbskulls dingbats dumbbells dimwits
No you nitwits that is not what’s
Meant by shutdown or by lockdown
No – if we’re to be protected
We must act like we’re infected
Must revise the pecking order
Praise the sharer, not the hoarder
Praise our carers in their key roles
All are heroines and heroes
Couriers? It’s time to tip them
Nurses? Doctors? Let’s equip them!
As cases are exponential
And our fears and tears torrential
Their courageous care reminds us
Of the currency of kindness
Reveals our power and our potential
Now we find out what’s essential

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**THE CHURCH IS NOW ONLINE**

As all of our church buildings are now closed as a result of the current restrictions, a limited Sunday Service is being offered locally on-line. The Callington Cluster of Anglican Churches, covering the parishes of Callington, Stoke Climsland, South Hill and Linkinhorne, are posting services weekly on our website. These are short (approximately 30 minutes) combinations of prayers, sung worship, readings and a talk and are in audio format. You can find them at www.callingtoncluster.org.uk under Podcasts & Media/Podcasts. There’s also a lot of other resources there, including items for young children. Well worth looking at.

Details of live streaming of services in Cornwall can be found here: https://www.trurodiocese.org.uk/live-streaming-services-2020/ And details of national services can be found here: https://www.churchofengland.org/more/media-centre/church-online

The church is publishing notices and the Cluster Magazine on a weekly basis (comes out on a Friday). If people would like to subscribe, they simply need to email notices@callingtoncluster.org.uk. We also highlight up and coming streamed services in the notices.

There are many other on-line media offerings from various denominations as well as broadcast services on TV and Radio. So, whilst you can’t get to church, let the church come to you.

Blessings.

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**PETS AND CORONA VIRUS: PROTECTING EACH OTHER**

There is no evidence that pets get sick from corvid-19 but:

1. Just like human hands, pet fur can carry the virus from one person to another.
2. Wash your hands well with soap after touching any pets or their belongings and avoid pet kisses – them and you!
3. If your pet is sick or injured, call your vet before going to the surgery.
4. Each person in your household can walk your dog once a day, but:
5. Keep you and your dog at least 2 metres from others.
6. Avoid contact with other people’s pets.
7. Ensure you have your pet’s normal supplies for 14 days and make only essential trips to the pet shop.
8. Do you know who will look after your pet if you can’t?

Pets provide invaluable companionship, let’s take care of them.

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**DOWN ON THE FARM**

**EASTER-2020**

New life and renewed hope - Down on the Farm

At long last, dry weather and grass growth have returned to lift the spirits and bring busy days, with new arrivals of calves and spring lambs. For we acknowledged ‘key workers’, life goes on!

Yet whilst nature springs forth, an eerie silence not seen since the Foot and Mouth Disease epidemic in 2001, descends the countryside, with only the occasional family out completing their hour of exercise. If you do, remember to stay on the signed footpaths, dogs on leads and well away from farmyards, please.

Self isolation or working at distance may not seem difficult for us on farms, but sourcing supplies of farm diesel, animal feed, medicines and wormers, crop sprays, or even building/fencing materials, are becoming a logistical issue during ‘lockdown’. Likewise, livestock markets are much restricted and even bovine TB Testing is subject to vet availability.

Yet, as farmers and key workers, at the very start of the food chain, we remain resilient and proud to continue to produce quality food to keep the shelves stocked for our Nation. Our message to everyone during these testing times is Stay Home, Stay Safe and Support Local. And remember this Easter, new life and renewed hope are beginning to show ‘Down on the Farm’.
The Tamar Valley Orchards Volunteers’ contribution to the Forest for Cornwall Climate Change initiative is fruit trees. We are offering a fruit tree FREE for every garden in Stoke Climsland Parish and to our members in the Tamar Valley. It’s a 3-year project. This year we are grafting the local Tamar Valley varieties of apple trees ourselves and will grow them on for you until autumn planting time. Grafting workshops, when we train as many of you as possible to join in and to learn, can resume next spring. We would like to know as soon as possible who would like to have one of this year’s trees and who would like to learn to graft next spring.

So please let us know as soon as you can for apple, pear, cherry, and hopefully next year apricot, peach and fig. Tell us what size tree would suit your garden – dwarf, medium or large. And whether an eating apple or a cooker? We can recommend a variety which comes from your immediate area and should thrive for you!

Please phone 01579 370411, or text us on 07976 727618 or email rtvulliamy@gmail.com and please send us your name, address, and contact details.

A FREE FRUIT TREE FOR YOUR GARDEN

MEANWHILE ON THE OTHER SIDE OF THE WORLD

We are not alone in suffering the deprivations and inconveniences caused by the coronavirus. We’ve asked ex-parishioners living abroad to tell us of their experiences. The second of these comes from Diana Bujold, latterly of Higher Downgate, who now lives in Northern Cyprus - officially the Turkish Republic of Northern Cyprus.

I may be a long way from Stoke Climsland, 2,787 miles to be exact, but am full of admiration and not a little nostalgia to hear that in these extraordinary times, a Newsletter is going out to the good people of the Parish. The thing that has surprised me the most during the present crisis is the fact that our usually inept government here have acted so promptly and efficiently to contain the spread of CV, and did this long before Boris and other western leaders got their act together. Our daily limitations are much the same as those in UK except - and this is a huge forfeit for all the ex-pats with 4 legged friends -we are not allowed to walk our dogs! I do. I am risking the £400 fine and possible incarceration. My baby needs his exercise and we brave the trails in the mountains above my house, hoping that the police vehicles have no access and haven’t their spies or drones to detect us. I realise that the population of Northern Cyprus in no way compares to that of the United Kingdom so statistics are misleading at best, but for the first time in my time here, I am proud to say that I feel very safe and am enjoying the sunshine!
LOCAL FOOD SUPPLIERS DELIVERING TO THE STOKE CLIMSLAND AREA

- Bakery
- Meat/Fish
- Fruit & Veg
- Frozen
- Household
- Dairy
- Pantry
- Cooked meals/takeaway

This information is correct at the time of writing; however, it is subject to change. Minimum order values apply to some suppliers. A delivery charge applies to some suppliers. Information kindly supplied by Luke Smith.

- Stoke Climsland Post Office And Stores
  - 01579 370201
  - trepolandpen.co.uk

- Tre, Pol & Pen
  - 01566 706527
  - trepolandpen.co.uk

- Tamar Valley Food Hub
  - 01579 208412
  - tamarvalleyfoodhubs.org.uk

- Applejack Barn farm shop
  - 01752 848738
  - tamarfresh.co.uk

- Phillip Warrens Butchers
  - 01566 772089
  - philipwarrenbutchers.co.uk

- Little Bakehouse at Launceston
  - 01566 248029
  - littlebakehouse.co.uk

- Piran's Bakery
  - 01579 370939
  - piransbakery.com

- Louis Team Room
  - 01579 389223
  - louistearooms.co.uk

- Burraton Farm (just past Duchy College)
  - 01579 370220
  - (potatoes/swede; collection only)

- Dupath Farm (just outside Callington)
  - 01579 382197
  - (collection only)

And, for some other supplies:

- Plants (all collection only)
  - Niggles Nook Nursery (Downgate)
    - 01579 370813
  - Tartendown Nurseries (Landrake)
    - 01752 851431
  - Rising Sun Nursery (Dupath Farm)
    - Sat 9am-4pm – veg and bedding plants
      - 01579 351231

- Pet supplies
  - K Pet Supplies (for delivery)
    - hkpetsupplies.co.uk
  - Tamar View Pet Supplies (for delivery)
    - 01752 840877
      - tamarviewnurseries.co.uk

TECHNOLOGY MAKES ISOLATION A LITTLE MORE BEARABLE

For many of us, access to social media and applications such as WhatsApp, Zoom and Facetime is giving us links to the outside world that are helping us through the crisis. The free video-conferencing app Zoom seems to be very popular: by grandparents reading stories to grandchildren in many countries simultaneously; for multi-site Bingo sessions; for Nanny Jan’s quiz, a church men’s group having a ‘virtual’ breakfast together, Taekwondo and Yoga sessions on-line, a cocktail party spanning three continents, just friends getting together ... and there’ll be more. Why not share them with us all?
With movements restricted and a schedule that has many unexpected gaps, now is a good time to think about learning something new or brushing up on old skills. Here are a few suggestions that you might find interesting.

• Ivan Judd, from Luckett, works for POA Learning, and they have a range of learning opportunities available which people might find useful and/or helpful. POA Learning has 50+ nationally accredited Level 2 courses that are available fully funded and therefore free, all distance learning, and can be undertaken from home through recognised colleges. If anyone is interested then please contact Ivan on ivan.judd@poalearning.org.uk

• You could also take a look at www.Futurelearn.com Here you’ll find lots of short courses, running for a few hours per week for a few weeks and are all free. They are run by universities throughout the world and cover a huge range of subjects.

Worth considering when gardens are immaculate with not a weed in sight and every wall in homes have been repainted! (Thanks to Barbara Bennett for suggesting this).
LOOK OUT OF THE WINDOW

With us all spending more time at home, we are probably looking out of our windows more than ever. Mary Atkinson, our regular nature diarist for the OSN, has penned this short piece for us. Mary also has a blog, https://maryatkinsonwildonline.blogspot.com/ in which she records her observations of the world around us.

Thank goodness we have gardens to enjoy. Sharpen your bird identification skills and see what you can see.

Some of the birds which came to our bird feeders in the winter will have dispersed to the wider countryside by now, but we still have our resident Robins and Blackbirds, and perhaps Song Thrush. Great Tits and Blue Tits are always ready to use a nest box, if not ousted by House Sparrows. Goldfinches, Chaffinches and Greenfinches will still be around. The demure Dunnock or Hedge Sparrow as it used to be called, although no relation of the House Sparrow will nest nearby; Wrens creep around in among the plants, more like a mouse than a bird.

Open the window and listen. Birdsong is at a peak now as birds declare their breeding territory. Blackbird song is sublime. You may hear the persistent fluting calls of a Nuthatch, and imagine yourself back at the seaside or walking the moors when you hear the mewing of a Buzzard or the raucous calls of Herring Gulls soaring overhead.

If you love watching your garden birds, here’s a great offer. You can now join the BTO Garden Bird Watch for free! You simply keep a list of the birds you see visiting your garden over the course of a week, then enter this into the BTO online recording system. If you want, you can also record other garden wildlife, such as butterflies and mammals. Your sightings will help us to understand how and why populations of garden birds and other wildlife are changing, and how we can all help them. You can find out more at www.bto.org/gbw

GETTING BACK INTO THE SWING OF THINGS

A note from Mary Richards

Hi there, for the duration of the crisis I have been cruelly cut to ‘around’ one hundred words. Now I know the pressure I have been putting on others by constantly nagging ‘shorter, shorter, shorter’.

Having survived two weeks in intensive care, even before the virus began, I completely missed two of ‘the biggest storms in living memory’ as people insisted on telling me, as if I cared, about wind speeds especially as I ended up having a stoma fitted. I finally arose to full consciousness again to find people standing over me masked, gloved and gowned. All I could do was raise a weak little finger, mumble ‘I didn’t mean what I said about your omelette’ before realising it wasn’t Derriford’s catering staff lined up in front of me but my family giving me that weak plastered-on smile visitors do in hospitals, all wishing to drop their grapes and go.

Oh goodness, I’ve used up my hundred words allowance and I haven’t even touched on my arrival home, the cat’s enjoyment at seeing me (if you don’t count the little gift he left me in the wet room), and my own realisation at how much family counts in trying times.

Just two more words: ‘thanks for all your kind wishes’. Now that is more than two but brevity isn’t my middle name. Mary