

THE OLD SCHOOL NEWS



Issue 238

December 2022 & January 2023



CAROLING

There will be Carol Singing on

The Green, Stoke Climsland
Tuesday 6th December 6pm

Come and join us for singing, hot
soup and a roll £1

Stoke Climsland WI



Rainbow Cake by Jasmine age 9
Reindeer Foot by Amelie age 6



The Old School
Stoke Climsland



Christmas Lunches
Friday 17th

Friday 9th December
Friday 16th December

Book at School Office

01579 370493

Book Early to Avoid Disappointment

OLD SCHOOL MARKET

December 3rd

Opening Time 9:30am

For all your special Christmas treats
Come and support your local producers

CHRISTMAS EVENT

John Shillito Jazz Band



Saturday 10th December

Doors Open:

7 pm for 7:30 pm start
With a two-course
dinner in the interval
and a well-stocked bar

FOR BOOKINGS contact:
The Old School Office
(01579 370493) or the
organiser Vivian Davis on
(01579 383819 or 07798
751337)

JAZZ at
The Old School

This News Sheet has been produced by the Trustees of The Old School, Stoke Climsland, Callington PL17 8NY. All enquiries should be made to the office at The Old School, tel 01579 370493 or by email at theoldschool78@gmail.com

The News Sheet can be viewed on The Old School Facebook page and is available for download at www.theoldschoolnews.co.uk

For more information about The Old School go to www.oldschoolstokeclimsland.co.uk

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STOKE CLIMSLAND POST OFFICE & STORES

We are now taking orders for all your Christmas needs

- Fresh meat, poultry, fruit & vegetable
- Orders made up ready for collection
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- Locally grown trees
- Christmas cards & Wrapping paper
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- Cornish Goodies

David, Sue & the Team would like to wish you all a Merry Christmas.
Thank you for your continued support
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Marina Urquhart-Pullen ND DO.

**PARISH HALL DIARY
DECEMBER 2022 & JANUARY 2023**

Regular Events:

| | | | |
|-----------|------------------|------------------------|--------------------------|
| Monday | 10:30 - 11:30 am | Weekly | ADULT BALLET (Main Hall) |
| | 7pm | 1st Monday | GARDENING CLUB |
| | 7pm | 3rd Monday | PARISH COUNCIL |
| | 7pm | 2nd/4th/5th | SCATS Rehearsal |
| Tuesday | 9 am - noon | Weekly | POP-UP CAFÉ |
| | 1:15 - 2:15 pm | Weekly | LATINO DANCE |
| | 7:30 pm | 2nd week only | W.I. |
| | 7 pm | Weekly except 2nd week | BOWLS |
| Wednesday | 9 - 12:30 pm | Weekly (term time) | PRIVATE HIRE |
| | 3 - 8:30 pm | Weekly | SJS DANCE ACADEMY |
| Thursday | 9 - 11 am | Weekly | KEEP ACTIVE |
| | 4 - 7:30 pm | Weekly | SJS DANCE ACADEMY |
| | 8 - 10 pm | Weekly | CALLINGTON GOSPEL CHOIR |
| Friday | 10am - 11am | Weekly | PILATES |
| | 11:15 - 12:15 | Weekly | MATURE MOVERS |
| | 7 - 10:30 pm | Weekly | BRIDGE |

All events are subject to change due to holidays etc. Please contact group leaders for specific info.

Together with:

| | | |
|-----------|------------|----------------|
| 4 Dec | 10am - 4pm | SJS REHEARSALS |
| 10 Dec | tba | Church Fete |
| 18 Dec | All Day | PRIVATE HIRE |
| 22/23 Dec | All Day | PRIVATE HIRE |

For further information regarding bookings please contact Sue Watts 07836 202212 or email sue-watts@btconnect.com

**METHODIST CHURCH SERVICES
DECEMBER 2022 & JANUARY 2023**

| | | |
|--------|--|-----------------|
| Dec 4 | Local arrangement - Film about Alpha | |
| Dec 11 | 11 am | Revd David Moss |
| Dec 18 | 11 am | John Ware |
| Dec 25 | No Service, services at both Callington and Tamar Valley Methodist Churches at 10 am | |
| Jan 1 | Local arrangement - Film about Alpha | |
| Jan 8 | 11 am | Rev David Moss |
| Jan 15 | No Service, Circuit Covenant Service at Callington Methodist Church at 10:30 am | |
| Jan 22 | 11 am | Helen Pengelly |
| Jan 29 | 11 am | Revd David Moss |

Saturday 17 December, 7pm, Carol Service & Turkey Supper - please contact Donna 01579 383709 to book.

"Tea In The Afternoon" is taking a break until March. Thanks to everyone who has supported this venture.

OLD SCHOOL 200 CLUB WINNERS

| | | | |
|--------|--------------|--------|--------------|
| Oct 28 | L Galer | Nov 18 | Clive Kidman |
| Nov 4 | D Glassborow | Nov 25 | M J Cox |
| Nov 11 | A Phillips | | |

OLD SCHOOL DIARY - DEC 22 & JAN 23

Weekly Events:

| | | |
|-----------|--------------|--|
| Mondays | 9 am | ACUPUNCTURE (by appt) |
| | 9 am onwards | PILATES |
| | 7:30 pm | SCOTTISH DANCING |
| Tuesdays | 10 am - 1 pm | RAGS ART GROUP |
| Wednesday | 10 am | CROSS BOARDER ARTS |
| Thursdays | 9 am Onwards | OSTEOPATH (by appt) |
| | 11 am | KEEP FIT |
| Fridays | 9.30 am | FRIDAY MUSIC GROUP |
| | 12 noon | FRIDAY LUNCH all welcome, please ring Old School to book |

Together with:

| | | |
|----------------------------------|---------------|---|
| Dec 3 | 9:30 am | VILLAGE MARKET |
| Dec 7 | 10 - 11:30 am | PARISH COUNCIL, AH Rm 7 |
| | 2 - 4 pm | AFTERNOON TEA, please check it is going ahead |
| Dec 8 | 9 - 4 pm | CHIROPODIST |
| | 7 - 9 pm | TRUSTEE MEETING |
| Dec 9 | 7 - 10 pm | FILM CLUB |
| Dec 10 | 7 - 10 pm | JAZZ EVENING |
| Dec 15 | 9 - 4 pm | CHIROPODIST |
| Dec 18 | 7:30 - 10 pm | CHRISTMAS CAROL |
| CLOSED UNTIL THE NEW YEAR | | |
| Jan 13 | 7 - 10 pm | Film Club |
| Jan 28 | 7:30 - 10 pm | Ukrainian Evening |

**PARISH CHURCH SERVICES
DECEMBER 2022 & JANUARY 2023**

| | | |
|--------|----------|--|
| Dec 4 | 8 am | BCP |
| | 10 am | Morning Worship - Alan |
| | 2:30 pm | Remembering God - Barbara |
| | 6:30 pm | Informal Evening Communion |
| Dec 11 | 8 am | BCP |
| | 10 am | Morning Worship - Dominic |
| Dec 18 | 8 am | BCP |
| | 10 am | Communion - Joe |
| Dec 21 | 6:30 pm | Carols by Candlelight |
| Dec 24 | 4 pm | Nativity and Christingle |
| | 11:30 pm | Midnight Communion |
| Dec 25 | 9:30 am | Christmas Family Service Jane and Ryan |
| Jan 1 | 8 am | BCP |
| | 10 am | Morning Worship - Dominic |
| Jan 8 | 8 am | BCP |
| | 10 am | Communion - Joe |
| Jan 15 | 8 am | BCP |
| | 10 am | Morning Worship - Alan |
| Jan 22 | 8 am | BCP |
| | 10 am | Family Service - Jane and Ryan |
| Jan 29 | 8 am | BCP |
| | 9:15 am | Cluster Communion at St Mellors |

News, diary and other information should be sent directly to Gill Hiscott at gillhiscott@hotmail.com

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PARISH HALL NEWS

The parish hall trustees continue to evaluate sources of funding. We have quite a hill to climb to deliver the approved plans (planning permission expires Oct 2023) the original costs were estimated at £850k, but prices have gone up and these costs are being recalculated.



To date we have around £105 available from grants and cash. We have submitted applications to the Trusthouse Foundation (£10k) and to the National Heritage Lottery Fund (£80k). We are now drafting an application to the Good Growth fund. We will also be approaching a number of people whom we feel can help us to broaden or endorse our funding applications.

A number of you have been interviewed to gain an initial view on our approach to fundraising. It is important that we are creative in finding ways to fund and deliver in order to meet the community expectations developed from those workshops and consultations. Your help is essential if we are to make this work. Think about ways to raise monies, free services, donations of materials, labour, or organised fundraising events. As the saying goes 'failure is not an option' the other is 'all options are on the table'. The choice is in our hands.

Geoff Giles

Parish Hall Secretary, email: Geoff_a_giles@hotmail.com
mob: 07740 165730

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FROM THE EDITOR

Roy met an acquaintance recently - a Venezuelan, now successful in business, who was brought up in an area of extreme poverty. In talking about his childhood he said his family often went without food but whenever they managed to get any the neighbours would gather at the door. So what they had was shared out and the family had less. The extent of this community spirit struck me as a little lost in England, but as we advance into recession I hope that we will all look out for those less fortunate than ourselves, share what we have and just make it a habit to look out for our neighbours if you suspect they are struggling or elderly and lonely. Not just for the Christmas period but for the year. On another note we thank Alistair and Melanie Guy for a generous donation towards the running of The Old School News. All donations to keep it running gratefully received. I am sure Hilary will join me in wishing you all every health and happiness at Christmas and through the coming year.

Gill Hiscott, Editor.

gillhiscott@hotmail.com

Thank you from Edah

I would like to take this opportunity to thank all of you who conveyed your good wishes to me during my recent hospitalisation. I have been overwhelmed by the kind messages, cards and flowers received from so many friends - so many in fact that I hope you will forgive me for not replying individually to each one of you.

Michael and my girls join me in saying how much we appreciate the kindness shown to all of us. We are so lucky to be part of such a caring community.

I look forward to being back at the Old School soon.

With much love and thanks to all.

Edah

theWI Stoke Climsland WI INSPIRING WOMEN

We meet on the second Tuesday of the month in Stoke Climsland Parish Hall at 7.30pm

New members can join for £22 for 6 months and visitors are always welcome.

Come and join us for interesting talks, craft demonstrations, tea and delicious cakes.

Forthcoming Events

6th December Carols on the Green 6pm

13th December Christmas Social 7.30pm



Happy Retirement

On 25 November, Stoke Climsland School said a fond farewell to both Angie Beer and Marion Kinsman after many a year in their roles running the school's kitchen.

It all began in September 1989 for Angie, when she started her career as school cook at The Old School. Numbers were slightly less then - a lot lower than the average 130 meals she now cooks each day! In 1990, Angie remembers winning the Kraft Foodservice Award for doubling the daily school dinner numbers.

Another accolade in 2001 was the Heartbeat Award from the Chartered Institute of Environmental Health. Stoke was the first school in Cornwall to win this award which encourages catering establishments to offer healthier options on their menus.

Another proud moment was to be voted one of Britain's top three dinner ladies in 2005. When toy company, Sylvanian Families launched its Search for a School Star contest to celebrate the arrival of a new character, Dorothy the Dinner Lady, 5 year old Jasmine wrote about Angie and drew a picture of her. Angie was declared one of two runners up winning a trophy and certificate with the school receiving £200 worth of toys and a prize for Jasmine!

Marion joined Angie in June 1996, when the new school was built, to help serve the dinners. At first, as the kitchen in the school wasn't fully operational, Angie cooked the meals in Callington Primary School which were then transported, via taxi, to the new school to be served by both.

As well as cooking, Angie was actively involved with the school netball team, helping them win lots of tournaments and cup competition matches. Each year Marion and Angie were always in charge of the winning ribbon as the pupils sprinted towards the finishing line on sports day. Another important job they were both tasked with was to judge the annual decorated Easter egg competition!

It's always so nice to hear that when the year 6 pupils are getting ready to leave Stoke to embark on their new secondary school life, one of the things the children say they are going to miss the most is Angie's school dinners - especially the roast dinners every Tuesday!

Angie and Marion were a wonderful team, always reliable and they'll be greatly missed. On behalf of all the pupils, friends and colleagues, past and present, have a very happy and healthy retirement.



CALLINGTON SINGERS IN STOKE CLIMSLAND CHURCH

The Callington Singers are looking forward to a special concert on the 10th December at 4:30pm in Stoke Climsland Church. The choir will be singing excerpts from the Messiah by G.F. Handel and a selection of traditional and ancient Christmas Carols. The choir are pleased to be joined by professional soprano soloist Samantha Rowe. Dr. Andrew Wilson will conduct and the accompanist will be Mark Smith.

The opportunity to sing in the recently refurbished nave of the church is a great boon, as the removal of the choir stalls has created a much improved acoustic which they are looking forward to exploiting to the full when singing The Hallelujah Chorus. The underfloor heating is likely to prove a big hit with the choristers too!

The choir is also looking forward to singing at Stoke Climsland as it gives an opportunity to honour a contemporary of Handel and a local pioneer of English church music from the 18th century; Thomas Calvert, gentleman of Stoke Climsland.

A prominent memorial to Thomas Calvert appears in the porch of Stoke Climsland Church:

You can get tickets for this concert on Eventbrite under the title 'Callington Singers - Messiah at Christmas'. Alternatively, you can use the QR code which is on the poster and on the fliers which you can pick up from the Post Office in Stoke Climsland. Tickets are £10 per person, if you are under 16 you can come along for free. Refreshments will be available.

The Callington Singers always welcomes new members, so if you want to give choral singing a go, we are a good place to start. If you want to know more please contact us via our Facebook page or website www.callingtonsingers.org.

Wildlife at St Sampson's Church, South Hill

We have renamed the church tower as a bug hotel and think it must be one of the biggest bug hotels around. A lovely nest of ladybirds (possibly Harlequin ladybirds, see note below) was found just inside one of the louvre windows halfway up the tower, and butterflies found in the nooks and crannies. I can only imagine how many spiders there must be, but didn't look too hard! It would be interesting to know how many bug species we are home to. There was also much evidence of Jackdaws having nested earlier in the year, with their messy stick nest behind the highest grille in the bell chamber. They could also be heard in the porch last spring, surprising the visitors. The amount of sticks on the floor made me wonder if they were chucking them at passers by! The bats have been around as normal this year and now are finding themselves places for the winter. Our churchyard, like many churchyards, are great undisturbed places for much wildlife and we are very happy to share with them. We are always looking at how we can be a better eco church.

Soil carbon sampling - There were more churches that wanted to be part of this citizen science project than places available and sadly we weren't chosen. However we hope to do a species audit later in the year and the more people to help the better.

Carols by Candlelight - Tuesday 13th December 7pm

Nine lessons and carols, St Sampson's style. This is always a wonderful evening, hear the story of Christmas, sing traditional carols, all lit by candlelight and ending with mulled wine and mince pies.

Café Tingle - Sunday 18th December 10am

If you've never made a Christingle, or don't know what it's about, come along and find out. A relaxed service for adults and children, plenty of coffee and festive treats.

As per the advice - <https://www.rhs.org.uk/biodiversity/harlequin-ladybird> - there are no means of controlling harlequin ladybirds, since any actions taken against them would also be harmful to native ladybirds, other aphid predators and other insects. In addition, they are now so well established and abundant that destroying a few in one area will not make any difference to their overall numbers.

When found in buildings the ladybirds can be tolerated or captured and released out of doors.

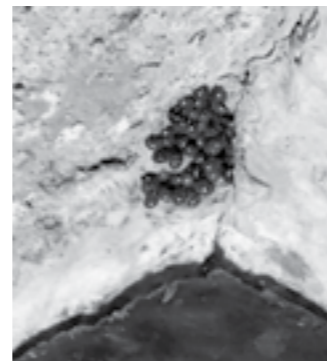
CALLINGTON MAYFEST 2023

Planning for next year's MayFest, which will take place on Saturday 13th May, is already well underway and exciting new additions are under foot. If you would like to be a part of the day's entertainment or would like to book a stall at the market, please contact the organisers via the website: callingtoncave.weebly.com.

On Saturday 1st April we will be bringing MOSCOW DRUG CLUB to Callington. Have no fear, this has nothing to do with Putin!

On Friday 28th April we will be welcoming "The Battling Butlers", a new musical touring show.

KEEP CHECKING THE WEBSITE: callingtoncave.weebly.com



Down on the Farm

'Fowl Play'

In a trouble free world we could be 'sure as eggs are eggs' that turkeys would not vote for Christmas or chickens would wish to be 'cooped up for winter'! But 'feathers have been ruffled' due to the migratory birds 'flying their nest' then spreading a deadly disease and now the 'chickens have

come home to roost' for us humans expecting (or should that be eggspecking!) to sit down to a traditional festive feast of poultry and game. It's a case of 'fowl play' and it's 'no yolk' folks!

Enough corny jokes there to fill many a Christmas cracker, but the more serious message is that bird flu has struck yet again, this time starting in September which is much earlier than previous winters with widespread death amongst sea birds on Scilly. However as the virulent disease spreads inland in both wild birds and then into domesticated poultry flocks, current updated figures show that over 100 confirmed cases have been identified in UK flocks since October 1st. More alarmingly several outbreaks have been in some of the most regulated, bio-secure health and welfare poultry units.

APHA (Animal & Plant Health Agency) who oversee all veterinary operations and implement any full flock cull, highlight how a simple wild bird infected dropping which may contain a thousand doses, in turn could wipe out an entire colony of poultry - so every form of biosecurity protection is being implemented. This in turn has resulted much as last winter in the compulsory housing of all poultry from 7th November, however small the flock numbers. Consumers face the real threat of a shortage of eggs from laying hens, no longer free range status even if in welfare controlled barn situations.

There will be an even bigger challenge to source a fresh turkey for Christmas as many are traditionally outdoor reared and even the larger scale units struggle to fatten for the frozen market. However, the longer term future of many forms of poultry production from egg laying units through to broiler houses for meat, is the question as to how we as a country can keep bird flu under control when by our very geographic position we act as a stop off point for migratory wildfowl.

Further compounded by the economic pressures of any production system dependant upon grain diets and their doubling in price since the Ukrainian conflict, we are already seeing a mass exodus from both our pig and poultry sectors, with yet more to quit in 2023. So may we wish this Christmas that our taken for granted food and drink laden tables, all so carefully produced by generations of farmers and growers worldwide - who this past 12 months have faced many challenges and pressure from weather extremes, economic instability, international conflict, world market supply and now fresh disease threats - that we can all hope for better times to come for 'one and all'.

Merry Christmas from everyone 'Down on the Farm'!

Martin Howlett



Stoke Climsland Gardening Club

The November meeting of the Club was a talk by Trevor Wiltshire of Wadebridge, who spoke on "Cyclamen Society field trips". Trevor retired from RHS Wisley and is the international registrar for the Cyclamen species and a life member of the Cyclamen Society. He has been on several field trips, notably to Turkey. There are over 20 species of Cyclamen originating from around the Mediterranean: from Morocco in the west to Syria and Iran in the east, from north Africa to the Alps.

Cyclamen are ancient plants, going back 60M years. They have a tuber, an underground stem swelling that gets bigger every year - and once established, they can live 20-100 years. They like loamy well-drained soil. Take a handful of soil and press it together; if it stays as a ball it probably needs more grit.

He showed pictures of the different varieties and the sort of terrain in which they are found. Some species only occur wild in specific locations; for example, C confusum from NW Crete, C elegans from N Iran, C libanoticum only from a single mountain in Lebanon.

Our next meeting is:
December 5th :

Mike Stephen
Plants for the five seasons
Mike Casebow





**CORNWALL
repair
cafe
NETWORK**

The Old School is starting a Repair Café

Are you a repairer?
Would you like to get involved?

Do you want to reduce waste, save money, meet new people, learn new skills, eat cake?!

Repair cafes are free meeting places and they're all about repairing things (together). You'll find knowledgeable volunteers and the tools needed to help you repair your household items such as electrical and mechanical devices, computers, bicycles and clothes for free. Even if something cannot be fixed, it is useful to discover why - Plus there is always coffee and cake!



If you would like to get involved, please join us at 10 am on Saturday 21st January @ The Old School for a discussion about how we can make this happen, followed by FREE light lunch.

Alternatively leave your contact details in the office (01579 370493) and let us know how you would like to help.

FESTIVE FRUITS

What a year for tree fruits! First cherries, then pears and now there are still tons of apples on the trees! If you're wondering how to use your fruit and you've missed the apple juicing time, we have some good recipe books for sale at the Old School.

But meanwhile, how about drying them? - peel and core, slice, dunk in water with a little lemon juice (not essential, just helps keep them pale) and string up above your Rayburn or in the oven (leave the door ajar) to dry - it may take a few days. Pop in a screw-top jar and decorate with a Christmas ribbon to make a delicious, chewy, present.

Or chop up, stew lightly with sugar, bag up and freeze in useful portions.

VOLUNTEER OPPORTUNITIES in December & January:

- Orchard Volunteers - planting fruit trees
Old School - keep warm while you help in the office,
help with indoor painting, or
man our keep-warm café-and-chat!
Parish Archive - filing and indexing doesn't sound like fun - but it is!! And fascinating too !

Let us have your volunteer-opportunities list, and we'll advertise them in the next Newsletter
Contact us at The Old School about any of these, on 01579 470493, or email theoldschool78@gmail.com - we'll be your 'Volunteer Bureau'

KEEP WARM this WINTER !!

The café and library at The Old School will be OPEN this winter for chat, playing board games, sewing, knitting, reading, whatever you like - plus hot coffee and tea. Initially on Wednesday and Friday afternoons.

Or you may like to take a turn at manning the cafe - serving drinks etc - please let us know by dropping in to the office or phoning 01579 370493

How Much Do You Trust Jesus?

Mark 4:35-41

Jesus was in the boat fast asleep when a furious squall came up and the waves broke over the boat, so that it was nearly swamped. The disciples woke him and said to him "Teacher, don't you care if we drown?"

He got up, rebuked the wind and said to the waves "Quiet - Be Still!" Then the wind died down and it was completely calm.

He said to his disciples, "why are you so afraid? Do you still have no faith?"

In our lives we all go through our own personal storms; it's how we deal with it when we are in them. Do we turn to Jesus or try to deal with it ourselves?

I recently heard of a lady who had cancer, when asked if she had a faith, she said "I did have but now I don't". She lost her faith during her battle with cancer. None of us know how we would manage in the same circumstance. When we go through these storms, life can be very disorientating and irrational, we have choices to make! We can reject Jesus, ignore Him or accept Him. Psalm 55:22 says, "cast your burdens onto the Lord and He will sustain you, He will never let the righteous be shaken".

I have recently been going through a very stormy time and I can honestly say that that it has drawn me closer to Jesus. Sometimes when we are seeking a physical healing and it does not happen, we ask why? We don't always understand. Through this storm I have learnt to invite Jesus into my storm. In the storms our faith is challenged and strengthened. I know for myself I have felt a real trust and peace knowing that Jesus is my strength.

One morning I prayed "Lord, I don't even know if you are listening to my prayers". Within the hour I had a text from a friend whom I had not spoken to in years. The text said, "God has told me to tell you that you are in a spiritual battle". This oddly enough was encouraging because it helped explain what was going on in my life, and how to direct my prayers.

God will answer our prayers, not always in the way we want but, on this occasion, it was perfect timing. When going through storms in our lives it is a time to cry out to Jesus, he will answer you. David in the Psalms said "I know the Lord is with me always. I will not be shaken, for He is right beside me." We must not forget that David was a man of flesh and blood just like any of us, so let us turn our eyes upon Jesus and look to his wonderful face.

John Gaul, St Marys Callington

2021-22 Annual Report from the Trustees - A summary

Trustees, staff and volunteers

The contribution made to The Old School by our volunteers has been immense, the trustees and members acknowledge its importance. We value the work of the office volunteers, those who work on the preparation and delivery of meals and those who work behind the scenes in organising and helping with events, on creating and delivering the Old School News and on maintaining the buildings.

Edah Joll has continued to have a pivotal role in managing The Old School. Her commitment and enthusiasm have been as important as ever; we wish her well as she recovers from a recent operation. Sheila Stipling has continued to keep the books and we are grateful for her dedication and unfailing helpfulness. Our caretaker, Jonathan Cox does a huge amount of work on the day-by-day servicing and maintenance of our building and grounds.

We would welcome new trustees or volunteers willing and able to continue to support the work of the Old School.

Programme and use of The Old School

The challenges posed by Covid meant that we have had to be vigilant, flexible and very careful in order to continue to provide safe services. It has been a priority to maintain our role as a community hub at a time when social isolation has grown.

The programme has gradually almost returned to its pre-Covid levels.

- the monthly market and full breakfasts
- the Friday lunches
- Scottish Dancing, Jazz, Pilates, Acupuncture, Chiropody, Osteopathy
- Book Club and Investment Club
- Fun on Friday session for pre school children in the Library area.
- The Film Club and the Local History Group
- Two art groups meet as before and U3A is back,
- We've had Apple Pressing and Mitber Photography
- We were fortunate to be able to "live stream" both the Platinum Jubilee and the Late Queen Elizabeth's Funeral.
- We continue to house the Cornwall Council library, and the Parish Archive.

New ideas include - Food for Thought, Repair Shop, Food Group, Family History Group, provision of a "warm space" and we are looking at the possibility of sharing events with The Parish Hall. We would also like to get drama and special music events up and running again and would welcome new ideas.

The buildings

We have not had any major building costs to meet in the last 12 months but there continues to be a need to service our 160-year-old building. The current energy cost crisis has highlighted the need for costly improvements to the insulation and heating of the building.

The improvements to the stage and to the audio-visual systems, made some time ago, continue to serve us well. We have been able to improve our free WiFi access and reduce the cost of the contract.

Improvements to the old toilets in the car park were supported by the Parish Council. The recycling facility continues to complement the kerbside collection whilst raising charitable funds.

Catering

In addition to the Friday lunches, the 5 Star kitchen facilities have also been used for Jazz, Fine Dining "Pop Up" fundraising events, funeral wakes, The Climate Fair and Village show.

Outreach

New editor (Gill Hiscott) and compiler (Hilary Scott) took over production of The Old School News late in 2021.

We are seeking an advertising manager to help ensure the continuation of the Newsletter.

Visit www.oldschoolstokeclimland.co.uk or find us on Facebook @ The Old School Stoke Climland.

FOOD FOR THOUGHT Ukrainian Evening

Saturday
January 28th
at The Old School

Please contact the Old School
for further details
tel: 01579370493
email: theoldschool78@gmail.com



Burns Night Supper

Callington Twinners
at
Callington Town Hall

Saturday 21st January
7:00 pm for 7:30 pm start

This event has all the pomp and circumstance of a Burns Supper north of the border, complete with a full traditional meal, all the speeches and the delights of a Scottish piper.

For further information contact: Sue 01579 382705



CONNECTIONS



We are fast approaching Christmas and possibly by the time you've read this, New Year. In our culture both Christmas and New Year are significant, acting to connect us. I know of some who start preparing for the next Christmas immediately this one finishes. The Christmas season is loved. Christmas brings some light into the darkness of cold wet and windy winters and this is the case whether you're 'religious' or not! We find ourselves drawn into a Dickensian style Christmas

and looking for comfort.

I expect you'll have noticed we're running Alpha at the chapel. This too is about connections. 'Alpha is for anyone who is curious to explore the big questions of life, faith and meaning. The talks are designed to encourage conversation and explore the Christian faith in a friendly open and informal environment, you can say anything you like or nothing at all.'

As Christians we see Jesus and God's love shown at Christmas as a way to connect with God. Alpha helps people to see what makes Christian believers 'tick' and explore for themselves.

This Alpha we will be using the film series. So, if you fancy popping in on a Tuesday at 7pm-8.30pm, you are welcome. The format is: a simple meal, film, then conversation. There will be plenty of food to go around! Millions of people across the world have done Alpha. Why not try it out? You can always check out the website if you wish: alpha.org.uk/try

We began Alpha on Nov 22nd 'Who is Jesus? and then on Nov 29th 'Why did Jesus die?'

As we move into December our sessions are - Dec 6th 'How can we have faith?'; Dec 13th 'Why and how do I pray?'; Dec 20th 'Why and how should I read the bible?'

There's a break over Christmas, beginning again Jan 10th 'How does God guide us?' Alpha then continues into February. If you miss some, you can always catch up on what you've missed.

Whether you come and try Alpha or not, may I wish you a Merry Christmas and a Blessed New Year. The best of all is that God is with us!

Rev David Moss, Minister for Stoke Climsland Methodist Church, Venterdon

Callington Methodist Church
PL17 7JJ
www.callingtonmethodist.org
Wednesday 28th December
10 am - 12 noon
**Twixmas
Chillout**

Free Event for all ages - games, quizzes,
creativity, refreshments

Addressing Climate Change

The trauma of Climate Change and now global economic chaos is the reality that we are all facing as COP27 carries on. I am left wondering how best to reconnect with the positive feedback from our Climate Fayre Day and the actions needed to enable that positivity to flourish?

Global heating and the collapse of our life support systems has many components and many elements. They are complex systems, difficult to change, but change is happening rapidly and with change across the world comes order out of global chaos.

The transition away from Oil and Gas to Renewable Energy is happening right now.

After the Climate Fayre Day we began to understand why Cornwall was lagging way behind the rest of the country in terms of investment in electric vehicle (EV) charging infrastructure, renewable energy personnel training and jobs, electric transport (buses and trains), electric bikes and the installation of both domestic and commercial air sourced heat pumps. The investment funding to enable these transition projects is Commercial, and it is vast ... Millions £££££'s

Access to this investment funding is through The ZEMO Partnership - <https://www.zemo.org.uk/>

Zemo Partnership, formerly the LowCVP, established in 2003, is a public-private partnership that exists to accelerate a sustainable shift to lower carbon vehicles and fuels and create opportunities for UK business. Nearly 200 organisations are engaged from diverse backgrounds. www.zemo.org.uk

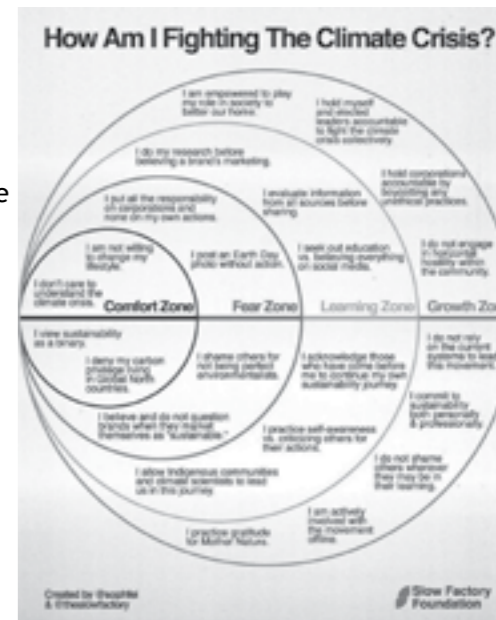
Every Council in the UK engages with this, except Cornwall. Please ask your MP, your District Councillor and your Parish Councillors to access these funds for our community and for Cornwall. Why should our Community lose out? Why should Cornwall lag behind Wales, Scotland and the rest of the UK? ... It's a no brainer.

RECOMMENDED READING: 'WHAT WE OWE THE FUTURE' - A Million-Year View, by: William Macaskill. A guide on how to create positive change on behalf of future generations.

Alastair Guy.

There is no denying the Climate Crisis is with us. I find this diagram interesting and applicable to each of us - where do we each fit?

For those who want to improve their involvement now - remember the 'Carbon Buddy Handbook' - available from meljoyguy@hotmail.com - an intelligent way for friends and family to recognise what we can each do to improve our lot - everyone's lot on this planet.



Mature Movers Dance Class

We kick a leg, swing an arm, curve the back and twirl. Everyone is enjoying the thrill of moving to music and the chance to bring their own expression to the movement. This is a Contemporary Dance class for mature movers (50+ age group). It challenges the stereotype of "movement to music" for that age group that typically consists of robotic, impassionate and repetitive movement. This dance class is so much more; expressive, engaging and somewhere to immerse mind, body and soul.

We use a variety of images and different "flavours" of music to inspire our dance sequences: opera, jazz, classical, world music, popular music and more. The movement is free-flowing with an interesting dynamic range. Simple sequences are taught which allow plenty of room for self-expression.

Did you know, that when you dance, your body releases endorphins (feel good hormones)? It therefore lifts your mood and increases your self-esteem, as well as increasing muscle strength, flexibility, circulation and aerobic fitness. Numerous scientific studies, such as (2003) research done at the Albert Einstein College of Medicine, prove that dance improves all round health, and particularly for the mature mover, Keeps the brain "young", as cognitive function, memory and neural connections are stimulated.

After class, everyone walks out with a smile on their face, not even realising what a total body and brain work-out, they have just had!

This is what class members say about the class.

"Jayne's dance class is an hour of self-indulgence! Uncomplicated routines which allow for self-expression, danced to the most amazing and varied music. Jayne and the class are a friendly, supportive and welcoming group of people: I really look forward to Fridays."

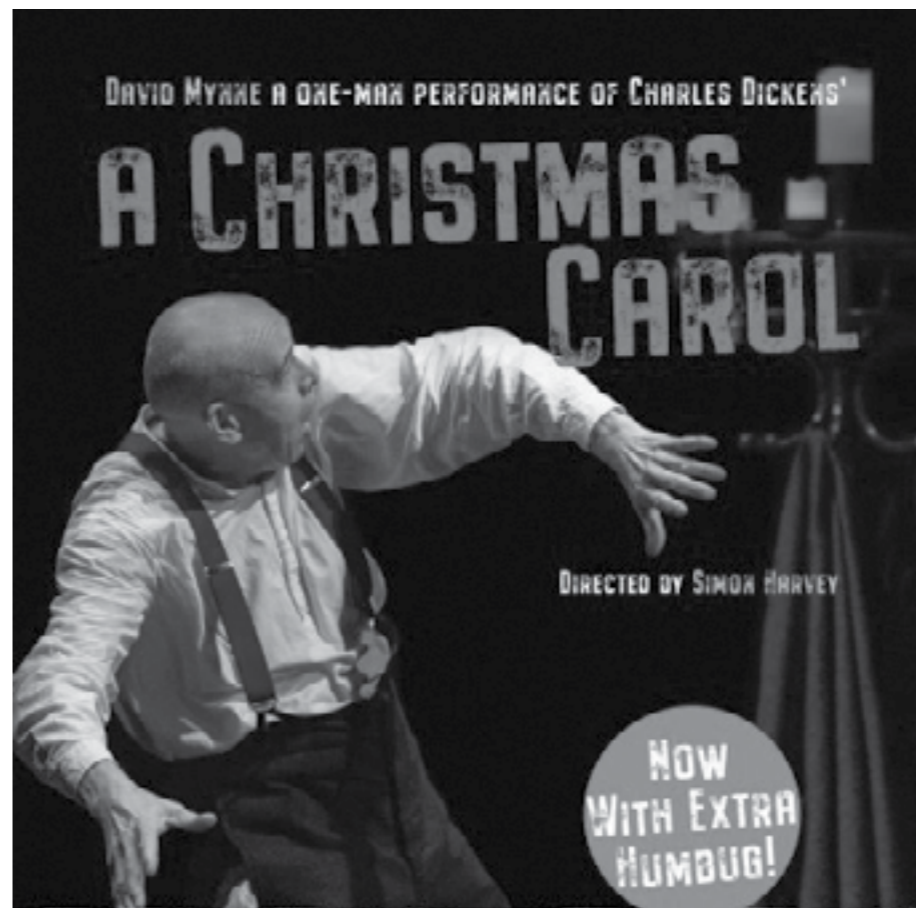
"I absolutely adore Jayne's dance class. The music is exhilarating, and with Jayne's gentle enthusiasm and simple choreography, we begin to feel like 'real' dancers...and for an hour I am transported to my happy place where only good things can happen."

Mature Movers dance class is on Friday mornings, 11.20-12.20 at Stoke Climsland Parish Hall.

Contact Jayne: Movementmedicineuk25@gmail.com

mobile: 07838 842943 website: Movementmedicine.uk

Term payment or single class payments available.



THE OLD SCHOOL

Tickets £10 - Advanced bookings only

Phone 01579 370493

December 18th at 7:30pm

Interval with bar

Suitable for accompanied children over 9 yrs

David Myrre, veteran Cornish actor and a founder member of Kneehigh, in a one-man performance of Charles Dickens' A Christmas Carol.

Spend an evening with Ebenezer Scrooge: a squeezing, wrenching, grasping, clutching, covetous, old miser! Bah!

In their inimitable style, the team that brought you Great Expectations, Dracula and The Odyssey will now take you on a grim (sort of) journey through the dark, dismal streets of Victorian London. Dickens' original words with added silliness. Silliness? Bah!

Celebrate the festive season with a mesmerising one-man performance of Charles Dickens' timeless, transformative story: A Christmas Carol. Bah!

Now with added Humbug!

Luckett Social Club

All events start at 8.00pm unless otherwise stated, with the club and bar open from 7.30pm.

Our Winter Programme started in earnest in October when on Friday 7th we invited members of Stoke Climsland Sports & Social Club to join us for a fun evening of dart based challenges. With Stoke outnumbering us by 4 to 1 the teams of 4 were mixed as to give everyone a chance of winning whatever their ability of hitting the required numbers on the dartboard. The 6 teams played Cricket in the first half and a modified version of Shanghai in the other. A fun evening was had by all, Thanks to Jenny and Louise for drumming up the support. We look forward to repeating the evening next year at Stoke Club. On Saturday 15th October David Crawley gave a fascinating and very informative talk on his involvement in collecting and transporting of much needed supplies to the Ukrainian

border. Thanks also to Darren's Cars and team for giving up their time to come along and share their experiences and to the Ukrainian family for giving us their insight on how life is really like. The raffle alone raised £95 and there were other donations. So thank you to everyone who gave so generously for this cause.

On Saturday 22nd October the Club had its Annual General Meeting when 26 members were in attendance and we were back in the Clubhouse for the first time in 3 years. With Ian Salisbury standing down after 6 years in the Chair, Danny Hobbs was elected as the new Chairman. Replacing him as Vice Chair will be Jackie Selwood. The other Officers namely Honorary Secretary (Geoff Howlett) and Honorary Treasurer (Sheila Hobbs) were both re-elected. As too were the previous 7 Committee Members with Christine Lloyd being elected in place of Jackie. The evening concluded with a mini Cornish Quiz and light refreshments. The Club thanked Ian for all his time and hard work over the years and presented him with a few bottles of wine and real ale. The final event for October was a spooky affair, with the Club decorated accordingly on Saturday 29th for a Halloween Party. Thanks go to Danny, Sheila and Kim for doing a scary job. Unfortunately as most of the children in the village had either grown up or were too old to join in the kids games it was left to the adults to dress up and play a game of Spider. I then did a short quiz with a Halloween theme. The winners were David & Sari. Thanks to everyone who brought a plate of edible but scary food. Forthcoming events:

December 2022

| | |
|---|---|
| Friday 2nd A BEETLE DRIVE - Always a fun filled evening. | Saturday 17th CLUB CHRISTMAS PARTY. Music & Karaoke supplied by Tim Selwood. Christmas buffet all for just £4 per member, guests £6. Numbers required before hand please. |
| Friday 9th CHRISTMAS PRIZE BINGO. Eyes down look out. All the tickets you need for just £6. | |

January 2023

| | |
|--|---|
| Friday 6th AT STOKE CLUB - FUN DARTS CHALLENGE EVENING | Friday 20th BINGO |
| Saturday 14th A BEETE DRIVE - Fast and furious fun. | Saturday 27th BURNS NIGHT MEAL - A traditional cooked meal. Pre-booking essential due to limited numbers. |

For more information visit our facebook page The-Luckett-Social-Club.

Geoff Howlett (Hon. Secretary).



Stoke Climsland Sports & Social Sports Field PRIVATE FIELD

There have been complaints about dogs running on the field and people leaving dog poo bags in the hedges and at the gates of the field. We would like to remind people that the sports field is a PRIVATE FIELD. There is a footpath which runs across the field from the gate opposite the School to the gate behind the pavilion. There is also a permissive footpath which runs along the Venterdon Road. People should restrict themselves to walking along the footpath. When walking dogs, they should preferably be kept on a lead or at the very least under control so they do not disturb other walkers. Dog poo should be picked up and put in one of the dogpoo bins in the village.

Anyone wanting to use the field for recreational purposes must ask the Sports and Social Club for permission first as a matter of courtesy.

SOURCES

Support for residents struggling with the cost of living

Community Food Support Map can be found on this web site: <https://letstalk.cornwall.gov.uk/help-with-food>, click on the dots for more info (this doesn't always function well, do persevere)

Nearest to Stoke Climsland: Community fridge, behind the Co-op at Drakewalls, (which used to be Pearces). If you have surplus anything - you can put it in - if you need something which is available you can pick something up. (Leave a bit for others too)

ALSO, food bank at Callington - 3 times a week (see the CC map for details)

AND do you know about these -

FareShare - <https://fareshare.org.uk>

OLIO - <https://olioex.com>



Stoke Climsland Sports & Social Club

Follow us on Facebook
MEMBERS ARE ALWAYS WELCOME

We are open Wednesday to Friday 8.00pm to 11pm, and when there is an event on Saturday from 7.30 to 12pm.

If you want to know more, come to the bar to find out. Alternatively you can telephone the secretary:

Louise Power on 01579 370819 or email louisepoweraok@msn.com.

There was a quiz on 15th October. Many thanks to Louise who was quiz master. It was a close fought battle, with much laughter. The team which came first was "5 go quizzing" with a grand total of 981/2 points., who narrowly beat "Neighbours" at 97 points. In fact there were only 9 points between the first and last equal teams, "Twtotones" and "Demogorgons". Either the quiz was too easy or, more likely, the teams are very good! The next quiz will be on 19th November, with quiz masters Georgia and Maurice. Come along for a fun evening.

We will be opening the bar on Friday 25 November for the England v USA match and Tuesday 29 November for the England v Wales match. Depending on the results and attendance in the club we will look to be open for further matches. The bar will open at 7pm on these days.

We are starting December with a bang. The METS have agreed to play in the Club on 10th December. The band has a good following playing songs we all know and love. I hear that they have added to their repertoire so come and dance/listen to the music!

The Christmas quiz is on 17 December with quiz masters Gareth and Gerard. We look forward to a festive quiz. The following evening we will have our Christmas Raffle. As usual we will have carol singing, mulled wine and mince pies. This is a good community event. The Raffle sheet is up in the club now so come along and sign up for great prizes, then join us for the draw.

We are reinstating our NEW YEAR DISCO as our final event of the year. We look forward to seeing you all on 31 December for a knees up and sing-along to the traditional 'For auld lang syne'.

It is that time of year when subs need to be paid. These are the same as last year, £7 for adults and £4 for seniors. We are holding a Members evening on 28th January as a last chance before the joining fee (£2) is applied. To encourage joining we will be offering a free glass of wine and nibbles.

Dates for your diary:

| | | | |
|-----------|---------------|-----------------|---------------|
| World Cup | 26th November | Quiz | 17th December |
| World Cup | 29th November | New Year Disco | 31st December |
| METS | 10th December | Members evening | 28th January |

Keep an eye on our facebook page for more information.

Louise Power

THE NEXT OLD SCHOOL MARKET IS ON DECEMBER 3rd

STALLHOLDER LIST

Jeremy Daw - Butcher - 01579 350410
 Ian MacDonald - Framing - 01579 351221
 Karen Cooper - Cards - 01579 370536
 Di Nash - Gift Hand Knits - 01579 84155
 Derek Scofield - Fruit Juices - 01579 350594
 Chris George - Wood Turner- 01579 370654
 Rosemary Hambly - Action for Children - 01579 383773
 Helen Webb - Skin Care Products - 01579 683471
 Linda Losty - Aprons, Masks etc. - 07494 939086
 Michael Harford - Wood crafts - 01579 370663
 Neil Robyns - Pies, yogurts, etc. - 07831 625159
 Sandra Jane - Leather products - 01579 370966
 Kendale Courts - Local Fresh Vegetables - 07813 157961
 Sue Cook - Plants & Glass Ornaments - 01579 383885
 Val Kidman - Preserves & Cakes - 01579 370297
 Tasha Biggs - Resin Gifts & Diamond Art - 01579 389077



OPENING TIME
9.30 am





Hello, my name is Martine Cox

I am a fully qualified therapeutic, remedial sports therapist. I've been practising massage since 2002 and have an 'International Therapy Examination Council' (ITEC) diploma in Sports Massage and Anatomy, Physiology & Body Massage and gained a further Level 4 VTCT Sports Massage diploma in 2016.

Initially I based my practice in 'The Old School' in Stoke Climsland. As I grew, I was able to create a purpose-built therapy room within my own home - I give a lot of credit for this to my father, who passed away in 2019. Both my parents, Brigitte and Michael Cox, worked tirelessly over many years in all aspects of the parish. I like to follow in my parents' footsteps by helping and supporting the community.

In my role as a health therapist, what drives me is seeing the positive outcomes in people's lives. Choosing to remain in a small village is financially challenging, but I wouldn't have it any other way. I have a very flexible approach to my clients and hopefully provide something for everyone. As a local practice I don't insist on a costly course of treatment: I'm happy to help people with only one session if they require or just some advice. I never feel it necessary to 'sign people up', indeed a lot of my clients just call me when they need me. In these difficult times I wouldn't turn anybody away. I also accommodate the needs of everyone, especially the elderly in the community. To set myself apart from everyone else, I try to offer the best value by only charging clients for actual time spent on the treatment table. All my assessment, consultation and follow up is free.

My work has taken me to St Luke's Hospice in Plymouth, where I have had the opportunity to work with cancer patients. Massage can be both therapeutic and vital in helping with complications, in terms of assisting drainage and removing toxins from the body. I have worked successfully with people of all ages suffering from a variety of medical and physical conditions and am experienced in tailored treatments. Medical conditions that may benefit from therapeutic massage include tendonitis, arthritis, RSI, ME, muscular dystrophy, Parkinson's disease and multiple sclerosis. Physical injuries may also benefit, e.g. frozen shoulder, sciatica, neck and back pain, knee injuries and many more. Being a remedial sports therapist, I have successfully treated people to help them recover from injuries or medical procedures, increasing their mobility and performance. Massage not only helps physical conditions but is also beneficial for mental well-being, something that's increasingly recognized as a key part of health care now - looking after yourself!!

Please feel free to contact me at any time. Looking forward to hearing from you.

Martine.



Stoke Climsland's own Theatrical Society, SCATS, has been busy, busy since auditions in September with their upcoming Pantomime production:

'THE SWORD IN THE SCONE'!

The Cast, old and young are working hard at rehearsals to bring you the thrilling Arthurian Tale of Knights and Jousts and Love and Derring-Do! Watch out for tickets going on-sale in January 2023 at Stoke Climsland Post Office.

Performance dates are:

Friday 17th and Saturday 18th
and Friday 24th and Saturday 25th February 2023.

STOKE CLIMSLAND PARISH HALL

We at SCATS would also like to strongly encourage the Parish to get behind the Parish Hall Project, still ongoing since the hiatus of activity during the COVID Pandemic. We noted at our AGM in September that if The Prince's Foundation went ahead with funding their 'Reset' (as it is known), which is displayed in the Parish Hall, SCATS would not be able to put on significant productions, leaving us with no viable space in the future. Whilst there may be other facilities within the village, none of them offer the necessary backstage area of the Hall, which is vital to our Pantomime (and larger cast) productions. We 'make-do' with it as it is, but the Council-approved Plans of 2019, offered significant improvements for us, as well as other Hall users, and we are fully supporting the Parish Hall CIO in pursuing those original Plans with the Prince's Foundation. If SCATS has a Home Space, then it is the Parish Hall! We don't want to lose our Home!

It is your Parish Hall; let's support the CIO in achieving the best outcome for the Parish; an extended, refurbished, revitalised and eminently more sustainable Community facility for all, for the future, in the heart of Stoke Climsland.



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11 Kyl Cober Park, Stoke Climsland



Film Club

Doors open at 7pm for Refreshments Film starts 7:30pm

Friday December 9th 2022

'Last Christmas' starring Emma Thompson, Henry Golding, Emilia Clarke, and Fabian Frankell.

Romcom: A disillusioned Christmas store worker forms a relationship with a mysterious man and begins to fall for him.

Friday January 13th 2023

'Brian and Charles' starring David Earl, Chris Hayward, Louise Brealey.

Comedy. After a particularly harsh winter in rural Wales, Brian goes into a deep depression; completely isolated and with no one to talk to he does what any sane person would do when faced with such a melancholic situation. He builds a robot

NEW MEMBERS ARE ALWAYS WELCOME






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