



The Stoke Climsland Newsletter

Issue 28 January 2021

WELCOME to the second Newsletter of the new year. It comes as we're settling into the current lockdown, awaiting our turn for vaccination and hoping that things will slowly improve as we approach the first anniversary of coronavirus in the UK. It remains for us all to be very careful in our behaviour so that we add nothing to the stresses, problems and heartache that so many of our fellow-citizens are facing.

This is a bumper issue of the Newsletter - an unexpected outpouring from an increased number of contributors. This is very welcome - please keep it coming. And encourage others to express their views, tell us what they're planning or doing and join us in keeping our community as close to normal as is possible. If you want to praise the Newsletter, please do; if you want to criticise it or disagree with what's in it, please do. Above all, enjoy it and look forward to the next one in 2 weeks' time.

Deri Parsons and John Wilmot



This issue of the Newsletter is published on The Old School page on Facebook and on www.theoldschoolnews.co.uk where it is easier to download. The next issue is due out on February 4th.

Here, and on page 20, are some photographs from David Price that should cheer us all up. Spring is on its way.

ABOUT THIS NEWSLETTER

This Newsletter is being produced by Old School volunteers in collaboration with the Parish Council. Please use our contacts to provide information or with questions about the Newsletter. Please do not leave information at The Old School office which at present is not always regularly staffed. Editorial and information for inclusion: Deri Parsons 01579 370319 or derrick.parsons@btinternet.com Advertising enquiries: Linda Ainsworth 01579 370632 or newsletteroldschool@gmail.com Compilation by John Wilmot on 01579 370736 or johnwilmot@btinternet.com



INFORMATION ON THE EAST CORNWALL VACCINATION PROGRAMME



It is important to note that neither the Health Centres in Callington nor Gunnislake will be offering the vaccines, either Pfizer BioNTech or Astra Zeneca. Both vaccines are being offered to patients right across Cornwall, with many practices collaborating and offering the vaccines at larger centres in an effort to get more vaccine out to larger numbers of people.

The nine GP practices in our area are working together to offer patients access to both vaccines at the Millennium House, Princess Road, Pensilva, PL14 5NF. The process started on the 14th January 2021 and is well under way. The vaccines will be offered to patients through a collaborative agreement across all nine of the general practices starting at Millennium House.

We want to be able to offer both vaccines to as many patients as we are able to. We anticipate more sites opening up in the very near future, however, the first site to go live is at Millennium House and patients will be invited to attend at this site via their GP practice.

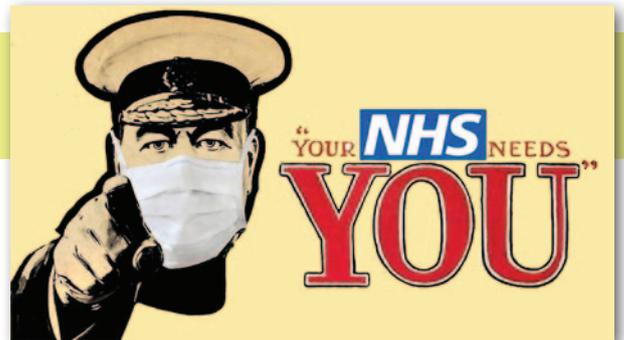
Please do not attend the clinic at Millennium house without an invitation, those eligible for the vaccine in the first cohorts will be invited to attend and they will be contacted by their practice.

YOU CAN HELP THE VACCINATION PROCESS

East Cornwall's first Vaccination Centre is well and truly up and running at Pensilva. With plans to bring more vaccination centres to the community we desperately need VOLUNTEERS. Initially we need willing volunteers for Pensilva and Saltash.

Could you help with some admin? Maybe you are great with people and can help usher them through the process. Also, with precision being key to this operation, there is a real need for carpark marshals to provide calm direction and keep things flowing.

If you are interested, please email: jobs@eastcornwallpcn.co.uk



A REMINDER: THIS IS HOW THE LOCKDOWN AFFECTS YOU

You must stay at home and can only leave your house for the following specific reasons:

- To go to work or provide voluntary or charitable services if you cannot reasonably do so from home – this includes key workers and those in the construction industry.
- To shop for food and/or medicine for yourself or a vulnerable person.
- To provide care or help to a vulnerable person.
- To exercise – Outdoor exercise such as walking or running can be done with your household or bubble, or with just one person from another household. Exercise should be limited to once a day and you should stay in your local area.
- To seek medical care or an appointment or avoid injury, illness or risk of harm, including domestic abuse.
- To meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one.
- To attend education or childcare if you are eligible.



BEWARE: SCAM LINKED TO THE COVID-19 VACCINE

You will never be asked to pay for a Covid vaccination nor can you apply to have one. You will be 'called' when it is your turn. But we have been alerted by different sources to a scam that is now in wide circulation. It starts with a text and advises the user that they are eligible to apply for the vaccine. Users are then invited to click on the link in the text message and are taken to a web page; again that looks very convincing. It goes on to ask for some personal information so that they will be able to apply for the vaccine.

The details asked for:

- Name
- Address
- Date of birth
- Proof of address
- Card payment details

With the recent approval of multiple vaccines in the UK, these types of scam attempts are likely to persist, as fraudsters continue to take advantage of the rollout to so many people.

An example of the Fake Text published by the National Neighbourhood Watch Network is included in the poster shown on the right. If you get one, you are advised to report this to Action Fraud on 0300 123 2040 or www.actionfraud.police.uk

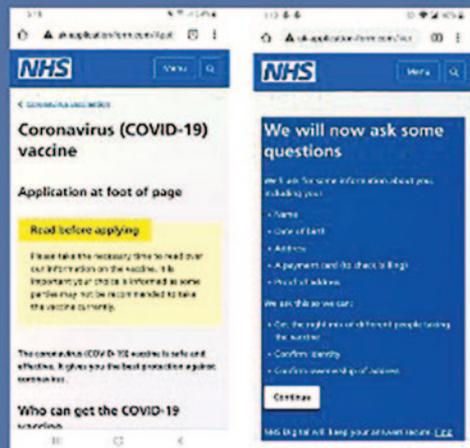
Fake Text re - Covid-19 Test

A dangerous fake NHS text has been circulating, telling people they're eligible to apply for the COVID-19 vaccine. Here's what it looks like.

This URL takes you through to an extremely convincing fake NHS website that asks for your personal details

Wednesday, 30 December 2020

A NHS: We have identified that you are eligible to apply for your vaccine. For more information and to apply, follow here : uk-application-form.com



NEVER give out your personal details.

With the recent approval of multiple vaccines in the UK, these types of scam attempts are likely to continue as fraudsters look to take advantage of the rollout to so many people.

Cold calls regarding the vaccine are also beginning to take place – we've already had reports of scammers asking people to pay for it over the phone. If you receive one of these calls, hang up.

Protect others by reporting incidents like this. If you, or anyone you know, have been affected by this fraud or any other scam, report it to Action Fraud by calling 0300 123 2040 or visiting www.actionfraud.police.uk



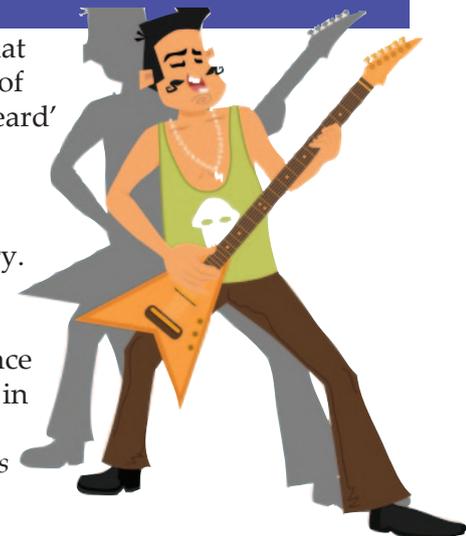
Neighbourhood Watch Network is a Charitable Incorporated Organisation (CIO) registered in England and Wales, no: 1173349

THE
BEST RADIO YOU HAVE
NEVER HEARD
PODCAST

FOR LOVERS OF GOOD ROCK MUSIC

It is a rare issue of the Newsletter that is not edited to the accompaniment of 'The Best Radio You Have Never Heard' podcast. As a public service, I give you the web address <https://www.bestradioyouhaveneverheard.com/> and recommend that you give it a try. It's free and a new episode of some 15 eclectic tracks comes out every fortnight. I've been listening to it since 2006 and it never disappoints. Tune in and beat those Covid blues.

Deri Parsons



CHARITY CHRISTMAS RIDE

Erryn Guy and her pony, Leon, successfully completed their sponsored ride. Instead of doing it on the 13th December they decided to do it on the 9th December due to the good weather. They set off from Crockett at 8:45 am and completed a 6.75 mile route around Downgate and Stoke Climsland in the time of 2.4 hours.



Leon was a very good boy and they enjoyed the company of a friend and her cob.

They were blessed with good weather and all went well.

Erryn and Leon have managed to raise £285 for The Cornwall Air Ambulance and The Mare and Foal Sanctuary.

The total amount of money that was raised will be split between the two chosen charities.

A BIG THANK YOU to everyone who supported and sponsored Erryn And Leon.

THE NEXT NEWSLETTERS

We will now be producing Newsletters at about fortnightly intervals. The next 3 issues will be published online on 4th and 19th February and 4th March.

Please send contributions to Deri Parsons no later than two days before publication.

We will continue to welcome advertisements in the Newsletter, especially from

local businesses offering goods or services. Insertions are very cheap: for example a 9 cm x 6 cm insertion in full colour costs only £6. The maximum size is ¼ page. Please contact Linda Ainsworth; advertisements must be submitted no later than two days before publication.

The Newsletter contact details are on page 1.

And this Newsletter only works if it reflects the ideas, opinions, news and activities that are going on in the parish, despite the Covid restrictions. This is part of what keeps our community together and particularly keeps in touch with people who are stuck at home on their own. So please send us your contributions: we will gladly include anything and everything that's fit to publish!



Tre, Pol & Pen

Farm Shop Open

Thursday, Friday & Saturday

09.00am - 05.00pm

Home Delivery or Call & Collect service available

*see our website for details

call us on 01566 706527

www.trepolandpen.com

Fully stocked Butchers and Deli counter, fresh fruit, veg, dairy & bread



THE CHURCHES IN OUR PARISH

PARISH CHURCH

We have new neighbours !

We are happy to announce that the new Rector of Callington Cluster, Revd Dr Joe Lannon, his wife Nikki and son Kenzie have moved into the Rectory.



He will be taking up office officially after his Institution and Induction Service on Tuesday 19th January at 7:00 pm. It will be conducted by Bishop Hugh and Archdeacon Audrey and will be Streamed LIVE on the Stoke Climsland Parish Church Facebook, YouTube channels and on A Church Near You website. The LIVE Stream will start around 6:45 pm.

During the current

Lockdown the PCC has made the decision to close our church building for Private Prayer and Services, however the Church is still alive and well on-line with the Zoom Prayer Meeting every Monday at 6:00 pm , Zoom

Men's Breakfast every other Saturday at 9:15 am (contact John, j.chaldecott@talk21.com for joining details) and a LIVE Streamed Service every Sunday at 10:00 am with the addition of a Zoom Coffee and Chat afterwards at 11:00am (contact Rob, wellhouse01@gmail.com for joining details).

We are being joined in Sunday Worship remotely by The Parish of Choppington in Northumberland for the coming months as they have also closed their Church building so some of our readings and prayers will include contributions from Revd Terry Moat who has visited us several times in the past six years.

We thank you all for Zooming with us and watching Services on-line during these difficult times and both Steve and myself are monitoring the Covid situation along with the ever changing regulations on a daily basis. If the situation changes then we will let everyone know via the local social media channels, the Newsletter, the weekly Pew Sheet and the Church of England 'A Church Near You' website.

Blessings and Stay Safe

Rob and Steve (Churchwardens)

METHODIST CHURCH



Whilst current restrictions remain in place, there will be no services at Venterdon. We will let you know when we can restart as and when the situation changes.



STOKE CLIMSLAND IN WINTER

We hear that this picture of the parish church in the snow by Rob Stewart (part of our collection in the last Newsletter) was much enjoyed. So here it is again,, with our good wishes for a happy spring and summer.

SEE THE NEXT PAGE FOR A NEW-STYLE MESSY CHURCH

LETTERS TO THE EDITOR

JOY VASE

As we are all coming to terms with the new lock down, may I recommend starting a "Joy vase"? When you see or hear something joyous, write it on a piece of paper, date it and put it in your vase. If you feel fed up, weary of everything that is happening etc. pop your hand in the vase and read whichever note you have pulled out. It will let you smile afresh. My first note is seeing the first snowdrops of the year.

Barbara Bennett

HAIR ICE

We spotted this rare hair ice near the ford at New Mill. Hair ice is an uncommon type of ice formation where the presence of a particular fungus in rotting wood produces thin strands of ice resembling hair or candy floss. Specific conditions are required for the formation of hair ice. It requires moist rotting wood from a broadleaf tree in the presence of moist air, and a temperature slightly below freezing. It is generally confined to latitudes between 45 degrees North and 55 degrees North.



The candyfloss look is caused by a fungus called *Exidiopsis effusa*, and the action of the fungus enables the ice to form very thin hairs about 0.01mm thick and to keep the shape whilst the temperature remains close to freezing.

Nicola Shelmerdine



We have missed being able to meet as Messy Church over the past few months, but to keep you connected Callington Messy Church is now able to offer Messy Church in a Bag each month.

We choose a Bible story theme and include lots of creative and cookery inspired things for you to do at home as a family.

Our next Bag will be available for collection from outside Callington Methodist Church, Hays Road, PL17 7JJ between 10 am and 12 noon on Saturday 13th February. Please book your bag by Saturday 6th February by phoning **01579 388840** or go to our **Messy Church in Callington** Facebook page.

Louise (Children & Families Worker Callington & Gunnislake Methodist Circuit)



A.N.JEWELL

Local Painter & Decorator



Over 20 years experience

Clean Professional Service.

Phone: 01579 370126
Mobile: 07597 307544

For all your interior and exterior paint and paper finishes.

16 Monks Hill
Treburey
PL15 9PZ.

Free Estimates.

Competitive Rates.

Please remember that we would welcome your advertisements in the Newsletter. See page 4 for details.

The February Market at The Old School is cancelled. We're sorry about this but hope that it will be possible to resume the Market a little later in the year, particularly when the weather makes an open-air event more practicable. When it happens we will advertise it in the Newsletter. Other events and services are as follows; you can check on 01579 370493 or email theoldschool78@gmail.com

IF YOU ARE A LIBRARY USER, READ ON FOR AN UPDATE FROM CORNWALL LIBRARY SERVICES

To update you on the position for retained libraries, our sites will remain open for click and collect services and to offer essential PC access.

However, we have decided to change the emphasis in our communications

Borrow and enjoy
eBooks and eAudiobooks anytime



and are actively encouraging use of

electronic resources from home to support the 'stay at home, protect the NHS, save lives' message. We are aware that not everyone can or would want to use eBooks and realise the huge benefits of reading and social interaction on mental health and wellbeing but feel that encouraging use of non-contact resources where possible is important and will help to protect customers and staff alike. As the country is now in a further period of lockdown, the government message is to stay at home and only leave the house for essential purposes and for one period of exercise per day.

Since the start of the pandemic, we have increased our collections of eBooks and eAudiobooks which are free for Cornwall Library members. Downloading is easy, just follow the instructions here www.cornwall.gov.uk/ebooks Similarly, you can download a huge range of newspapers, magazines and comics free of charge, using your Cornwall library card, look for instructions here www.cornwall.gov.uk/emagazines

So, you can still read a great range of books and magazines from the comfort of your own home, and comply with the lockdown guidance to 'stay at home, help the NHS and save lives' and we would encourage you to use this service and keep everyone safe.

If you do not have a library card, just visit www.cornwall.gov.uk/library and join online. We will email a virtual membership number to you so that you can start using our services straightaway.

We are still providing a click and collect service from many of our libraries if eBooks aren't your 'thing'. But do check out our online services as we all pull together to try and beat Coronavirus. Where possible we will also provide access to a public computer for essential government services in our sites.

Some libraries have closed and others are changing their opening hours. To find out what is available from your local library, please check the details here: www.cornwall.gov.uk/library Or you can ring 0300 123 4111 - please note that the telephone lines are likely to be busy.

At the moment, our mobile libraries are still continuing to deliver click and collect services out in the community. You can find the schedules here **Mobile Library Service - Cornwall Council**

If anyone would like to use any of the services mentioned above but is uncertain about how to do it, take a look at the brief feature on The Old School IT Club (see page 11) for contact details. We are there to help.

THE CHIROPODIST will hold an appointments-only clinic on Thursdays at 2-week intervals. Please check with the office for dates of clinics.

THE ACUPUNCTURE CLINIC continues on Mondays at The Old School but only by prior appointment. Contact Michael Clements on 01752 770998 or 07711 934845.

FRIDAY LUNCHES are cancelled until the current restrictions are lifted.

TAKEAWAY MEALS



The next is on Saturday 6th February. Edah is planning an African meal of Peanut Chicken, Jollof Rice and Vegetable Stew to be available from the car park kitchen door from 6.30 pm. We haven't been given a price but we expect it to be £7-50 per meal as before. You will need to book in advance by calling or leaving a message at the office (details above).

OLD SCHOOL 200 CLUB

December	
4th	A Twist
11th	L Galer
18th	D Glassborow
25th	V Wilmot
January	
1st	A Stuart
8th	L Harvey
15th	H Jones
22nd	S Stipling
29th	D Strawbridge

CHURCH MATTERS

At the time of writing, we are just entering the second week of the third lockdown and the Callington Cluster of churches is anticipating a new phase of life under the leadership of a new Rector, Revd. Dr. Joe Lannon. Many churches, including the Cathedral at Truro, have chosen to close for public worship to support the Government's message to 'stay at home'. The hospitality industry has again been hit hard and everyone except for key workers are being asked to 'stay at home' if at all possible. As we reflect on 2020 and anticipate what 2021 might bring, some big questions may come to mind: How will the end of the Brexit transition period affect us? Will the mass vaccination consign Covid-19 deaths and lockdowns to history? What will our Nation and the World look like on the other side of the pandemic; a New Normal?

We are living through uncertain times when many of the norms we have become used to have been swept away or seriously undermined.

Some of the things we may have grown to trust in can no longer be taken for granted, may not provide security after all! However, despite these

uncertainties and the tragically high death toll, there are some good things to have come out of the pandemic:

A renewed appreciation of our National Health Service and the thousands who work selflessly, and at risk to themselves, to care for the sick. All over the country there seems to be an increased awareness of and consideration for the needs of others; those in difficulty, the poor and the elderly to name a few. The book of James in the Bible notes that 'looking after widows and orphans' (those in need) is an important part of true religion!

Many 'good news' stories have been screened on our TV's telling of those who have shopped, delivered meals, and raised money for those in need. Although none of these 'earn a place in heaven' they do demonstrate a good way of living and are examples of the principle that Jesus identified as the second most important commandment – 'Love your neighbour as yourself' A principle, incidentally, that is found in other religions as well. I certainly hope and pray that this greater awareness of, and concern for, the needs of others endures beyond the pandemic.

Another 'good news' story is that of the development of vaccines to protect against Covid-19. Apart from the obvious good news that these have been developed and are now being made available at speed there is further good news here. Recently the BBC screened a very interesting Panorama edition about the Oxford AstraZeneca vaccine:

- Scientists and laboratory staff at Oxford worked up to 18-hour days, day after day to develop the vaccine.
- The usual secrecy and protection of information was put aside so that scientists world-wide could pool knowledge and developments for the good of all.
- Perhaps most significantly the Oxford team made great efforts to find a production partner who would be willing to make the vaccine available at cost to the poorer nations – AstraZeneca being the partner eventually chosen.
- Large quantities of vaccine were produced ahead of gaining approval so that it would be available rapidly if/when approval was achieved – a high risk strategy putting human benefit before profit.
- The last good news story is the overwhelming number of people who came forward for clinical trials wanting to 'do their bit' for the good of all

A great deal of good news behind the good news of the vaccine itself!

To many Christians these 'good news' stories of caring for others and putting their needs on your agenda, of putting the common good above profit where the two are in conflict and sharing with others (be it time, possessions, or knowledge) are examples or early signs of the good news of the Kingdom of Heaven which Jesus spoke of and came to establish. For that kingdom to become a reality, however, people need to change (repent to use the religious word). The need for us all to change the way we live is not an unfamiliar one though: We need to change the way we live to overcome Covid, to reverse global warming, to stop the pollution of the environment and to resolve the many other problems that beset the planet and humanity.

Most of us are not able to impact changes globally or nationally but we are able to make personal or perhaps local changes. A good New Year's resolution would be identify what changes we able to make and start to make them.

Wishing you every blessing and an increasingly Covid free 2021,

Brian Norris

Window Cleaner
Established for over 20 years
Gutter clearing and unblocking
Gutter and Fascia cleaning Exterior walls cleaned
For a FREE estimate telephone Mr Williams
01579 384435 or 07990 996886



CALLINGTON AND DISTRICT TWINNING ASSOCIATION

Twinning activities between Callington and its three partner towns in France, Germany and Estonia have been severely curtailed. Last year we were due to welcome 70+ people from Guipavas and Barsbüttel, along with a small delegation from Keila in Estonia, with whom we have struck up a friendship link. We were hoping to use the Mayflower 400 celebrations in Plymouth as the centrepiece of the Easter weekend, but all the forward planning was to no avail. This was particularly disappointing when our Town Council had offered such tremendous support to the venture.

Also, the planned youth camp for the summer of 2020 had to be

cancelled, meaning that there were sad faces on students from the Community College who had been looking forward to meeting up in Barsbüttel with young people of their own age from Barsbüttel, Guipavas and Keila. We are sure that these events will take place once travel restrictions have been lifted and hope that families and individuals in Callington and the surrounding area will take advantage of these highly successful links to consolidate relationships between our partner towns.

Rick Lumley

PROGRESS WITH LOCAL RECYCLING FOR CHARITY

Our first shipment was sent to Terracycle in January 2019, containing biscuit wrappers. Crisps and dental soon followed and many others. Cathedral Cheese was added in July 2020, in October we sent off 1130 packets. Inkjet cartridges are the latest items accepted.



For a full list of what we can recycle, look at www.south-hill.co.uk/charity-recycling

In March 2020, due to Covid 19, all public collection points were closed, so no shipments were sent in April, May or June and my car could fit back into the garage. A new collection system was then introduced, until lockdown came again, which is where we are now, with the car back in the garage. The collection bins at Green Meadows, Golberdon are still open for drop offs.

Terracycle shred the items to make picnic benches then credit our nominated charity, to date SHARE has raised £3280 for Kicks Count, who aim to reduce the UK still-birth rate.

NOTE: Empty Quality Street, Roses, Celebration tubs can be left at the recycling shed in The Old School car park and Duchy College will pick up for MIND and Dartmoor Zoo charities. You have until Friday 19th February.

Thank you for your continued support and Keep on Recycling.

Ali Humphreys

Recycling for Charity project volunteer.
SHARE@south-hill.co.uk 07305 044049



GRIT BINS ALSO NEED LOVE AND CARE

Recently, some of our Parish Councillors have refilled the Parish and County Council owned grit bins. If you find a grit bin empty, please email the Parish Clerk on parishclerkscpc@gmail.com and let her know.

If you find you need to use the contents, please only take what is required. If you empty the bin completely, others may be left stuck in the ice. And,

please remember, that the contents are not for private use. Do not fill buckets with the salted grit and take it home. Sadly, it does happen. But you wouldn't think of doing such an anti-social thing, would you?



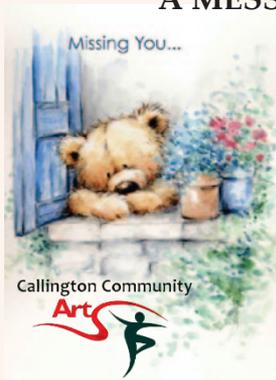
MAYFEST

Preparations for the 2020 MayFest were well underway when the Covid-19 pandemic struck and we were no longer able to stage the event. We did have every intention of bringing the MayFest back in 2021, but the uncertainty of what lies ahead means that we can't justify all the time and effort spent on the preparations, just to see it cancelled again.

However, we are thinking positively and plan to resurrect Callington MayFest in 2022. We are already in contact with potential performers, but if you would like to be a part of the event or would like to help in the build-up, please get in touch with us through our website (www.callingtoncave.weebly.com).

The performing arts are good for the soul and provide many benefits for mental health and wellbeing. Do come along and support us when we are up and running again. We would love to see you.

A MESSAGE FROM CALLINGTON COMMUNITY ARTS



It has been a hard time for everyone since last March and people working in the performing arts have been affected just like the rest of the population. For the artists and their supporting technicians this has meant an obvious loss of income – and for their usual audiences a severe reduction in

access to all the media – music, song, dance, drama.

We at Callington Community Arts (aka Callington CAVE) have missed bringing you our usual range of entertainment - and we hope you have missed us. We will certainly not be disappearing from Callington's cultural and social scene and will re-start our presentations of monthly films and other live entertainment as soon as it is safe and wise to do so.

WHAT IS ROTARY?

Rotary is an international association of clubs with more than 1.2 million members: men and women who volunteer their skills and time to provide service to the community. What do we do?



Callington Rotary is a group of like-minded people who get involved in projects to support local, national and international charities and causes by organising fund-raising events, undertaking community projects and supporting other not-for-profit organisations. We have been meeting weekly for the past 52 years and continue to do so, albeit via Zoom, when we enjoy one another's company while still keeping our eye on the ball for deserving causes.

Our recent and current projects include:-

- £1500 to support Cornwall Air Ambulance
- £1000 to the Triangle Centre in Liskeard, helping to support cancer patients and their families
- £1000 to Keane4Gambia, facilitating the delivery of hospital equipment to Gambia
- Seed for Feed, providing school lunches for students at a poor rural school in Tanzania
- Rebuilding the only toilet in a rural school in Tanzania
- Raising £2000 for End Polio Now
- Providing a wayside bench in Tavistock Road, Callington, including overhaul and ongoing management of the planters
- £1000 to the Merlin Centre to help provide a comprehensive range of subsidised and affordable therapies for those whose lives are affected by Multiple Sclerosis (MS)
- £500 to support Go Beyond (formerly CHICKS), to give disadvantaged children the respite break of a lifetime
- Providing collection and delivery in Callington of prescriptions and essential shopping during the pandemic

To find out more about Rotary, contact us via our website www.callingtonrotary.org – we are always on the lookout for like-minded people who want to “make a difference”.

What will you see?



Big
Garden
Birdwatch
29-31 January

Lots of us have more time on our hands than normal and are spending hours looking out of our windows onto our wet gardens. Why not add some purpose to this and join the Big Garden Birdwatch, which takes place from 29th to 31st January?

Taking part is easy. All you have to do is to spend an hour counting the birds you see in your garden or from your balcony, then tell the RSPB what you saw. It really is that simple! You can get all the details you need from the RSPB website (<https://www.rspb.org.uk/>). The information collected will provide invaluable insights into the numbers and distribution of our garden birds. What you see in your own garden may very well surprise you.

It is suggested we stay within our parish when we take our daily exercise. We have a big and varied parish so we can compose a large number of short round or there-and-back walks.

Recently, our first port of call was the rookery up Downgate Hill. This relatively new colony has been a focus of our attention for the past few years. There are so far nine nests plus a smaller starter home or the



remains of one of last year's nests, and quite a few rooks in attendance, so we will watch the development this year.

We then picked our way down the bridle path leading from Downgate Hill to High Trip Lane before it continues the other side of the lane down to Old Mill.

When we first came here in 1969 this track from the hill was completely blocked by old bedsteads, brambles, broken gates, nettles etc and, thanks to the subsequent efforts of the local Riding Association, it is now clear and adds an additional route to the off-road paths round here.

Welcome signs of spring are appearing. Several Lesser Celandines were



flowering by the 6th on a sunny bank coming back up the hill, and an Elm leaning out from a garden on the hill is already flowering. The round flower buds spiked with red stamens were silhouetted against the sky above. We were glad to see it is still alive so far, after the virulent strain of Dutch Elm disease struck last year, killing two different species of elms in our garden hedge. Fingers crossed that a few suckers will have survived.

Although we have Snowdrops, Hellebores and Mahonia flowering in the garden, early feed sources for bees, none have poked their heads out yet.

Mary Atkinson



Pictures: top, Rook; Left, Lesser Celandine; Above, Elm in flower

"The complete bathroom installation service"

New bathrooms fitted, floor and wall tiling specialist

General Plumbing including:

- Bathroom makeovers
- Dripping taps and burst pipes
- Pump and cylinder changes
- Radiator upgrades and additions
- Specialist in Leadwork
- No job too small
- No Call out charge

W. Hale Plumbing

Friendly Service, Quality Work

NOVAT
City and Guilds Qualified
established 1983

Call William Hale on
Tel: 01579 362132 Mobile: 07826 699719

**READY FOR A DIGITAL 2021?
IF NOT, WE CAN HELP**

Just to remind you that The Old School IT Club has set up an on-line 'help desk'. You can send emails to it with your queries and you will be answered by at least one of Rosemary, Nigel or Deri. The address is ositclinic@gmail.com We look forward to hearing from you. Of course, if you can't get online, this is of no use at all, but you can call Deri Parsons on **01579 370319** and he'll do what he can to help (probably by putting you in contact with Nigel or Rosemary!)



If you know someone who struggles with the internet, let them know that we are still offering friendly and free help to improve their digital skills. This might be particularly useful if they have read the news from Cornwall Libraries and are wondering about getting access to their services.

HOLLY'S CORNER

We always welcome new contributors and it's a pleasure to introduce Holly Nevill. Holly, who lives in Higherland, is a local gardener and writer of poems and short stories which are often inspired by nature. Hopefully, the following poem will be the first of a regular series which will add a little fun and cheer to your reading of the Newsletter.

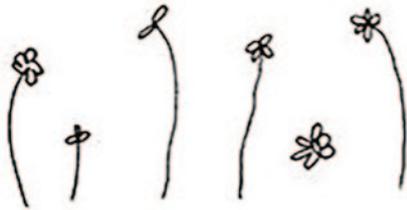


In her bag she has packed
Small berries and snacks
for keeping her hunger at bay.

To the clouds she sings songs
as she's flying along
about how today
is a beautiful day.

She is gone for hours
sprinkling the seeds
of wild flowers
singing a tune that only
clouds know

It is no surprise
that she is easy to find
just go to where the
wild flowers grow!



She made herself wings
out of paper and string
and blu-tac and buttons and glue.



Two straps for her arms
embellished with charms
left over ribbon she tied
to her shoe.

When it is time to fly
she waves goodbye
to the butterflies, birds
and the bees



She says "don't worry small ones, I won't
be gone long!"

"I'll make sure I'm home
before tea."

MEL GUY AND THE LOST SPELLS

We had an email from Mel Guy, commenting on the short review of The Lost Spells which appeared in Newsletter 27. Our thanks to Mel for the response.

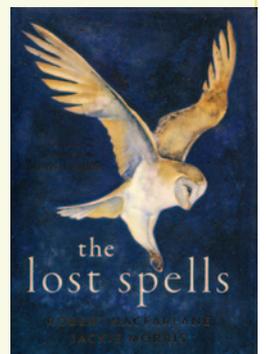
I was interested in the Lost Spells book - I haven't seen that yet. I have just bought The Lost Spells CD but I am also aware of the Lost Words CD and there is a short video available to watch online, 'The Lost Words Blessing'. I wonder if readers may be interested in this. I find it inspiring - it seems to be recorded from a retreat, with an eclectic group of young friends/artists/musicians creating this music and art, and it is beautiful. See <https://thebirdsings.com/lost-words-blessing/>

I also see that the Natural History Museum has a new initiative, which will help to spread the word within the great conurbations about our valuable nature and the biodiversity which is natural to us, but is reduced and now in a desperate situation. We are the fortunate rural ones in this environment, but also we are the ones who probably have no idea how it is possible to be as divorced from the natural world as many of our leaders and 'out of touch with reality' adults and youth have become.

This could become a discussion page which may increase awareness of Stoke Climsland Climate Change Action Group and Stoke Climsland

Environmental Network. Both groups have committed to encourage all parishioners to do whatever can be done to support all aspects of the natural world and reduce the effects of the climate change that is enveloping us.

Has anyone started a compost heap since Christmas? - Please tell us how it is going...or if you need advice.



Cast your minds back just 12 months ago (BC – Before Coronavirus) and we had daily headlines of forest fires across large swathes of the southern hemisphere, every other person turning vegetarian or quitting drinking each taking the pledge for ‘Dry Veganuary’. The BBC broadcasting news and questionable documentary after documentary, all lining up to spell certain doom and gloom on a world heading towards ‘hell in a handcart’ and all due to out-of-control climate change and those evil farmers raising livestock. Little did they know what real catastrophes in the shape of a global pandemic lay ahead.

Roll on to this January, and although the climate emergency is still very much with us front and centre, we hear far less of those annual converts newly committed to a plant based diet for the month, this time around!

Despite the major supermarkets promotions to cash in on any consumer changing lifestyle – in the knowledge that their profit mark up on vegetarian alternative meals is far greater than that of red meat and dairy products (not sure with fish and seafood), actual market share year on year clearly demonstrates that just 0.8% of the UK population are strictly vegan, eating no animal products in the past 12 months (figures from Kantar).



However, to be fair to an individual’s freedom of choice and to put a balanced

view of UK Livestock Farming, the cross-industry levy board ‘Agricultural and Horticultural Development Board’ (AHDB) has produced a report backed by a new year media advertising campaign to urge shoppers to ‘Eat Balanced’. Supported by respected dieticians, the research identifies the true health benefits of a meat-based diet containing Vitamin B12, which is known to enhance the production of red blood cells in the body, help the breakdown of carbohydrates and protein for energy, allowing greater oxygen flow around the body, aiding the nervous system and in turn reducing the threat of anaemia.

The report and campaign also highlight the world class animal health and welfare standards in the production of UK Livestock. But it is the acknowledgement from the much-respected independent body CIEL (Centre of International Environmental Law) that confirms the measured Carbon Footprint of UK Meat Production is

50% less than the global average and 30% less in UK Dairy Products. A clear statement of fact to counter the claims made by the advertisers of ‘plant-based’ products to ‘save the planet’.

So, as is consistent with this column, we present the facts, not to lecture but to encourage society to find a balance in lifestyles and diet, for the benefit of all. No doubt the big headline campaigning will come soon enough now in the knowledge of the announcement of the G7 World Leaders’ Summit coming to Cornwall in the summer. In the meantime, let us see our way out of the latest lockdown – Remember to ‘Stay Safe, Protect the NHS and Save Lives’, plus keep it local –

from us all Down on the Farm.

WALTER C. PARSON FUNERAL DIRECTORS

FAMILY RUN FOR 7 GENERATIONS



Callington, The Old Police Station
1 Saltash Road, Callington, PL17 7BB

Tel: (01579) 382 000 • wcp ltd.com



The
Walter C. Parson Group

Crownhill • Callington • Exeter • Ivybridge • Newton Abbot
Plympton • Saltash • St Judes • Tavistock • Torpoint • Torquay



Shrubbery Jubbery

Garden Maintenance and Design

Tracy: 07395 110936

shrubberyjubbery@gmail.com



ARE YOUR CHILDREN LOOKING FOR A GOOD LOCK-DOWN READ? LOOK NO FURTHER

Local writer and artist Petrus (or Peter) Ursem, who lives at Gresham House near Calstock, has recently published 'Black as Ink', the final instalment of a teenage thriller which started with 'The Fortune of the Seventh Stone' (part I) and 'The Truth Teller' (part II).

The central character is thirteen-year-old chess genius and treasure hunter Steven Honest. In the first book Steven inherits - by pure coincidence - a fortune left to him by a mysterious mine captain ... if, at least, he is able to solve a trail of riddles that guard the treasure. Soon the hunter becomes hunted. Steven must at all cost prevent his mysterious treasure falling into the wrong hands. Not everyone can be trusted to act in the best interest of mankind. The mystery that Steven and his friend Isabella were so keen to solve starts to weave a net of illusions around them. In his ultimate search for the words of truth, Steven is driven to a remote location on Dartmoor where he faces his most dangerous opponent yet.

The story throughout the books is partly set in the Tamar Valley landscape - local readers will no doubt recognise (fictionalised) landmarks. With a touch of magic-realism Ursem has cleverly forged links between past and present, between the mining history and the drive of a teenage boy to find his place in a world at risk of mind games and betrayal.

Although written in the 'Young Adult' category, the rich layering of mystery and meanings, and the challenge to find answers and truths make these books a real treat for grown-up readers too.

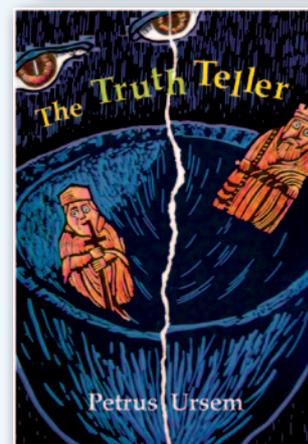
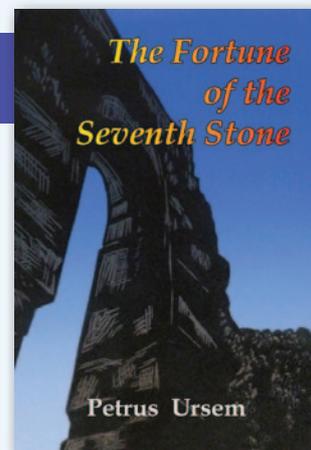
Petrus Ursem says:

"When I moved to the Tamar Valley 10 years ago, I was immediately struck by the 'genius loci', the spirit of the place. The local landscape is not only a huge inspiration for artists, it is also a treasure box for stories and imagination. I have had so much fun telling Steven's story against the intriguing background of the mines, Drakewalls, Cotehele, Buckland, Dartmoor. They are places for the imagination."

Books and/or Workshops:

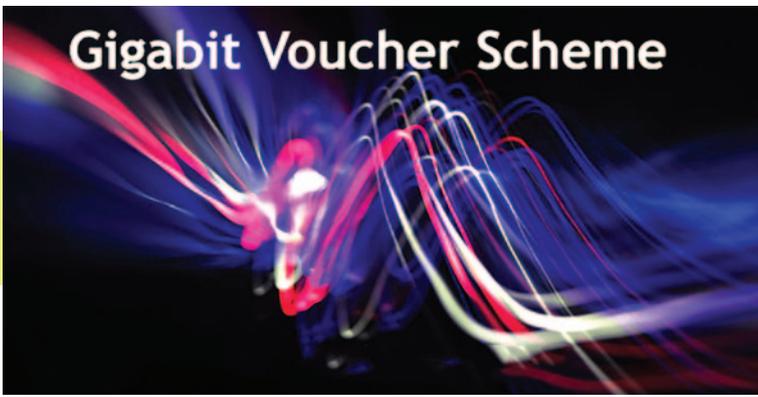
All three books are available to order via the author's website www.petrus-ursem.co.uk or by telephone on 07786 556824. They can be ordered individually or as a complete trilogy:

- The Fortune of the Seventh Stone (Part I, 252 pages, £8.99)
- The Truth Teller' (Part II, 348 pages, £8.99)
- Black as Ink (Part II, 308 pages, £9.99)
- Steven Honest trilogy set (3 books): £22.



TAKING SOCIAL DISTANCING TO AN EXTREME

This is Henri Matisse (1869-1954) in his studio. The photograph was taken by Robert Capa in 1949



**ULTRAFAST BROADBAND –
FIBRE TO THE PREMISES (FTTP)
A COMMUNITY INITIATIVE**

Since the launch of the Gigabit Voucher scheme by the government in March 2018 many small businesses and rural communities have applied around the country. The Luckett community is one of them. Currently in our area we have high speed Fibre To The Cabinet (FTTC). The cabinet is located at Broadgate. From Broadgate to local premises is a copper cable which effectively slows the internet down. The result being that the further from the cabinet you are, the worse the service. FTTP replaces the copper circuit with optic ultrafast fibre directly to residents’ premises.

The Gigabit Voucher scheme funds the provision of FTTP. Working through an approved supplier the government will fund £1500 for a connection to a residential property and £3500 to a business. Rural communities are encouraged to apply for this scheme which ends March 2021. The Luckett Village Association has applied for FTTP and Openreach are the approved supplier. The cost of the scheme is £101,800.00 and there are 99 properties some of which are businesses in our ‘Luckett Community’ that can benefit from the upgrade. The way this works is the more people that sign up, the more the government funds the scheme. The objective is to have enough people/premises in the scheme to ensure that it is delivered at no cost to the individual; in other words, fully funded by the government.

What does this actually mean? It means:

- A free upgrade to ultrafast broadband to the premises
- A minimum speed of 30Mbps meaning that you can run multiple devices on the internet and enjoy all the streaming services
- Increase in value of your property estimated to be about 2% by independent research
- Futureproofing your internet.

As a community project, all costs are borne by Openreach with Gigabit funding. If folk choose not to participate but at some point in the future want ultrafast broadband, the costs will be down to the individual and potentially very high depending on the property. Furthermore, if not enough people sign up, the vouchers will not cover the costs and the provision of ultrafast broadband will not happen.

The Luckett Community consists of Broadgate, Luckett, Hampt, parts of Higherland, Old/New Mill and Clitters. The scheme works if all the community participate. We still need more people to register so if you live in the areas listed above and have not yet expressed an interest please let me know. If you live outside these areas its still not too late to set up your own community scheme <https://gigabitvoucher.culture.gov.uk>

If you would like to participate or want further information please contact Richard Davies, secretary of the LVA, email: r.davies121@btinternet.com or phone 07771 905959.

ACUPUNCTURE
at The Old School
Michael Clements MA Lic Ac, MBACC
Traditional Acupuncture



For many symptoms and conditions
01752 770998 / 07711 834845
www.mcclementsacupuncture.co.uk
Member of the British Acupuncture Council



We don't
stop playing
because
we grow
old, we
grow old
because
we stop
playing

www.alastairguy.co.uk

HOW TO REDUCE YOUR ENERGY DEMAND: TRANSPORT

STOKE CLIMSLAND
CLIMATE CHANGE
ACTION GROUP
(SCCCAG)

Residents in rural communities are not generally served by adequate public transport and therefore tend to rely on private vehicles. In Stoke Climsland parish, 42% of our carbon emissions are from transport. There are a number of ways we as individuals could reduce energy demand from transport,



1 Walk or cycle instead of driving This would have the additional benefits of improving health, fitness, and well-being. It is a joy to walk along our narrow, winding lanes throughout the seasons but are our lanes really suitable for many more walkers and cyclists? If not, what needs to be done? Should there be greater speed restrictions, for example?

2 Greater use of public transport We would need to lobby for more extensive bus routes and timetables for the parish. Currently the parish has two bus routes, with the Plymouth to Launceston-Bude bus stopping in Stoke Climsland village. There is also a weekly circular bus route from Lockett to Tavistock. Does this really fulfil the needs of the community? What bus services do people need to fulfil their regular needs?

3 Car sharing This would need to be at a very local level within villages and hamlets to work. Does anyone have any experience of this?

4 Community (electric) Bus This would need to be community led and how would this be funded?

4 Changing to electric vehicles (EVs) Internal combustion engines are extremely inefficient and only provide some 25% of the fuel tank energy to move the vehicle. An immediate reduction in energy demand occurs when vehicles are changed to electric; electric motors and batteries are much more efficient with a system of efficiency of around 77%. This saves two-thirds of the transport energy needed. The Government's 'Ten-point plan for a Green Industrial Revolution' came out in November 2020. Point 4 of this plan, 'Accelerating the Shift to Zero Emission Vehicles', brought forward ending the sale of new petrol and diesel cars and vans to 2030 and the sale of new hybrid cars and vans to 2035.

Currently there are over 100 models of EVs on the market. The Office for Zero Emission Vehicles, OZEV, (formerly OLEV) announced funding for grants of up to £3000 towards the purchase of eligible new plug-in cars from March 2020 until 2022-23. Currently, there are also grants available under the EV Homecharge and On-street Residential Chargepoint Schemes.

Changing to an electric vehicle in the not-too-distant future is inevitable. Now is the time to explore the options, think about it and plan ahead. Adequate provisions for this need to be made in the Parish. We will need to have adequate EV charging points for residents requiring on-street parking and public car parks.

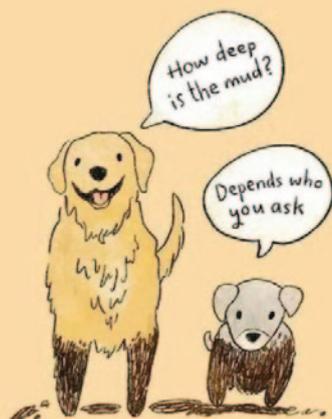
Lockett, for example has little available on-street parking spaces and parking is provided in the village car park. Hamlets like Higher Land present an even greater challenge. 2030 is only 9 years away and the planning and building of an infrastructure to support electric vehicles needs to start now.

SCCCAG was set up to achieve carbon neutrality by 2030. This can only be done successfully by the parish community working together whether you live in Stoke Climsland, Downgate, Lockett, Higher Land, Old Mill, Bealsmill, Bray Shop, Alston, Tutwell, Lidwell, Venterdon ...

We invite all parishioners to give their input on the subject of transport in the Parish. Your questions, thoughts and ideas are welcome. Please contact Susan Davies at SCCCAG1@gmail.com

Susan Davies

Energy and Transport Working Group, SCCCAG



WE ALL GO THROUGH
THINGS DIFFERENTLY

Hello everyone. Well January is SCARPER's first anniversary. We started with a blank template for emergency planning and since then have very nearly completed that task. We have been working on plans for the types on emergency issues most likely to occur in our Parish. Our key roles might be to be 'first responders' and then hand over to the emergency services if they are needed or to support these services if they need some help. As volunteers we must not put ourselves at risk and by having robust plans in place we can try to stay safe.

Also, a big thanks have to go to the Newsletter team, it all started with an A5 'flyer' around a year ago when we knew the virus risks were building. From 'an 'umble' start it has continued and the team who thought they would just be delivering a few copies in black and white have progressed into a very welcomed newsletter. Well done to the team for continuing. We forward copies to the Cornwall Council as examples of how we are trying to keep information flowing whilst the Old School News reforms. The feedback we get is that this newsletter and the wonderful contributions from the Stoke Climsland community is held in high regard at high levels!!

let's do the
right thing

Keep everybody
safe...



Well, how are you all settling down to living at 'Tier 5'?? Quite a jump from Tier 1 to Tier 3 and now the maximum (for now!!). Messages elsewhere in this wonderful Newsletter will help reinforce just how we might try and stay free of the virus which we cannot see.

We hear and read how the infection levels have been increasing at record rates in parts of the country and how these will translate into hospital cases and then intensive care beds and then, sadly, increases in the death rate due to Covid-19 on top of any other winter illnesses.

We have read how the infection levels have been increasing in Newquay and Truro, more within

households than socialising outside. It seems that the 'stay at home' message cannot be made stronger and yet if you are part of the workforce that must go into work, in addition to the healthcare teams, there are care workers, the staff in care homes, and many others who staff our shops, who deliver our 'essential' goods be it in the stores or the delivery drivers. There are those who keep our utility services running, the whole of the emergency services, the teachers trying to teach some face to face teachings as well as trying to work with 'virtual' learning, the public transport staff and many more without whom our lives would be made even worse. The list can probably include even more who have to keep our infrastructure running.

Vaccinations are rolling out 'at pace' (see elsewhere in this Newsletter) and much store is being put on their success. Having been experiencing restrictions and lockdowns since last March / April we are all really looking forward to being able to mix with friends and loved ones again. Please keep an eye out for any neighbours who might welcome a wave or 'how are you doing'. Remember the link we mentioned in the last issue (No, 27) of 'lonely but not alone'. Our community is resilient but any friendship is welcomed.

As far as SCARPER is concerned we have continued to develop our emergency plans. Recent events such as flooding, run-off as well as ingress into a few homes, trees coming down and very icy roads has given concern and will help us to 'model' plans on how we might react and support those affected. To date we have had discussions with our contacts in the Cornwall Council and other 'partner' organisations to see what steps we can implement to reduce these risks or who to call when such events occur. Flooding and grit bins are on the PC agenda for 18th January and if the newsletter deadline permits we will report and the actions to be taken. We continue to seek volunteer support for these potential events and offer of help with skills or equipment. Please contact our Parish Clerk on parishclerkscpc@gmail.com where your interest will be recorded and passed to one of our group to be registered and your contact details requested and saved within the GDPR requirements.

In the meantime the Lightfoot family are prepared to offer some assistance depending on the availability of their machinery, call Tim Lightfoot on 07779 372606.

A useful website is: www.cornwall.gov.uk/council-and-democracy/contacting-the-council/report-an-out-of-hours-emergency/

Tier restrictions can continue to change so please keep up to date by looking at: www.cornwall.gov.uk/health-and-social-care/public-health-cornwall/information-about-coronavirus-covid-19/

As always remember SCARPER's co-ordinators are listed below to contact if you need some help. Don't hold back, whilst we can't guarantee to help resolve all your questions, we will have a good go, if not we probably know someone who can!!

We continue to offer the prescription collection service. If you need collections due to your medical conditions, or if the situation here gets worse the collection service will be there for you. Please check your prescriptions and quantity of medicines you will be needing, also check on the pharmacy (and doctor) opening times which may be subject to changes.

Just let us know when your prescription is ready and we will collect for anyone that needs us please contact Sarah Ross – see details below.

Ren Jackaman (contact: parishclerkscpc@gmail.com or 07878 368857), our 'vulnerable and self-isolating' co-ordinator. Contact Ren if you want to be added to our list or if you know of a neighbour who might be in need of some support.

Sarah Ross (contact: srossscpc@gmail.com or 01579 370521), our prescriptions and medicines co-ordinator. Please contact her if you need help.

Nigel Cooper (contact: njcooperscpc@gmail.com or 07525 351628), our volunteer co-ordinator. Please contact Nigel if you want to help us.

Village Store: Sue Watts (contact: sue-watts@btconnect.com or call 01579 370201). Please contact Sue if you want home deliveries of your groceries.

Stay safe, please try, and keep well and continue to follow the Government and Cornwall Council guidelines.



A REMINDER FROM THE VILLAGE STORE AND POST OFFICE

The Post Office counter is open 9 am - 5pm Monday - Friday, and 9 am - 12.30 pm Saturday.

The shop is open: 8 am - 6 pm Monday - Friday, 7 am - 12.30 pm Saturday and 9 am - 11 am Sunday.

For those who prefer, we also offer a 'call and collect' service. And we will continue to deliver to those vulnerable or self-isolating customers in need.

Social distancing at 2m will continue to be in force, which means limiting the number of people in the shop

at any one time. Please bear with us. And, in line with current guidelines, all customers must wear a face covering unless exempt due to health, age or cognitive disability.

FOR ORDERS: please call us on 01579 370201, or email sue-watts@btconnect.com

We take payment across the phone and aim to deliver the next day if you order before 4 pm. Minimum order £10, no delivery charge .

Thank you to all our customers old and new, our amazing staff and wonderful volunteers, we couldn't do it without you. Please share and thank you for your support .

GIST INSURANCE BROKERS LTD 53-54 Fore Street Callington

WHEN YOU NEED
SOMEONE TO
TALK TO
WE WON'T KEEP
YOU HANGING ON

01579 383 456
www.gistinsurance.co.uk



BEN'S BOILER SERVICES SERVICING & BREAKDOWNS

Gas - Oil - Aga

Landlord Gas Safety Checks

General Plumbing

Fully Insured

15 years experience

Tel: 07930 890699



Reg No.577203



Email: bboilerservices@outlook.com

Is your car ready for

Winter!



WINTER AND THE COLD WEATHER
AFFECTS OUR CARS

As the weather temperatures drops and we have more damp and wet days our cars might need a bit more attention. Geoff Giles offers his advice and says: "These are my views and I am not a motor mechanic, if in doubt please have your car checked out at a local garage. It is a good idea to have your car winter checked or serviced anyway before the winter really sets in. Thanks to Rob Stewart for the proof reading and corrections!!

I may have forgotten something and I am sorry if I am 'teaching Granma to suck eggs'. If you have other ideas to check you car over then why not send them into Deri, whose contact details are in this Newsletter."



On a cold and damp day the car battery might need to work harder to start up the car. Most modern batteries are 'maintenance free' but not all; older batteries that may need to have the acid levels checking and topping up with distilled water. Also, check the terminal connections are clean and free from any corrosive build up. If there is a build-up remove the Negative (-) connection first, then the Positive (+), wire brush off the build-up and give the battery terminal and the lead connection a gentle fine emery paper or dry 'wet and dry'. When making the reconnection smear the terminals with a petroleum gel (ie Vaseline). Remember that if you disconnect the battery you may have to reset your clock and one-touch power windows. Most importantly, if your radio has a security code feature, have the code to hand BEFORE you disconnect the battery.



Also, the alternator may have to put out more power to supply the extra accessories in the car such as the fan on full blast, the heated rear window or even a heated windscreen if one is installed. Of course, you may have heated seats and even a heated steering wheel which add to the load. On dark mornings headlights will also need to be on. If in doubt ask your local garage to check the alternator out. Better to be proactive rather than waiting to find things don't work and you get stranded or not able to get to work.



A tyre check is a good idea. Check the tyre pressures (most modern cars show the required pressures inside the door jamb on the driver's side, or in the driver's hand-book). Not all pressure gauges on air pumps are reliable and better to have a good quality separate air pressure gauge. Most cars from the past 5 to 10 years have a Tyre Pressure Monitoring System (TPMS) which constantly monitors the pressures on each wheel and in some cases even the spare and will illuminate an orange lamp on the dashboard if the pressure drops, for instance, if you get a puncture. However during cold weather the system recognises that the pressure has dropped by possibly a couple of psi and illuminates the light which causes most drivers to take their vehicles to the nearest garage to have the system checked. The display on the dashboard should tell you what the pressure should be and what it currently is and you can add air to bring it back to the required pressure at a filling station pump. Make sure each tyre valve has a cover to stop grit and dirt getting into the valve. Also, check out the tyre condition for tread and cracks. Again, if in doubt have them checked. When I have my car serviced, I ask for a written tyre report since I am not able to check out all the parts of the tyre when it is on the drive.



Check that all the lights, indicators and brake lights are working.



Make sure the number plates are clean and free of dirt which can collect quickly from our country lanes. I believe it is illegal to have obscured number plates.



Clean all windows both inside and outside as well as lights and the rear-view camera lens if one is fitted. There are some proprietary window cleaners on the market and some also help reduce the misting on the inside of the windows. Also, lift the windscreen wipers and clean the rubber blades free of the detritus of road that can collect on them. Also, check the blades for wear and tear. These are not expensive and probably best to replace them each winter.



When starting up the car in the morning or after it has been left for some time when it is cold do not leave the engine running for too long to bring up the temperature. Whilst the engine is cold excess petrol or diesel can be fed into the engine (in the 'old' days we had something called a 'choke' which we had to pull out to enrich the fuel when starting the engine!!) and this could seep past the cylinders and into the engine oil and dilute it, not a good idea. Better, to run the engine enough to clear the windows and get on the way as the engine then warms up more efficiently.



Having said to not run the car engine for too long it is best to run the engine to warm up the windscreen to prevent it misting up whilst driving. It is not a good idea to be trying to wipe it clean whilst driving along! Once the glass is above the dew point of the moist air inside the car then misting will reduce or stop. If your car has an air conditioner then turn this on with the air fan on full blast and the air ducts directed onto the windows, your legs and feet can warm up later! Most cars now have a switch or knob that you can switch for air to be recirculated rather than coming in from freezing outside. Use this on start-up and switch back to 'outside air' once everything has warmed up - it is not a good idea to continue to breathe recirculated air. When windows are demisted then get on your way.



If the windows are covered in snow or iced up there are several options: you can cover the windscreen with one of those proprietary foil covers or you can use a de-icing spray. I prefer to demist the windscreen as above, as this also begins to melt the snow or ice. Then gently scrape the windscreen and under the windscreen wipers. If you get out of the car with the engine still running, then technically this is an offence in the eyes of the law. Also, never leave the engine running and then go back into your house as this is a high risk for the car to be stolen and if this happens then your car insurance may well not pay out as you left the keys in the car.



If there has been a fall of snow then remove this from the bonnet, roof and boot as large chunks of snow and ice coming off the bonnet can damage the windscreen to your vehicle or to a vehicle following behind.



If the vehicle is left outside at night and the temperature falls, quite often moisture that has collected between the door rubber and the bodywork will freeze and weld the door shut. Similarly, the door handles can freeze solid. A simple way to prevent this is to lightly smear the door rubbers in petroleum gel (ie Vaseline) and a little on the point of contact of the handle to the bodywork. If your vehicle still has a key to open it then a light spray of WD40 into the lock will also prevent icing up.



The cooling system should be up to the correct level which is marked on the outside of the reservoir and have the correct antifreeze in it. There are basically 2 types of antifreeze in cars and without going into the technicalities one is Blue/Green in colour and the other is Orange/Pink. You cannot mix these so make sure you get the correct one. If the antifreeze is concentrated (most are) then the normal mix is 1 part antifreeze to 1 part water. If you find that the coolant level is below the mark and you do not have any antifreeze to hand then it is better to top up the system with water than to leave the level low until you get some. Most systems will protect down to -36C so adding a couple of hundred ml of water is not going to dilute the system too much.



**SPRING IS
COMING: MORE
PICTURES FROM
DAVID PRICE**

