

THE STITHIANS TIMES

An Termynyow St Stythians



50p

Fantastic Forager



Someone you
would want to
meet in the
woods

Moving Lockdown
Stories Inside

Safely tucking
into Nature's
wild bounty

Aug/Sep 2020

Issue 211

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Food For Free



Foraging has become rather fashionable in the last few years. The internet is full of blogs and discussion groups, there are endless training courses to suit every taste and pocket, Michelin starred chefs are getting creative with ingredients most people had never heard of until recently; there are even celebrity foragers on the telly! So what is all the fuss about?

People have been gathering food from the wild for as long as there have been people. We have rights to collect wild flowers, fruits, foliage and fungi (the 4 Fs) for our own consumption, even on other people's land, and to take fish from the sea, although the laws on nature conservation apply in some circumstances.

The choice of this food for free is huge – we have over 100 edible mushrooms alone, although only 20 or so are really good to eat and even then, not for everyone. Many people are familiar with the strong garlic smell given off by Ramsons but we have several plants that offer garlic, leek and onion flavours as well as lemon, coriander and cloves; seaweeds that can be dried, ground and used to season fish, or deep fried and eaten like crisps; berries that make the best jam, and sauces for venison, game birds and fish, and all manner of other tastes and textures.

So why did we stop helping ourselves to this bounty? Time certainly – it can take many hours outdoors to find reliable sites for chanterelles, cherry plums or scallops. Convenience too; nettles are very common and gathering a decent amount of nettle seed is not hard but the work to dry and winnow those seeds and grind them into flour is massive when a bag of flour costs less than £1! Taste of course – some wild foods are excellent to eat but many are average or very average at best, and,

marketing – food sellers want us to buy what they can grow, and many of these wild foods have proved impossible to tame. And we shouldn't overlook the fact that it can be fatal to eat the wrong thing – some very common plants are extremely poisonous!

Why do I bother then? A walk in the woods is always a pleasure, and turning up something new is even better. Foraging is a great way to mark the seasons – Hogweed in the spring, then nettle, dandelion, elderflower, mackerel, kea plums, blackberries, elderberries, apples, mushrooms, rowan berries, sloes, then finally fish and shellfish in the cold months. Best of all though is sharing some of these treats with friends.

There are some ground rules: if you are not 100% certain what it is, don't eat it; don't gather more than you can reasonably use; don't gather a lot of something you're not sure about, check your ID first, using more than one reference; avoid gathering things from the 'dog zone' and stay away from sewage outflows and runoff water, and so on. The Woodland Trust offer a good summary on their website, just search 'foraging'

Cornwall can be a great place for foragers. We don't have much ancient woodland so some mushrooms are hard to find but we have masses of permanent pasture which can produce giant puffballs and horse mushrooms by the sackful in a good year, as well as hedges full of brambles, elder and sloes. Cornwall used to be known for plum orchards, nearly all gone now but wilding trees can still be found in the hedges if you look. Best of all are the miles and miles of coastline; go properly equipped on the right day and you can be feasting on mussels, razor clams, even the huge Pacific oysters which

have become established in some of the estuaries and are causing concern for the conservationists.

Where to start? Most people know what blackberries look like, and they will soon start appearing in the fields around the village. There are several species and countless hybrid forms of blackberry, and it is worth searching for a patch offering a good number of bigger berries growing at a safe height – safe from dogs that is!

Hedge plums and elderberries are usually available in August and if you can't find your own, there are a couple of people locally who occasionally sell Kea plums, an old damson variety with an intense flavour that make the best jam.

If you want to give foraging a proper go, you need to know what you are gathering. Going out with someone experienced is a great start. There are several people offering courses in Cornwall, and Cornwall Wildlife Trust offers guided walks at certain times of the year where you can learn a lot of ID skills. There are some really good books these days – Roger Phillips and John Wright are the two authors I see most often recommended. There are several apps and countless websites available too, but never rely on these to make an ID for you – I have seen some potentially life-threatening mistakes from people guessing [online](#).

Most importantly, get out there! The more time you spend out and about, noticing what's about, the better. There are websites that offer lists of what is around at different times of year, and tide tables will tell you the best time to be on the coast. Best of luck!

Steve Clarke

Library Reopens its Doors



Stithians Library has reopened. Our thanks to Marian Hindle for making this possible. You can now visit on Saturdays, between 1000 and 1300.

Covid protection measures are in place to keep you and others safe, but we need you to play your part, including wearing a face mask. **Please read the safety guidelines before visiting.**

There will be a drop-off table in the entrance lobby if you wish to just return your books and not select new ones. This facility is only available during Library opening hours.

No fines will be charged until 22 August, so plenty of time for everyone to return their books.

You will find some exciting new books on the shelves and old paperback fiction for sale at 40p. A bargain!

The Stithians Centre

Church Road Stithians TR3 7DH stithianscentre.org.uk

run by volunteers for the benefit of the community

charity number 1010543

COVID SAFETY GUIDELINES

What we need YOU to do to keep yourself and others safe

Masks must be worn at all times.

Use the hand sanitiser when entering the building.

Only one person may enter the library at any time unless supervising a child or attending as a carer.

If there is a queue to enter the library, please keep to social distancing.

Please respect social distancing when interacting with Marian.

Gloves must be worn when handling books.

Take all your litter home, including tissues, wipes and used gloves.

Please do not enter any other rooms in The Centre, except toilets if absolutely necessary.

And, of course, stay at home if you are displaying any Covid symptoms.

What WE are doing to keep you safe

The Stithians Centre has been deep cleaned by a professional cleaning company.

Hand sanitiser will be provided.

Marian will wear a face mask and gloves.

Disposable gloves will be available in the Library.

Books will be quarantined for 7 days before being returned to the shelves.

Surfaces will be wiped down regularly.

We will keep a temporary record of who attends for 21 days and provide that data to NHS Test and Trace if needed. It is not compulsory for you to provide information but you could help contain an outbreak.

Thank you for your cooperation.

The Stithians Centre

SLOWLY AND SAFELY

We are carefully considering how the fantastic facilities at the Centre can be used safely, and a few activities are up and running.

The Library is now open on Saturdays from 1000 to 1300. Strict Covid safety measures are in place including wearing face masks. You can read the full safety requirements elsewhere in this edition.

The Feet Up! Clinic is also operating again with restricted surgeries, and with priority for patients with health issues. If you are a Feet Up! client, Karen will be in touch with you when general appointments are available.

The Foodbank will continue to operate on Friday mornings until further notice.

As we go to press, some Fitness Classes are being safety assessed too.

It will be a while before we can open fully. Any reopening will be done on a “user led” phased basis, so if you are considering hiring rooms in the Centre you will need a clear plan on how you will comply with all government guidelines to ensure your hire is Covid secure and safe. Please feel free to contact our bookings officer Andy on 07394 657960 for an initial discussion.

Thank you for your continued support.



BRIGHTER AND BETTER



The Stithians Centre is missing you all but as it will be a while before we can open fully. We are taking this opportunity to refurbish Foundry Room, and to create new storage space for tables and chairs. This work will preclude the use of Foundry and the Tregonning Hall for the duration of the building work.

The Stithians Centre is an essential part of our wonderful community and when it is fully reopened it will be brighter and better than ever.

Join our newsletter for regular updates. Sign up at stithianscentre.org.uk

Denis Nightingale



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Regular window cleaning can help to prevent the build-up of dirt that can lead to mould growth, contamination and glass degradation and will help to prolong the life of your windows

Parish council keeps going under lockdown.



As the parish eases out of lockdown, cautiously, we would like to update you on a few achievements and changes that have occurred recently.

Shops & Pubs

Firstly, we would like to pay a special tribute and to thank our brilliant shops, the Spar & Costcutter which adapted magnificently to keep us all fed and watered throughout the crisis.

A similar effort was made by the Golden Lion (technically not in our parish, but very close) who provided more than two thousand free meals to NHS and other key workers as well as running a very efficient takeaway service. Well done all concerned.

We ask everyone to continue to support these businesses in the same way that they went the extra mile to support us all.

Sadly, the tenants of the Seven Stars decided to surrender the tenancy and St Austell Brewery are currently advertising for new tenants to run our village pub.

SPC are endeavouring to have the Seven Stars registered as a Community Asset. If granted this will give the community some breathing space if the brewery are unsuccessful in finding a tenant and decide to sell the building, the community will be given 6 months to raise funds to purchase it. Fingers crossed the brewery can find a tenant soon.

War memorial

SPC managed to complete the refurbishment of the War Memorial despite Coronavirus, in time for 75th Anniversary of VE Day.

This was made possible by a generous donation of a former resident of Stithians, Janet Ivey, to whom we are profoundly grateful.

Unfortunately the “party in the park celebrations” could not go ahead but we will have some form of celebration in the future.

Resignation

We have recently received the resignation of one of our longest serving councillors, Viv Kavanaugh.

Viv joined SPC in October 2008. During these 12 years Viv has held various portfolio positions in support of and leading roles particularly in Planning and Playing Field Management.

Viv has been involved in or supported many exciting projects in her role as a Councillor. These include :-

- New toddler play area
- New zip wire
- New youth football posts
- New climbing frame
- Youth shelter
- Meadowside Cemetery
- Refurbished War Memorial
- 26 new affordable homes
- Conversion of public toilets to a shop (now the Wellness Hut)
- New public noticeboard (opposite the Spar)

Improved communications with new Website, Facebook (FB) page & Stithians Noticeboard FB Group which now has nearly 2000 members.

Supporting Stithians Energy Group (SEG)

Viv has also shared her knowledge, experience and wisdom with the younger members of the council and has worked tirelessly for the benefit of the parish and we wish her well for the future.

Her services to the village are not completely lost – she will continue to run the popular monthly Lunch Club held in The Stithians Centre.

There is a set procedure for finding a new councillor which takes a few weeks to complete. If you are interested in being a parish councillor why not have an informal chat with me.

Phil Blease

Chair of SPC

phil.blease@btinternet.com

07591143621



The Golden Lion Inn



Bringing the community together

& Lakeside Restaurant

Well, we opened the doors on the 4th July, to the new normal.

All staff are wearing face shields, there is a screen up around the bar and tables have been removed to create more space for the diners comfort and safety. There are antibac stations throughout the bar and restaurant, with a one way system at busy times.

There is a new outdoor undercover Terrace seating, and we have created another dining booth in the restaurant. All staff are temperature checked on arrival to work and the track and trace recording takes place....

The childrens' play area has had a face lift, with a new seesaw, toddler swing and a bouncy castle, all of which are antibac sprayed regularly throughout the day.

The gardens were also trimmed back to allow more walkways and spacious seating. All tables in the garden have a plaque, with table number and phone number for the bar. This allows you to sit at a table and request a server, drinks or menu to be delivered to you, reducing the number of people in the bar.

But don't take my word for it ~ come and see for yourself, we'd love to see you back.



OVER 2500 Meals Given Away



Not everyone closed their doors, sat back to enjoy the glorious weather whilst the pandemic swept through the country. With restaurants closed and supermarkets experiencing unprecedented queues, it became clear very quickly, that anyone working on the frontline, would spend their break time queuing for something to eat.

With an empty commercial kitchen, we formulated a plan (over a glass of red wine, of course) to put the kitchen to good use. Free Meals were to be placed in a bank of fridges on the pub forecourt, allowing NHS, frontline emergency staff and carers to grab a nutritious meal, at any time of day or night. The feed the frontline campaign, gained huge support, and publicity. A huge thank you to all those that donated, allowing us to continue the free food service, right up until we reopened on July 4th.

As well as the free fridge meals, we also catered for a couple of Care Homes. Delivering a hot meal, pudding and selection of drinks, for the staff and the residents. With the free take away meals, free fridge meals and the care home deliveries, we gave away over 2,500 meals.



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Seventy Things To Do At

Seventy **By Mary Downing**

On the 28th May I celebrated my 70th birthday. As I was opening my cards, all with the number 70 on them, I thought 'this can't be right, I'm not 70, I don't feel 70' but then I looked in the mirror and oh dear, the truth was plain to see!

I never really expected that much would be happening to celebrate my day because of the lockdown but I underestimated my wonderful daughters and family who made my day so very special. I was treated to a delicious picnic lunch, cream tea and birthday cake, lots of lovely presents and flowers from friends and family and a group Skype call in the afternoon which included my eldest daughter Deborah in Beijing.

Surprise!

Now, the biggest surprise was a '70th Year Challenge' they had put together for me. I was handed a list of 70 things to do in the next year.

The list included things like milk a cow, visit a place in Cornwall for every letter of the alphabet, walk

around the rings of Gwennap Pit, make a corn dolly, make a pasty blindfolded, swim in the sea and dye my hair blue!



Shops

One of the challenges is to write an article for the Stithians Times about a feature of the village I can remember which isn't here anymore. Well, here goes...

I am sure we are all very grateful for the exceptional service we have had from our two shops during this pandemic. They have kept us fed and watered in a safe environment and we will always be very thankful to them. This has prompted me to recall when there were many more shops in the village.

In the 50s, 60s and 70s there was almost a shop on every road. The Spar Shop was privately owned by Mr & Mrs Bowden. You had to queue up and Mrs Bowden got all the items on your list for you.

Alongside the shop, where the stores are now, Nancy Pearce had a hairdressing salon. Opposite, where the bus shelter is now was a grassy

area where Eleanor Martin had a small shop – a favourite with the children for spending their sweet money.

Along New Road, where the Bingham live, Mr & Mrs Gluyas had a hardware store with petrol pumps outside. Julie's dad later had a wood yard and business there.

At Gribbas Corner, where some of you might remember a fish and chip shop, Mrs Pryor had a shop selling groceries and across the road, on the corner going down to Vellandruca was another quite large shop selling groceries and of course, until recently, Kayes Kurls.

Going out along East Road, behind what used to be the Old Bandroom, was a bakery. You could smell the delicious bread baking as you turned the corner. There was also a small shop at Foundry and another one at Goonlaze.

These are the ones that I can remember but I believe there were quite a few 'front room' shops in the village back in the 30s and 40s.

How times have changed. I wonder how many small shops will now be able to survive Covid 19.

The village has changed over the years but it is still the best place to live with many lovely people working together to make it a special community to be a part of.



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Virtual Show Pies - winners



Emma Bennetts - Devoran



**Lisa Wright -
Trembreath**



Emma Bennetts - Deveran



Bill Hall - Stithians

From The Head

Stithians School

What a disrupted school year it has been! The school closed, to all but a few children, in March. The online lessons have been created by staff using the website and these have continued throughout the period of closure.

Thank you to the teachers for ensuring work was available on a daily basis. As from next term, we will hopefully have a learning platform which will enable us to deliver distance learning in a more interactive manner – should the need arise!

The wider opening occurred on 1st June with Reception, Year 1 and Year 6 pupils having the option to return. The result was that many children did indeed return with all pods being full. We currently have 70 pupils attending daily split into five pods.

As from September we open fully – with all year groups allowed to return to school. This will be dependent on the situation that the country finds itself in. Hopefully the R rate will remain below 1.

Nick Illsley



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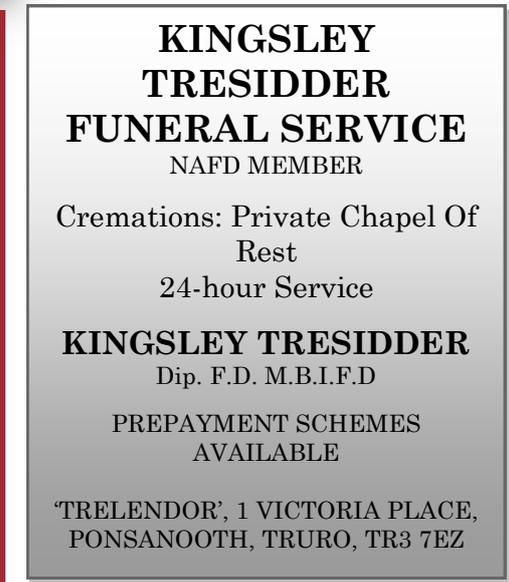


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Even before Covid, life was tricky. I spent time at home with work-related stress struggling to find a way forward and Bryony was under pressure with GCSEs looming. Rory was fine but had to put up with the rest of us! I 'returned' to work to a world of distance learning, Teams meetings and supporting our vulnerable students via texts and calls. Working with excluded pupils is always a challenge but this was unprecedented.

The Plan

With Boris's broadcasts echoing in our heads we made preparations. This included table allocation for work and school, buying in bulk supplies from West Country Foods and an urgent trip to Carnon Downs to stock up on seeds. I planned for Dad too, isolating in Redruth and in need of shopping, meds and company.

The Reality

Our daily broadcasts now became Mr. Smith from school and fantastic bird-song. Few people were out and the atmosphere was fearful and uncertain. The sun shone and alongside work we started to garden making good use of the things that we found in true wobble style – Donna's wooden veg boxes got planted up, a trampoline cover became weed suppressant and Steve crafted a cold-frame from an old window.

A rhythm emerged – martial Tuesdays (Rory being a ninja via Zoom), veg box and NHS Thursdays, chips on Friday and fitness/yoga classes at the weekends. On school mornings Rory and I started the day

with star jumps and stretches, Bryony and I had lunch watching language lessons on RTP (the Portuguese version of BBC Bitesize) and most afternoons we wandered the paths around the village delighting in new finds and trying to stick to our mantra of 'circle or die'.

'How are you?' never meant more as we made greater efforts to keep up with family and friends. The news stories echoed at a personal level – my friend having to shield due to MS, a mate's mum seriously ill with Covid - part of the disproportionately affected BAME community, a family member rushed into hospital with blood clots in their lungs and suspected Corona...luckily not as it turned out. At my school some families 'healed' with time together whilst others experienced hardship and tragedy.

Unlocking

The easing up process made us very appreciative. Being able to visit a beach after 6 weeks was heaven and walking with friends and drinking cider in a field felt like being teenagers again. Rory relished playing out and Bryony was delighted to see friends. A simple rap on the door brought joy.

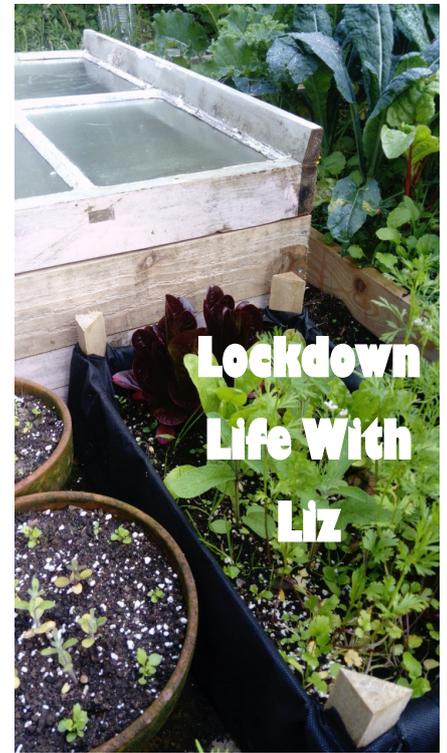
Recently, hearing playtime at school again has been so welcome. Going into my school has been a pleasure even though few students are in.

At home, our first visitor was a masked man from Candy who fixed our washing machine. Hand washing in the bath is not fun.

Highlights

Birthdays have been special. I turned 50 in April, enjoying messages and a sunny walk to the lake, Steve spent his foraging on the Helford and being serenaded at the BLM protest in Stithians and my god-daughter gave birth to a beautiful boy.

Other highlights included sitting in a field with Margo when we were first able to meet whilst helicopters buzzed above, eating our first produce from the garden, visiting St.Euny churchyard with Dad and



rambling with friends each week.

Rory made us laugh camping out in the garden and waking me up at 2 am to tell me there was a burglar by the compost...a prickly friend as it turned out!

Questions remain

We are all still coping and wondering. Our questions include will Bryony go to college physically or digitally? Should we travel in the UK this summer or not? What will it be like at our schools? Will there be a second spike of Covid?

Lessons Learnt

Connections are key. Gardening is fun! Count your blessings.

Being connected to the earth through growing and walking has been life-affirming. Our life is so enriched by being part of Stithians and having such wonderful family and friends.

Special appreciation to James (Kernow Martial Arts), Abhi (our yoga guru) and Jon Goddard for their amazing classes and dedication to their students.

Thank you to everyone, near and far, physically or virtually present.

Liz Clarke

Stithians Methodist Church

Although we are now permitted to open with restrictions in place, we are taking things slowly and cautiously. We hope to resume services and other uses of the building in the near future. In the meantime we are sharing our worship online.

The building may be closed but church activities continue in a different way. YouTube services are being produced by the Falmouth and Gwennap Methodist Circuit, of which we are part.

Services

There are two services each week: 'Worship at Home', which is available from 10.30am each Sunday and 'Wednesday Worship', available from 10.30am on Wednesdays. You can find these by going to the Circuit website: www.fandgmc.org.uk

Simply scroll down the Home page and click on the YouTube link. The videos are archived so you can also look at those already broadcast. Look at 'Wednesday Worship' for July 8th and you will see a short time of devotion led by Tom and

Lucille Rowse of Stithians. This includes a song written and sung by Tom. Lucille is a local preacher and Tom is a worship leader.

Prayer

A 'Listen to a Prayer' facility has also been set up by the Methodist Church. Just dial the Freephone number: 0808 281 2514.

If you wish to talk to our minister, the Reverend Elizabeth Harris, she can be contacted on: 01209 820077.

We are all looking forward to worshipping together in the chapel again, and sharing food and fellowship at the monthly Pop-In, but in the meantime why not try the videos.

We will make it know when things return to normal but if you would like an update please contact the church council secretary Tony Langford on 01209 215918

tony46langford@gmail.com



Parking Problems

Angry residents report at least one person simply leaving their car in the middle of the road to visit Kennall Vale.

The Cornwall Wildlife Trust says it is trying to solve the problem of parking after 600 people turned up on one day.

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Alone in Lockdown - Anonymous

Lockdown for many seems to be a creative worthwhile time, filled with fun and close family at home or maybe it is a quiet time to reflect and do the gardening. If this is so, I am glad for you.

Because it is has not been so good for me.

Lockdown has meant ... shutdown. Isolation. Bereavement. Separation big time. Away from those I love near and far. It has meant ... essential, stay at home, don't go out, be safe. Nothing there about staying sane.

Which I didn't for a while.

Why? Because my little girl inside was hurting.

Deep seated

You see, I was born into an alcoholic family many years ago and later sent away at 5 years old. My home broken up, beloved pets given away and home became a bedsitting room in London with my mother. Add that into parents and grandparents living through two world wars. That is a LOT of deep seated grief, abandonment and separation. And it is now known that these events stay in our bodies as generational traumas throughout the years, unless they are dealt with.

So it is not surprising that I shut down in lockdown. In fact, it felt quite horrible.

With my close family here and up north equally distanced away from me. Being a tactile person I want to *be* with somebody, see their face and feel their perfume, hug them and put a hand on their shoulder. Theirs on mine. Zoom. Skype. What's app. Facetime. DON'T do that for me.

And so for weeks I felt

abandoned again. That little girl left alone crying in the corner.

Hug

It has improved with lockdown lifting and being able to hug my closest family and have them in my home again. But I still feel that exclusion of old. Then it was team sports and tea parties. Now not being able to go to the pub, art gallery or cinema ... to see friends, laugh, have fun. To be excluded from study and travel. And of course go into houses to share a basic cuppa or meal. Deep stuff.

The kindness of others has kept my head above water. The deliveries of fresh food made me feel loved. Fish. Soul farm salads. Compost. And, of course, chocolate eggs at Easter, yes ... those wonderful gifted eggs. And your smiles and conversations over and across a garden wall or lane made a huge difference and kept me going. Friends, too, chatting and listening over long telephone conversations. Good weather and countryside walks. Great village shops.

But it doesn't take away the pain of childhood which lives on in me and in my adult reactions. When someone grows up in a dysfunctional family like mine with the added generational stuff, our adult selves quickly revert to survival mode, despite all the therapy and awareness we now hold. And I did go into a very dark place.

Living Alone

Living alone also isn't easy at the best of times. In lockdown it's been bad. I am just thankful for the friends I do have and the opportunity to find compassion for others at this strange time.

So what *is* essential? As a child I had to do what I was told or had a

dunce cap put on me and told to stand in the corner if I didn't. Now if I don't follow the rules and stay home, what will the punishment be? I still hold those habits of long past. Essential to me is pretty basic. (I grew up with milk on the window sill and a shared bathroom halfway down the stairs.) Stay home ... so I do just that. And stay safe ... I don't even know what that means with all the contradictory information out there.

Love Thy Neighbour

Remember the story of the Good Samaritan? Well I've struggled with this quite deeply. In lockdown we are told to cross over the road and pass by others on the other side. And that is exactly what the priest and Levite did in the story, which feels *totally* opposite to what the kind and good Samaritan did.

Now re-reading that story after all this time I see it is about showing kindness "love our neighbours as ourselves". So ... maybe that kindness, that love, is in fact asking us to keep that safe distance between one another and follow good health care practice.

I find it's tuff stuff.

I still miss everyone, those social events I love so much and keep me connected to others and the world. I miss family. I miss lots. And while I know in my heart I live in a beautiful place, surrounded by kindness in a nice home with flowers and food and footpaths, this sadness is deep and I can sink low. So, please, if you see the snow piling up outside my house and the lights on and the door closed, come and find me in a week, because I could still be under the covers, nurturing my little girl who feels abandoned and alone and excluded from life. And also ... call me if you do too.



**Monday
12th July 2021**

See you next year!

Rev'd Leonard Barter



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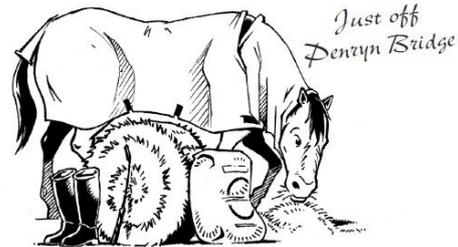
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Taking The Knee



On the 25th of May 2020, George Floyd's murder sparked international outrage and protests were held in all 50 states of America as well as 18 other countries across the world, many of which are still continuing to this day.

However, the racial inequality and injustice Black people face every day, nor the police brutality and disproportionate murders of African-Americans, are new realities - the Black Lives Matter campaign was established in 2013, and every prior generation has had its own civil rights movement. Whether alongside Malcom X, Martin Luther King Jr. or the Black Panther Party, Black people and allies have continued to protest the overt and covert racism in society for centuries, and the fight is far from over. But this time, why now?

Frank Leon Roberts, an activist who teaches a course on the Black Lives Matter movement at New York University, describes the combination of several factors surrounding Floyd's death as "the perfect storm for rebellion."

"To many, the concept of police brutality was witnessed for the first time in such a gruesome and obvious way - the world watched as officer Derek Chauvin pressed his knee into an unarmed and incapacitated Black man's neck for 8 minutes and 46 seconds, as the

dying father of five repeated "I can't breathe."

Here in the village, Margo Standley organised a silent protest in solidarity with George Floyd and the protesters in America, with around 50 local people taking a knee for 9 minutes in a show of mourning and allyship.

On listening to several conversations afterwards, I recorded an important message phrased beautifully by Abhi Morye: "lack of empathy is something that cannot be pardoned."

It is vital that as a community and as individuals we continue to act in empathy and examine the ways in which we are complicit in or benefit from oppressive systems, and how we can use our privilege to amplify the voices of those without it.

Many Brits, especially here in Cornwall, maintain the idea that racism isn't present here, or that "at least it's not as bad as the States." Ask any member of the BAME community about their experience and you will realise this is far from the truth, or research and look into statistics for numerical evidence showing that the UK is not innocent. Not only are the societal structure and systems of white supremacy a direct result of colonisation, the present reality here in Britain continues to demonstrate ongoing inequality in our country.

Black people make up 3% of the population in England and Wales, and yet account for 12% of prisoners.

BAME people are twice as likely to die in police custody - since 1991, there have been 509 BAME deaths in police, prison and immigration custody in the UK and yet the last successful prosecution of a police officer concerning the death of somebody in custody was in 1969.

We continue to teach a whitewashed primary and secondary curriculum that disregards both Britain's colonial history and the positive contributions of people of colour to our country and the world. Racism continues to affect people in workplaces and in the NHS.

We are still without justice for Mark Duggan, Darren Cumberbatch, Edson da Costa, Adrian McDonald, Nunu Cardoso, Olaseni Lewis, Sean Rigg, Daniel Adewole, Trevor Smith, Julian Cole, Sarah Reed, Jermaine Baker, Sheku Bayoh, Kevin Clarke, Leon Briggs, Mzee Mohammed Daley, Derek Bennett, Azelle Rodney and Shukri Abdi.

Say their names. Learn their stories. Sign petitions. Write to your MP. Donate. "There comes a time when silence is betrayal." - Martin Luther King Jr.

Bryony

**Black is capitalised in alignment with the expressed views of the Black community, individuals and publications.*

Stithians Methodist Church

Although churches are now permitted to open with restrictions in place, we are being cautious and not holding services or other activities for the time being. The Covid-19 coronavirus situation changes from day to day and we do not want to put people at risk.

We continue to monitor the situation and hope to resume services and other uses of the building in the near future.

For an update please contact Tony Langford

01209 215918

Stay Safe

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eightsaints.org.uk/

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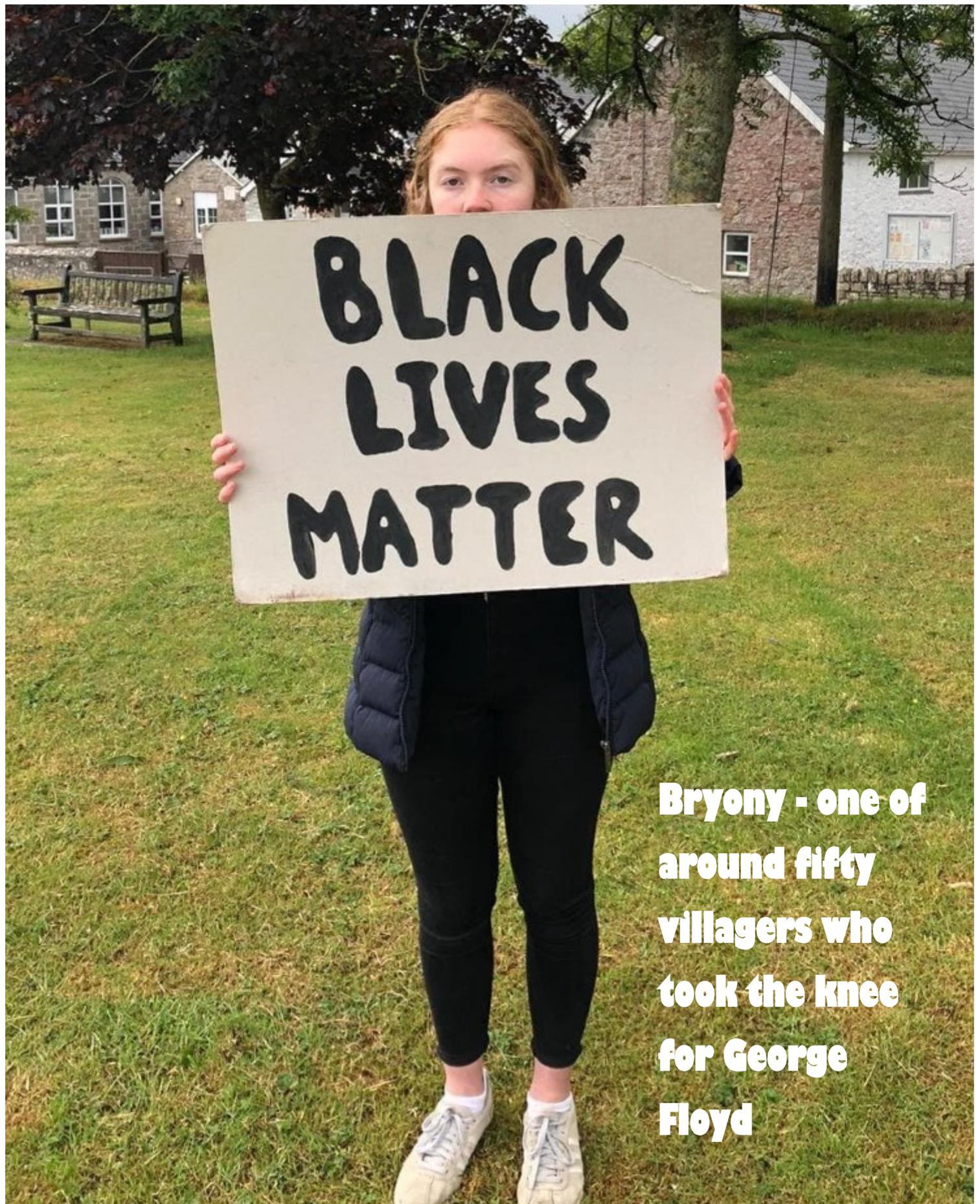
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**Bryony - one of
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for George
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