

The St Germans Star

Loving the sunshine since 2020

Issue 2, 25 Mar 20.

Hello

Welcome back. I hope you been able to enjoy some sunshine on your faces; very much needed after that wet winter. It's very warming too to see the village pulling together, people chatting (from a distance of course), perhaps for the first time despite living so close by. Many people have been doing a spot of gardening: exercise for both the brain and body. If it were up to me though, I'd get the whole village on parade outside their front doors at 0700 every morning, dressed in their finest Lycra and sweat bands ready for a good workout. Alas, it sadly can't be so. Alternatively we have Hannah Guy of Tamar yoga giving us some tips on how to work-out your body and calm your mind.

Verity Duncan

.....

Food and essentials:

St Germans Shop – The shop hours have now changed. **Mon-Sat 0900-1200**. Please use the shop as infrequently as possible to save on congestion. Deliveries will be made on weekday afternoons. Call 01503 232851 between 0900-1200 Mon-Sat. You may hand a cheque to whoever is delivering your food. Thanks!

Tideford Butcher's: The team there will deliver to St Germans and Polbathic on Tuesday afternoons. Do call by 5pm on Mondays to place your orders (payments can be made over the phone). Minimum order £20. 01752 851224

Paul Atkins Fishmongers: 07932 398135. Delivers locally.

*

Tea Break:

Can you work out the local places in the puzzles?

1. Country of boy ducks
2. Lots of gents – chicken – fifth letter – posh boat
3. Water transport – you and me – James Bond author
4. Male monarchs plus
5. Girl's name- donkey's noise

Riddles: Answers from last week:

1. If you say my name I disappear. What am I? **Silence**
 2. What has to be broken before you can use it? **An egg**
 3. What month of the year has 28 days? **Every month!**
 4. What gets wet while drying? **A towel**
 5. I shave every day but my beard stays the same. What am I? **A barbour**
-

A fun quiz idea kindly sent by Sue Cousins:

From the Society for the Preservation of the Alphabet (SfPA)

It seems that the Alphabet is not much needed in the brave not-so-new world of the internet. However, Victoria Wood worked out her routines by writing A to Z down the left side of a piece of A4 lined paper, one letter per line. And then, having picked her topic, set down her ideas. And you know what a great stand-up comic she was!

My first sample in these brave St G Star days, is on the subject EXERCISE

A: Aqua aerobics. B: Belly dancing. C: Canoeing Can you complete the alphabet?

This A to Z game is for all ages, for 1-5 persons, writing things down or just saying each item as they take a healthy walk. Like an A to Z kind of I Spy, only without needing to spy anything. Three of us on the bus had the topic of COLOURS. We couldn't think of a colour for K. Can you? X would be red and green for Xmas. "You can't be serious" Nope. can't leave being silly to the Under 5s. And, for home-schooling (aged 4 to 104) you Can pick serious topics like: Causes of the Uncivil War or parts of the body, or types of chemical compounds (doesn't poly-ester sound like two rather cheerful girls.), or vegetables or French irregular verbs, or?

*

Some health and fitness tips for us all from Hannah Guy at Tamar Yoga:

-Laughter increases immunity and connection. Call someone you know, ban all talk of coronavirus/anything negative and make each other laugh.

- A little movement goes a long way. Whether it's yoga, gardening or an online class. You will be more relaxed, healthy and sleep better if you get out of your chair.

-If yoga isn't your thing then dance and sing!

- In the face of looking after others, it's very easy to neglect ourselves. This is where self-care comes in. Eat well, wind down in the evening before bed, turn off those screens. What else can you think of?

*

This week's BIG SHOUT OUTS

Stars of the week: Well done **Jennifer Lewington** (shop manager), **Lewie Lewington**, **Jon and Leslie Banyard** and all of the shop **volunteers** for going above and beyond with all they are doing to keep the village fed.

To **Bryan Price** whose birthday is on the 28th. Happy birthday love Sarah, Tyler, Jay, Lewie and Sookie

To **Paula Austen**. Happy birthday for 30 March! Love from Ben and Maddie in New Zealand
xxx

*

How to contact me: If you're on Facebook, please 'like' our St Gemans COVID 19 page and follow. If you'd like to have a message added to the newsletter, please email me: verityduncan@yahoo.co.uk or call 01503 230995 between 1900-2000 if possible.

*

Quote of the week:

'Look at the sparrows; they do not know what they will do in the next moment. Let us literally live from moment to moment. **Mahatma Gandhi.**

*

And finally. A message from the Rev'd Iris Bray St Germans Methodist church

01579 345163

It's a small world. We've probably all said it. Cornish folk sometimes say if one person is kicked, everyone says "Ouch!" Now I'm not advocating that we actually test this theory in practice, but this ever so slight exaggeration suggests just how close our human relationships are.

This experience of being connected to others underlies the "six degrees of separation" principle. It is possible to trace links through as little as six human relationships. Or even five. It has happened to me.

One Saturday our nephew from Manchester visited with his drummer friend. That's relationship 1. Drummer friend brought his girlfriend from Bristol. Relationship 2. Girlfriend from Bristol had been taught at university by our son-in-law. Relationship 3. Coincidentally, son-in-law from Bristol had just arrived with our daughter. Relationship 4. Finally, as you have probably already worked out, our daughter and nephew are cousins. Relationship 5. It is a small world.

Degrees of separation are really connections, relationships which enrich human life. We are all connected simply by being members of the human race, the Bible describes this as all people bearing the image of God. Currently our relationships are feeling the "Ouch" of social distancing and self-isolation, and especially those vulnerable people who are being asked to stay at home for 12 weeks. Normally we show our love and care through face-to-face relationships. Now we are all being asked to show our love and care by following the Government's advice. It is in all our interest to do so. Rest assured it will take more than a virus to damage those cherished relationships. We all long for, and some join with me and others in also praying for, normal service to be resumed as soon as possible. After all, it really is a small world.