

Newsletter No 18
12th June
2020

The Kirkby Overblow COVID Newsletter



Dear Village Resident

As the government continues to change the guidance as we come out of lock down, we continue to offer support and advice.

In England, from 13 June, if you live by yourself or are a single parent with dependent children – in other words, if there is only one adult in your home – you can expand your household to include one other household of any size. These are being called support bubbles.

There is also the new track and test service. This new NHS service:

- ensures that anyone who develops symptoms of coronavirus (COVID-19) can quickly be tested to find out if they have the virus, and also includes targeted asymptomatic testing of NHS and social care staff and care home residents
- helps trace close recent contacts of anyone who tests positive for coronavirus and, if necessary, notifies them that they must self-isolate at home to help stop the spread of the virus

The service will allow the tracing of the spread of the virus and isolate new infections and play a vital role in giving an early warning if the virus is increasing again, locally or nationally.

For more information please go to:

<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works#the-nhs-coronavirus-app>

Can I also remind you that all our previous newsletters are available on our website <https://kirkbyoverblow.org/>.

We can all help each other as we enter this recovery period



There for each other

News from the Shoulder of Mutton

- Kate and the team are looking forward to reopening the beer garden on the 4th July if government advice remains unchanged. Let's hope the sunshine returns so that we can enjoy longer opening times in the garden. Social distancing rules will apply.
- There will not be a mid-week special next week as the kitchen is being prepared for the new opening strategy.
- The new weekend offering will continue as will the fresh takeaway meals on a Friday and Saturday, Sunday roasts and the frozen meals during the week.
- The food supplies order form also continues and here is the form for this coming week-week 12. Please order by Sunday evening for delivery or collection next Wednesday.

<https://forms.gle/YqfknzeADRCrtRgWA>

Advice and support to help us all

Volunteering, Activities and Information

Crafty Caterpillar

Kim [REDACTED] has designed a beautiful caterpillar head to start our 'Kirkby Covie' Caterpillar just outside the main school gates.

We invite you to decorate a stone, whether you are an adult or child and add it to our stone caterpillar. This will be a lovely visual way of showing the strength we have in our community and as it grows, it reminds us we can still do things together to make us stronger.

Lucy hopes to put Covie in place once the rain clears. If anyone has any questions at all, please contact Lucy on [REDACTED]



Summer Tipple Wine Tasting eve



It was agreed that £50 would be donated to repaint the bus shelter and £50 would be donated to the St Peters appeal.

Thank you again to Lucy for organizing a fantastic event and for everyone who took part.

More cakes to tempt you-Wednesday 24th June



Just when you thought it was safe to get on the scales, the village coffee morning team is going to take you on a journey, offering tasty treats from overseas. You don't have to be a coffee morning regular; if you're working from home or home schooling a hit of sugar may be most welcome.

If you would like to place an order please select from the list below, stating the number of slices and whether you wish to collect or have it delivered.

Black Forest gateau, darkly decadent

A rich chocolate cherry cake from Germany, soaked in Kirsch and filled with cherries and cream.

Spanish orange and almond cake (gluten free), a touch of sunshine

A classic Spanish cake with a moist light texture and wonderful fresh flavours of almond and oranges.

Strawberry Victoria sandwich, a British classic

A light vanilla favoured Victoria sponge, oozing with strawberries and cream.

Dutch apple cake, one of your 5 a day!

A lovely moist sponge filled with juicy apple with a hint of sharp lemon. Best served with clotted cream but you'll have to provide your own.

Tiramisu cake, everyone's Italian favourite

A combination of coffee and brandy along with a filling of mascarpone cream bring the flavours of Italy to mid-morning.

Sicilian lemon cake, a zesty hint of holidays to come

A fragrant cake bursting with the flavours of lemon.

Sausage plait, with a hint of India

A coffee morning favourite - rich flaky pastry filled with succulent sausage meat and a hint of mango chutney.

The cake will be charged at £2.50 a slice with funds raised going to the church. Please ensure you have the correct change when collecting or receiving a delivery.

All you have to do is:

- choose your cake
- email [REDACTED] or text [REDACTED] with your order by **Monday 15 June** stating whether for collection or delivery. Include address if delivery. Collection will be from the church entrance. All cakes will be bagged and labelled.
- get your change together (£2.50 per slice)
- be ready to collect or have delivered between 10am and 11am on **Wednesday 24 June**. Social distancing will be observed at all times.
- **ENJOY**

Supporting our wider community



Support for the hot meal takeaway initiative at St Peter's Church, Harrogate.

Throughout lockdown, St Peter's team of volunteers has continued to provide nutritious, takeaway hot meals for the vulnerable and those in need. It provides hot breakfasts and evening meals every day with a hot lunch on Sundays. In addition, packs of biscuits and toiletries are handed out.

As a village, we support St Peter's throughout the year with donations at Christmas for *Feed a Family* and harvest donations. We would like to support their current initiative.

We are asking for donations of the following items and these will be collected and donated to St Peter's.

- Fresh vegetables (any variety) not tinned
- Packets of sweet biscuits
- Handwash
- Deodorants

There will be 2 collection days from the church. The first will be on Wednesday 24 June between 9am and 4pm. This coincides with the lockdown coffee morning which is detailed above, so you may choose to donate whilst collecting your cake. The second is on Saturday 27 June. Crates will be provided in the church porch for you to deposit your gifts. They will then be delivered to St Peter's.

Thank you in advance for your support.

A History of the Village



Geof has put together the sixth part of our village history series and this will be available on our website.

If you go to the website and click on the 'village history' tab at the top of the page, you will find the answer to the question set last week and the next part of the historical journey. Here is the link to the website.

<https://kirkbyoverblow.org/>.

Village News

Just a reminder that the Lower Wharfedale Village News Newsletter is available on www.Kirkbyoverblow.org. Just click on the 'newsletters' tab.

Time Capsule-Please send in your photo now!

The time has come to send a photo of your household to Lucy with a short paragraph about your experiences during lock down.

We will not look to share this information outside the village. Our idea is to create a book that shows all of your photographs and your short write ups. Please keep your comments to a paragraph only:

- Who you are
- Where you live
- What you will remember about this time/what you think about the experience

We would like to start pulling the photographs together, so please send yours to Lucy at [REDACTED] by **Friday 26th June**.



A message from our vicar Craig Marshall

Church News



Dear Friends

Perhaps inspired by all the celebrity chefs that seem to appear on our television screens these days, from time to time, I like to prepare a 'concoction' for Jane and myself. In our house, the term 'concoction' is understood to refer to spaghetti bolognese, curry or some similar dish. The fun part for me when cooking a meal like these, is adding the various herbs and spices. As such, in our kitchen we have a huge collection, which contains every spice imaginable.

Those of you who enjoy cooking savoury dishes will know that if you add too much of one seasoning, it can over power others and destroy the overall flavour of the food. On the other hand, when the correct choice of spices and herbs are added in appropriate proportions, the dish can be 'magnifique'. (I'm still working on that!)

I think there are some interesting parallels to be drawn here with our understanding of community. Imagine our village community to be like a huge spice rack and each one of us is a spice or herb. If we are to contribute effectively to the life of the community, we need to recognise that we all have different flavours and characteristics. Too much of any one of us and we might interfere with the overall taste, too little and the same result occurs.

On the other hand, when we make ourselves available or offer ourselves we can contribute to a tasty meal. Of course, just as some recipes require only certain additions, so specific tasks and activities require people with specific gifts and talents. Perhaps what is important is that we recognise where there is a need and make ourselves available to fulfil that need when it arises and where our talents and gifts allow.

In short, we need to be in the spice rack, ready to be used.

So, the next time you are cooking up a storm in your kitchen, perhaps you might like to consider that you are a valuable member of the community in which we all live, ready to add your own flavour when the need arises.

Happy cooking and warmest regards to you all.

Craig

Upcoming Events

Monday 15th June-Pub Quiz from the Shoulder of Mutton at 7.30pm

Everyone is welcome to join the quiz night on Monday next week. I think some households have joined together online to form a team so if you would like to join others, let us know and we will try to help.

The quiz link for Monday is as follows:

<https://us02web.zoom.us/j/437224837?pwd=amlocnhLM2twL2lwb0YxdWZZQzI5UT09>

