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Your Planet Needs
You!

East & Old Green Team Eco Newsletter

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Your Planet Needs You—Lockdown Special



Stories of Lockdown

◆ During Lockdown I missed seeing family and friends. I only used my car to pick up my click and collect shopping. I think there were many good things about Lockdown. Main one being much less pollution, it made me realise how lucky I am living in such a beautiful area with so much freedom. I also now appreciate things I had to do without during this strange time such as being able to visit friends and family.

◆ I am a tech luddite who spent the first part of lockdown getting to grips with new technology so that I could work from home and communication with family and friends. The most notable difference for me was the lack of noise, from traffic and children playing outside. As we became a society of quiet hermits, I spent most of the lockdown period queuing in line for groceries and pre-

scriptions for my parents and elderly neighbours who had to stay inside. It allowed me to get to know people better, from two metres apart, if just through a mask.

◆ Having medical problems has meant being inside since March. We are lucky to have family to do our shopping and chemist runs for us. The telephone has been our lifeline as we have been able to contact our family regularly and get news of the outside world.

◆ Empty streets and queues at shops became the new normal. The days turned into weeks and then months as our new lifestyles took shape. Technology became our closest friends as we learned to live a new kind of life.

◆ I missed the noise as the towns became as quiet as the countryside. Sitting by the windows waiting for someone to pass as they took their daily exercise became the highlight of my day.

◆ How to keep the children busy indoors proved to be a challenge. Indeed I have never been busier coming up with ac-

tivities and trying to teach them something at the same time.

◆ The car has sat in the garage almost every day since March. It only comes out for a monthly shopping trip these days. I think I have filled the tank about twice since lockdown began. The garden has never looked better as all of my time has been spent doing the landscaping I never had time for before. I do not know how I will be able to refit work back into my schedule once lockdown ends.

◆ When lockdown began I did not know what to expect. I worked from home for a while but was ultimately furloughed. Looking after family members and neighbours became my life and filled my hours.

◆ It was a drastic change of pace that has left me unable to remember what day of the week it was. I can't wait to get back to my working routine.

◆ It was nice to see everybody pulling together and co-operating to help fight the virus.

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Unsung Heroes



Richard Matossian, Abbey Veterinary Clinic, 225 East High Street, Forfar.

Abbey vets have continued to soldier on through the covid-19 lockdown, helping to save all of our beloved furry family members. Throughout the lockdown new procedures were introduced:



1. Park three meters away from the entrance when you arrive.
2. Stay in your car and call reception to let them know you arrived.
3. A member of staff came out to the car park and called your name, you told them what was wrong, whilst wearing a mask and adhering to social distancing rules.
4. Dogs are tied to the leash by the door, for a cat or other boxed animal, you took them forward, walked back to your car, and allowed

the staff member to carry them inside.

5. After examination, the vet would come outside and speak to you. When finished, your pet is brought to the doorstep and medication is left in the blue box for pick-up.
6. Payment is made by card over the telephone from the comfort of your car.

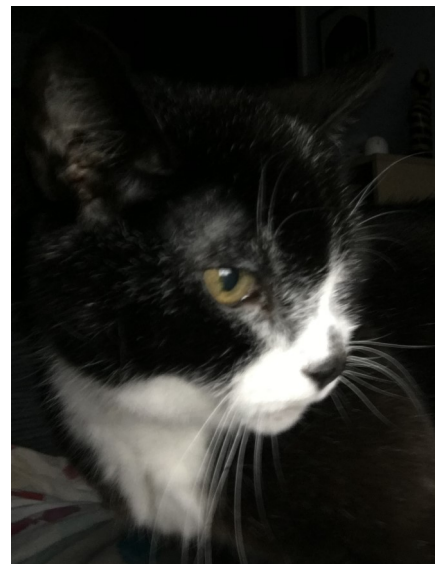
My Story

A sudden emergency, my twenty-year-old cat Chloe, began to have severely labored breathing. Her chest heaved as if any breath could be her last. A phone call later, after following steps 1-4, I waited nervously in my car, and out came Richard, to let me know that it was her heart. Injections given, medication picked up and paid for, I went home hoping for a miracle.

Thirty-six hours later her breathing had improved so much that she was back to her feisty self. So feisty in fact that I warned the veterinary nurse that she had better mind her hands when taking Chloe out of her box three days later for her follow up. "No problem," I was assured, "cats do anything Richard wants. We all think he is a cat whisperer, the way they behave for him"

Two months have passed now: heart meds and a renal cat food diet later, Chloe continues to get back to her old brilliant, vivid, quick-tempered self. Jumping out the window; running across the grass; fighting with my younger cats, even though they are twice if not three times her size; no birds or mice yet but I am steeling myself for an influx even as I write.

So, although Chloe just wants to growl and stare, I want to send grateful thanks to our resident cat whisperer and all his colleagues for all the great work they are doing and the lives they are saving every day.



Chloe back to fighting fit.

A Planets Reprieve

Although there have been some tense moments of late, lockdown has had some positive effects on our planet. Some have speculated that it has provided a pause to global climate change. Some have even thought that lockdown may provide some keys to how we can come together to save our world.



by Bing
Common
Images

Here are some of the positive effects lockdown has had so far.

Air Quality

In Scotland alone nitrogen dioxide (NO₂) concentrations have dropped by between 51% and 81% from previous years

Inhalable Particulate Matter PM₁₀ measured between 23 March and 26 May have decreased by between 9% and 53%.

Inhalable Particulate Matter PM_{2.5} measured between 23 March and 26 May decreased by between 0% and 56%.

Stats from <http://www.scottishairquality.scot/>

This worldwide improvement has provided us with pictures of Los Angeles, the Great Wall of China and other great views that have been hidden in the smog for years.



The Great Wall by Bing
Common Images

Across the UK about 1,752 fewer pollution deaths occurred during lockdown. Cleaner air has also led to

fewer child asthma cases, COPD [chronic obstructive pulmonary disease] and pre-term births.

People have also improved their quality of life by walking and cycling more as well as gardening to escape the boredom of being cooped up inside all day. Hopefully this will encourage a walking and cycling movement that will increase as time goes on.

Water Quality



Bing common image

Although I could not find any Scottish statistics online, the Italian Coastguard monitored Marine life in the Mediterranean off Italy and discovered that it had flourished during the coronavirus lockdown as water quality improved and species moved into spaces vacated by people and ships.



Bing common image

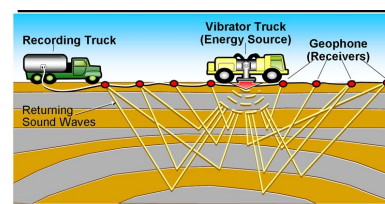
By [Antonio Denti](https://www.weforum.org/agenda/2020/07/mediterranean-marine-life-lockdown-italy-covid19/), Cameraman, Reuters at <https://www.weforum.org/agenda/2020/07/mediterranean-marine-life-lockdown-italy-covid19/>

With fewer ships on the earth's oceans, researchers have noticed a drop in sound noise under the oceans: this in turn has allowed them to hear whale chatter much clearer. These large hearts of the sea have also been able to join the other fish and mammals as they have moved into previous people dominated sea spaces.

Noise Pollution

The decrease in manmade noise in factories and other machine driven industries, coupled with road traffic (50%) and air traffic (90%) has contributed to a reduction in noise pollution. Indeed, according to Dr Brian Baptie, human generated noise fell by between 20% and 50% worldwide during lockdown.

Information taken from an article by Nick Smith, dated 13 June 2020, at [s://eandt.theiet.org/content/articles/2020/06/has-lockdown-made-the-world-a-quieter-place/](https://eandt.theiet.org/content/articles/2020/06/has-lockdown-made-the-world-a-quieter-place/)



Bing common image

This short term gain has allowed scientists to record true seismic noise levels for the first time.