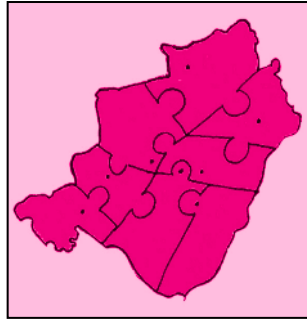


Pieces of Eight

February



February 2020, Issue 256

News, views and issues from: Chapel Amble, Pendoggett, St Kew, St Kew Highway, Trelill, Tregellist, Trequite, Trewethern

Email: stkewmag@gmail.com



Our congratulations to Jacqui White from St Kew Highway who received her MBE in December. Here she is at Buckingham Palace with proud husband Arthur. Full details inside this issue. Our thanks to Jacqui's family for the lovely photograph.

Your free guide to news and events within and around St Kew Parish

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Welcome to Pieces of Eight

We are a free independent community magazine, published ten times a year (not January and August) covering local news, views and events in the St Kew parish area. Volunteers produce, edit and distribute the magazine to every household in the area, and to all the local churches, shops and pubs. We do hope you enjoy reading it.

We would love to hear from our readers - articles, letters, suggestions and other contributions are always welcome. Please see our contact details below.

There is also an on-line edition hosted by the Parish Council which can be found at www.stkewparish.org.uk/PO8.html. (*We are very grateful to the Parish Council for allowing us to use their website*).

EDITORIAL

Hello again! We hope you all had a great time over the festive season and we wish all our readers and distributors a very happy (if belated) new year. I can't believe we are already into another decade of the century.

The first signs of spring are all around. The sunset is noticeably later now we're a month past the solstice, we have daffodils & primroses out, some of the shrubs are already showing signs of new growth, and our large stinging nettle patch is green with fresh shoots. We let it grow wild - later in the year the leaves will be food for the caterpillars of several butterfly species.

The extent of the bush fires in Australia over the last couple of months has been terrible to see. Whilst fires are part of the normal natural cycle in some habitats, the extent of the destruction across such enormous areas of forest and bush (equivalent to almost the area of England so far) is unprecedented, as is the toll of human and animal life, and property. Unfortunately, unless drastic action is taken to reduce global carbon emissions, this kind of event could become much more common, and more widespread. As you'll see from the previous page Steve and Wendy at the Red Lion are raising money for relief charities by selling packs of Lamingtons. Please support them in their fundraising efforts.

Our congratulations go to Jacqui White from St Kew Highway. As you'll see from the cover Jacqui was presented with her MBE in December for her tireless work for charity, including the Wadebridge Foodbank. It is staggering to think that in 2020, in the world's 5th largest economy, we still need Foodbanks to support individuals and families with the basics of existence. It is thanks to Jacqui and all the other volunteers that people in need get this support.

Best wishes

Mike

The Editorial Team are:

Philippa Harkness - Children's page & History
Steve Liddiard - Advertising Manager & Treasurer
David Penhale - Events & Poet in Residence
Nicky Pickard - Main editor who puts the magazine together, assisted by husband Mike.

Contacting the Editorial Team

We can be contacted by email at stkewmag@gmail.com. Please use this address for **ALL** correspondence, the in-box is checked regularly.

Alternatively you can phone Nicky's mobile - **07813 603776**. Leave a message if you can't get through and she will phone you back.

Advertisers should contact Steve, our Advertising Manager via this email address, putting 'Advertisement' in the subject line. Steve can provide information on advertising costs, space availability, formats, etc.

Copy date for the March issue is:

Friday 14th February

We aim to get the printed magazine out to our distributors before the beginning of the month of issue. **Please could all contributors send us copy or advertisements as soon as possible, and before the copy deadline.** If your article or advert is going to be late it would be very helpful if you could let us know in advance.

Note to Readers

When responding to an advertisement, **please** mention that you saw it in Pieces of Eight. This shows our advertisers that the magazine is **the** place to reach local customers.

The magazine does not accept any responsibility for any issues arising from advertisements.

Views expressed in this publication are those of its contributors and do not necessarily reflect those of the Publishers (the management committee) who reserve the right to refuse or alter any material supplied.

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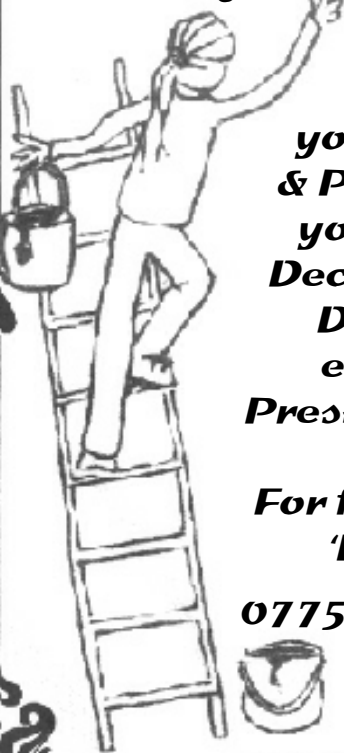
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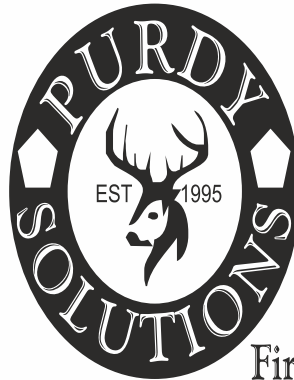


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St. Kew Community Gardens Association

The View from the Allotments and at the moment, the site is in bright sunshine. But it won't last

We've almost got a full house now, at the beginning of the year. Two of our long-term tenants have taken on additional plots and we have welcomed two new families to the site. So we only have two spares now, one of which is almost covered in strawberry plants! So if someone would like to take over a plot with a ready-made crop, just let me know.

I have made a few desultory stabs at clearing the ground recently, with the help of our local Duke of Edinburgh Award student, so there is actually space now for us to plant out the brassicas which have been coming on in the greenhouse. And the kale which we put in weeks ago is finally growing and strengthening, so we shall be able to pick some leaves soon. But apart from that, it all looks a bit neglected.

The trouble is, when the weather is dry, the air is so cold that it feels like a big effort to go round and DIG! It's probably laziness but I long for a bit of warmth and I am sure I would launch into weeding and digging with a will. But at the moment it's "won't", not "will", I am afraid. Still, I know we have felt like this in the past and still managed to get things

growing and thriving in the end. I've been putting it down to advancing age recently but I think it's actually inertia, for which there is no excuse!

I made some wonderful onion soup recently, using some of the large onions which are hanging up in nets in the garage. A friend gave us a super little book called "The Curious Gardener's Almanac" for Christmas and I found this simple recipe. Very easy but quite time-consuming, because you have to peel and chop eight good-sized onions and what with frequent stops to dry my eyes, it seemed to take me quite a while. Since I could also use the beef stock from the Christmas Day joint, it felt very old-fashioned and home-made and I was proud of the result. Must do it again.

We have decided to grub up one of the asparagus beds. We have two and one is happy and healthy and the other isn't. We've given it three years so now it's going. Burnard Hawken once told us, if a crop doesn't grow in a certain place for you, give up and do something else with the spot. But I still want to keep the original crowns and see if we can get more than a few meals off them this year.

Excuses, excuses. I promise to try and be a bit more positive in the next article.

Judith Mott,
judithmott@btinternet.com,
Tel.: 01208 841312

Questions from a Grumpy Old Woman....

Local pendant (sorry, pedant) of St. Kew, Judith Mott, asks:

When did "yum, yum" become "nom, nom"?
When did "Aaaah" become "Aaaaw"?
When did "please may I have" become "can I get"?
When did heart-*rending* become heart-*wrenching*?
When did "I'm very well, thank you" become "I'm good" (at what, I always want to ask)?
When did "off my own bat" become "off my own back"?
Not to mention tenterhooks becoming tenderhooks.

When did I become a guy ("what can I get you guys")?

And don't get me started on the misuse of "decimate".

Or apostrophes

As for the hateful "so" at the beginning of every reply in an interview, I want to scream "so what!" at the

radio (or should it be the wireless? Now I'm getting silly.).

And my pet hate at the moment, leaving the "d" off the end of descriptive words:

- Short-sleeve shirt
- Three-bedroom house
- Stripe jersey

I know that a healthy language changes with the times but some things are Just Plain Wrong! And I don't like it! There!

PS I know I have started two sentences with "and", which used to be forbidden but I put that down to all the publicity material I have written over the years.
Mea culpa!

Editor's note: So (sorry), come on, let's have your favourite abuses of the English language. Send them to stkevmag@gmail.com and we'll publish the best examples. Mine is the use of "curated" in any context other than a museum collection or an exhibition.

All the news and highlights from the top of the hill! Don't forget, you can keep up with all the school antics in our monthly newsletters, published on our website: www.st-kew.cornwall.sch.uk



We all hope that the Christmas holiday and New Year period finds you happy, healthy and ready to face the challenges that we have in the term ahead!

We finished 2019 with a bang, having witnessed how amazingly talented our pupils are in their Christmas and Nativity performances. If you weren't lucky enough to have seen any of these, then you missed out on a little bit of the 'West End comes to St Kew'!

A St Kew Christmas & Productions: The Magical Christmas Jigsaw and It's a Baby

At the end of the Autumn Term we had a fantastic finish to all of the learning across all year groups with the Magical Christmas Jigsaw performances and Nativity story at the church.



It is always such a pleasure to present the children to the watching audience in their 'new identities', sharing their lines clearly and hearing the children's voices joined in song creates a very special 'magic' at this wonderful time of year. Our huge thanks go to all of the children involved – they all worked so hard to create truly brilliant performances!

A Stunning Start

Each of our classes have now begun their new topics at the beginning of this term and the children have been engaged in their learning in a variety of ways. The Newton Class children (Pre-School, Reception & Year 1) are learning all about their local

area in their 'Storyland' topic, Armstrong Class (Year 2, 3 & 4) are looking at a range of traditional tales in their 'A Twist in the Tale' topic and Einstein Class (Year 4, 5 & 6) are looking at the knowledge you can gain from the past in their 'Lessons from History' topic.



Ofsted Inspection

As we began these topics, we had a phone call to say a team of Ofsted inspectors would be visiting St Kew on Thursday 9th January. It was a pleasure to be able to show the inspectors our school and the learning that goes on, both within the four walls and also outside of the traditional school building. We eagerly await the report that should be published during February.



Bedtime Reading

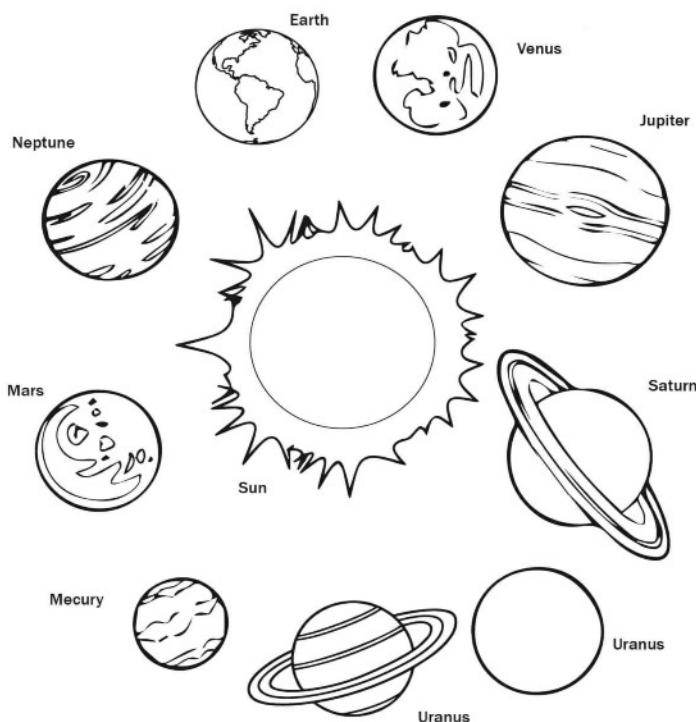
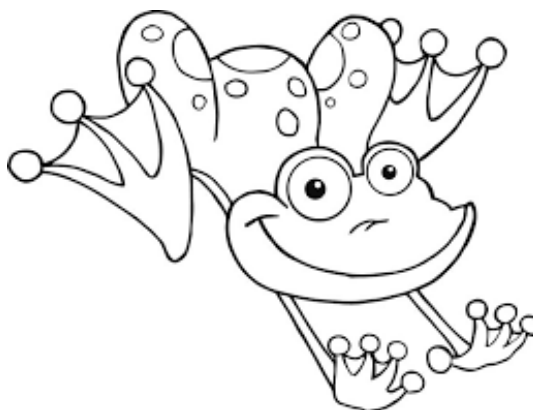
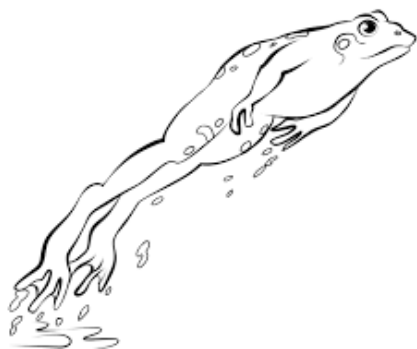
We have recently started an after school 'Bedtime Reading' session for pupils, parents and teachers to share books and stories together. Our children have such a love for reading, and know that Reading is FUNDamental to many other achievements in life, that they thoroughly enjoy any opportunity to share their reading with others! Take a look at the photograph below – we look forward to the next one on Thursday 13th February, at the end of this half term!



Exciting times for our pupils ahead!

CHILDREN'S CORNER

2020 is a Leap Year!



Solar System

Did you know that it takes the Earth 365 days, 5 hours, 48 minutes and 45 seconds to circle once around the sun during the year?

But in our Gregorian calendar (introduced by Pope Gregory III in 1582) there are only 365 days, so after just 4 years we would lose almost six hours off our calendar each year, and after 100 years our calendar would be out by around 24 days!

To solve this problem the month of February has an extra day added to it once every 4 years – the 29 February. This known as a 'Leap Year' and it's happening this year!

What will you do with your extra day?

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The mobile Post Office local calling points each week are as follows:

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| 17th APR | EXETER RACES & '80 MUSIC NIGHT | 3rd JUNE | AGATHA CHRISTIE'S GREENWAY HOUSE |
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Mark and Nicky would like to thank everyone who helped them celebrate their recent vow renewal and birthday party. £683 was raised for WaterAid thanks to your generous donations.

A splendid start to the new year!

Thanks

Nicky



Reflective Day at St Endellion Church

What role has silence in the response of faith? Does silence help us to remember who we are in a noisy world, or is it a way of evading uncomfortable truths? There will be an opportunity to ponder these questions and others in a reflective day, 'The Place of Silence' being led by Rev Jonathan Mosedale on

Saturday 15th February in St Endellion Church. The day will also involve reflecting on our own experiences of silence looking to the rich inheritance of Christian practice and theology, to help us answer these questions. The day will begin at 10am with coffee in the St Endellion Hall and will finish at 3pm. Cost £10, bring a packed lunch.

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An email from Australia - Pieces of Eight goes international.....

Hi Judith

My name is Jim Finnemore and I reside in Little Mountain, Queensland, Australia and I was just reading the December issue of Parish Council Pieces of Eight Magazine. In your article for the St Kew Community Gardens Association you mentioned about the rain and not being able to do anything because it keeps coming back.

As a simple request could you please send some rain over to Australia as our drought has been very severe for years and with no rain forecast for the near future. I know my request is impossible but reading that article I secretly wished it could happen. We desperately need rain in certain parts of Australia and I could not resist having an Aussie dig about all your rain that you are currently getting. (Just jealous).

Please do not take offence at my e-mail and keep up the good work. I just love reading the Magazine each month.

I wish you and your families all the best for Christmas.

Regards,

Jim Finnemore

Dear Jim,

Thank you so much for your email - we are always amazed at the reach of our little magazine and thrilled to bits to receive your comments. And of course we should like some of your sunshine, too, but not perhaps accompanied by the many and frightening fires you have experienced.

I am forwarding this to the editors of the magazine and hope very much that they might find space for it in the next edition. And of course your namesake, Fran Finnemore, was very interested to hear about it as she knew about this branch of the family. And finally, Wendy, the landlady of our local Red Lion Inn is from Gympie, near Brisbane and will be particularly interested to read your letter.

Please continue to read the magazine and don't be afraid to give us an Aussie dig from time to time! We'd be thrilled to hear from you again.

With kindest regards,

Judith Mott

PS We have bright, cold, sunshine today and similar weather is forecast for the rest of the week, so maybe we shall get some work done on the allotments!

COMMONWEALTH WAR GRAVE COMMISSION

In March 2020, the CWGC Foundation is installing "Through Adversity to the Stars", a new exhibition at the Runnymede Memorial, overlooking the River Thames on Cooper's Hill, Surrey.

It tells the story of the Royal Air Force (RAF) and its role during World War 2 and also includes stories of some of the 20,000 names commemorated of those who were lost during operations and who have no known grave.

Included on this Memorial is Eric Sydney Beare, who is also remembered on our parish war memorial. Eric was a Sergeant (Flight Engineer) in 51 Squadron Royal Air Force Volunteer Reserve, and 21st July 1943 he was a crew member of a Halifax aircraft which took off from Snaith RAF Station, East Yorkshire, and did not return from a bombing raid over Germany. He was aged 21 years. He was the son of Sydney and Florence Loveday Beare of Bodmin who are buried at Egloshayle churchyard; their tombstone also remembers Eric. Sydney and Florence had 4 children, including Archibald (now deceased) who married Audrey Beare and resided in St Kew until her death in 2014.



William

Fly Tipping Incident at St Kew Highway



This was reported to Cornwall Council, and the photo was circulated to some parish councillors and shared on Facebook.

The metal frame has since been removed, however the piece of guttering is still there and it is not clear if the motorcycle also been dumped.

Isn't it sad that some people can't take responsibility for their own rubbish and dispose of it in the proper way instead of making it someone else's problem?

Nicky

Our thanks to David W for the photograph.



Souper Lunches

An amazing £916.22 was raised in 2019 for mainly local charities.

The next lunch is on 21st February at 12.30 in the St Kew Highway Community Centre. We will have home-made soup, rolls and various puddings.

Do come and join in! No charge, but all donations will go to the charity we choose on the day.

William



Bell Ringing

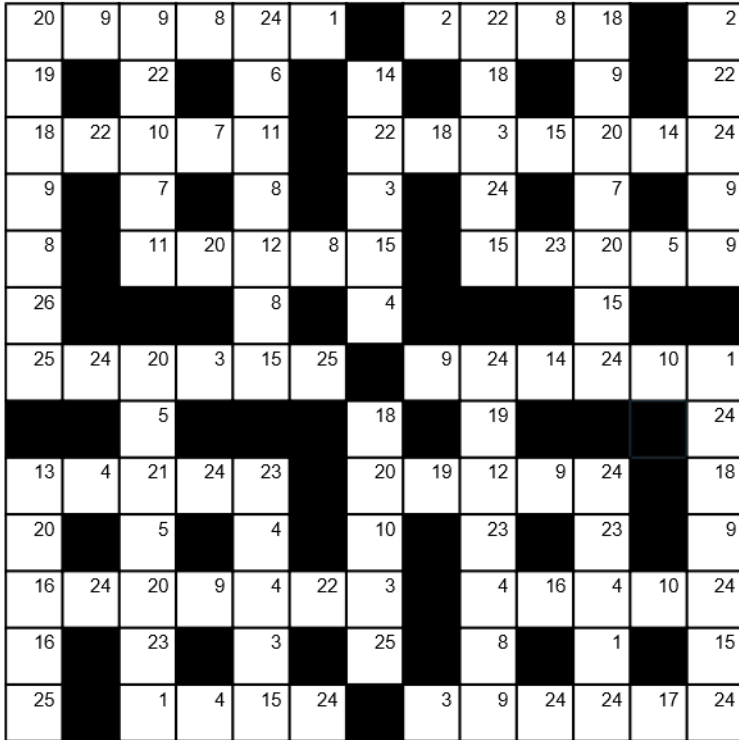
For any enquiries please phone Ken Godden on 07968 481520, or message us on our Facebook page.

Please note, evening bell ringing practices have started again. These are held every Wednesday evening from 7.30 - 9.00pm.

Gemma

The Puzzle Page

Codeword



22

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | Q | | | | | | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | | V | | | | | | | | | |

Sudoku

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| | 1 | | 9 | | 5 | | | 6 |
| 9 | | | | 7 | | | 4 | |
| 5 | | | | 8 | | | | |
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M7

Word Square

| | | |
|---|---|---|
| Y | O | I |
| P | C | T |
| E | R | H |

How many words of 4 letters or more can you find? No proper nouns or plurals are allowed, and the centre letter must be used in each word. There are 56 words listed in the solution, which includes **1 nine letter** word to find.

CONGRATULATIONS JACQUI!



Jacqui White moved to St Kew Highway in 2005 from Essex. She is an active member of Wadebridge Christian Centre and has project-managed the Wadebridge Foodbank for over ten years. The Foodbank is a stand-alone registered charity encompassing a large rural area with its main base in Wadebridge, and satellites in Bodmin and Camelford.

Prior to her move here, Jacqui was the London area co-ordinator for an international aid and relief organisation. She has spent the last twenty five years sacrificially giving of herself to help others in need and for this she was awarded an MBE in the Queen's Birthday Honour's list in 2019 and went to receive it in December at Buckingham Palace.

Arthur White



BREAKFAST. LUNCH. SUNDAY ROAST. CREAM TEAS. HOME-MADE CAKES.
ICE CREAM. HOME PRODUCED BEEF, LAMB & FREE-RANGE EGGS. FRESH FRUIT & VEG.
LOCAL BREAD & CHEESES. GIFTS & CRAFTS. CELEBRATION CAKES.

Shop and Restaurant

We will re-open on

Friday 14th February

then open daily from 9am.



Book now for our **Traditional Sunday Roast**
choice of meats including home produced Beef
followed by a selection of homemade desserts. Booking
essential.

Don't forget we serve Breakfast 9am till 11am
Lunch 12 noon till 3pm

Tea, coffee, homemade cakes, ice creams, cream teas etc
served all day.

Open every day- pop in you can be sure of a warm welcome.

TELEPHONE: 01208 880164 www.trevathanfarm.com
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St Kew Parish Council

INVITES TENDERS FOR FOOTPATH CUTTING IN ST KEW and CHAPEL AMBLE

PLEASE CONTACT THE Footpath
Co-ordinator. R Godden 1 Lane Park,
St Kew, Bodmin PL30 3HF 0
1208 880007
richardgoden75@hotmail.com
FOR FULL DETAILS

Cynthia Cooks

We're delighted to welcome PoE's new cookery writer! We're promised lots of tasty recipes for the coming months, starting with this quick, healthy and delicious supper for 2.

Poached Tomatoes

Ingredients

- 400g tin of beans, drained & rinsed. I prefer Cannellini or Flageolet beans but any sort will do.
- 1 large leek, trimmed and sliced into 2cm rounds.
- 2 cloves of garlic, finely sliced.
- 2 large tomatoes - if you can get large heritage tomatoes like Marmande so much the better - and 8-10 cherry tomatoes, ideally mixed colours.
- 75 ml olive oil (it may seem a lot but don't stint on it).
- 75 ml dry white wine, or vegetable stock.
- 2 bay leaves.
- 1 sprig of rosemary, left whole.
- A few sprigs of parsley, stems finely chopped, leaves roughly chopped.
- 1 mozzarella, roughly torn into pieces.

In a saucepan (large enough to hold the tomatoes without touching), gently sweat the leek and garlic in the olive oil for a few minutes – enough to soften but not colour them too much. Tip in the wine (or stock), beans, rosemary, bay leaves & parsley stems and gently stir into the leeks. Put the lid on the pan and simmer very gently on a low heat for 10-15 minutes. Season to taste with sea salt and plenty of black pepper, and nestle the large tomatoes on top of the beans. Cover and simmer again for 10-15 minutes, or until the tomatoes have softened and started to split. Drop in the cherry tomatoes and simmer for a couple of minutes until they have just warmed through. To serve gently spoon the tomatoes onto a warmed plate, divide the bean mixture between 2 deep plates and arrange the tomatoes on top. Scatter with the mozzarella and chopped parsley. Serve with lots of crusty bread to soak up the juices, and perhaps a green salad on the side.

Cynthia's tip: The bean & leek base is very versatile - instead of tomatoes try poaching a couple of boneless chicken thighs (making sure the meat is thoroughly cooked of course).

ST KEW PLAYING FIELD

With reference to John Raybould's article in the December issue, I was pleased to note that the current Managing Trustees have recognised Bob Knight's major contribution to the development of the playing field project by electing him President for life. However, I was very surprised and disappointed that there was no mention of the part played by Richard Thomas, the person without whom there would be no playing field.

It was Richard's idea to provide an outdoor recreation facility for the Parish and his initiative, hard work and persistence that brought the project into being, overcoming numerous obstacles and the not inconsiderable opposition to the idea. Ironically, some of the initial opposition from residents living near the site was organised by the very same John Raybould.

Fortunately, John was persuaded early on by Richard and former Parish Councillor Jim Godden, that the best way to influence the way the project proceeded was to join the 'development group' and he went on to become a very successful secretary to the managing trust, with a particular flair for seeking out and obtaining grant funding. However, once again, it was Richard who obtained the original 'start up' grant from The National Playing Fields Association, and gained the financial and moral support of the former North Cornwall District Council.

In the circumstances, I would respectfully suggest that it might be equitable recognition of the contribution made by both Richard and Bob in providing such an important Parish facility, if the playing field were to be named 'The Richard Thomas Recreation Ground' and the pavilion, which was one of Bob's first aims, to be named 'The Bob Knight Pavilion'. Perhaps we could have a referendum on the idea, or upon reflection, perhaps not!

Bob Plater

St Kew Highway Surgery

The emptying of shelves and the changes of staff arrangements has raised a lot of concern in the community over the future of St Kew Highway Surgery.

The council contacted the Port Isaac Practice manager to enquire what was the outlook for the facility. The Practice Manager informed us that there are no plans to close the surgery, in fact to quote her own words "over my dead body will they close St Kew Highway surgery".

The prescriptions have been moved to the main dispensary at Port Isaac because' under regulations, all prescriptions have to be signed off and checked by a second person. This is not always possible at St Kew Highway. You will still be able to drop off a subscription/repeat subscription and pick it up 3-4 days later. They are also using a staff rota to give all the reception staff knowledge of how each of the surgeries work, this will allow greater flexibility of staff to cover holidays and sickness.

The practice has an ongoing advert for a another GP and, as soon as one can be found, there will be a GP in attendance as well as the clinics that are run by the nurses already.

The council will keep the situation under review.

Parish Council

Puzzle page solutions

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|---|---|---|---|---|---|---|---|---|
| 6 | 4 | 8 | 2 | 1 | 3 | 5 | 7 | 9 |
| 3 | 2 | 9 | 4 | 5 | 7 | 6 | 8 | 1 |
| 5 | 7 | 1 | 6 | 8 | 9 | 4 | 2 | 3 |
| 9 | 8 | 6 | 3 | 7 | 2 | 1 | 4 | 5 |
| 2 | 1 | 7 | 9 | 4 | 5 | 8 | 3 | 6 |
| 4 | 5 | 3 | 8 | 6 | 1 | 7 | 9 | 2 |
| 7 | 9 | 5 | 1 | 2 | 8 | 3 | 6 | 4 |
| 8 | 6 | 2 | 5 | 3 | 4 | 9 | 1 | 7 |
| 1 | 3 | 4 | 7 | 9 | 6 | 2 | 5 | 8 |

Sudoku

Chip, chop, cite, city, colr, cope, copt, copy, core, cote, crop, echo, epic, etch, itch, oche, otic, rice, rich, torc, chert, chirp, choir, chore, coper, crept, crypt epoch, ethnic, itchy, ochre, optic, perch, picot, pitch, porch, price, recto, retch, topic, torch, trice, chirpy, cipher, copier, erotic, hector, heroic, poetic, pricey, thrice, tropic, pitcher, pyretic, HYPOCRITE.

Word Square

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| U | | | | | | | | | | A |
| Q | | | | | | | | | | L |

Codeword

Pilates Classes in North Cornwall

St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30



What does Pilates do?

- Targets the deep core stabilising muscles, improving balance and co-ordination
- Improves muscle tone, strength and joint mobility
- Improves posture, alignment and overall body awareness
- Corrects muscle imbalances and encourages pain-free movement

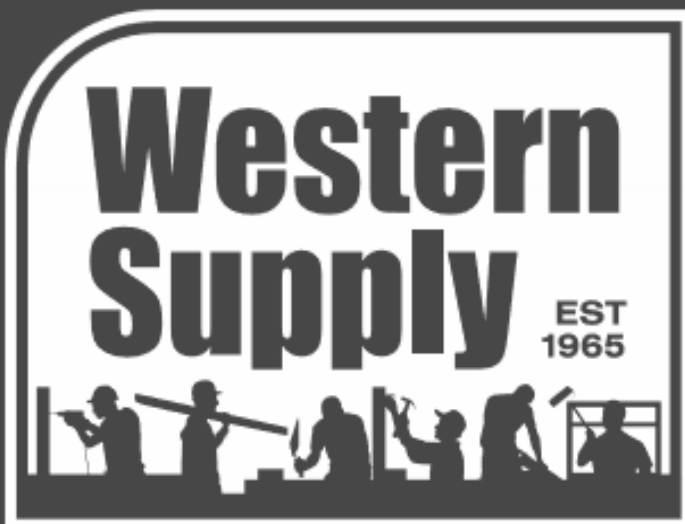
How do the classes work?

- Classes are limited to a maximum of 12 people. Small classes mean you receive good personal attention and ensure you are performing the exercises safely, and correctly.
- Classes are progressive and operate on a school term basis
- All equipment required is provided.



Martin Brooks - 07812 959 879
martin@northcornwallpilates.co.uk
www.northcornwallpilates.co.uk

Builders Merchants & Decorator Centre



Open 7 days a week
Supplying Trade & DIY

Atlantic Road, Delabole,
Cornwall PL33 9DN

01840 212580

www.westernsupply.co.uk



We are hoping to brighten the village in the spring - watch out for the 300 plus daffodils that we have planted to commemorate the 100 years of the WI in Cornwall. They have been planted on the grass verge approaching the village from Wadebridge.

They were planted a little before Christmas as we have been waiting for a special licence from Cornwall Council.

The St Kew WI met on Wednesday 8th January with a talk by Michael Harrison from the Devon and Cornwall Police Commissioner's Office. He explained the changes that had taken place with changes in Government funding over the last 20

years and how that has impacted upon the police in Devon and Cornwall. He also explained the role of Alison Hernandez, Police Commissioner, for our area. It was an interesting talk and he was happy to answer a range of questions, some which were challenging about Policing today.

We said goodbye to Sue who has been a member for the last 10 years as she has moved away. We hope that when she returns on holiday, she may visit us.

We have lost one person, but have gained 3 new members - lovely to welcome newcomers to our group.

Next month we meet on Wednesday 12th February at 7pm and we are delighted that Prickles and Paws are going to come along from Cubert. This charity supports work with hedgehogs. As a WI we have entered a competition to look at hedgehogs in our community. Watch out for different events that we are going to hold and link in with other organisations across the parish.

If you would like to find out more about hedgehogs then do come along.

Happy New Year to you all!

Alison
01208 841469

Ash Tree in Winter

An expert in swaying, you're one with the weather, bent in the wind on the right side of history, waving your arms like a careful dancer you sashay in and out of the light.

You're anchored in fastness out-aging the parish, gnarly in this ancient earth before Old Cromwell or the Stuart sword, Henry's wives, or Shakespeare's words.

Three o'clock starlings cling on and chatter, spread the news roiling in from the coast, to punctually ascend in a tumult at four, heading for Davidstow and the moor.

The ragged clouds weep afresh as your wet iron branches hold up the sky; small twigs fly like spindrift opinions, ('who's in, who's out') to be gathered and burnt like yesterday's news, just so much ash.

David Penhale
January 2020

Stop Press

News from the Parish Hall

It has been decided to have a quiz and curry night on 7th March starting at 7.30pm in the Parish Hall. Booking please through Nicky on 841353.

The Pendoggett Night Shelter collection

Pendoggett did itself proud again with this year's collection. Twelve bags of food were taken to St Petroc's in Bodmin just before Christmas. Linda and Tony Hammond and Kathy Alford.

Kathy



Souper Lunch

On 17th January we raised £80 which is going to be split between Fleet and Australian Fires Animal Rescue.

Philippa

Revised dates for Beachcare 2020

Friday 17th January
Friday 14th February
Saturday 14th March, 3.30pm, **Mega Clean**. Meet at the Marine Centre.
Wednesday 15th April
Friday 22nd May
Saturday 27th June
Wednesday 22nd July
Friday 21st August
Saturday 19th September, 3.30pm, **Mega Clean**. Meet at the Marine Centre.
Wednesday 21st October
Friday 20th November
Saturday 19th December

Apart from the 2 Mega beach cleans please meet at the beach car park at 9.30am.

Log Thefts

It has been brought to our attention that logs have been stolen from one of our readers. Please be vigilant and keep an eye out for your neighbours too.

Events outside our Parish

Other places to visit:

Bodmin Folk Club, every Friday, 8pm, The Old Library, Lower Bore Street - all welcome.

Wadebridge Folk Club, (second Thursday every month), Churchill Bars, Molesworth Street.
(Tel: Mike Walford 01637 880604)

Tintagel Old Post Office (National Trust) has various events on during the month.

YHA, Treyarnon Bay, hosts live music events on most Fridays and Saturdays.

Bodmin and Wenford Railway have a number of themed events through the holiday period.

Check out Cornish Riviera box office for various productions around the County.

Eden Project

Old Town Hall, Bodmin, has various theatre & music events on.

More information about these events can be found on the following websites:

Edenproject.com endelienta.org.uk
pencarrow.co.uk bodminrailway.co.uk
facebook.com/YHATreyarnon/
Intobodmin.co.uk Cornwall365.com

Please let us know about any events you are aware of outside our area that our readers might be interested in.

Events outside our Parish

February

- 9th & 16th Snowdrop Sundays at Pencarrow 10.00 - 4.00pm.
- 14th Trevathan Farm shop and Restaurant reopens.
- 15th-23rd Head to the Cider Barn at Cotehele to 'Feed the birds'. See their website for details.
- 15th -23rd Eden Project. Work with an artist to create a giant multi-coloured art installation.
- 17th & 18th Wheal Martyn. Paint your own ceramic to take home. See their website for details.
- 17th-21st Craft afternoons at Cornwall Regimental Museum. Please see their website for details.
- 23rd-29th Cornish Pasty week, with World Championships at the Eden Project on 29th

If anyone sees something advertised that they think our readers would be interested in please let us know.

December Beachcare

The last meeting for the year was very well attended and especially with lots of 4 legged friends in action.

We welcomed some newcomers (many thanks) and were very blessed with the weather, quite warm, little wind and no RAIN.

There was some evidence of sewage and related sanitary products on the beach and, surprisingly, some fresh lemons were seen!

The trommel was trundled out by PMCG and many microplastics sieved out. 5 bags of litter were collected on the main beach, with 5 bags reported at other times.

Total for the year (down on last year) was 55 on Beachcare dates, and 75 in total.

Nick



ST KEW HIGHWAY METHODIST CHURCH

Services held in the Community Hall at 9.30am.

Preachers for February

2nd Rev Sally Long.
9th Rod Harrison.
16th Rev Alistair Sharp.
23rd Delarre Irving.

Catholic Church Services

Wadebridge

St Michael's Church
Tel:01208 72833
Mass Sundays 8.30am
Confessions
Friday 10.30-11.00am

Tintagel

St Paul The Apostle
Tel:01840 770663
Mass Mon-Thur 10am
Fri & Sat 6pm
Sunday 10.00am
Confessions:
Before/after Mass.
Other times on request.

Wadebridge Christian Centre

Molesworth Street, Wadebridge. Tel 01208 813110,
wadebridgechristiancentre.org

We are a lively, active, family church where everyone is welcome. We have a crèche and Sunday school, and all our children's workers are DBS checked.

Reflections

February! It's an odd month isn't it? One I always seem to struggle with. It's a bit like running the last leg of a race when you are tired but must keep going until you get to the finish line. The finish line being the end of winter and the start of spring.

It's still cold in February, sometimes we have the worst weather including blizzards and snow and yet, we know that under the surface of creation there are hints of hope that spring is just around the corner. We have the Occasional dry or sunny days, Hellebores, primroses and crocus starting to break through the hard surface of the soil, all are welcome signs that spring is on its way.

Isn't that exactly how God is at work in our lives? In the difficult winter times that seem to go on forever, when circumstances are bleak and all can look bare and fruitless. We can feel that there is no hope of change.

However, under the surface, in our hearts & lives the mystery of God is at work, for all things have a

St James the Great at St Kew



Services are held at 9.30am unless otherwise shown.

Calendar for February

Sun 2nd *Candlemass.* Holy Communion with Rev Dr Elizabeth Wild presiding and Rev Geraldine Ashton preaching.

Sun 9th *3rd before Lent.* All Age Worship with Rev Geraldine Ashton and Marcus Jones.

Sun 16th *2nd before Lent.* Holy Communion with Rev Dr Elizabeth Wild presiding and Rev Rose Jones preaching.

Sun 23rd *Next before Lent.* All Age Worship with Rob Soley.

Calendar for March

Sun 1st *Lent 1.* Holy Communion with Rev Dr Elizabeth Wild and Rev Geraldine Ashton, with Henry Gompertz preaching.

season and whatever we are going through right now will also pass.

As we hunker down in February preparing to see out the last days of winter, let us not forget that we serve a faithful God, who loves us and is with us, who is at work in our lives, in our hearts and circumstances all the time, even when we can't see or feel God is there. God is working under the surface to bring out those new shoots of life and hope, and as we keep trusting and praising God we can be encouraged to wait well for spring time is on its way.

"We thank you, Lord, for the brightness of winter sun; for winter's work and entertainments; For the warmth of home and all its comforts. Lord of all times and seasons, we thank you that there is no season without its satisfactions, and there is no time without its promises. Lord, when we have no light, show us the treasures of darkness. Amen." (from: More Everyday Prayers)

Every Blessing.

Rev'd Geraldine



How our Foodbank helps our community

Jacqui visits Buckingham Palace

We had a very proud moment before Christmas when our Foodbank Project Manager, Jacqui White received her MBE at Buckingham Palace. She was awarded the medal for services to charity and to vulnerable people in Cornwall by Prince William, with her family there at the Palace. It was a very grand day out and Jacqui is pictured with her husband Arthur on the front page of this Magazine.

Tonne of Tins

We are so grateful to Pirate FM who are re-launching their Tonne of Tins campaign this February. Every donation we receive makes a big difference to someone who is struggling through a crisis.

SAVE THE DATE

If you're already thinking of warmer weather and a weekend away this Summer, we have the perfect holiday destination! We will be holding our Fun Camping Weekend at Mother Ivey's Bay Holiday Park from the **12th-14th June 2020**. More details to follow...



If you are worried about money and would like some support, come and join our **FREE** and **FRIENDLY Moneybox Course**. The course is for anyone who is a tenant, unemployed aged 16+ and it will help people to budget, build their confidence and manage their finances. The next course starts on the 7th February and will run on a Friday in Bodmin for 3 weeks from 9.15am to 2.30pm. If anyone would like more details of the course, please contact us on 01208 815374 or email:

contact@wadebridgefoodbank.org
It's a great way to learn in a relaxed environment.

Wadebridge Foodbank, Unit 2 Trevanson Street, Wadebridge PL27 7AR Tel. 01208 815374
Registered Charity No. 1166301
Email: contact@wadebridgefoodbank.org
Website: www.wadebridgefoodbank.org



Events at St Endellion

February 2020

Friday 7th 7.30pm
Melange

North Cornwall's Melange blend a stunning mix of voices with instrumental energy. Adrian Jones' piano weaves between the solid root of Neal Jolly's bass, while Morwenna Gee and Lynette Rentoul build rich textures and close-harmony tension in a repertoire that melds classic jazz with Latin and contemporary songs.

Presented in conjunction with Cornwall Folk Festival.

Saturday 29th , 7.30pm
Cornwall Camerata

J.S. Bach Brandenburg Concertos 3, 4, 5 and 6.
The maiden performance by this new chamber

orchestra features soloists Phil Montgomery-Smith, Paul Comeau, Emma Jose, and Karen Green.
Conductor: Janet Wright.

Tickets £10 from www.endelienta.org.uk or 07787 944935. Accompanied under 16s free.

Endelienta Open Exhibition
St Endellion Hall

Saturday 29th February to Sunday 29th March,
weekends 11.00 - 4.00pm.

A wide variety of work by artists from Cornwall and Devon.

Entry free.

Events Diary February

- 5th 'Good Morning Cafe', St Kew Ace Academy, 8.45 - 11.00am.
Bell ringing practice, 7.30 - 9.00pm.
- 6th Chair Aerobics, Community Hall, 2.00pm.
- 8th Parish Supper, Parish Hall, 7 for 7.30pm
- 12th 'Good Morning Cafe', St Kew Ace Academy, 8.45 - 11.00am.
WI, Community Hall, 7.00pm.
Bell ringing practice, 7.30 - 9.00pm.
- 13th Chair Aerobics, Community Hall, 2.00pm.
History Society, Parish Hall, 7.30pm

14th Copy Date

17th - 21st Half term

- 19th Bell ringing practice, 7.30 - 9.00pm.
- 21st Souper Lunch, Community Hall, 12.30pm
- 26th 'Good Morning Cafe', St Kew Ace Academy, 8.45 - 11.00am.
Bell ringing practice, 7.30 - 9.00pm.
- 27th Chair Aerobics, Community Hall, 2.00pm.

News from St Kew Parish Hall

Thanks to everyone who bought raffle tickets and helped us raise £850 for the upkeep of the Hall. The draw evening was well attended and the musical entertainment excellent.

The next event in the Hall is the Parish Supper and this takes place on 8th February from 7pm.

Kathy

To book the hall, please contact Lianne Sproull on 01208 841808.

The Regal in Wadebridge

Tel: 01208 812791

www.wtwcinemas.co.uk



February

7th 'Birds of Prey'
'Dolittle'

14th 'Emma'
'Sonic Hedgehog'

Live Screenings: Book on-line or contact cinema

4th 'Kinky Boots - the Musical' - 7.45pm,
also;
9th at 2.30pm.

20th 'Cyrano de Bergerac' (starring James McAvoy) - NT Live - 7.00pm.

25th 'The Cellist/Dances at a Gathering' - Royal Ballet Live - 7.15pm.

Recycling

Recycling takes place on a variety of days in the same week within the parish **10th and 24th February**.

Please see Cornwall Council's website for full details.

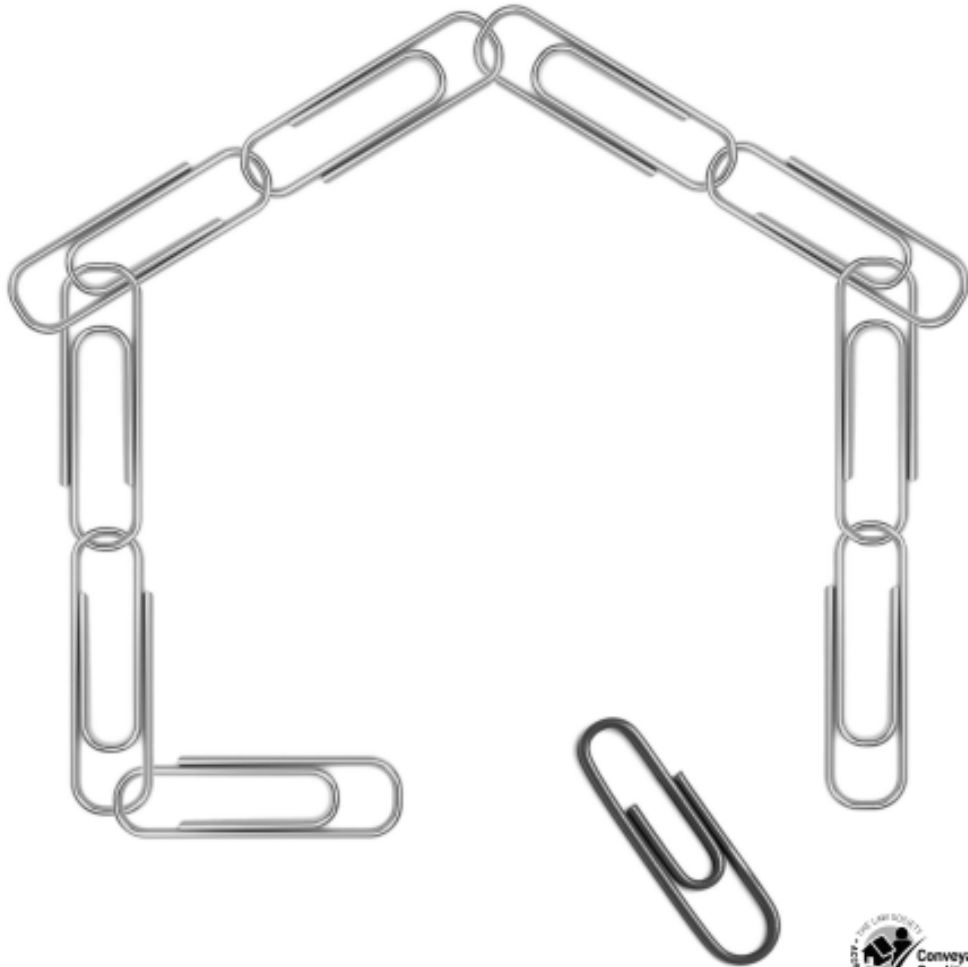
ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

Registered Charity No 294140

| | | | |
|--------------|--|---------------------------|--------------|
| Sun | Methodist Church Service | Marion Dingle | 01208 841388 |
| Mon | Yoga 10.30am | Fiona Crompton | 01208 851735 |
| | Pilates 2.30-5.15pm | Martin Brooks | 07812 959879 |
| Tue | Pilates 1.15-2.30pm | Martin Brooks | 07812 959879 |
| Wed | 1 st , 3 rd & 5 th in a month | West Country Embroiderers | |
| | 10am-3.00pm | Pat Scarborough | 01841 521323 |
| | 2 nd in month St Kew WI 7.00pm | Alison | 01208 841469 |
| Thurs | Chair Aerobics 2pm | Judy | 01208 841746 |

**IMPORTANT : BEFORE ARRANGING YOUR EVENT AT THE HALL
CHECK AVAILABILITY AND BOOK WITH SHIRLEY ROWE 01208 841257**

Helping you complete the chain



Moving house is exciting but can be stressful, let us take the strain.
We are here to help, talk to Sproull.

SPROULL

SOLICITORS

01208 72328

www.sproulllp.co.uk

Disputes | Family | Property | Wills

Parish Council News

Chairman: Cllr A Godden

Clerk: Mrs Stephanie Tiplady

The Barn, Kitts Hill, Chapel Amble

07789 953677. stkewparish@gmail.com



The Parish Council meets in the Parish Hall, St Kew Churchtown at 7.00pm on the second Tuesday of each month. Members of the public are welcome to attend and address the meeting on any subject of concern.

St Kew Parish Council Meeting

Meeting held on Tuesday 10th December at 7pm in the Parish Hall.

Present: Chairman A Godden, Cllrs. J Rowe, T Mott, A Prophet, P Bishop, R Godden and J Lethbridge and 7 members of the public.

Being the last meeting before Christmas and the New Year, the Chairman wished everybody the compliments of the season and thanked them for their work over the last year.

Planning Applications

PA19/09725 - Mr & Mrs Prestcott, land North of Great Brightor farmhouse, Great Brightor, St Kew Highway. Re-submission of application PA18/10776 for the conversion of stables/ agricultural store to form residential building.

Recommend refusal. The council still thought the road and bend were too close to the proposed site.

PA19/08173 - Mr & Mrs Coster, land north of China Meadow, Pendoggett. Erection of storage shed.

Recommend refusal, the council still consider the access to the site unsuitable.

PA19/09421 - Mr R Harris, land to the east of Pendethys, Trelill. Outline planning for two residential dwellings.

Recommend refusal

Planning Decisions

None

There was only one tender for the Churchyard work, it was opened and accepted.

The Council has now obtained a grant for the street enhancement scheme, so if anyone wants to organise a litter picking morning or session, we should have the necessary gloves, pickers and bags for free hire. If anyone has any ideas of ways they could improve please contact the clerk for details.

Meeting held on Tuesday the 14th January 2020 at 7pm in the Parish Hall

Present: Chairman A Godden, Cllrs. J Rowe, T Mott, A Prophet, J Lethbridge, County Councillor S Knightley and 6 members of the public.

A complaint had been made as to the condition of the roads in St Kew. After discussion it was proposed that the head of Cormac (Mr Oliver Jones) CC S Knightley and Cllr R Godden arrange a tour of the parish to outline the various highway issues outstanding.

Planning Consultants A&K Architectural Services outlined a proposal for 10 houses opposite Kenwyn Park at St Kew Highway. The council informed them that they could not comment until a formal plan had been submitted.

A new waste contract had been agreed between Cornwall Council and Biffa The new arrangements will mean food waste collected weekly, everything else and re-cycling fortnightly. Further details to follow.

Planning Applications

PA19/09950, and listed building application **PA19/09960.** Treharrick Manor, Port Isaac.

Proposed conversion of old coach house/store and first floor living accommodation to residential with guest annexe and swimming pool.

Recommend approval

PA19/10230 - Mr & Mrs Cheetman, Owls Roost, Carglaze, Chapel Amble. Single story extension to front and rear.

Recommend approval

PA19/11160 - Mr & Mrs Singer, land adjacent to The Cottage, St Kew Highway. Erection of a single three bedroom cottage.

Recommend refusal, on grounds of parking, loss of light to neighbouring property and proposal too large for the site.

Planning decisions.

None



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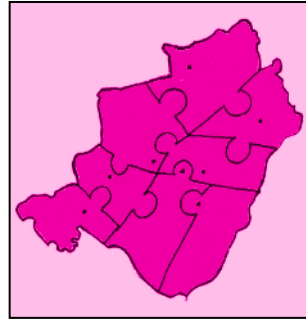
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Contact Tim for the further details

Pieces of Eight

March



March 2020, Issue 257

News, views and issues from: Chapel Amble, Pendoggett, St Kew, St Kew Highway, Trelill, Tregellist, Trequite, Trewethern

Email: stkewmag@gmail.com



A Camellia in February. Is that really blue sky?

Photograph kindly sent in by David Balmford.

Your free guide to news and events within and around St Kew Parish

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Sunset at Polzeath

Photograph by William Harkness

Welcome to Pieces of Eight

We are a free independent community magazine, published ten times a year (not January and August) covering local news, views and events in the St Kew parish area. Volunteers produce, edit and distribute the magazine to every household in the area, and to all the local churches, shops and pubs. We do hope you enjoy reading it.

We would love to hear from our readers - articles, letters, suggestions and other contributions are always welcome. Please see our contact details below.

There is also an on-line edition hosted by the Parish Council which can be found at www.stkewparish.org.uk/PO8.html. (*We are very grateful to the Parish Council for allowing us to use their website*).

EDITORIAL

Hello and welcome to the March 2020 edition of our parish magazine, we hope that you continue to find the magazine informative and useful.

What's in a name some may ask, Atiyah, Brendan, Ciara, Dennis? As we are all probably aware these are the names that were given to the first four storms of late 2019 and early 2020. I don't remember too much about Atiyah and Brendan other than the high winds. Storm Ciara features more clearly in my memory, it came following a lull in the wintry weather that really did indicate an early spring may be upon us, the ground seemed dry, indeed it was dry enough for the first cut of the grass. Ciara came in with powerful gusts and a lot more wet weather, this time causing flooding and a lot of disruption. A number of trees fell locally, some closing roads, many of us experienced powers cuts, losing roof tiles and fence panels. Yesterday (12/2) Ciara had cleared the UK allowing many to deal with the devastation it had caused.

This morning, I thought that I had better get on with writing the editorial, unfortunately I was joined by what I can only think is storm Dennis as it blew the rain and sleet against the windows in a brief break in the winds I have spotted a large tree in an adjacent field that I'm sure used to be upright that is now leaning at 30 degrees. I will try to establish who the owner is and let them know. I hope storm Dennis and any following storms (Ellen, Kitty, Liam and Willow to name a few) don't cause too many problems.

Following on from the March editorial, we now know that heavy rains have extinguished a number of the fires in Australia (although a large number are still burning) and that Wendy and Steve in the Red Lion are doing well in raising funds for Australian wildlife charities.

On a lighter note did any of the eagle-eyed amongst you notice a local connection with the recent headline:

"Government to pledge £5bn for bus services and cycle routes"? If you did, and you are the first one to notify us (please use contacts highlighted on this page), we will publish your name and the answer in the next magazine.

Best wishes
Steve

The Editorial Team are:

Philippa Harkness - Children's page & History
Steve Liddiard - Advertising Manager & Treasurer
David Penhale - Events & Poet in Residence
Nicky Pickard - Main editor who puts the magazine together, assisted by husband Mike.

Contacting the Editorial Team

We can be contacted by email at stkewmag@gmail.com. Please use this address for **ALL** correspondence, the in-box is checked regularly.

Alternatively you can phone Nicky's mobile - **07813 603776**. Leave a message if you can't get through and she will phone you back.

Advertisers should contact Steve, our Advertising Manager via this email address, putting 'Advertisement' in the subject line. Steve can provide information on advertising costs, space availability, formats, etc.

Copy date for the April issue is: **Friday 13th March**

We aim to get the printed magazine out to our distributors before the beginning of the month of issue. **Please could all contributors send us copy or advertisements as soon as possible, and before the copy deadline.** If your article or advert is going to be late it would be very helpful if you could let us know in advance.

Note to Readers

When responding to an advertisement, **please** mention that you saw it in Pieces of Eight. This shows our advertisers that the magazine is **the** place to reach local customers.

The magazine does not accept any responsibility for any issues arising from advertisements.

Views expressed in this publication are those of its contributors and do not necessarily reflect those of the Publishers (the management committee) who reserve the right to refuse or alter any material supplied.

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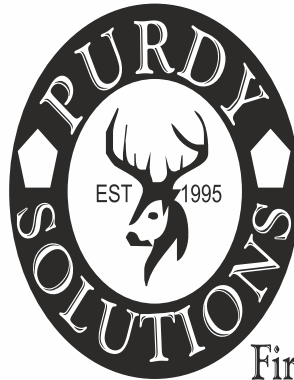


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St. Kew Community Gardens Association

The View from the Allotments.... and the weather is getting seriously boring. And I can't think of anything to write about except the amount of work I need to get on with but can't!

We've had so few days on which we could do any meaningful work. I've dug over a small patch, where we had the sweetcorn last year, but the rain has reduced it to a quagmire, with standing water in pools. Then I had a stab at clearing the strawberry patch and sorting out which of the runners might be transplanted to give a good crop this year. But then the weather closed in again and I've done nothing more.

We nearly had a disaster this week but thank goodness managed to save the situation. Do you remember the awful squalls we had on 10 and 11 February? Well, one of these actually snapped in half the "bungee" which was holding the greenhouse door in place. Then it whipped the door open and took out two large and two small panes of glass. It also ripped the side of the compost heap, leaving veg waste, leek trimmings and earth all over the place.

However when Tony bought the greenhouse, he paid an extra £50 to get toughened glass and not a pane was broken, not even chipped! So it was just a question of reinstating the glass and replacing the bungee before the next storm. Which we did

during a brief dry spell and finished the work just as the rain and hail started again. But it is sturdy now and I have just been round to check on our handiwork and it is all ROCK SOLID. So don't do it again!!

The wind had also torn the padlock and hasp off the shed door but although some of the tools inside were lying on the floor, nothing much seems to have happened there. Be thankful for small mercies.

Meanwhile we have both been through the Marshall's Seed Catalogue and ordered what we think we need for the plot and all the seeds arrived safely. We are still waiting for the onion sets – 80 each of red and white varieties – but I usually get to plant these during the last week in March, so we have plenty of time. I must say, I have been very pleased with last year's crop and we still have three nets hanging in the greenhouse which will probably last us until the end of April or May.

For the first time in ages, we have every plot occupied, with the last two being let at the beginning of February. These two are a bit neglected and overgrown but our new residents/tenants don't look daunted and have started sorting them out with a will.

There – I promised I would be a bit more positive this month. Will that do? And surely in a month's time I shall be able to describe putting growing things in the ground? Sure hope so!

Judith Mott, judithmott@btinternet.com
Tel.: 01208 841312

ST JAMES THE GREAT AT ST KEW CHURCH

ELECTORAL ROLL 2020 - 2021

The Church Electoral Roll is the church's register of electors, which is the list of those qualified to attend and to vote at the Annual Parochial Church Meeting (APCM) where elections take place for the Parochial Church Council (PCC) and the parish's representatives on the deanery synod. The system is intended to enable parishioners at every level to be in touch with the church as a whole and to play their part in decision-making.

Briefly, to be eligible to be placed on the roll, the applicant should be: baptised, at least 16 years old, a member of the Church of England (CE), or of a church in communion with the CE therewith residence in the parish, or not being resident in the parish to have habitually attended public worship in

the parish during a period during a period of 6 months prior to enrolment.

Those parishioners who are on the current list will be accepted for the 2020 list unless they have not habitually attended worship as described above. If there is anyone in the Parish who wishes to be placed on the Church Electoral Roll for the first time should contact William Garland for a registration form. It would be appreciated if all completed forms be returned, or left in the church, as soon as possible - certainly before the date of the APCM, which is on Thursday 27th April at 7.30 pm in the Parish Hall.

William Garland

Church Electoral Roll Officer
01208 881134, or w.garland@outlook.com

Questions from a Grumpy Old Woman....(2)

Judith Mott's article last month obviously struck a chord with a number of readers. Here's a selection of your complaints about the abuse of the English language:

Dear Editor,

How long have you got ? Which, of course, should be "How long do you have?" 'Got' is an unnecessary word in our vocabulary.

Using the word 'either' when meaning 'each'. Each is both, either implies a choice. (BBC reporting snowdrifts on either side of the road Well, BBC, which side was it?)

Using 'imply' when 'infer' would be correct (and vice versa).

Chris Packham speaking of falcons 'predating' when he, presumably, means preying (unless, of course, the falcons were there first!)

Frequently heard: 'Me and my girlfriend/wife' instead of 'My girlfriend/wife and me' (if the object of the sentence) or 'My girlfriend and I' (if the subject of the sentence).

'Would of' and 'Could of' It's 'have', not 'of' Using 'less' when 'fewer' would be correct.

Sign outside a café 'Panini's'. Panini is plural so no need for the 's', and what is the apostrophe about anyway?

I will enjoy reading the complaints and my very best wishes to Judith.

Yours sincerely
David

I loved Judith Mott's irritated article in February's PoE, which leads nicely into another area that infuriates me: confusion over to, too and two!

I'll not judge anybody for poor spelling in general - have a go phonetically rather than not use those words on the edge of one's peripheral (and I did just ask Google for the spelling of two words); and I embrace text-speak as a form of modern dialect - so long as I can follow the conversation.

I do, however, take issue with the misspelling of common homophones. I'm not at all convinced that this is due to modern forms of communication (although this medium has allowed incorrect usage to become acceptable), as the words I'm talking about should have been firmly embedded in fun lessons at primary school.

Is it right to write to the dear deer? I hear he's been here - I'm guessing he is male and not been posted through the mail. I pray he's not the hunted prey, he doesn't meet his end as meat, or pair up with a pear in the orchard! That, of course, may be where you'll find a flower growing, but no flour being ground. Plain to most of us, but others would rather get on a plane & sit for hours with their genes in their jeans;

till they're there (wherever that may be!) It's all too much for me, to understand what's difficult about two or more spellings of the same sounding word. All nonsense of course, but what a lot of us spent time doing at primary school: making up sentences so words could be put into context.

I'd love to drone on about homographs (swinging the lead as one leads the way) and homonyms (I never lie when I lie down); but they're the headache for language students to master. Surely, people that speak English as their first language, should know their tail from a tale like this!

Regards
Juliet Cleave

Hi Nicky,

I'm really pleased that you printed Judith's very valid whinges about the changes of use in our wonderful English language (especially 'so') I thought that it was just me!

I would like to know why the word 'an' is no longer used in front of words beginning with a vowel and some beginning with 'h' (pronounced aitch and not haitch) as we were taught at school?

My pet hate however, if I'm allowed to air it, is that we are often told that various objects are equivalent to so many Olympic-sized swimming pools, London buses, football pitches etc., or that they weigh the equivalent of so many freight locomotives, Indian elephants (the ones with small ears) or Jumbo jets, or are the height of the Eiffel Tower or other constructions. Why wasn't I taught these crucial facts when I was at school and do today's pupils have the relevant conversion charts printed on the back of their exercise books, or should that be an app on their mobile phones?

As it happens I'm still grappling with the change from imperial to metric measures and I would be quite happy if they told me that items were gigantic, tiny or any adjective in between.

Regards,
Hilary Fairman

PS. I feel much better now!! I'd better leave 'thinking outside the box' and 'elephants in the room' until another time.

Editor's note: Keep them coming! There is still time to feel better by getting your pet hates off your chest. The editors won't get bored with (never 'bored of please) your examples of dodgy neologisms, iffy grammar and egregious use of apostrophes, not to mention modified absolutes - a rare object cannot be 'almost unique'. I'll shut up now.

CHILDREN'S CORNER

How many Monsters can you find in the Word search below?



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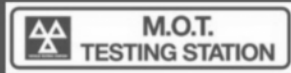
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| 10th APR | CHER TRIBUTE IN EXMOUTH | 28th MAY | EXMOUTH—TORQUAY/BRIXHAM CRUISE |
| 17th APR | EXETER RACES & '80 MUSIC NIGHT | 3rd JUNE | AGATHA CHRISTIE'S GREENWAY HOUSE |
| 20th APR | EDINBURGH & DURHAM TOUR (7 days & 6 nights) | 13th JUNE | FALMOUTH INT SEA SHANTY & REGATTA |
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St Kew Playing Field Trust

St Kew Playing Field

Trelill Road

St Kew Highway

Notice of Annual General Meeting

The AGM of St Kew Playing Field Trust will take place

Wednesday 29th April 2020

Venue- New Pavilion- St Kew Playing Field 7.30pm

All Holding Trustees, Managing Trustees and Committee Members Should Attend

All Facility Users, Partners, Associates and interested parties along with any members of the public, local parish and surrounding area invited to attend

The Purpose of this AGM is to re-establish all trustees, elect managing committee, present annual accounts and to receive and give feedback of the last 12 months.

The future of the Playing Field Trust and all it means to the local community, suggestions for future development and the future proofing of the St Kew Playing Field is important to us all.

So: pay a visit, have your say, join us and contribute to our aspirations

ALL ARE WELCOME

The Tour of Britain 2020 comes to Cornwall

Great news for local cycling fans!

The UK's largest professional cycling event will visit Cornwall for the first time ever this year. The County is hosting the 2020 'Grand Depart' with the first stage of the 8 day race starting on 6th September in Penzance.

The peloton will then ride around 170km through many towns and villages before reaching the finishing line in Bodmin. The route criss-crosses Cornwall taking in St Just, St Ives, Hayle, Camborne, Pool, Redruth, Falmouth, Penryn, Truro, Newquay, St Austell and the Eden Project.

Routes for subsequent stages have yet to be announced, other than stage 2 which takes place in Devon on 7th September, finishing in Exeter city centre.

There will be plenty of places to view the race. Apart from the start and finish lines, where you can get right up close to the action, any roadside verge on the route will do, and its all free!

Whilst the Tour of Britain can't compete with the likes of the Tour de France, it is a UCI Pro-Series race and attracts a number of the top professional cycling teams and some their star riders. It will also be broadcast live in the UK on ITV4, and around the world.

It promises to be an exciting stage of the race and well worth finding a viewing spot, or watching on TV. Lets hope the weather is better than today - storm Dennis is howling across the valley as I write.

Keep an eye on www.tourofbritain.co.uk over the next few months for details of all the stages.



Mike

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All the news and highlights from the top of the hill! Don't forget, you can keep up with all the school antics in our monthly newsletters, published on our website: www.st-kew.cornwall.sch.uk

We have had a great first half of the Spring Term and the weather hasn't put us off getting out into the great outdoors! We look forward to the weather improving in March when our youngest class of children will be investigating the local area. Watch out for them on their explorations of the village.

Ofsted Inspection

Since the last edition, we have received the Ofsted Inspection report and are delighted to be able to let everyone know that we are (still) a 'Good' school in their inspection framework. The inspectors spent a day in the school looking at lessons, workbooks, listening to readers and discussing the work we do at St Kew with all members of staff, and at the end of the day were able to tell us that we are a Good school that has a 'transformative effect on the children you teach'! Even though we knew this already, you can imagine how pleased we were to hear this from the inspection team and we have been delighted to publish the full report on the school website. If you would like to find out more about what a good school we are, please go to the Key Info tab at: www.st-kew.cornwall.sch.uk



Our children with their 'Small School League Winners' cup.

Feel Good Friday

On a Friday afternoons our children have been taking part in a 'Health & Wellbeing' session with a focus on enjoying both indoor and outdoor activities. The whole school mixes together for the last hour of the school day to engage in 'Outdoor Learning', 'Team Building', 'Healthy Cookery', 'Conservation', 'Yoga' or 'Arts & Crafts'. All children choose their preferred activity and thoroughly enjoy their time together – a great way to set them up for the weekend.



Swimming Festival Winners!

Once again our pupils did a fantastic job at representing our school at the local swim festival last month. Everyone put in a fantastic effort and we had many strong performances, retaining the trophy for the small school's competition and scoring a grand total of 57 points overall, several points clear of all of the other competing schools including the much larger local schools. Well done everyone – we are very proud of you all!



Outdoor Spaces Project

We are currently waiting for the groundworks to begin on this project so that we can begin to further develop the outdoor spaces at St Kew. We are looking forward to seeing the plans for the 'Meadow' (below) come to fruition.



Exciting Times for our pupils ahead!

Souper Lunches



What is a 'Souper' lunch?

The 'Souper' lunch is a community lunch held each month at the community hall at St. Kew Highway. It is open to people of all ages and a very warm welcome is extended to all. A choice of homemade soup & bread, followed by a range of puddings and coffee or tea is available. The atmosphere is friend-

ly, and we all have a lovely time. There is no charge as such, but donations are collected and each month the group decide which charities to send to. In 2019 we collected almost £1000 and contributed to the work of Dreadnought, Sowenna Appeal, Shelter Box, Carrick Mind, Mermaid Centre and Children in Need to name but a few. The 'souper' lunch will be held on Fridays: 20th March, 17th April, 15th May and 19th June. We invite you to come along and see for yourself that the 'souper' lunch is indeed super! We look forward to welcoming you.

Rev'd Geraldine



What is Alpha?

The Alpha Course is a series of sessions that explore the Christian faith. The North Cornwall Cluster of Churches will be running 6 sessions of Alpha throughout March and April 2020. Each session looks at different questions around faith that are thought-provoking and designed to create conversation.

For those who already have a Christian faith it is an opportunity to learn and share with others. For those who are interested in learning more about the Christian faith it is an opportunity to ask questions and explore Christianity in a safe, non-judgemental way.

Here are what past attendees think:

"Alpha changed my life 25 years ago.....loved the course so much have done it 12 times..... such a great time of making good friends and learning so much." (Meg)

"A safe and supportive place to explore my spirituality." (Nicky)

"A good place to learn why you call yourself a Christian. Friendly people who do not mind stupid questions! I learned a lot about my faith from lovely people." (Pip)

"I joined an Alpha course with trepidation. I'm 74 years old, what had I let myself in for? It wasn't an easy journey to start but helped me to understand the Christian faith which has been the greatest influence in my life. A bonus was that the food was great and the companionship even better." (John)

"Alpha is a caring and sharing community, where all can make life-long friends" (Cherrel)

Alpha begins with a meal together at 7.00pm, and a DVD presentation to promote discussion. The sessions finish at 9.00pm. They will be held at the St. Kew Highway Community Hall every Tuesday throughout March, and Tuesday 14th April.

Alpha is for everyone and everyone is welcome. Contact Rev'd Geraldine Ashton on 07957 609085 if you are interested.

Lent Course

Studying and discussing 'Being Christian' by Rowan Williams. This will take place on Thursday evenings at 7.00pm on 5th, 12th, 19th and 26th March, and 2nd

April in the Endellion Hall, except for 12th March when it will be held in the Stone Barn.

Further details from Judith Pollinger on 01208 880181.



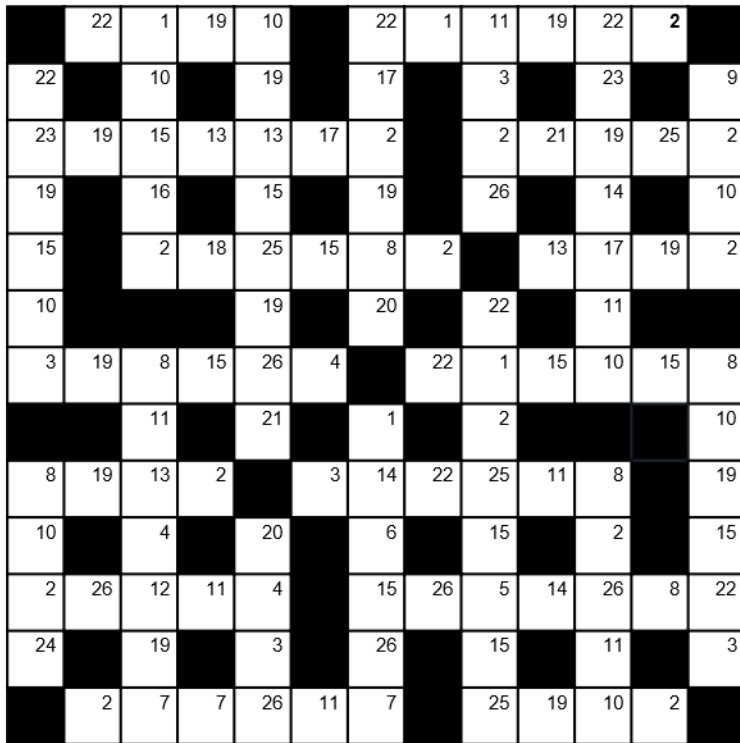
Bell Ringing

For any enquiries please phone Ken Godden on 07968 481520, or message us on our Facebook page.

Please note, evening bell ringing practices have started again. These are held every Wednesday evening from 7.30 - 9.00pm.

The Puzzle Page

Codeword



23

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Sudoku

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H7

Word Square

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| A | R | T |
| E | G | K |
| M | N | I |

How many words of 4 letters or more can you find? No proper nouns or plurals are allowed, and the centre letter must be used in each word. There are a bumper 70 words listed in the solution this month, which includes **1 nine letter** word to find.



We were all impressed with our speaker, Diane, from Prickles and Paws, the hedgehog refuge from Cubert.

Last year they had 731 hedgehogs in their care. Some were hoglets, whose mothers had died, some had come in as pregnant females and needed help, others were fully grown hedgehogs that were found injured or dehydrated and may stay for a long period. Watch out for hedgehogs in our village and we will try to work out how many are around - it may be that we have lots currently. There is a fear that hedgehogs are endangered, for a number of reasons. Perhaps it may be possible for you to create

a 'hedgehog highway' between you and your neighbour? It only needs to be the size of a CD in the fence. Put down dishes of water near bushes in your garden as after hibernation hedgehogs are very thirsty. Watch out for additional information and a competition later on in the year about hedgehogs.

DO NOT FEED THEM BREAD, MILK OR MEALWORMS. INSTEAD USE CAT, OR DOG FOOD AND WATER.

This is the link to find out additional information about Prickles and Paws, in case you should to get hold of them: pricklesandpaws.org/contact, or telephone 01637 831299 or 07926 576164.

Our next meeting will be on Wednesday 11 March at 7.00pm, this will be our Annual General Meeting.

Alison
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HELP NEEDED!

We urgently need someone to take over delivery of the Pendoggett Pieces of Eight round for us. We also need someone to deliver the magazines to the shop in Chapel Amble.

Please either email, or contact Nicky in the first instance.

Many thanks!

St Gennys in March

Here I go, harping on again,
as crocuses usher my path to the porch
and daffodils nod like confessional priests.

I wrap my scarf to stave off the cold,
open the door and enter the nave.

Incised on a slab of Delabole slate,
'Here lyeth the Body',
like a crime-scene from 'Morse'.

The saints are too busy to be interviewed,
hauling their nets and counting the catch.
Locked in bars of lapis lazuli, ruby and gold,
each is prepared to swear on the gospel
they've a cast-iron alibi for the time in question.

It's only when I'm down on my knees
looking for clues at the misericord
that I find a trail of yellow *post-its*,
written in a familiar hand:

one's in the pulpit, in the black Cornish Bible;
and one's in the bell-tower
quoting old changes.

I write it all down on the back of my hand,
then beat a retreat, bowing by habit.

Back at the office my secretary tells me
a new client called: thirty, scruffy, a bearded beat,
left me a message:

he'd be in touch
he had information
that '*all of a sudden*'
we were bound to meet.

David Penhale

Pilates Classes in North Cornwall

St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30



What does Pilates do?

- Targets the deep core stabilising muscles, improving balance and co-ordination
- Improves muscle tone, strength and joint mobility
- Improves posture, alignment and overall body awareness
- Corrects muscle imbalances and encourages pain-free movement

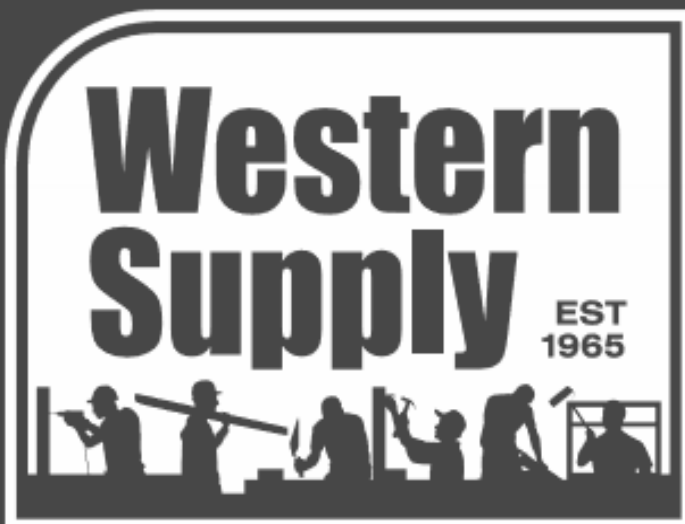
How do the classes work?

- Classes are limited to a maximum of 12 people. Small classes mean you receive good personal attention and ensure you are performing the exercises safely, and correctly.
- Classes are progressive and operate on a school term basis
- All equipment required is provided.



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Cynthia Cooks

Turkish-Style Baked Eggs & Zhoug

This month we have a simple yet tasty vegetarian lunch or light supper dish that is very loosely based on the Turkish street-food classic Menemen. It's one of those dishes you can customise to your own tastes – for example use green instead of red peppers, or add diced cooked new potatoes to make a more substantial meal. The zhoug dressing really lifts the dish but a dollop or two of natural yoghurt also works well. Make a vegan version by gently warming cubes of firm tofu in the sauce instead of the eggs and serve with a vegan plain yoghurt. Serves 4.

Ingredients

- 3 tbsp olive oil
- 2 large red peppers, seeds and pith removed, and finely sliced lengthways
- 2 medium onions, halved and finely sliced
- 1 red chilli, finely sliced (remove the seeds if you prefer a milder heat)
- 2 or 3 cloves of garlic, crushed
- 400g can of chopped tomatoes
- 1 level tsp sugar
- 4 large eggs

For the zhoug:

- A pack each of coriander and parsley, roughly chopped, stalks included
- Zest and juice of half a lemon
- 1 green chilli, de-seeded and roughly chopped
- 1 tsp of ground cumin
- A large pinch each of sugar and sea salt
- 1 garlic clove, roughly chopped
- 2-3 tbsp olive oil.

In a deep frying pan, heat the oil and gently fry the onions, peppers, chilli and garlic for around 20 - 30 minutes. The idea is to stew them to softness without browning. A lid on the pan helps. Next add the tomatoes and sugar and mix well. Continue heating gently with the lid off until the liquid has reduced (about 20 minutes). Season to taste with salt and black pepper. Stir well and with a wooden spoon make 4 small craters in the pepper and tomato mix and crack an egg into each. Cover the pan and continue to cook gently on a low heat until the eggs are just set.

While the eggs are cooking, blitz all the zhoug ingredients except the olive oil in a processor until you have a fairly smooth paste. Continue to process while adding the olive oil in a steady stream until thickened. Carefully portion the egg and pepper mix between 4 bowls and spoon over the zhoug or yoghurt, or indeed both. Serve with flatbreads, and a refreshing green salad.

Cynthia's tips: Make double the quantity of the pepper and tomato mix and freeze half for a really quick meal next time round.

Zhoug is a great way to use up limp left-over herbs and that elderly lemon hiding at the back of the fridge. It keeps for a week or so in a sealed jar in the fridge, and is great as a sauce for a steak, pork chop or salmon, or simply spooned over chunky toast or stirred through pasta.

Popularity of Wadebridge Festival of Music & Speech Continues

2020 looks like being another bumper year for this popular festival. It takes place from 2nd to the 7th March and will feature its usual wide range of classes for all ages and abilities, with over 340 entries in 87 classes.

'Entries have been flooding in as usual, so it looks like it's going to be busy week for us all.' said Phil Blake, President of the Festival.

This year's adjudicators are Bryan Husband FISM, GRSM, AWCMD, for the music classes. He will be making a welcome return to the Festival and Helen Grady BA (Hons) Bristol, who recently performed with the Royal Shakespeare Company, who will be adjudicating our 2020 Speech Classes.

During the Festival, classes will be taking place every day at the Town Hall in Wadebridge and the

general public are very welcome to pop in and enjoy the performances.

The Festival features classes including school and adult choirs and choral groups, poetry, solo singers of all ages, barber shop and poetry as well as piano, stringed instruments, guitar, brass, woodwind and recorder.

There is something for everyone to enjoy and it's only £1 per day to come in. Audience members are always surprised at the high standard of performance and some have been inspired to take part the following year, so put the date in your diary and come and support these local performers – we look forward to seeing you!

Contact: Philip Blake 01208 813583
email: phil.blake54@gmail.com

Morwenna Vernon

Revised dates for Beachcare 2020

Saturday 14th March, 3.30pm, **Mega Clean**. Meet at the Marine Centre.

Wednesday 15th April

Friday 22nd May

Saturday 27th June

Wednesday 22nd July

Friday 21st August

Saturday 19th September, 3.30pm, **Mega Clean**. Meet at the Marine Centre.

Wednesday 21st October

Friday 20th November

Saturday 19th December

Apart from the 2 Mega beach cleans please meet at the beach car park at 9.30am.

STOP PRESS

The winner of our Poetry competition will be announced in our April Magazine.

Events outside our Parish

Other places to visit:

Bodmin Folk Club, every Friday, 8pm, The Old Library, Lower Bore Street - all welcome.

Wadebridge Folk Club, (second Thursday every month), Churchill Bars, Molesworth Street. (Tel: Mike Walford 01637 880604)

Tintagel Old Post Office (National Trust) has various events on during the month.

YHA, Treyarnon Bay, hosts live music events on most Fridays and Saturdays.

Bodmin and Wenford Railway have a number of themed events through the holiday period.

Check out Cornish Riviera box office for various productions around the County.

Eden Project

Old Town Hall, Bodmin, has various theatre & music events on.

More information about these events can be found on the following websites:

Edenproject.com *endelienta.org.uk*
pencarrow.co.uk *bodminrailway.co.uk*
facebook.com/YHATreyarnon/
Intobodmin.co.uk *Cornwall365.com*

Please let us know about any events you are aware of outside our area that our readers might be interested in.

Events outside our Parish

March

28th Feb -8th Mar Newquay St Pirans Day Festival

See *www.newquaystpiransfestival.org* for details

14th-15th Eden project. Very Hungry Caterpillar. See their web site for details.

20th-22nd Looe Blues, Rhythm and Rock festival.

20th Hawaiian Heli Ball in St Ives

If anyone sees something advertised that they think our readers would be interested in please let us know.

Did You Know?

Walkers offers a simple and free crisp packet recycling scheme, **which accepts all brands**. Our local public recycling point is:

Wadebridge Community Fire Station.

Please leave outside but please don't block the entrance.

See *www.terracycle.com* for full details.

February's Beachcare

Firstly many thanks for an excellent turn-out for the Valentine's Day Polzeath Beachcare, and a warm welcome to newcomers turning up. Also many thanks to Vickie for supplying Valentine biscuits for all!

Well, a cloudy but pleasant day on the beach in a quiet interlude before Storm Dennis, but the previous heavy weather had swept a lot of litter up to the top of the beach. Nothing unusual to report but By-the-Wind Sailors, and a couple of Portuguese Man-of War were noticed on the upper strand line. 6 sacks were collected, with 6 reported elsewhere since last month, so grand total for the year is 11 sacks on Beachcare dates and 20 reported in total.

Kind regards and thanks.



Nick



ST KEW HIGHWAY METHODIST CHURCH

Services held in the Community Hall at 9.30am.

Preachers for March

1st Gordon Rowe
8th Church Fellowship
15th J Phipps
22nd Rev'd Sally Long
29th Rev'd Alistair Sharp, Communion

Catholic Church Services

Wadebridge

St Michael's Church
Tel:01208 72833
Mass Sundays 8.30am
Confessions
Friday 10.30-11.00am

Tintagel

St Paul The Apostle
Tel:01840 770663
Mass Mon-Thur 10am
Fri & Sat 6pm
Sunday 10.00am
Confessions:
Before/after Mass.
Other times on request.

Wadebridge Christian Centre

Molesworth Street, Wadebridge. Tel 01208 813110,
wadebridgechristiancentre.org

We are a lively, active, family church where everyone is welcome. We have a crèche and Sunday school, and all our children's workers are DBS checked.

Reflections

I am writing this before the season of Lent begins although Christmas is now long past and we shall soon be turning to look forward to the time of Our Lord's Passion and Resurrection at Easter. During Lent some of us will be reading Rowan Williams' book *Being Christian*. The former archbishop of Canterbury is now a prebendary of St Endellion which makes the choice particularly appropriate.

In the book bishop Rowan focuses on four elements of the Christian life, Baptism, the Bible, the Eucharist and Prayer. Each of these topics is a fundamental part of every Christian's life, irrespective of the particular church to which they belong. The rite of baptism, which we are told was performed by John the Baptist for Jesus himself, is simultaneously a way into faith, a means of washing away our old selves but also a way of reaffirming our being in the world; not a means of separation from but of establishing our belonging in. To further this we read the bible – or more likely in church listen to its being read. In doing so we realise that the bible is not a set of instructions but rather the record of a series of encounters with God, some revealing the best of

St James the Great Church at St Kew



Services are held at 9.30am unless otherwise shown.

Calendar for March

Sun 1st *Lent 1.* Holy Communion with Rev Dr Elizabeth Wild and Rev Geraldine Ashton, with Henry Gompertz preaching.
Sun 8th *Lent 2.* All Age service with Rev Geraldine Ashton and Rob Soley.
Sun 15th *Lent 3.* Holy Communion with Rev Dr Elizabeth Wild preaching, and Rev Geraldine Ashton.
Sun 22nd *Mothering Sunday.* All Age service with Marcus Jones.
Sun 29th *Lent 5.* Holy Communion with Preb Prof Andrew Lewis.

Calendar for April

Sun 5th *Palm Sunday.* All Age service with Rev Geraldine Ashton, Rob Soley with Mick Sumra preaching.

human nature, some the worst. As bishop Williams says, "reading the bible is about listening to God in Jesus".

The Eucharist, or Communion, is the central act of Christian worship, whether we engage with it weekly, daily or less frequently. It is not something we can do individually, we have to share in it and to learn that as Christ welcomes us to himself within the sacrament so we also should welcome others to ourselves. This brings us to bishop Williams' final topic, Prayer. Prayer is not something we do apart from the world, rather it is a part of our worldly life. Above all it is in the repetition of the Lord's Prayer that we can become more attuned to God's will for us.

*Andrew Lewis
Prebendary of Marnays*



How our Foodbank helps our community

Come & grab a bargain at our Nearly New/Gift Sale

We will have lots of lovely items, gifts and books available at our sale.

Come along to Wadebridge Town Hall on Saturday 28th March from 10am-12 midday.

There will also be refreshments and a raffle.

Tonne of Tins

We are so grateful to Pirate FM who are re-launching their Tonne of Tins campaign this March. Every donation we receive makes a big difference to someone who is struggling through a crisis.

We currently have plenty of soup, beans and spaghetti but we are currently in need of tinned potatoes, tinned meat/fish, rice, toiletries and household items (without bleach).

SAVE THE DATE

If you're already thinking of warmer weather and a weekend away this Summer, we have the perfect holiday destination! We will be holding our Fun Camping Weekend at Mother Ivey's Bay Holiday Park from the 12th-14th June 2020. More details to follow...



Wadebridge Foodbank, Unit 2 Trevanson Street, Wadebridge PL27 7AR Tel. 01208 815374
Registered Charity No. 1166301
Email: contact@wadebridgefoodbank.org
Website: www.wadebridgefoodbank.org



Souper Lunch

Our February Souper Lunch will take place on Friday 20th March at 12.30 in the St Kew Highway Community Hall. We will have home-made soup, rolls and various puddings.

Do come and join in!

Farmer Jules Returns!

After a few years' break Farmer Jules is picking up her pen again to bring her much-loved farming column back to Pieces of Eight! Look out for the first article in April's edition.

Farmer Jules has also offered to answer your farming-related questions too. If there's something you always wanted to know about farming but were afraid to ask, just email your question to Jules at stkevmag@gmail.com and we'll forward them on.

Nicky



Events at St Endellion March 2020

Friday 13th March, 7.30pm
Balagan Café Band

Ranging from Parisian and American Jazz and the Chalabi music of Algeria to Argentine Tango and Balkan folk melodies, the band fuses these threads into an energizing and evocative sound. £10

Sunday 22nd March, 3.00pm
Cornwall County Youth Choir

The 14-18 year olds who form Cornwall County Youth Choir, one of the family of choirs managed and funded by the Cornwall Music Education Hub, raise the roof in a gorgeous concert. £8

Tickets from www.endelienta.org.uk or 07787 944935. Accompanied under 16s free to many events – check website for details.

Endelienta Open Exhibition

Saturday 29 February to Sunday 29 March, weekends 11.00am - 4.00pm. A wide variety of work by artists from Cornwall and Devon. Entry free.

Events Diary March

- 4th 'Good Morning Cafe', St Kew Ace Academy, 8.45 - 11.00am.
Bell ringing practice, 7.30 - 9.00pm.
- 5th **St Pirans Day**
Chair Aerobics, Community Hall, 2.00pm.
- 6th Quiz and curry, Parish Hall, 7.30pm.
- 11th 'Good Morning Cafe', St Kew Ace Academy, 8.45 - 11.00am.
WI, Community Hall, 7.00pm.
Bell ringing practice, 7.30 - 9.00pm.
- 12th Chair Aerobics, Community Hall, 2.00pm.
History Society, Parish Hall, 7.30pm.
- 13th *** Copy Date *****
- 18th Bell ringing practice, 7.30 - 9.00pm.
- 20th Souper Lunch, Community Hall, 12.30pm.
- 25th 'Good Morning Cafe', St Kew Ace Academy, 8.45 - 11.00am.
Bell ringing practice, 7.30 - 9.00pm.
- 26th Chair Aerobics, Community Hall, 2.00pm.
- 29th British Summer Time begins**

News from St Kew Parish Hall

We are holding a quiz and curry evening on Saturday 7th March starting at 7.30 pm in the Parish Hall. Make a reservation with Nicky on 841353 soon.

All are welcome at the AGM of the Parish Hall on 19th March at 7.30pm. Do come and see the facilities available at the hall and find out about our plans for the next year.

Kathy

To book the hall, please contact Lianne Sproull on 01208 841808.

The Regal in Wadebridge

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MARCH

- 6th 'Military Wives'
'Onward'
- 20th 'A Quiet Place, Part II'
'Trolls World Tour'
- 27th 'Mulan'
'Peter Rabbit 2: The Runaway'

Live Screenings: Book on-line or contact cinema

- Tues 3rd 'Riverdance - 25th Anniversary Show'
8.00pm and:
Sun 8th 3.00pm.
- Thurs 17th 'Fidelio' – Royal Opera Live - 7.15pm
- Tues 24th Jonas Kaufmann: My Vienna - 6.15pm
- Sat 28th Michael Ball & Alfie Boe: Back Together - 7.45pm, and:
Sun 29th 2.30pm.

Recycling

Recycling takes place on a variety of days in the same week within the parish.

Recycling collections are in the weeks beginning 9th & 23rd March.

Please see Cornwall Council's website for full details.

ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

Registered Charity No 294140

| | | | |
|--------------|--|---------------------------|--------------|
| Sun | Methodist Church Service | Marion Dingle | 01208 841388 |
| Mon | Yoga 10.30 am | Fiona Crompton | 01208 851735 |
| | Pilates 2.30-5.15 pm | Martin Brooks | 07812 959879 |
| Tue | Pilates 1.15-2.30pm | Martin Brooks | 07812 959879 |
| Wed | 1 st , 3 rd & 5 th in a month | West Country Embroiderers | |
| | 10am-3.00 pm | Pat Scarborough | 01841 521323 |
| | 2 nd in month St Kew WI 7.00 pm | Alison | 01208 841469 |
| Thurs | Chair Aerobics 2pm | Pat | 01208 841260 |

**IMPORTANT : BEFORE ARRANGING YOUR EVENT AT THE HALL
CHECK AVAILABILITY AND BOOK WITH SHIRLEY ROWE 01208 841257**

Don't leave behind a tangled mess



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Disputes | Family | Property | Wills

Parish Council News

Chairman: Cllr A Godden

Clerk: Mrs Stephanie Tiplady

The Barn, Kitts Hill, Chapel Amble

07789 953677. stkewparish@gmail.com



The Parish Council meets in the Parish Hall, St Kew Churchtown at 7.00pm on the second Tuesday of each month. Members of the public are welcome to attend and address the meeting on any subject of concern.

St Kew Parish Council Meeting

Present Chairman: A Godden, Councillors B Finne-
more, R Godden, P Bishop, Cornwall councillors
Stephen Knightly & Mr Moorcroft and 2 members of
the public.

A meeting was held between Councillor R Godden,
Cornwall Councillor S Knightly and the head of
Cormac Highways, Oliver Jones, to look at the roads
in St Kew. After a tour of the parish and all the
defects including blocked drains and gullies were
noted. The council has since been notified of a work
schedule order for all the work to be carried out.

A new prospective Parish Councillor Mr Adian
McMahon gave a presentation on why he wanted to
be a member of the council.

The council's contractor has finished an excellent
job of clearing the back of the lower churchyard in St
Kew. The work has uncovered many graves
previously hidden by the vegetation and is well worth
a walk around and note the age of some of the
graves.

Cornwall Councillor Mr S Knightly gave an outline of
the Forest for Cornwall project and asked if anyone
knew of land where trees could be planted to contact

Cornwall Council or himself. The aim is to plant as
many trees as possible for the well-being of Cornwall
for years to come.

Planning Applications

PA19/10466 - Mr Parkingson, Trewethen Cottage,
Trewethen Lane, Trelill.

To convert existing outbuilding into en-suite bed-
rooms, pitched roof to be extended to meet major
dwelling.

No comment.

PA19/11056 - Mr & Mrs P Plant, Pencreege, Trelill.
Conversion of barn to form new dwelling.

Recommend approval.

Planning Decisions

PA19/08173 - Mr & Mrs Coster, land north of China
Meadow, Pendoggett.

Application withdrawn.

PA19/09421 - Mr R Harris, land east of Pendethys,
Trelill. Outline planning for two dwellings.

Refused.

RG



St Kew Garden Association

The Garden Club's plant sale is to be held on the
Saturday the 2nd May. This sale raises funds to
stage the annual garden show so we need a good
stock of plants to sell on the day.

Anyone who has surplus plants or feel they can
donate some bedding plants to help the cause
please contact either Richard Godden on 01208
880007 or Shelia Shergold on 01208 851241.

Collection of plants can be arranged.

ST KEW HISTORICAL SOCIETY

Notification of

Annual General Meeting

St Kew Historical Society

ST KEW HISTORICAL SOCIETY

AGM

You are cordially invited to the
Eleventh Annual General Meeting Of

The St Kew Historical Society

Thursday 12th March 2020

Venue St Kew Parish Hall,

7.30 pm

Light refreshments will be provided

RSVP to Secretary John Raybould
01208 841682

Committee Members
Chairman - Sandy Chadwick, Acting Treasurers - Secretary, John Raybould
And Archivist, Kim Appleby, Vice Chairman - James Godden
Thom Chadwick, June Bentley, Barry Cuff, Judy Gray
President - James Godden



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Les Oliviers is ideal for family holidays as the pool area is enclosed for the safety of small children, as is the lower lawn. Guest enjoy wifi broadband internet, a 65" curved screen TV with UK Freesat and a good selection of English books.

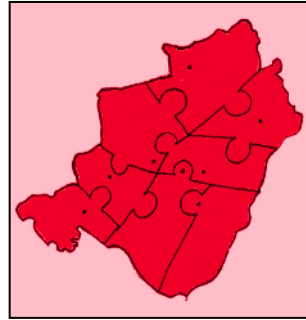
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Pieces of Eight



April 2020, Issue 258

News, views and issues from: Chapel Amble, Pendoggett, St Kew, St Kew Highway, Trelill, Tregellist, Trequite, Trewethern

Email: stkewmag@gmail.com



A Goldfinch in the garden

Photograph kindly sent in by David Balmford.

Your free guide to news and events within and around St Kew Parish

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SUPPER CLUB Thursday April 16th 7.30pm

SUNDAY NIGHT QUIZ Sunday April 26th 8.00pm

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Australian bushfires wildlife charities
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Monday through to Saturday
5.30 to 10.00pm
Sunday
12.00 midday to 4.00pm

IMPORTANT INFORMATION FOR OUR READERS

As we go to press it is likely that all the events and meetings advertised in this month's Pieces of Eight will be cancelled due to the coronavirus pandemic. Where we have definite information we have noted this.

We do plan to produce Pieces of Eight for May (and hopefully in subsequent months too) but as an editorial team our overriding priority will be the welfare and safety of our distributors. If a distributor is unable to deliver their round we will try our best to make alternative arrangements but if this isn't possible we will leave copies of the magazine at both the Spar shop and Aunt Avicé. If you don't receive a copy through the door please pick one up there, and perhaps for friends and neighbours too.

We hope we can continue with as many of our regular features as we can, but with no events or meetings happening Pieces of Eight will have rather a lot of space to fill. We thought it would be good if we could fill the gaps with more light-hearted material to help cheer us all up. Ideas so far include extra puzzle pages, more recipes - especially simple ones for store cupboard ingredients, tips to help combat boredom, ideas for remoter places to visit for fresh air & exercise, exercises that can be done indoors or in the garden, and more activities for children to do at home. We won't be able to do this all on our own so we would ask all our readers to send us things we can use - any articles, jokes, puzzles, recipes, reminiscences, photographs, funny stories from facebook - anything that has nothing to do with coronavirus. Please help!

The most important thing is that everyone stays safe and healthy by following Government & NHS advice, and please remember to help neighbours who need it in whatever way you can, especially the elderly and those living alone.

Who knows what the next couple of months will bring, but on the whole, we are still a lot better off than many people in our World. Hopefully the weeks and months ahead will bring some better news and we can start to return to some sort of normality.

With our best wishes.

Nicky, Philippa, Steve, David and Mike.

Contacting the Editorial Team

The Editorial Team are:

Philippa Harkness - Children's page & History
Steve Liddiard - Advertising Manager & Treasurer
David Penhale - Events & Poet in Residence
Nicky Pickard - Main editor who puts the magazine together, assisted by husband Mike.

We can be contacted by email at stkewmag@gmail.com. Please use this address for **ALL** correspondence, the in-box is checked regularly. Alternatively you can phone Nicky's mobile - **07813 603776**. Leave a message if you can't get through and she will phone you back. Advertisers should contact Steve, our Advertising Manager via this email address, putting 'Advertisement' in the subject line. Steve can provide information on advertising costs, space availability, formats, etc.

PoE is printed for us by Parish Magazine Printing, Northmoor, Whitstone, Holsworthy, Devon, EX22 6TD.
www.communitymagazineprinting.co.uk,
01288 341617

Copy date for the May issue is:

Friday 17th April

We aim to get the printed magazine out to our distributors before the beginning of the month of issue. **Please could all contributors send us copy or advertisements as soon as possible, and before the copy deadline.** If your article or advert is going to be late it would be very helpful if you could let us know in advance.

Note to Readers

When responding to an advertisement, **please** mention that you saw it in Pieces of Eight. This shows our advertisers that the magazine is **the** place to reach local customers.

The magazine does not accept any responsibility for any issues arising from advertisements.

Views expressed in this publication are those of its contributors and do not necessarily reflect those of the Publishers (the management committee) who reserve the right to refuse or alter any material supplied.

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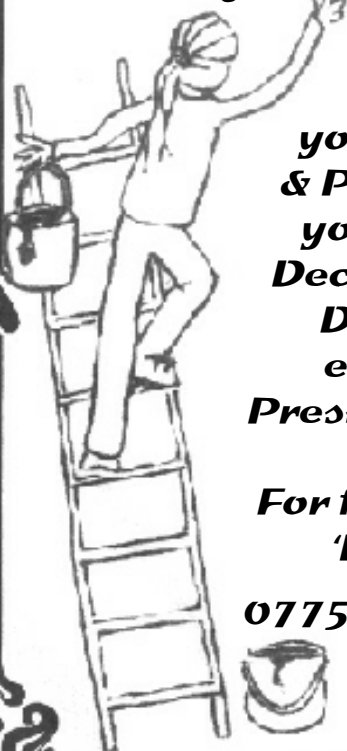
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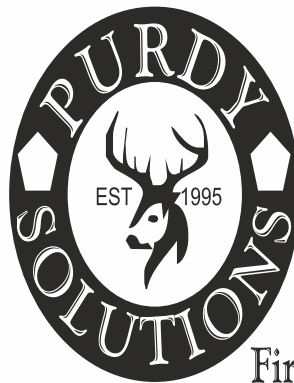


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St. Kew Community Gardens Association

The View from the Allotments and again I'm struggling for positive things to say!

I went up there yesterday to make sure that the plants we have in the greenhouse were OK and noticed to my delight that ONE of the purple sprouting plants I had left in disgust in the ground was actually in full "bloom", if that's what you call the purple sprigs. More than enough for two good meals and more to come! Hurrah, we have our own produce again to add to the leeks which are sadly depleting – probably enough to last into April but no more than that.

Some of our newcomers at the site are putting us to shame. There are new sheds, neatly laid out beds, surrounded by wooden beams, patches dug over and so on. And these were plots which looked neglected and forlorn before they were taken over. Well done to our new neighbours and can you please encourage us to do likewise!

I've been doing a bit of gentle tidying-up though, and I am just waiting for the ground to dry out, so that we can strim and rotavate. I've cleared around the vines and the raspberry canes and at least I can

see where they are. I just had a look at the weather forecast on my tablet and it looks as though we might (just might) have eight or ten days of dry and sunny weather, which should change our attitude to gardening altogether. The trouble with all this wind is that, even if it's dry for a couple of hours, it feels too miserable and uncomfortable to do anything. Sorry – I'm off whinging again!

However – I am reliably informed (my tablet!) that the week beginning 16 March is going to be fine and dry for days at a time! So if I don't have a positive and active and busy article for next month's magazine, the Editors can sack me. (*Good try but that wont happen! ..Ed*). After all, I seem to have written paragraphs of nothing for the past four months you're all probably getting fed up.

(I'm going to ask Tony to make me a compilation tape of sunshine – you know, "Mr. Blue Sky", "Good, Day Sunshine", not to mention "I can see clearly now, the rain has gone. It's gonna be a bright, bright, bright sunshiny day" etc.) On which note, I'll sign off.

Judith Mott, judithmott@btinternet.com,
Tel.: 01208 841312



St Kew Garden Association

The Garden Club's plant sale is to be held on the **Saturday the 2nd May**. This sale raises funds to stage the annual garden show so we need a good stock of plants to sell on the day.

Anyone who has surplus plants or feel they can donate some bedding plants to help the cause please contact either Richard Godden on 01208 880007 or Sheila Shergold on 01208 851241.

Collection of plants can be arranged.

Art exhibition at St Endellion showcases local talent

During March, visitors to St Endellion enjoyed an outstanding new exhibition in the recently rebuilt hall. The 4th Endelienta Open Exhibition bought together artworks by 24 artists from Cornwall and Devon.

The new hall at St Endellion now makes it easier to add visual arts into the mix, this latest exhibition being a good example. The 'Endelienta Open' is a fundraiser - submitting artists paid a small entry fee and had the chance to be crowned winner or runner-up.

Those accolades were this year won by Ley Roberts (winner) for her etching 'Byway', and by runners-up Sara Owen (with 'Dawn') and David Penhale (with 'Cornish Window: White Boat on Grey Table').

Speaking on behalf of the judging panel, exhibition organiser Peter Ursem summarised Ley Roberts' works as '*powerful yet delicate, and highly accomplished in their appliance of etching techniques.*' Information on all Endelienta events can be found on www.endelienta.org.uk.



Winning paintings

Peter Ursem (organiser)

Questions from a Grumpy Old Woman....(2)

Judith Mott's article in February's edition obviously struck a chord with a number of readers. Here's the last?

Of your complaints about the abuse of the English language:

Here is another GOW laying down the law with rules from 1950's English Grammar classes, if I remember correctly.

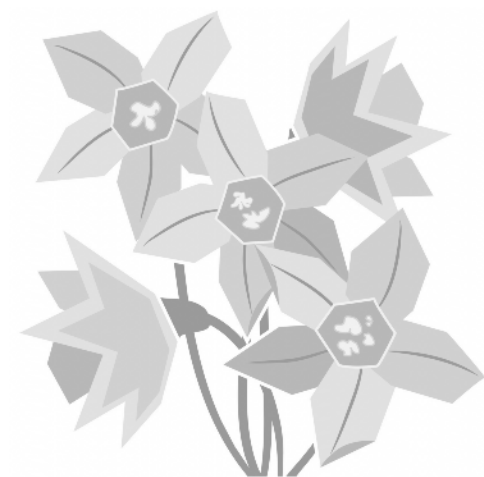
Singular nouns take singular verbs.

Collective nouns are counted as singular. Therefore, members of the team are...but the team is
Similarly, the family is

And another thing: split infinitives are abhorrent.

How's this for a teaser?
It could be 'better to understand' or 'to understand better'... but surely not 'to better understand' unless I had better understand, or else.....

Victoria Grand



Thank you William

The Editorial team wish to thank William Garland for his tireless support of the magazine over the years, as a contributor and distributor.

He's finally hung up his delivery bags we are hoping that we have found his replacements. Yes, we need more than one to cover his rounds.

So thank you William and we wish you a speedy recovery.

Thank You Nicky and the Editorial Team

Friends of Pencarrow

We are delighted to welcome local Cornish Olympic champion, Annie Vernon, to Pencarrow House on Thursday April 16th at 7.15pm.
Tickets £10.00 each.

Join us for an entertaining talk from Annie about her rise to become an Olympic Champion, and the trials and challenges she encountered along the way.

She was born in Truro in 1982, went to St Minver primary school & Wadebridge school and then on to Cambridge University to study History.

She didn't start rowing until she was 17 years old, but by 2004 she had already come 3rd in the under 23 World championships!

Now Annie is an author - her first book was called 'Mind Games', which is about the psychology of elite sport.

She is also a sports writer and commentator, an accomplished speaker, and adviser on how to apply the mindset and skills of an elite sports person to the world of business.

Copies of her latest book, 'Lose, lose and lose again', will be available for signing.

Contact: Rita. on 01840 213499
or email austen160@btinternet.com

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Friends support the restoration and educational aims of Pencarrow, which has been the home of the Molesworth family since 1603 and is open to the public from Easter to the end of September.

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www.pencarrow.co.uk



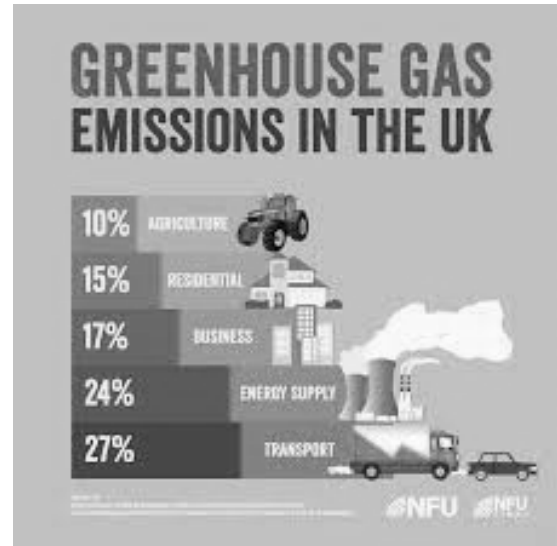
FARMER JULES

Farmer Jules is back, with a refreshed outlook! Rather than solely following the farming cycles, I'm hoping to balance various political hot potatoes; and endeavour to provide some food for thought.

The world's environment, the increase in alternative diets and national food security are all directly associated with farming. Most reports seem to me unbalanced, leaving non-agriculturists with only half the story; which is where Farmer Jules comes back into play.

Don't yawn, 'dull' isn't my middle name quite yet... I recently attended Cornwall Food and Farming Group's Climate Change Conference. Cornwall Council is aspiring for the county to be carbon neutral by 2030, the National Farmers Union is aiming for agriculture to be net zero by 2040; while the government has set a target for the UK to become net zero by 2050.

Highlight speaker of the day for me was Becky Willson from Duchy College (of Ag). I've come across her a few times over the last 10 years, and she's as enthusiastic about her work as I am about Devon cattle! She was the driving force behind development of the farm Crap App (making the most of livestock dung as fertiliser whilst eliminating wastage into the environment, therefore reducing dependence on artificial fertiliser). It seems Becky's other big project - the Farm Carbon Cutting Tool - has been evolving well and is the only farm carbon calculator that takes sequestration* into account. This is needed to give a true reflection of a farm's position, and as far as I'm concerned: a figure without this is top heavy and rather meaningless.



*Sequestration is the absorption of carbon from the air by pasture, hedgerows and woodland. The opposite of realising carbon from the ground when cultivations such as ploughing is carried out; hence 'min-till' (minimum tillage) has become fashionable in the last decade - reducing emissions by direct drilling crops. This takes new skills to be successful though, crop establishment in an over-seeding situation can be tricky.

Measuring a farm's carbon footprint has a range of benefits: from identifying obvious inefficiencies, which then gives clarity to prioritising improvements (it probably needs to be an annual exercise for comparison); to providing buyers with a product carbon figure to be able to sell commodities (milk processing companies are now building this requirement into contracts), and having factual evidence to demonstrate British agriculture is actually the guardian of vast swathes of the environment.

Next month Farmer Jules is reckoning to participate in some myth-busting!

ST JAMES THE GREAT AT ST KEW CHURCH

ELECTORAL ROLL 2020 - 2021

The Church Electoral Roll is the church's register of electors, which is the list of those qualified to attend and to vote at the Annual Parochial Church Meeting (APCM) where elections take place for the Parochial Church Council (PCC) and the parish's representatives on the deanery synod. The system is intended to enable parishioners at every level to be in touch with the church as a whole and to play their part in decision-making.

Briefly, to be eligible to be placed on the roll, the applicant should be: baptised, at least 16 years old, a member of the Church of England (CE), or of a church in communion with the CE therewith resi-

dence in the parish, or not being resident in the parish to have habitually attended public worship in the parish during a period during a period of 6 months prior to enrolment.

Those parishioners who are on the current list will be accepted for the 2020 list unless they have not habitually attended worship as described above. If there is anyone in the Parish who wishes to be placed on the Church Electoral Roll for the first time should contact William Garland for a registration form. It would be appreciated if all completed forms be returned, or left in the church, as soon as possible - certainly before the date of the APCM, which is on Thursday 27th April at 7.30 pm in the Parish Hall.

William Garland

Church Electoral Roll Officer
01208 881134, or w.garland@outlook.com

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|-----------|---|-----------|--|
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| 10th APR | CHER TRIBUTE, EXMOUTH | 10th JULY | HAMPTON CT & KEW GDNS (2 days 1 night) |
| 17th APR | EXETER RACES & '80 MUSIC NIGHT | 17th JULY | BROOMHILL GDNS & BARNSTAPLE MKT |
| 20th APR | EDINBURGH & DURHAM TOUR (7 days & 6 nights) | 8th AUG | TAUNTON FLOWER SHOW |
| 26th APR | PAR MARKET | 9th AUG | GATCOMBE |
| 2nd MAY | TOBY'S GARDEN FESTIVAL | 29th AUG | GREAT DORSET STEAM FAIR (2 days 1 night) |
| 9th MAY | BADMINTON HORSE TRIALS | 4th SEP | BURGHLEY HORSE TRIALS (3 days 2 nights) |
| 28th MAY | EXMOUTH-TORQUAY/BRIXHAM CRUISE | 8th SEP | WIDECOMBE COUNTRY FAIR |
| 3rd JUNE | AGATHA CHRISTIE'S GREENWAY HSE | 18th SEP | BLenheim PALACE HORSE TRIALS |
| 13th JUNE | FALMOUTH INT SEA SHANTY & REGATTA | 19th SEP | PLYMOUTH MAYFLOWER MUSTER |
| 20th JUNE | CORNWALL @ WAR & RAF MUSEUM | 28th SEP | VISIT KENT (5 days & 4 nights) |

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St Kew Playing Field Trust

St Kew Playing Field

Trelill Road

St Kew Highway

Notice of Annual General Meeting

The AGM of St Kew Playing Field Trust will take place

Wednesday 29th April 2020

Venue- New Pavilion- St Kew Playing Field 7.30pm

All Holding Trustees, Managing Trustees and Committee Members Should Attend

All Facility Users, Partners, Associates and interested parties along with any members of the public, local parish and surrounding area invited to attend

The Purpose of this AGM is to re-establish all trustees, elect managing committee, present annual accounts and to receive and give feedback of the last 12 months.

The future of the Playing Field Trust and all it means to the local community, suggestions for future development and the future proofing of the St Kew Playing Field is important to us all.

So: pay a visit, have your say, join us and contribute to our aspirations

ALL ARE WELCOME

'PIECES OF EIGHT' POETRY COMPETITION 2019-20

(kindly sponsored by *Wadebridge Bookshop*)

'And the winner is.....'

Following last year's success, we are now proud to announce the Winner of our Second Poetry Competition:

Richard Man, for his poem '**Seasoning**'.

This year we received a number of poems, ranging in subject matter from Brexit (and the various emotions surrounding departure), through to Nature in all its variety.

It is from the latter group of poems that one in particular stood out, both for its imagery and the careful handling of the passing of time. Its ambiguous title teases the reader into considering the process of gradual growth to fruition, and subsequent cropping.

The four-stanza form also neatly mirrors the four seasons.

Again, we wish to thank *Wadebridge Bookshop* for sponsoring us with the **Prize of a £15 Book voucher** redeemable at their bookshop.

David

'Seasoning'

In the fullness of time,
No standing still,
Bursting forth and waving
At all this March-light saving
And the turn of April
Not yet here.

What a spring!
Showered and flowered,
We took our time,
Letting all our pollen free
Free to the wind,
Free to the bees.

Bright seed swelling summer
With all its drying, harvest,
No chance to stop,
Scythe sharp,
We cut our crop.
Before the threshing began,
We wasted no time.

Deep asleep and cosy, rime
Hard churned ground; jacketed
We are, snuggled-dark beneath
The quilt of winter,
The cold obliuator of time.

Richard Man

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All the news and highlights from the top of the hill! Don't forget, you can keep up with all the school antics in our monthly newsletters, published on our website: www.st-kew.cornwall.sch.uk

As we draw closer to the end of the 'short' Spring Term, we have welcomed Miss Taylor back from...

... Uganda!

We are very fortunate to be a part of the British Council's Connecting Classrooms programme. This meant that we have re-established our partnership with Yona Okoth School and are focusing on the sustainable development goals. On 9th February and over half term, seven teachers from schools



within Kernow Learning visited Uganda to strengthen links with our schools. During the trip, they visited seven schools in Uganda and were welcomed with open arms. Miss Taylor met with Federes, at Yona Okoth, who will be joining us at St Kew in June, for a short visit. She

was able to experience the curriculum followed and the challenges they face in teaching in Uganda. Some classes had as many as 200 children! The teachers are creative in their teaching and use outside space where possible, just like we do at St Kew! The children in Uganda are resilient learners who love to be at school despite the fact that many walk over an hour to get to school, and due to the food shortages a significant amount do not eat at all until their evening meal. The barriers to learning were very clear, it is extremely difficult to learn when a child's basic needs are not being met. Nevertheless, they were full of smiles and curious to meet the teachers. The children enjoyed writing replies to the postcards that our children at St Kew had



written and our classes are delighted with the replies. The teachers and students work hard in growing crops to feed the children and often these crops are damaged or eaten by animals because they lack protection, so they are working on raising funds to build a fence to surround these areas. This project will help support the sustainable development goal 2: Zero Hunger. Miss Taylor has been busy sharing her stories and photos with the children and teachers over the last few weeks.

Sport Ability

Sheldon, Kayden, Kyeson and Aaron represented the school fantastically well at last month's Sport Ability' event at the Wadebridge leisure centre. They took part in many different activities including trampolining, boccia and 'curling'. You can imagine the excitement when they spied the bouncy castle and so they came back to school with huge smiles as well as a medal each!



Outdoor Spaces Project


We were thoroughly excited to see the beginning stages of the groundworks project finish after the half term break. We are delighted to see the 'Jungle' and 'Meadow' areas start to take form and you can see from the photos below, the beautiful ramp leading down to the 'Jungle' space. We are looking forward to seeing the safety surfacing laid and the rest of this project come to fruition.

Exciting Times for our pupils ahead!





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Souper Lunch

Our April Souper Lunch will take place on Friday 17th at 12.30 in the St Kew Highway Community Hall. We will have home-made soup, rolls and various puddings.

Do come and join in!

No charge, but any donations will go to the charity we choose on the day. Last month we raised £90 for Tent for Lent at Shelterbox.

This is likely to be cancelled like March's lunch.



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Ya Gorra Larf

At this time laughing seems to be the last thing anybody wants to do, but I do feel the nationwide lack of toilet paper has to be worth a small giggle. One of the first things said to be short at all the supermarkets was the ubiquitous toilet roll.

Remember the war years? I do – I'm old. My father would spend a peaceful hour, maybe more, every Sunday morning sitting on the loo armed with the past week's news papers. There he would patiently read all the bits he might have missed throughout the week. He would then carefully cut the newspaper into manageable sized sheets, hang them on a sharp butcher's hook suspended on a piece of stout string from a powerful nail in the wall.

PERFECT! What more could one need? Eat you heart out Mr Andrex and Mrs Cushelle. One drawback to newsprint however is the need to rub it well between one's fists to soften it and then finding the ink adhering to one's nether regions. The ink then transferred to one's underwear but as my knickers were navy blue it didn't worry me. (The tabloids were the worst!).

So long ago!



Self-isolating David & Betty Balmford.

The Puzzle Page

Codeword

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 8 | 10 | 7 | 15 | | 6 | 2 | 13 | 5 | 4 | 2 | 13 | |
| 10 | | 2 | | 12 | | 23 | | 22 | | 1 | | 7 |
| 13 | 5 | 14 | 17 | 2 | | 2 | 22 | 12 | 9 | 26 | 5 | 16 |
| 15 | | 16 | | 7 | | | | 2 | | | | 2 |
| 19 | 18 | 10 | 19 | 15 | 5 | 14 | | 6 | 9 | 5 | 23 | 2 |
| | | 7 | | 26 | | 5 | | | | 22 | | 21 |
| 7 | 20 | 5 | | 3 | 19 | 23 | 2 | 9 | | 12 | 10 | 24 |
| 10 | | 26 | | | | 5 | | 10 | | 19 | | |
| 25 | 10 | 13 | 13 | 24 | | 14 | 26 | 22 | 21 | 16 | 2 | 11 |
| 25 | | | | 2 | | | | 12 | | 19 | | 2 |
| 5 | 13 | 25 | 16 | 19 | 22 | 2 | | 16 | 5 | 13 | 2 | 13 |
| 11 | | 2 | | 7 | | 1 | | 2 | | 14 | | 26 |
| | 23 | 2 | 7 | 15 | 5 | 1 | 2 | | 12 | 2 | 19 | 13 |

25

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | | | | | | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | | | Q | | | | | | Y | | |

Sudoku

| | | | | | | | | |
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| | | | | | 1 | 4 | | |
| 9 | | 8 | | 5 | | | | 2 |
| | 4 | | 9 | | | | 3 | |
| | | 2 | | 1 | | | 8 | |
| | 1 | | 7 | | 6 | 9 | | |
| 5 | | | | | | | | 3 |
| | 7 | | 8 | | | | | |
| | | | | | | 2 | | 5 |
| | | 1 | | 3 | | | | |

MB

Word Square

| | | |
|---|---|---|
| O | A | R |
| C | R | N |
| V | I | E |

How many words of 4 letters or more can you find? No proper nouns or plurals are allowed, and the centre letter must be used in each word. There are 66 words listed in the solution this month, which includes **1 nine letter** word to find.



Our Annual General Meeting was held on Wednesday 11 March at St Kew Highway Community Hall, Jane Mills, County Advisor attended. She was interested to hear about the variety of speakers and activities we had enjoyed over the last 12 months. Our committee were re-elected and were thanked for the work that they do to provide a friendly meeting and interesting programme of events. The committee provided a light supper, it was delicious! Many congratulations to Audrey, she won the cup for the Competitions and also the Mabel Kalbfel Cup for the Flower of the month - she will have a lot of polishing to do over the next 12 months!

We hope that you are enjoying the daffodils on the approach to the village from Wadebridge - even though it took months to get through the paperwork, we are delighted with the colourful display and hope you are too.

In April we meet on Wednesday 8th at 7pm. We will be having a meeting to let you know about the Hedgehog Project - if you are interested in promoting the hedgehog community in our village then please come along and find out more.

Our programme for the next 12 months is filling up - local Gouda cheese manufacturer, charity - Mary's Meals, crochet workshop and a session of massage, just to give you a taste. Come along and join us - we have three new members this year and we are delighted to welcome them.

Alison
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From Scott Mann

It is important to me that my constituents receive up to date information concerning the outbreak, and I will be posting updates from the Government and NHS on my website and on my Facebook page. Information for the public on the outbreak of coronavirus, including the current situation in the UK, and information about the virus and its symptoms is available on the Government's website.



Bell Ringing

For any enquiries please phone Ken Godden on 07968 481520, or message us on our Facebook page.

Please note, evening bell ringing practices have started again. These are held every Wednesday evening from 7.30 - 9.00pm.

Gemma

Churches - STOP PRESS

In light of the Government guidance around non-essential contact, the Archbishops of Canterbury and York have issued advice that public worship is suspended until further notice. Our churches will be open for private prayer but with no public worship services taking place.

We are establishing resources online for all those who would like spiritual support and guidance. Our facebook group is a space where people who are unable to get to church can chat together, share updates and ask for prayer. We will be sharing videos, prayers and other resources in this group to help people worship from home, and we hope to share recorded services to replace regular Sunday worship.

The address is:
<https://www.facebook.com/groups/northcornwallcluster>.

You need an online facebook account to join. If you are not sure how, ask a relative or neighbour, or alternatively get in touch with Rev Rose. Please also check our website for regular updates: www.northcornwallclusterofchurches.org.uk.

We can also deliver hard copies of spiritual resources which may be helpful.

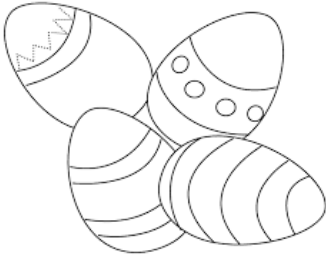
We are offering pastoral support and prayer by telephone, and we may be able to help in practical ways as well. Contact Rev Elizabeth if you want to know more.

Please be assured of our prayers for our whole community and especially those who are most vulnerable.

Rev Elizabeth Wild 07758 407661
elizabeth-wild@live.co.uk
Rev Rose Jones 01208 592353
revrosejones@gmail.com

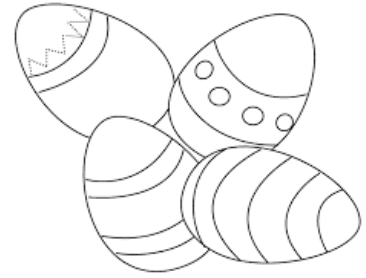
CHILDREN'S CORNER

How about decorating some Easter Eggs in fun ways?



Here are a couple of ways to make your Easter "eggstra" special. I hope it will inspire you to do lots of fun things! White eggs work better but brown are fine too, the colours just might be a bit different.

First, hard boil the eggs for 10 minutes, then let them cool in a bowl of cold water.



Natural dyes

- Red cabbage = blue
- Turmeric (2 tbsp) = yellow
- Red onion skins = lavender
- Beetroot = red

Choose the colour you want and place one cupful (or 2 tbsp for the turmeric) in a pan with 2 cups of water and 1 tsp of vinegar. Bring to the boil and boil for 20 minutes then let cool completely.

Food colouring dye

- 1 tsp vinegar
- 1 cup of warm water
- 10-20 drops of food colouring

Be very careful with the dyes as they STAIN – lay down some newspaper and clean up as you go along! Once your dyes are ready you can then dip them into the different colours, then leave them to dry on kitchen paper. Some more ideas:

- Wrap some tape around the eggs and dip them into the dye and when they are dry take off the tape and you will have a stencil effect.
- Put little dot stickers all over you egg, and after you've dyed the egg and it is dry take off the stickers and you'll have a polka dot effect.
- Write something on the egg with a white crayon and see what happens when you dye it!

The possibilities are endless!

HAPPY EASTER !!

Puzzle page solutions

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 5 | 1 | 2 | 3 | 7 | 8 | 4 | 9 |
| 3 | 8 | 4 | 1 | 6 | 9 | 2 | 7 | 5 |
| 2 | 7 | 9 | 8 | 4 | 5 | 3 | 6 | 1 |
| 5 | 6 | 7 | 4 | 9 | 8 | 1 | 2 | 3 |
| 8 | 1 | 3 | 7 | 2 | 6 | 9 | 5 | 4 |
| 4 | 9 | 2 | 5 | 1 | 3 | 6 | 8 | 7 |
| 1 | 4 | 6 | 9 | 7 | 2 | 5 | 3 | 8 |
| 9 | 3 | 8 | 6 | 5 | 4 | 7 | 1 | 2 |
| 7 | 2 | 5 | 3 | 8 | 1 | 4 | 9 | 6 |

Sudoku

Word Square

Acce, aéro, aver, care, carr, coit, core, vine, overran, CARNIVORE.

Word Square

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| N | A | E | B | E | G | I | S | T | S | E | V | | | | |
| O | C | E | | G | S | E | X | | | | | | | | |
| N | E | N | L | I | N | E | | | | | | | | | |
| E | | A | B | | E | | | | | | | | | | |
| X | | P | L | E | X | | | | | | | | | | |
| | | A | | U | I | | | | | | | | | | |
| Y | | B | U | Y | | R | E | R | A | V | W | A | S | K | I |
| P | | M | | | | I | | | O | | | | | | |
| E | | R | I | V | E | | | | C | T | A | U | A | Q | A |
| E | | | | | | E | | | S | L | | | | | |
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| S | | G | | | | M | | | V | B | E | | | | |
| | | | | | | | | | N | I | Z | E | N | | |

Codeword

Pilates Classes in North Cornwall

St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30



What does Pilates do?

- Targets the deep core stabilising muscles, improving balance and co-ordination
- Improves muscle tone, strength and joint mobility
- Improves posture, alignment and overall body awareness
- Corrects muscle imbalances and encourages pain-free movement

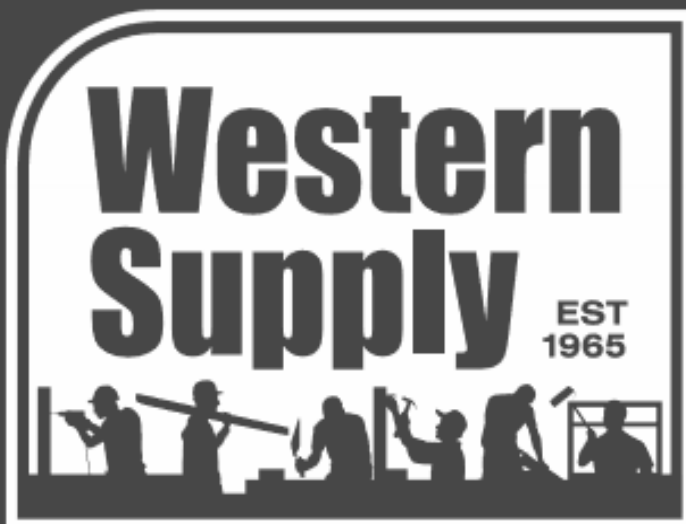
How do the classes work?

- Classes are limited to a maximum of 12 people. Small classes mean you receive good personal attention and ensure you are performing the exercises safely, and correctly.
- Classes are progressive and operate on a school term basis
- All equipment required is provided.



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Cynthia Cooks

Cake baking this month for a change. Try this delicious tea cake, or bara brith if you are Welsh. The preparation takes minutes, and it is so simple to make you could let the children loose on it - under supervision of course.

Ingredients

- 350g of dried mixed fruit. I tend to avoid the bags of ready-mixed fruit with those very hard pieces of dried peel, but other than that any mix will do.
- 225g soft brown sugar
- 250ml (about a mugful) of hot black tea, the stronger the better.
- 280g self-raising flour
- 1tsp mixed spice
- 1 large egg, beaten

Put the fruit, sugar and tea into a large bowl, stir well, cover with a clean tea towel and leave to stand at room temperature overnight.

The next day pre-heat the oven to 150°C, gas 2. Grease a 1lb/500g loaf tin and line with baking paper.

Stir the flour, beaten egg and spice into the fruit mixture until well combined. Pour the mix into the tin, smooth & level with the back of a spoon and bake for around 1½ hours until risen and a skewer pushed into the middle comes out clean. If the top starts to look like it is scorching just cover with a piece of foil for the last 20 minutes or so

Leave to cool a little in the tin, and then turn out on a wire rack to cool completely.

Serve in thickly-buttered slices, with a big mug of tea - what else?

Cynthia's tip: as well as the usual sultanas, currants & raisins why not add some chopped ready to eat dried apricots and dates to the mix. As long as the total weight is roughly 350g, any mix of fruit makes a delicious loaf.



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ST JAMES THE GREAT CHURCH AT ST KEW

The Annual Parochial Church Meeting will be held in the Parish Hall at 7.30pm on Monday 27th April 2020.

All parishioners are welcomed to attend.

Revised dates for Beachcare at Polzeath 2020

Wednesday 15th April
Friday 22nd May
Saturday 27th June
Wednesday 22nd July
Friday 21st August
Saturday 19th September, 3.30pm, **Mega Clean.**
Meet at the Marine Centre Polzeath.
Wednesday 21st October
Friday 20th November
Saturday 19th December

Apart from the 2 Mega beach cleans please meet at Polzeath beach car park at 9.30am.



The Food Bank would like to let everyone know that the Nearly New Sale on the 28th March has now been cancelled.

Events outside our Parish

Other places to visit:

Bodmin Folk Club, every Friday, 8pm, The Old Library, Lower Bore Street - all welcome.

Wadebridge Folk Club, (second Thursday every month), Churchill Bars, Molesworth Street. (Tel: Mike Walford 01637 880604)

Tintagel Old Post Office (National Trust) has various events on during the month.

YHA, Treyarnon Bay, hosts live music events on most Fridays and Saturdays.

Bodmin and Wenford Railway have a number of themed events through the holiday period.

Check out Cornish Riviera box office for various productions around the County.

Eden Project

Old Town Hall, Bodmin, has various theatre & music events on.

More information about these events can be found on the following websites:

Edenproject.com *endelienta.org.uk*
pencarrow.co.uk *bodminrailway.co.uk*
facebook.com/YHATreyarnon/
Intobodmin.co.uk *Cornwall365.com*

Please let us know about any events you are aware of outside our area that our readers might be interested in.

Events outside our Parish

-9th May Carnglaze Caverns concerts
-19th May Events at Bodmin Keep
- 3rd Jan 2021 Masters of the Deep, National Maritime Museum

There are many Easter holiday activities that are on, but in this uncertain time with events being cancelled I think for the time being you are best to look online or phone venues to find out if the activities are still taking place.

Events at St Endellion April 2020:

Sadly all St. Endellion events have been cancelled.

Did You Know?

Walkers offers a simple and free crisp packet recycling scheme, **which accepts all brands.** Our local public recycling point is:

Wadebridge Community Fire Station.

Please leave outside but please don't block the entrance.

See www.terracycle.com for full details.

From NHS website

As at 10/3/20, but advice may have changed by the time you read this, please go to the website for up to date information.

What is the best way to slow the spread of coronavirus?

Do:

- wash your hands with soap and water often – do this for at least 20 seconds.
- always wash your hands when you get home or into work.
- use hand sanitiser gel if soap and water are not available.
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- put used tissues in the bin straight away and wash your hands afterwards.
- avoid close contact with people who are unwell.

Don't:

- do not touch your eyes, nose or mouth if your hands are not clean.



ST KEW HIGHWAY METHODIST CHURCH

Services held in the Community Hall at 9.30am.

Preachers for April

Not available as we went to print, but services are unlikely to take place.

Catholic Church Services

Wadebridge

St Michael's Church
Trevanson Street
01208 72833

Tintagel

St Paul The Apostle
Bossiney Road
01840 770633

For service times please see their websites:

stmarysbodmin.org.uk

stpaultintagel.btck.co.uk

Wadebridge Christian Centre

Molesworth Street, Wadebridge. Tel 01208 813110,
wadebridgechristiancentre.org

We are a lively, active, family church where everyone is welcome. We have a crèche and Sunday school, and all our children's workers are DBS checked.

Reflections

Forget snowdrops – for me, the first sign of spring has always been the first glimpse of blossom on the plum tree in my parents' garden. It starts with a coy blush before rippling out into clouds of flamboyant pink blossom, garishly declaring that Spring has Sprung. It took its sweet time this year though, perhaps intimidated by the random spurts of hail and persistent deluge. This winter has felt hard: miserable and damp and now, for many of us, marked by the dogged tread of coronavirus.

Easter celebrations will be unexpectedly quiet this year. Family reunions and get togethers are harder. It seems strange to be celebrating a season which is all about new life in a time when our country is reeling from sickness. But Easter, like spring, is not just about new life. It is also about the struggle which precedes it. Every plant begins its life in dark, damp soil. The blaze of autumn gives way to the thin tremor of winter; petals fall, leaves shiver off branches, and down in the cold, damp earth, seeds lie dormant. Similarly, at Easter, we remember Jesus' darkest moments: betrayed by his friends, aban-

St James the Great Church at St Kew



Regretfully all services have been suspended until further notice.

The Church will remain open for private prayer, and the North Cornwall Cluster of Churches are establishing on-line resources for spiritual guidance. Please see their announcement a few pages back.

done by his followers, tortured and killed by his enemies. He too lay underground.

But that is not the end of the story. Darkness gives way to dawn. Winter gives way to spring. And seeds – small, helpless, buried seeds – break through the earth to burst into radiant new life.

This season has seen unexpected struggles. But know that darkness never has the last word. Jesus died so that he could turn death inside out, tear open the walls of the grave and let the blazing sunlight in. When Jesus rose from the dead, he made a way for all of us to follow. He has promised us not just life, but life in abundance: rich, joyful, irrepressible life. Life that bursts out into blossom, undefeated by winter. You may be feeling, like that plum tree, battered and beaten by unexpected storms. But take heart: Easter is coming.

Rev Rose Jones

How our Foodbank helps our community



Ruby is pictured here with Jacqui White and Helen Watson from the Foodbank.

Last month we had the pleasure of meeting 10 year old Ruby who is a pupil at St Mabyn School. After hearing a talk about our Foodbank at her school by our Project Manager Jacqui, Ruby decided to spend her pocket money on items for our Foodbank and donated at our collection point in Asda, Bodmin. Thank you so much Ruby, your donation will make a huge difference. Jacqui recently visited London to talk about the work we do at the Foodbank. The event was hosted by the Cornwall Community Foundation and includes members who have an affinity with Cornwall and donate to a fund which supports communities within the county. We have been fortunate to benefit from their funding and it has enabled us to extend the valuable service we provide to help people in crisis.

Tonne of Tins

We are so grateful to Pirate FM who launched their Tonne of Tins campaign in March. Every donation we receive makes a big difference to someone who is struggling through a crisis.

We currently have plenty of soup, beans and spaghetti but we are currently in need of tinned potatoes, tinned meat/fish, rice, toiletries and household items (without bleach).

****SAVE THE DATE****



If you're already thinking of warmer weather and a weekend away this Summer, we have the perfect holiday destination! We will be holding our Fun Camping Weekend at Mother Ivey's Bay Holiday Park from the **12th-14th June 2020**. More details to follow

Wadebridge Foodbank, Unit 2 Trevanson Street, Wadebridge PL27 7AR Tel. 01208 815374 Registered Charity No. 1166301 Email: contact@wadebridgefoodbank.org Website: www.wadebridgefoodbank.org

Mobile Post Office

The mobile Post Office local calling points each week are as follows:

Monday

St Kew Highway 13.30-15.00
(Community Hall)

Thursday

St Kew Highway 14.00-15.00
(Community Hall)

St Kew Historical Society

All talks and meetings are held at St Kew Parish Hall on the second Thursday of each month, from 7.30pm.

Please come along to our next meeting.

Please check our Facebook page for further details:

www.facebook.com/StKewHistoricalSociety

John Raybould - Secretary.

Events Diary April

- 1st Bell ringing practice, 7.30 - 9.00pm.
2nd Chair Aerobics, Community Hall, 2.00pm.
8th WI, Community Hall, 7.00pm.
Bell ringing practice, 7.30 - 9.00pm.
9th Chair Aerobics, Community Hall, 2.00pm.
History Society, Parish Hall, 7.30pm
15th Bell ringing practice, 7.30 - 9.00pm.
17th Souper Lunch, Community Hall, 12.30pm.
22nd Bell ringing practice, 7.30 - 9.00pm.
23rd Chair Aerobics, Community Hall, 2.00pm.
29th Bell ringing practice, 7.30 - 9.00pm.
30th Chair Aerobics, Community Hall, 2.00pm.

Please be aware some or all of these activities are likely to be cancelled. Please check with the organisers.

News from St Kew Parish Hall

Thanks to everyone who attended our quiz and made it a real success.

Our next fund raiser is the spring fair and coffee morning which will take place on Saturday 9th May at 10.30 am in the Parish Hall. The plant stall is always worth a look.

Kathy

To book the hall, please contact Lianne Sproull on 01208 841808.

The Regal in Wadebridge

Tel: 01208 812791

www.wtwcinemas.co.uk



The Regal Cinema is closed for the time being.

Recycling

Recycling takes place on a variety of days in the same week within the parish.

Recycling collections are in the weeks beginning 6th and 20th April.

Please see Cornwall Council's website for full details.

ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

Registered Charity No 294140

| | | | |
|--------------|--|---------------------------|--------------|
| Sun | Methodist Church Service | Marion Dingle | 01208 841388 |
| Mon | Yoga 10.00-11.30 am | Bonnie Suchodolski | 07540838267 |
| | Pilates 2.30-5.15 pm | Martin Brooks | 07812 959879 |
| Tue | Pilates 1.15-2.30pm | Martin Brooks | 07812 959879 |
| Wed | 1 st , 3 rd & 5 th in a month | West Country Embroiderers | |
| | 10am-3.00 pm | Pat Scarborough | 01841 521323 |
| | 2 nd in month St Kew WI 7.00 pm | Alison | 01208 841469 |
| Thurs | Chair Aerobics 2pm | Pat | 01208 841260 |

**IMPORTANT : BEFORE ARRANGING YOUR EVENT AT THE HALL
CHECK AVAILABILITY AND BOOK WITH SHIRLEY ROWE 01208 841257**

Don't leave behind a tangled mess



Many people are reluctant to make wills. It is a common mistake to think your nearest and dearest will "get it all." We are here to help, talk to Sproull.

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Disputes | Family | Property | Wills

Parish Council News

Chairman: Cllr A Godden

Clerk: Mrs Stephanie Tiplady

The Barn, Kitts Hill, Chapel Amble

07789 953677. stkewparish@gmail.com



The Parish Council meets in the Parish Hall, St Kew Churchtown at 7.00pm on the second Tuesday of each month. Members of the public are welcome to attend and address the meeting on any subject of concern.

St Kew Parish Council Meeting

Present Chairman: A Godden, Councillors: J Rowe, T Mott, P Bishop, A McMahon, A Prophet, Cornwall Councillors Stephen Knightly & Robin Moorcroft, and 4 members of the public.

Parish Council: Trees and Hedges

As part of a nationwide campaign, Cornwall is aiming to plant a million trees, of which 55,000 are already in the ground. Your Parish Council is asking residents where possible as householders or land-owners to play our part by planting trees and restoring hedges. Whether it is in your garden, on land you own, or in public spaces, we invite you to tell us your ideas, offer your support and join a communal effort for the good of all residents, including our birds, bees, fauna and flora.

We all see the brown rivers of good soil washing out of fields in a winter of deluges, turning to sludge, reducing verges to muddy slicks and half submerging lanes and roads. More trees capture more carbon, bind slopes and banks, soak up water sixty times more effectively than a grass field and in the right places reduce the run-off onto highways. I am sure you can tell us several places where a row of willows and hazels would do the job and disguise lines of posts and wire.

There is also a no-cost way of increasing our trees with no effort at all, except the will and good sense of landholders. Anyone travelling through the parish will see hedges containing mature oaks, hazels, willows, elders and blackthorn. A hedge trimmed on the roadside and the field side left uncut. That is a hedge rich in wildflowers, insects, pollinators, epiphytes, birds of prey, teeming with life. Cattle, sheep and horses instinctively graze the hedge for medicines, nutrition and variety. The landowner keeps yew, knotweed and ragwort under control and there is summer shade and winter refuges.

Yet, we lose rich diversity and break food chains when a flailed and topped hedge marks a field boundary and the silence tells its tale: barely a thrush, a vole, a mouse to take up family life. Yet I have counted thirty species on a pollarded willow in a messy hedge.

Please let us know your thoughts. If you are able to plant a few trees or many, or will manage hedges more sympathetically, St Kew will benefit for the future of all our residents and you will have the huge pleasure of seeing a well-managed landscape and a

lovelier garden or public space. There is help with all this from us, from Cornwall Council, from bodies such as English Nature. We may look forward to new habitats and the return of old favourites to our parish. I'm happy to come and see then let the Parish Council know what you are thinking.

Adrian McMahon

Be proud in your Parish!

Your Parish Council have been successful in securing funding to help keep the parish clear of litter and to also to enhance the local area for the residents and visitors to enjoy.

We have recently purchased some litter picking kits which are available for groups or individuals who would like to carry out litter picking when they are walking around the parish. This can be a great way to meet new people in your local area and make lasting friendships. The equipment is available via a booking system and if you are interested in doing your bit, please contact Stephanie Tiplady.

We also have funding for some wild flower planting, which will also help us to improve the environment and our carbon footprint. We have already had a few ideas but are keen to hear from you to let us know of any areas in the parish that could do with a bit of a 'spruce up' or some added colour in the way of some wild flowers or something similar?

We are also looking for any keen volunteers to help with planting, painting, or any other skills you may wish to offer. The areas we can focus on are community areas, verges, etc as long as they are not privately owned.

Any help however large or small would be great – this is a brilliant opportunity for all of us to get involved and help make our parish something that we can all be proud of!

Please contact Stephanie Tiplady via email: stkewparish@gmail.com if you have any ideas, suggestions or if you want to be part of this exciting project.

Now is your chance to make a difference for generations to enjoy!

RG

Planning matters will be included next month.



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
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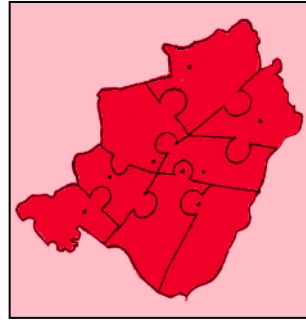
We'd love to help you plan your next holiday in Provence !

Contact Tim for the further details

See lots more photos and video on
provence.emotional-escapes.com

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Pieces of Eight



May 2020, Issue 259

News, views and issues from: Chapel Amble, Pendoggett, St Kew, St Kew Highway, Trelill, Tregellist, Trequite, Trewethern

Email: stkewmag@gmail.com



'Loveliest of trees, the cherry now'

Loveliest of trees, the cherry now
Is hung with bloom along the bough,
And stands about the woodland ride
Wearing white for Eastertide.

Now, of my threescore years and ten,
Twenty will not come again,
And take from seventy springs a score,
It only leaves me fifty more.

And since to look at things in bloom
Fifty springs are little room,
About the woodland I will go
To see the cherry hung with snow.

A.E Housman

(from 'A Shropshire Lad')

Photograph kindly sent in by David Balmford.

Your free guide to news and events within and around St Kew Parish

PRE ORDERS IN BY 6PM PLEASE**YOU WILL BE GIVEN A TIME SLOT TO PICK YOUR ORDER UP SO NO CONTACT WITH CUSTOMERS****PAY ON LINE VIA BACS OR CONTACTLESS PAYMENT AT THE FRONT DOOR NO STAFF CONTACT****Sharing Box****Seafood**

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Small Dishes**Panko King Prawns** and sweet chilli sauce £5**Baked Camembert** over sweet chilli jam with dipping breads £7**Fried calamari** with lemon mayo and lemon £5**Patatas Bravas** crispy potatoes with our mojo sauce £5**Mini cod and prawn filo tart** £6**Chips** £4**Meat / Poultry****Chicken Fillet Skewers** in our lemon peri peri sauce

With chips served and a salad £12

Beef Lasagne

chips £12

Burger Red Lion

a double 4oz burger, cheese, onion jam, garlic mayo and leaves in a brioche bun with a side of chips £10

Chicken Burger

southern fried chicken fillet, lettuce, cheese, bbq sauce and mayo in a brioche bun served with chips £10

Chicken Katsu Curry

crumbed chicken fillet topped with our katsu satay curry sauce and a side of rice £12

Beef Madras Curry

served with white rice £12

Chicken Tikka Curry

served with white rice £12

Fish**Lemon Sole Fillets in a Crispy Batter**

with chips, peas and tartare sauce £12

Scampi

with chips, tartare sauce and peas £10

Thai Green Prawn Curry

with white rice £16

Veggie / Vegan**Thai Red Vegetable Curry**

with white rice £10

Gnocchi in a Blue Cheese and Cream Sauce

with mopping-up breads £8

Dessert**Lemon posset chocolate tart with clotted cream** £5**Bread and Butter pudding and clotted cream** £5**Chocolate Fondant with clotted cream** £5**Sticky Toffee pudding toffee sauce and clotted cream** £5

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STAY AT HOME, CURL UP AND READ A BOOK!



Why not read a book about life-changing travel to take you out of yourself in these stay-at-home days? **At the Edge of the Orchard by Tracy Chevalier** shows us the hardships and joys, the grit and determination of Pioneer life in the Wild West. We think we have it tough.....

The House on the Strand by Daphne du Maurier is set not a million miles from us here in Cornwall but involves travel of a very different kind! For those who can't quite find the time(!) to read, both these books are available to listen to on the Audible App. What a nice way to while away an hour or ten!!

Happy reading!

Philippa



The beauty of a spring hedgerow

EDITORIAL

This has been a Spring the like of which none of us have known. A new word comes to the fore: *Lock-down* - to be enforced to stay at home for weeks on end which sounds for many like a prison sentence - shops and schools closed and businesses shutting down around us with local exercise permitted once a day.

Only essential travel is currently allowed for food, medical supplies, or to go to essential work - though for some this has apparently included travel to their second home, only for many to be turned back by Devon & Cornwall Police!

It is a crisis which has brought out both the best and, sadly, sometimes the worst.

For example, it is heartening to join in the 'Clap for Carers' each Thursday night at 8pm.

The Irish poet, Patrick Cavanagh, brought up in Inniskeen, County Monaghan and who focused his work upon his local area, stated: *'all great civilisations are based on the parish'*, and that *'the capacity of the local, or parochial, is to reveal the universal'*.

So it is that we see acts of great kindness and generosity currently being performed on our own doorstep. It is also humbling to see how many locals have been prepared to literally 'go the extra mile', to bring in essential supplies for those in need, the vulnerable and elderly of the parish; sometimes just a contact, such as phoning to check all is OK.

With the situation set to continue for the foreseeable future, such acts of kindness, and regular points of contact can literally be a lifeline.

Further on in the magazine is a list of some names and contact numbers of those prepared to reach out and help, along with some local suppliers of fresh produce who can deliver.

Stay safe, stay well.

David

Please note that the magazine will still be produced while we are in lockdown but will be electronic only. You can either read the magazine at

www.stkewparish.org.uk/Po8.html

or, if you'd like your own copy please email us at stkewmag@gmail.com and we will email you a copy in PDF format.



**and all Key Workers.
Thank you**

Contacting the Editorial Team

The Editorial Team are:

Philippa Harkness - Children's page & History
Steve Liddiard - Advertising Manager & Treasurer
David Penhale - Events & Poet in Residence
Nicky Pickard - Main editor who puts the magazine together, assisted by husband Mike.

We can be contacted by email at stkewmag@gmail.com. Please use this address for **ALL** correspondence, the in-box is checked regularly. Alternatively you can phone Nicky's mobile - **07813 603776**. Leave a message if you can't get through and she will phone you back. Advertisers should contact Steve, our Advertising Manager via this email address, putting 'Advertisement' in the subject line. Steve can provide information on advertising costs, space availability, formats, etc.

PoE is usually printed for us by Parish Magazine Printing, Northmoor, Whitstone, Holsworthy, Devon, EX22 6TD.
www.communitymagazineprinting.co.uk,
01288 341617

Copy date for the June issue is:

Friday 15th May

We will aim to get the next edition of the magazine on-line before the beginning of June. **Please could all contributors send us copy or advertisements as soon as possible, and before the copy deadline.** If your article or advert is going to be late it would be very helpful if you could let us know in advance.

Note to Readers

When responding to an advertisement, **please** mention that you saw it in Pieces of Eight. This shows our advertisers that the magazine is **the** place to reach local customers.

The magazine does not accept any responsibility for any issues arising from advertisements.

Views expressed in this publication are those of its contributors and do not necessarily reflect those of the Publishers (the management committee) who reserve the right to refuse or alter any material supplied.

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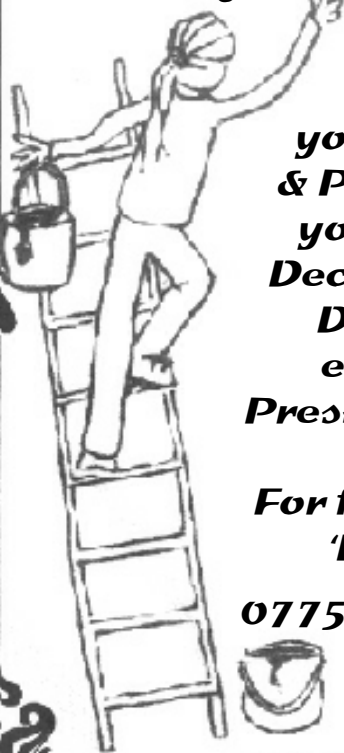
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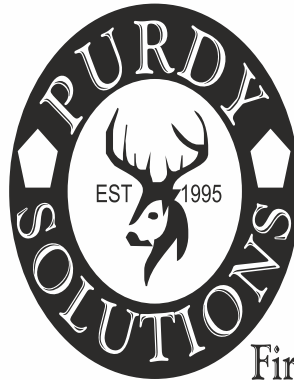


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St. Kew Community Gardens Association

The View from the Allotments and at last I have something positive to write about!

The day that our national "lockdown" was announced, we wondered for a while what might happen to the allotments. Would they become deserted, with tumbleweed blowing across the site? Would various rogue plants bloom on the manure heap and rubbish tip? Would the whole site return quickly to its origins as a farmer's field?

And we weren't sure what to do with the brassicas we had planted in pots in the greenhouse weeks ago and never had the chance to plant out, due to the constant rain and wind of the Winter months. We both woke up at 5 a.m. on the Tuesday, trying to formulate a plan and decided that we would get up straight away, take the car round the corner to the lotty and load the boot with the brassica plants and with various items of gardening equipment and bring it all back to the garden at the back of the house. We had some constructive idea of carving a small veg. patch out of the back lawn, which would at least give us something to do and also provide our staple greens and leeks later on. By 6 a.m. we had brought everything home and shut up the shed and greenhouse, as we thought, for the duration. So we had a cup of tea and got on with the day, as good Brits do!

That afternoon, though, I decided to ask Uncle Google whether we could actually work on the patch during lockdown. And behold, I found that the government had decreed that working on a lotty was EXERCISE! So our early-morning excursion had been unnecessary. And of course for days afterwards, I was realising that this spade or that fork was in the wrong place.

Anyway, since then, we have been doing our hour on the patch and the first thing to do was to trim, so that we could at least see where everything was, under the winter grass and weeds. Then we started to rotavate one patch at a time and the plot is starting to look a bit tidier and healthier. We have planted some 75 each of red onions and white onions, have planted out the cavolo nero and purple sprouting which had been waiting in the greenhouse and have put 60 broad beans in individual pots. We have also potted on the sweetcorn we love so much and that will go out before the end of April into another prepared patch. And our courgettes are shortly to go into another patch. Leeks are coming on well on the window-ledge here at home but need to be a little stronger before we put them out. I've also cleared the strawberry patch and the remaining raspberries and watered everything copiously. Thank goodness for our three water tanks on the site – after months of incessant rain, the sun has made it difficult to keep the planting damp!

And of course, an awful lot of what we have done is thanks to this wonderful sunny weather. One bit of me is grateful for the weather and very grateful indeed for a garden and allotment to work in, while feeling desperately sorry for those confined to a flat in true isolation. Let's hope that by the time I write the next article, we shall be able to get out more, greet our friends and neighbours (from a safe distance, of course!) and gradually get back to some sort of normality.

Judith Mott,

judithmott@btinternet.com
Tel.: 01208 841312

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Polzeath *Beachcare* Report

March 2020

Under Keep Britain Tidy's *Beachcare* Programme, publicly launched on this beach in March 2010 we have celebrated well over 100 continuous monthly litter clearances from Polzeath Beach and its surrounding area. The programme is funded and supported across Devon & Cornwall by South West Water and Sharp's Brewery and has resulted in many beach cleans completed in the South West, removing hundreds of tonnes of beach litter - the vast majority being made of plastic.

Our group here in Polzeath will (purely on an individual basis) continue to beach litter pick this year whilst we have the coronavirus restrictions. We will celebrate 10 years of litter picking, that milestone occurring in the next couple of months, later in the year when group activities will resume and after the pandemic has quietened down.

We strongly encourage the younger generation to be focused on the dangers of human littering and especially plastic pollution everywhere in the environment. We fully supported 2 local youths who chose to do litter picks as part of their Duke of Edinburgh Award projects. As last year, we welcomed local schools and interested parties to the beach.

The many and varied *Beachcare* volunteers, some travelling from well outside the immediate area and including regular seasonal visitors, are proud of their efforts made to help keep these local beaches and off-beach areas clear of litter, mostly sea-borne and plastic.

The Council's contractor, Biffa, are regularly in attendance at our beachcleans and, during the Summer months when they are in attendance each day, many black sacks are collected by them each week as well. This past year we have collected some 75 large black sacks on the monthly Events and as reported in, by members.

Many thanks indeed to all who take part, generally pick up litter, Sharp's Brewery, SW Water and Keep Britain Tidy for the funding the Group, together with our close friends Polzeath Marine Conservation Group.

We have entered the full sweep of our activities into the Council-submitted Blue Flag application and hope we can recover this coveted award this Summer.

If anyone is reading this and who collect litter off the beach do please email me below with number of

bags collected as it is important to record the massive totality of marine/beach litter. We issue a monthly information report with pictures and welcome anyone like-minded to join in or sign up to receive relevant information and news.

Interested? Contact Nick Pickles

nickdpickles@gmail.com





FARMER JULES

Top of the list for essential supplies surely has to be food, with the retail giants chasing their tails to keep up with panic buying; which has driven many in rural communities to buying more locally. Cross fingers it'll become more of a habit - shoppers remembering their independent butchers, greengrocers and farm shops when we get into better times. They're a trusted source of British produce, and provide a local service (as well as providing invaluable local employment).

If demand for British produce was high enough, agriculture would step up to the plate and the UK could easily become self-sufficient in food - it's dependent on our shopping habits: if we as individuals regularly buy items that are difficult to produce in our climate, supermarkets will import to supply whatever they can make a margin on. Buying seasonal produce (and maybe freezing some for another time) certainly makes the taste buds appreciate a varied diet. Us farmers have become quite skilled at lengthening our cropping seasons and improving storage techniques to ensure longer periods of supply (for example, potatoes are available all year round).

Following on from last month's article, here's some more agricultural myth-busters. *Source: NFU, based on 2017 figures.*

Myth 1 - British dairy, beef and sheep farming are the biggest source of greenhouse gas emissions...

Taking sequestration into account, cattle and sheep account for 3.7% of the UK's emissions. The national UK emissions figure stands at 460 mt (million tonnes) of CO₂e (carbon dioxide equivalent), with the whole of UK agriculture being accountable for just 10% of this. If all the world's 278 million dairy cows were farmed as efficiently as those in the UK dairy sector, we'd only need 76 million cows.

Myth 2 - British cows and sheep eat crops that humans could eat...

70% of the typical British cattle herd's diet is grass. 87% of UK beef is produced predominantly on forage-based diets. So British cattle are mainly grass fed, and grass is pretty unpalatable to humans. All of which means British cattle are not a driver of deforestation, here or abroad.

Myth 3 - Swapping meat and dairy products for alternative substitutes will substantially lower an individual's carbon footprint...

Farming systems vary greatly, particularly between different countries. According to the government's committee 2020 report on climate change, greenhouse gas emissions from UK beef are about half the global average.

British grass reared livestock that graze ancient pastures are consuming minimal cereals, mostly 'green' water (rainfall on grass) - beef: 84.5% & lamb: 96.5% - and are crucial to enhancing wildlife habitats where managed grazing targets specific priorities. Livestock manure is a natural fertiliser and soil conditioner, reducing or eliminating the need for artificial fertilisers which would be needed to grow alternative crops. Mechanical operations for livestock enterprises are lower than that required for non-pasture crops, and 65% of UK farmland is best suited to growing grass. The majority of meat and dairy substitutes are derived from imported crops, that have both transportation air miles and provenance questions regarding monoculture and clearing 'virgin' ground for agriculture.

Myth 4 - Red meat and dairy products are full of antibiotics and hormones...

The UK is the 5th lowest user of farm antibiotics across 31 European countries, behind the Nordic countries of Norway, Iceland, Sweden & Finland (where the chilly climate is key in killing germs). UK farm antibiotic use was reduced by 53% between 2014 and 2018. Strict veterinary medicine withdrawal periods are adhered to, therefore ensuring produce only enters the food chain when safe for human consumption. The use of hormones for growth promotion in farm animals has been banned in the UK since before Farmer Jules can remember, although it is common in some other parts of the world.

Myth 5 - British livestock farmers don't care about their animals...

The Animal Protection Index, which ranks countries around the world for their commitments to improving animal welfare, identified the UK as one of only four countries to receive the highest grade.

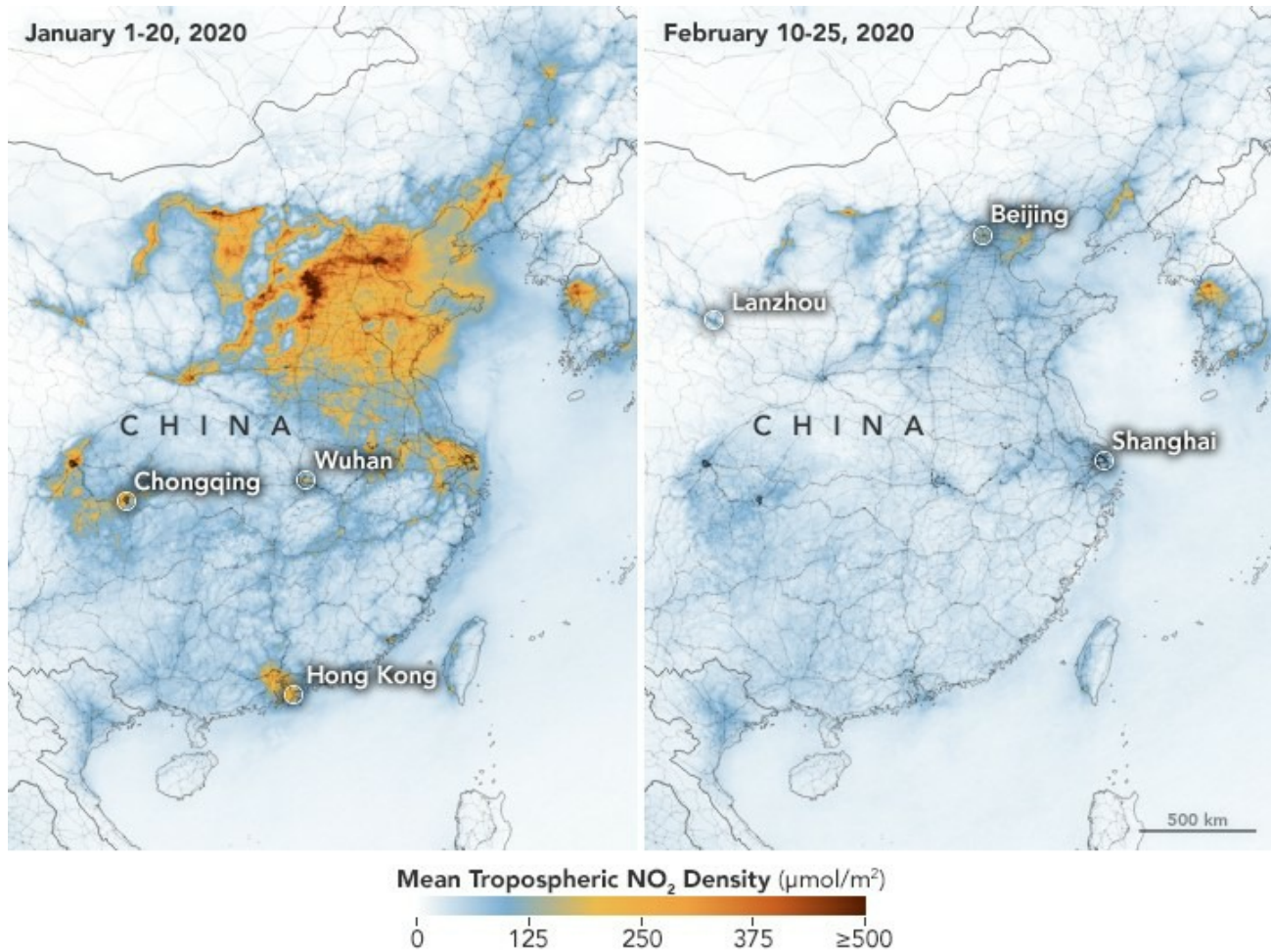
For example: Housing cattle in winter is carried out for the health and welfare of the animals. It ensures pastures are given a break in wet, cold conditions - ensuring soil structure is maintained; and provides cattle with clean, dry conditions and fresh fodder indoors. Legislated space per housed beast is catered for (at the very least), as is feeding space; sheds are maintained for quality ventilation

and natural daylight. Rubbing posts/brushes are often included, to encourage natural behavioural patterns, and cattle are grouped together in peer batches. Feed rations are worked out to ensure each class of livestock receive appetising and balanced nutrition.

Sheep are sheared in late spring or early summer, to ensure their comfort and welfare (as per government guidelines). It is pain-free, eliminates over-

heating of animals in summer, and prevents long fleeces becoming dirty which in turn would attract flies/flystrike and harbouring of infections.

With the great reduction in human movement due to coronavirus, there's been a happy knock-on effect to the earth's atmosphere. The satellite images below show the reduction in Nitrogen dioxide pollution (mainly from transport) in the first 2 months of the pandemic:



Cold Mountain Poems

(1)
 The path to Han-shan's place is laughable,
 A path, but no sign of cart or horse.
 Converging gorges – hard to trace their twists
 Jumbled cliffs – unbelievably rugged.
 A thousand grasses bend with dew,
 A hill of pines hums in the wind.
 And now I've lost the shortcut home,
 Body asking shadow, how do you keep up?

(23)
 My home was at Cold Mountain from the start,
 Rambling among the hills, far from trouble.

Gone, and a million things leave no trace

Loosed, and it flows through the galaxies
 A fountain of light, into the very mind –
 Not a thing, and yet it appears before me:
 Now I know the pearl of the Buddha-nature
 Know its use: a boundless perfect sphere.

(*Han-shan* – also known as 'Cold Mountain', he took his name from where he lived.

He is a ragged mountain hermit and when he talks of 'Cold Mountain' he is referring to himself, his home, his state of mind. He lived in the T'ang dynasty, traditionally 627-650 A.D., though Hu Shih dates him from 700-780.

Translated here by Gary Snyder



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COACH EXCURSIONS & TOURS

| | |
|-----------|--|
| 1st JULY | TREBAH GDNS & RIVER CRUISE |
| 10th JULY | HAMPTON CT & KEW GDNS (2 days 1 night) |
| 17th JULY | BROOMHILL GDNS & BARNSTAPLE MKT |
| 8th AUG | TAUNTON FLOWER SHOW |
| 9th AUG | GATCOMBE |
| 29th AUG | GREAT DORSET STEAM FAIR (2 days 1 night) |
| 4th SEP | BURGHLEY HORSE TRIALS (3 days 2 nights) |
| 8th SEP | WIDECOMBE COUNTRY FAIR |
| 18th SEP | BLenheim PALACE HORSE TRIALS |
| 19th SEP | PLYMOUTH MAYFLOWER MUSTER |
| 28th SEP | VISIT KENT (5 days & 4 nights) |
| 7th NOV | Bridgwater Guy Fawkes Carnival |
| 20th NOV | TURKEY & TINSEL (4 days & 3 nights) |

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Mr. Supero's Punch & Judy at St. James Fete

When Marcy and I discovered the wonderful, traditional St. James Fete at St. Kew Churchtown in 1992, we thought at once that it had absolutely everything that a fete should have, except for a Punch & Judy show. So I volunteered my services for the following year. The PCC discussed whether a Punch & Judy show was a suitable entertainment for a Church fete, and fortunately decided to accept it, possibly influenced by the fact that Punch & Judy have had a place at the heart of traditional English entertainment for centuries - the first record of a Punch & Judy show appears in Samuel Pepys's diary for the 9th of May 1662.

And so, in the summer of 1993, I performed my first show at St. Kew, and I have done it almost every year since then, missing only one or two years owing to wet weather (although sometimes on rainy days the show took place in the Trescobel dining room), and one when I had unfortunately put my back out.

The St Kew audiences have always been lovely, with both children and grown-ups joining in with the "Oh, yes you did!"s and "He's behind you!"s which are the life blood of any Punch & Judy show. I am always impressed by how children of today, with all their sophisticated screen-based entertainments, still respond so enthusiastically to something as simple as a puppet show. My show has also been a regular feature for many years down on the beach at Port Isaac for the Lifeboats Fun Day.

How did Punch & Judy become one of my hobbies? My father, a GP, was part of a group of first-class amateur puppeteers which presented puppet shows of all kinds to local schools and events: string puppets, shadow puppets, an underwater ballet of brightly coloured sea creatures lit by ultra-violet light, a jazz band, and more. I was intrigued, and with my father's help and encouragement - he made my first puppets for me, and built a traditional Punch & Judy booth - I began to perform Punch & Judy, and in my teens, during the 1960s, I earned pocket money at birthday parties. In the mid-1970s, we made a complete new set of puppets (I made and painted the heads, Marcy sewed the bodies and hands), and the show had a new lease of life at neighbourhood parties and local parks.

In 2010, **The Apple Dumpling**, based on a traditional folk tale, was created, to provide a show that was fun, but without the issues of political incorrectness that surround Punch & Judy, and we have performed that at the St Kew Fete and at local

primary schools, such as at St Kew, St Minver, St Mabyn and Wadebridge.

The new show!

Two years ago, we decided to develop another new show, and **Kasperli and the Wizard** was born and had its debut last year. Kasperli is a very popular puppet character from Europe. In this story the Wicked Wizard, Mizeriswiz - who can appear and disappear in a puff of smoke - is putting bad spells on the animals in the Enchanted Forest, and only our fearless heroes, Kasperli and his cousin Daisy, can stop him. Kasperli is fun to perform, and proved very popular when performed first at the St Endelion Fete, and then to 200 pupils at Wadebridge School.

The puppets are all confined to barracks at the moment, but will be rehearsing regularly and looking forward to appearing again in public as soon as they are allowed out. We really enjoy making this contribution to the community.



Punch and Judy at St James Fete



The Apple Dumpling



*Kasperli and
Teddy*



.....The Wicked Wizard



Photo kindly sent in by Barrie Sibley. A few pages further on we'll reveal where it was taken from

75th ANNIVERSARY OF VICTORY IN EUROPE (VE)

Throughout the world there were to be many events organised over the period 8th -10th May paying tribute to those people from all walks of life who saw us through the six years of war throughout the Second World War.

It is obvious that because of the current situation with the Covid-19 virus these events will not take place as originally planned. The original schedule is reproduced here so that readers can say the right words at the right time wherever they are.

Friday 8th May at 3.00pm

Pipers were to play 'Battles O'er' and the specially written 'VE Day 75' at the highest points of the country, and at the most widespread locations in the UK. Originally Marcus Jones was to play these tunes at St Minver.

Also at this time pubs throughout the UK were encouraged to raise a glass to the Heroes of Second World War. The words of the toast are:

"To those who gave so much. We thank you."

Friday 8th May at 6.55pm

Town Criers were to give 'The Cry for Peace Around the World'. The words are as follows:

Cry for Peace

Citizens, one and all,

*Please join this cry for peace, that you now hear
from me.*

*Remember men & women, old and young, who
died to make us free.*

*The women left at home did not just sit and wait.
They toiled in harsh conditions before the dawn to
very late.*

*Factories, farms, other essential jobs, the women
were quick at learning*

*They worked, some died, to keep the home fires
burning.*

*As we remember this special day, do not forget
that*

Every day someone needs your aid,

*Do not put away your poppies, letting their memo-
ries fade.*

*Celebrate with the knowledge that VE Day is also a
time to remember,*

Beyond the solemn wreaths of the 11th November.

*Let's thank all those who have gone before,
with their colours proudly unfurled.*

*Join us as united we say, "Peace to the world".
God Save the Queen.*

Saturday 9th May

There was supposed to be parties and celebrations which now won't happen.

Sunday 10th May

There was supposed to be a 10.00am church service of Celebration and Commemoration, which would include the 'Tribute to the Millions' and the Last Post and Reveille. The words of the Tribute are as follows:

1. *Let us remember those who so selflessly gave their lives at home and abroad whose sacrifice enables us to enjoy the peace and freedom we have today. Let us remember those who come home wounded, physically and mentally, and the friends and family who cared for them*

2. *Let us remember those who returned to restore their relationship and rebuild their working lives after years of dreadful conflict and turmoil. Let us remember the families that lost husbands, sons and sweethearts.*

3. *Let us remember the servicemen, merchant seamen, miners, brave civilians and others from Commonwealth and Allied countries who fought, suffered and died during four years of war.*

4. *Finally, let us remember those in reserved occupations and the brave people who kept us safe on the home front – the doctors and nurses who cared for the wounded, the women and men who toiled in the fields, those who worked in the factories, who all played such a vital role in the war effort at home.*

We join the rest of the world to celebrate the peace that occurred at the cessation of World War 2 in Europe. We remember, reflect and pay tribute to the millions who played such a vital part in achieving this peace.

William Garland

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Cynthia Cooks

Every newspaper, magazine and website in the country seems to have lock-down, store cupboard and 'no waste' recipes at the moment. Not to be outdone, here's mine. I hasten to add that this is a 'waste not, want not' one I use all through the year whenever we're down to the last few vegetables in the bottom of the fridge before the next shop. As you'll see it's more of a guideline than a recipe. I call it veg stew but you can call it Tuscan Bean Soup if you want to be fancy.

There should be more than enough for 4 as a supper.

Ingredients

- 700-800g of vegetables. Literally anything that needs using up: past-it mushrooms, a floppy carrot, the last parsnip & stick of celery, the remains of last week's cauliflower (stalks, leaves and all), the tail-end of a cabbage, that half a red pepper you were saving for a salad and forgot about.... You get the idea. Anything goes but it does work best with a mix of onion/leek, roots, and cabbage/broccoli & other veg. cut up to an even size.
- 3 fat cloves of garlic, chopped.
- 400g tin of beans (any kind, even baked beans - sauce and all) or chickpeas.
- 1 litre of stock - any flavour.
- A tin of chopped tomatoes.
- A good handful of roughly chopped herbs, stalks and all - whatever you have left in the fridge or growing in the garden. Punchy herbs like rosemary, sage & thyme are especially good.
- A handful of any pasta that's lying around in the cupboard, even a couple of sheets of lasagne. Just break it up a bit.
- A couple of slices of stale bread or crusts, roughly torn up.

- 100g or so of any hard cheese - cheddar, yarg, parmesan, etc.

Method

It couldn't be simpler:

- Put everything except the herbs, cabbage (if using) and bread in a large saucepan, bring to the boil, give it a good stir and simmer gently with the lid on for 30 minutes or so, stirring occasionally. Add a splash of water if it looks a bit dry, or take the lid off & turn up the heat for a bit if it looks too watery.
- Stir in the herbs, shredded cabbage, bits of bread and a good knob of butter or dash of olive oil, and simmer for a further 5 - 10 minutes. Taste and season with salt and black pepper.
- Ladle into large bowls, grate the cheese over the top and serve.

Cynthia's tips:

Got half a glass of wine left in last night's bottle? Tip it in.

Want to make it meaty? Just add a couple of sliced cooked sausages or bacon rashers (or both) towards the end of cooking.

Found a year old pot of home-made bolognese sauce for one in the freezer? Perfect! Defrost it and stir it in.

Like any stew, this is much tastier reheated the next day once all the flavours have got to know each other better. Takes it to another level as Jamie Oliver would say.....

Stay safe, shop locally, eat seasonally

Keep Our Countryside Tidy

Walkers, please help keep our countryside clear of litter, and dog walkers please clean up after your dogs and take it home with you.

On our exercise walks along the local lanes, although there is a lot less than there has been, we still see some litter that has probably been thrown from cars.

When you are out on your daily walk it is a perfect time to help clean up our beautiful hedgerows. Take

a small bag with you and if you see any litter please pick it up and take it home to dispose of.

One local farmer recently returned home to find dog mess on his private farm lane. His lane isn't for public use as there is a footpath to use.

As there's livestock in the fields please keep your dogs on leads when using footpaths across fields.

Thank you.

A concerned resident



This is where Barrie took the lovely view across the fields

LETTER TO THE EDITOR

I am contacting you for Marion Williams, Trequite, St Kew. She was sent this poem by Pauline and Stephen Burman who used to live at Brighter near St Kew Highway.

Marion thought she would like to share it with others.

Sandra Williams

IN THE TIME OF PANDEMIC

And the people stayed home.

And they read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.

And they listened more deeply. Some meditated, some prayed, some danced.

Some met their shadows. And the people began to think differently.

And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

Kitty O'Meara

*All the news and highlights from the top of the hill!
Don't forget, you can keep up with all the school
antics in our monthly newsletters, published on our
website: www.st-kew.cornwall.sch.uk*

St Kew Closes...

As we drew closer to the end of the 'short' Spring Term, we were hit by the news that the school was to close from Friday 20th March, in line with all schools in the country, to prevent the spread of the Coronavirus. We would like to reiterate our thoughts and hopes for the families of our pupils and send a huge thank you, to all, for the support and understanding shown to us during this challenging time.



... and looks forward to opening (as soon as possible) again!

On Thursday 16th April, we were delighted to receive the list of children who have been offered places to start their schooling in the Reception year at St Kew for September! We are looking forward to welcoming 11 children to St Kew and to ensuring that they transition smoothly from their Pre-Schooling experiences into our wonderful, small school.



Whilst our pupils are at home, there are lots of family activities that can be done to support learning, but we want our families to focus on health, Well-being and survival. With a range of suggested activities being included on our e-Learning platform, many of our children have continued to complete 'distance learning' activities. Take a look at what has been going on in and out of our children's homes in the last few weeks!



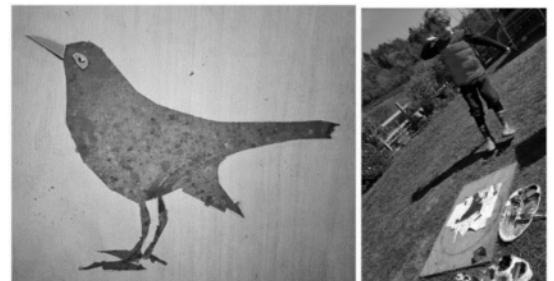
Freya's giraffe



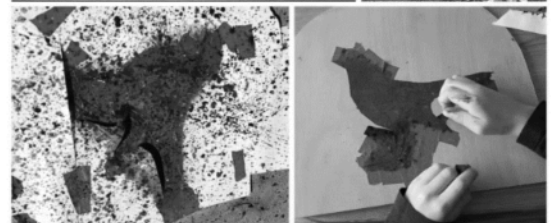
Bird watching!



Sentence Writing



Bird painting



We look forward to welcoming all pupils back to school as soon as it is safe to do so!



Our food bank could run out of stock before the coronavirus lockdown ends.....

Demand is soaring, but individual donations are falling. The co-founder of one food bank shares her diary of its journey during the Covid-19 crisis.

When my job running the media team for a music festival was put on hold two weeks ago, it meant I had time to help my mum, Jacqui, keep our local food bank open during the coronavirus outbreak.

Ten years ago, I helped set up Wadebridge food bank. It was only the second one in the county and many said it was not needed in our affluent area of north Cornwall, beloved of royalty and MPs. Yet it has fed 28,000 people since it opened and, last year, my mum received an MBE for her tireless commitment to serving those in need. But she is 68 and many of her volunteers are older. Even before the government-imposed lockdown, demand had skyrocketed and volunteers had stepped back. We've had to roll out new processes overnight to get supplies to the people who need it most. This is our journey.

Friday 20 March

Food bank is technically closed today, but it's my last child-free day before schools shut, so we're planning furiously. We've set up hand sanitisers and restricted access. Government and Trussell Trust guidelines are changing daily. People are stripping the supermarkets bare, but they're donating huge amounts of food – which is a relief, as we know we'll need it in the weeks to come.

Today's recommendation is a 72-hour quarantine for donated food, to minimise the chance of infection via a packet of pasta (if we ever see one of those again). Our premises are too small for our normal needs, let alone this. We've been raising funds for somewhere larger for a while, but we need more space today. Mum calls the estate agent. Later, we are loaned a shop for storage. It's astoundingly generous – and just in time. We get a call from the National Trust offering us boxes of Easter goodies and 600 chocolate eggs.

Monday 23 March

Schools have closed and our administrator has brought her children in with her. We're key workers, but plans are still being finalised for their tiny school of 51 children, so they're sharing her office chair while she perches on a stool and fields phone calls. Usually a referral agency – such as social services, a school or a doctor's surgery – issue a paper



Jacqui White with a representative of the National Trust which has donated Easter eggs.

voucher, which a client brings to a food bank and exchanges for food. This ensures that long-term support is offered as well as crisis help. Now that agencies are working remotely, issuing paper vouchers isn't possible. Should they email us? Can clients just come to pick up food? Our normal systems are no longer fit for purpose and we're not sure of the best way forward. Demand is surging and it's difficult to know whether this is the new normal or temporary panic.

Businesses across town are closing. Costa Coffee offers us leftover milk. Local bakeries donate bread. We plug in every freezer we have.

Tuesday 24 March

My husband calls a crisis meeting after Boris Johnson announces a lockdown. My parents' annexe is connected to our house. We agree to operate as one, seeing as we're working together, but we need a plan to protect us and ensure the food bank can still operate. We agree to close for the day. This is a critical incident, my husband says. Plan well and you'll get through it.

Our administrator spends the day on the telephone to the Trussell Trust, which we are part of, implementing an e-referral system to replace physical vouchers. Almost half of our 60 volunteers have resigned. They're heartbroken but can't continue. Their children insist they shield. Thankfully, we've had new offers of help: an influx of working-age people like me, whose day jobs are redundant, including a father and his 18-year-old son, now no longer sitting his A-levels.

We restructure and draw up new rotas. We have a small team of (mainly retired) volunteers at our central Wadebridge hub. It usually opens four mornings a week, with four people processing food and two in the office. It's cramped when everyone is

in, so to allow for social distancing we split into pairs and add an afternoon shift. Only one person in the office at a time. To build in resilience, everyone is allocated one shift a week, including Mum. The rest must be done from home. We slot new volunteers into the gaps, placing them alongside old hands to train them on the job in case people get sick or drop out.

Wednesday 25 March

We reopen, but as a different type of food bank. We are now delivery-only. As well as food collection points, we also ran drop-ins which provided a cup of tea, a friendly listening ear and signposting to other services. Closing them is a big loss. But limiting public contact is a necessary step. Our drivers will deliver boxes to each location twice weekly as usual, and from there new teams will oversee delivery within each town, calling ahead and leaving boxes on doorsteps.

Thursday 26 March

Some of our volunteers are struggling with their reduced shifts. Some have learning difficulties or mental health problems. For many, volunteering is a lifeline. They miss the camaraderie and structure that it gives them. Distancing ourselves – from each other and the people we serve – is tough for us all. We're a family, a unit, a vital part of our community. But health and safety come first.

Monday 10 March

Going into the second week of lockdown, standard food boxes remain unchanged – three days' worth of dried and tinned food – but it's the extras that are usually offered in person, such as nappies, toiletries, pet food and fresh food, that are harder to manage now. A local hotel delivers a van full of produce. Trying to bag it for delivery adds another layer of complexity. We know that these donations won't continue for ever, so we eke them out as best we can.

Wednesday 1 April

We get in to find more deliveries scheduled than food boxes prepared. We work solidly for an hour but we're still behind when the driver arrives. Systems obviously still need tweaking – this may mean some people have to wait longer for food, and we may need to add a third delivery slot.

The driver covers 52 miles across three towns, delivering 28 food boxes to two distribution points, collecting donations from five supermarkets and picking up 16 boxes of Cornish pasties from a wholesaler. Individuals are still donating food via supermarkets, but much less than last week –

perhaps because they are shopping less or collection boxes have been moved as supermarkets rearrange store layouts for social distancing. Like everyone, we're desperately short of tinned tomatoes and pasta.

Thursday 2 April

We've fed 135 people this week – double the number for the same period last year – and given out 800kg more food in March than we've received, dipping into the reserves of food built up at Christmas. Family referrals have increased the most, mainly from school support workers. They include parents who have to stop work to care for children, those already on low incomes who have lost shifts, and new referrals from the self-employed, many of whom never thought they would need a food bank. Cornwall has one of the lowest GDPs in the country and a highly seasonal, fragile economy. Government help will still take weeks to come through.

Like supermarkets, we're working around the clock to implement change and increase capacity so that we can continue to get food to the most vulnerable. Unlike supermarkets, we are not multinational corporations. Operating on a shoestring, run by volunteers and reliant on donations, if analysts' predictions are correct and unemployment doubles, we may not be able to provide all that is being asked of us.

Monday 6 April

Our area manager, Emma Greenwood, who has been working non-stop to support the 26 food banks in the south-west, sends us a request. She wants to know how long we can continue to meet demand before current stock runs out. We estimate about six weeks.

The Trussell Trust is working at a national level with supermarkets to secure corporate donations – so far, most of the large chains have announced multimillion-pound support packages – but we're not sure how it will trickle down to individual food banks and whether it will compensate for the drop in individual donations that we saw last week.

"I'm not sure how to put it into words," she says when I ask her what the picture looks like across the region. "I'm just so bowled over and proud – and a little emotional. Everyone is essentially rewriting their operational model on a daily basis just to keep going. They're all being so resilient – but then I guess that's what food banks are about, isn't it?"

Acknowledgements. This article was written by Emma Fowle and was first published in theguardian.com uk edition on Wednesday 8th April. We are very grateful to Emma for allowing us to use it.



St Kew Help!

In response to Covid-19, we got together locally and St Kew Help volunteer teams have been formed to cover all parts of the parish and offer support.

Our aim is to help those who are self-isolating or shielding from Covid 19 and who don't already have assistance from friends, neighbours or family. If you are unable to get shopping delivered for whatever reason, we can pick it up for you as well as provide a list of local shops who now take telephone payments and who do home drop offs. We can also collect medical prescriptions or supplies, post letters, or just chat on the phone. Or maybe you know somebody who you think might need help who you can put in touch with us.

We are affiliated with the national Covid Mutual Aid organisation, registered with Volunteer Cornwall and have representatives from the Parish Council, Church and Health professions overseeing what we do.

Two weeks ago we leafleted most of the houses across the parish to provide telephone numbers for volunteers living locally in each village. You can also contact us by telephone on: 01208 841366, e-mail at stkewhelp@gmail.com or via our Facebook page – see our poster on the next page. So don't hesitate to get in touch if you can't get out or are struggling in other ways because of the current Covid 19 crisis – we would love to help!

Rob Soley

Help available

St Kew Help: see above.

St. Kew Farm Shop: Veggie boxes available for delivery (free delivery on orders over £20) – 07497 287749

Trevathan Farm Shop: - 01208 880164 Open 9.00am - 3.00pm Monday-Saturday. Deliveries within 3 miles.

Dennis Knight Fish: Contact John Collins (Port Isaac) on 01208 880498.

Chaple Amble Post office: Still open. For orders it helps if you ring ahead to order what you need. Pay by direct transfer to avoid using the new plastic bank notes. There is a stall outside with newspapers etc. 01208 812520 is the number.

Free Take Away Dinner: 'The Red Lion' (in conjunction with one of their customers) will be giving a free meal to anyone in St. Kew Highway who is: A vulnerable person or pensioner; NHS worker; First Responder; Care Giver; plus, if you've lost your job and are in need of some help. Phone Steve or Wendy for details – 01208 841271

Bodmin Nursery, Laveddon Mill: 50 homegrown summer bedding plants £20 per tray, plus £5 delivery. Phone: 01208 72837



Are you affected by COVID-19?

Help is available now!

If you or someone you know is **self-isolating** or **shielding** due to COVID-19 (i.e. more than social distancing), and have no other assistance, the **St Kew support volunteers** are here to help!

We are a group of local people who can:

- Collect shopping
- Collect medical supplies
- Post letters
- Just chat by phone

Please call your local volunteer coordinators (details on the leaflets) or e-mail, or direct message us on the Facebook page

E-mail: stkewhelp@gmail.com

Facebook page : <https://www.facebook.com/stkewhelp/>

Hello! from St Kew support volunteers

The Puzzle Page

Codeword

| | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 11 | 1 | 5 | 16 | 3 | 19 | 16 | | 19 | 17 | 3 | 22 | 21 | |
| 1 | | 10 | | 16 | | 19 | | 20 | | 7 | | 5 | |
| 5 | 12 | 5 | 15 | 19 | | | 10 | 22 | 20 | 3 | 16 | 1 | 12 |
| 20 | | 16 | | 20 | | 22 | | 19 | | 19 | | 23 | |
| 9 | 5 | 26 | 2 | 20 | 5 | 18 | | 10 | 5 | 4 | 7 | 16 | |
| | | 9 | | | | 10 | | 26 | | | | 19 | |
| 13 | 22 | 6 | 8 | 1 | 21 | | 6 | 19 | 5 | 16 | 21 | 6 | |
| 5 | | | | 10 | | 24 | | | | 19 | | | |
| 26 | 9 | 5 | 7 | 16 | | 16 | 19 | 14 | 5 | 21 | 7 | 5 | |
| 2 | | 7 | | 5 | | 19 | | 16 | | 5 | | 14 | |
| 4 | 7 | 20 | 5 | 25 | 22 | 18 | | 5 | 8 | 3 | 19 | 16 | |
| 5 | | 21 | | 19 | | 19 | | 20 | | 19 | | 19 | |
| 18 | 9 | 19 | 19 | 21 | | 16 | 19 | 20 | 7 | 4 | 1 | 19 | |

26

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | K | | | | | | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | | | | | | | | | | | C |

Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 7 | | 2 | 5 | | | 4 | 3 |
| | | | | 1 | | | 6 | |
| | 1 | | 3 | 6 | | | 2 | 8 |
| | 3 | | 5 | | | | | 9 |
| | | | | | 8 | 3 | | |
| 9 | | 2 | | | | | | |
| 5 | | 8 | | | | | | |
| | | | | | 3 | 6 | | |
| | 6 | | 7 | | | | | 4 |

HB

Word Square

| | | |
|---|---|---|
| E | I | R |
| N | V | A |
| P | G | E |

How many words of 4 letters or more can you find? No proper nouns or plurals are allowed, and the centre letter must be used in each word. There are 41 words listed in the solution this month, which includes **1 nine letter** word to find.



As with all other meetings, our April WI meeting was cancelled, and of course for the foreseeable future.

You will have read previously that as a WI we are doing a project on Hedgehogs and perhaps a little bit of that will be to raise some funds for the Prickles and Paws refuge near Newquay. As I said last year they helped an enormous number of hedgehogs and hoglets. It is a registered charity and is very grateful for any funding.

We hope that in the Autumn we are able to hold a gathering when people can bring along items that perhaps they have made during lockdown.

I have knitting patterns for hedgehogs - if anyone would like to have one, just email or phone me - stkewwi@gmail.com, or 01208 841469.

If any of the children would like to make junk models of hedgehogs or complete a drawing/painting then that would be great.

If anyone has hedgehogs visiting their gardens please can you keep account of that - as we are trying to track where there are hedgehogs.

At my house we are delighted that we now seem to have hedgehogs visiting and I had to add some cat food to my shopping yesterday!

Please look after yourselves and hopefully we will see you all in the Autumn for coffee and cake!

Best wishes.

Alison Gill

Puzzle

I'm seriously thinking of taking up jigsaws,
 a fresh way to be outside and in,
 that old conundrum of being here, but not:
 I think I'll start small, say fifty pieces
 and graduate up to a thousand plus.

It'll help to make the time go by.

What's the point? you may ask,
 but I'm doing a Seurat, piece by piece,
 'La Grande Jatte', by Georges;
 or the lunchtime workers cooling off
 on the opposite bank, with one calling out:

if you lean in close you can hear him cry.

Eventually I'll gravitate on to Magritte, 'The Human Condition',
 or 'The Key of the Fields', where the easel stands
 by the broken window, supporting an uneasy truth:
 'what's outside is inside', the view lies splintered
 in jagged fragments leaning against the studio wall,

waiting for the final piece of the sky.

David Penhale

SOUPER LUNCH

We are so sorry that we cannot meet for our Souper Lunches at the moment. We hope you are all well and keeping safe.

Take very good care of yourselves and here's hoping that we shall meet again very soon.



Puzzle page solutions

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 8 | 5 | 2 | 7 | 3 | 6 | 9 | 4 |
| 2 | 4 | 7 | 9 | 8 | 3 | 6 | 5 | 1 | |
| 5 | 9 | 8 | 1 | 4 | 6 | 2 | 3 | 7 | |
| 9 | 8 | 2 | 4 | 3 | 1 | 5 | 7 | 6 | |
| 7 | 5 | 4 | 6 | 9 | 8 | 3 | 1 | 2 | |
| 6 | 3 | 1 | 5 | 7 | 2 | 4 | 8 | 9 | |
| 4 | 1 | 5 | 3 | 6 | 7 | 9 | 2 | 8 | |
| 3 | 2 | 9 | 8 | 1 | 4 | 7 | 6 | 5 | |
| 8 | 7 | 6 | 2 | 5 | 9 | 1 | 4 | 3 | |

Sudoku

Aver, eave, even, ever, gave, give,
 vine, vine, given, giver, grave, naïve,
 nerve, never, paver, reave, riven, ve-
 gan, verge, viper, avenge, graven,
 griève, paving, ravine, ravine, repave,
 vainer, avenger, engrave, reaving,
 veering, vinegar, repaving,
 GRAPEVINE.

Word Square

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| U | A | R | T | E | R | E | X | T | O | L | |
| A | M | A | Z | E | N | O | S | T | R | U | M |
| S | R | S | O | E | O | E | E | P | | | |
| H | A | C | K | S | A | W | N | A | D | I | R |
| E | | | | | | | | | | | |
| J | O | Y | F | U | L | Y | E | A | R | L | Y |
| A | | | | | | | | | | | |
| C | H | A | I | R | | | | | | | |
| K | | | | | | | | | | | |
| G | | | | | | | | | | | |
| D | I | S | A | V | O | W | A | F | T | E | R |
| E | | | | | | | | | | | |
| W | H | E | E | L | R | E | S | I | D | U | E |

Codeword



HOME-MADE CAKES. ICE CREAM. HOME-PRODUCED BEEF, LAMB & FREERANGE EGGS.
FRESH FRUIT & VEG. LOCAL BREAD & CHEESES. GIFTS & CRAFTS. CELEBRATION CAKES.

The Farm Shop is still open daily from
9am-3pm Monday to Saturday.

We also stock homemade ready prepared meals

Beef lasagne
Vegetable lasagne
Chicken & vegetable curry
Fish pie
Beef casserole
Cottage pie

The restaurant will reopen as soon as we are allowed.

TELEPHONE: 01208 880164 www.trevathanfarm.com
CHILDRENS PLAY AREA. RIDE-ON TRACTORS AND DIGGERS. PETS CORNER...

FIND US ON THE B3314 at St Endellion. Follow us:   



Ladies during the post-WW1 Spanish influenza outbreak. *Plus ça change...*



Bell Ringing

St.Kew Bellringers have taken the difficult decision to cancel all Wednesdays and Sunday ringing for the next month. We will keep you posted when ringing will start again. Stay safe everyone.

For any enquiries please phone Ken Godden on 07968 481520, or message us on our Facebook page.

Churches - STOP PRESS

The church buildings are closed but the church is more active than ever!

We have established resources online for all those who would like spiritual support and guidance. Our facebook group is a space where people who are unable to get to church can chat together, share updates and ask for prayer. Our website has downloadable resources for people to use to pray from home. And every Sunday we hold a worship service over You Tube.

Find more details and upcoming services at:
www.northcornwallclusterofchurches.org.uk

And join our facebook group at:
www.facebook.com/groups/northcornwallcluster

If you need help setting up a facebook account, get in touch with Rev Rose.

We are offering pastoral support and prayer by telephone, and we may be able to help in practical ways as well. Contact Rev Elizabeth if you want to know more.

Please be assured of our prayers for our whole community and especially those who are most vulnerable.

Rev Elizabeth Wild
07758 407661 elizabeth-wild@live.co.uk

Rev Rose Jones
01208 592353 revrosejones@gmail.com

CHILDREN'S CORNER

I know its really boring being stuck at home, but this game is really fun and will make you laugh!!

First DON'T look at the story. Fill in the words in the box below and then ask someone to fill in the blanks in the story with your words! Then read the story out and see how silly it is!

You can play by yourself but it is quite fun to do with someone else.

You could even email or text the list of words to your friend and read the story back to them.

| | |
|------------|--|
| Person: | |
| Relative: | |
| Feeling: | |
| Adjective: | |
| Number: | |
| Place: | |
| Verb: | |
| Furniture: | |
| Verb: | |
| Noun: | |
| Adjective: | |
| Fruit: | |
| Adjective: | |
| Verb: | |

SNOW WHITE

Snow White is the story of a _____ who is a princess and who is very beautiful. Her _____ is jealous of her beauty. Snow White has to run away into the forest and is very _____ but some friendly animals help her find a _____ house which belongs to _____ dwarves. When the dwarves come home from the _____ where they work, they find the girl _____ on their _____. The dwarves take care of her and Snow White _____. The house for them and cooks their _____. The _____ Queen tries to poison her with an _____ but Snow White just falls asleep until she is rescued by a _____ Prince who wakes her up when he _____ her. And they all live happily ever after!

Here is another one!

| | |
|-------------------|--|
| Object: | |
| Persons (plural): | |
| Verb: | |
| Verb: | |
| Noun (plural): | |
| Verb: | |
| Object: | |
| Feeling: | |
| Body part: | |

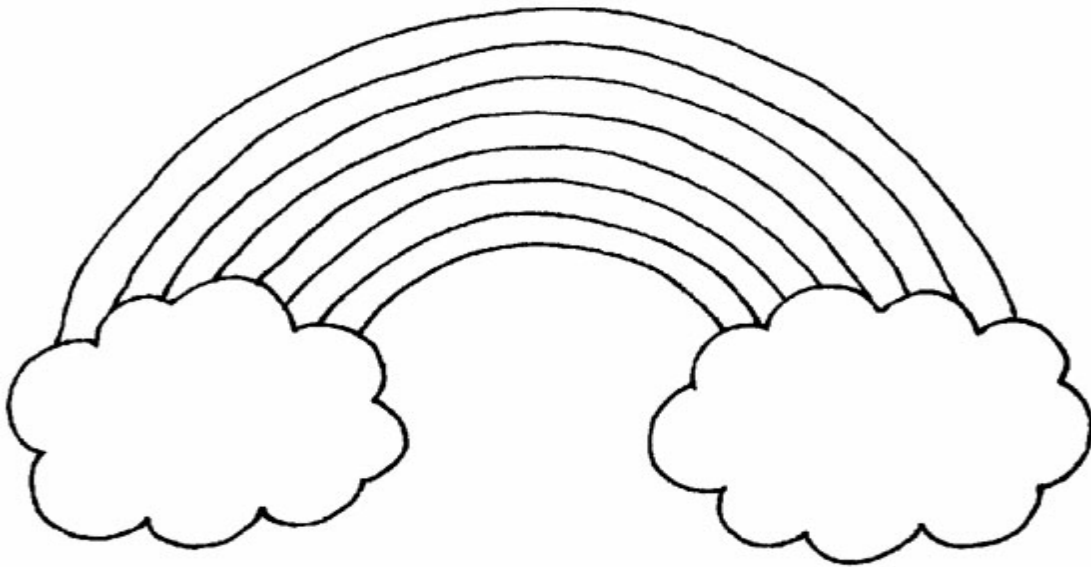
PILLOW FIGHT

Have you ever had a _____ fight? It is such great fun but _____ don't usually like it. Especially if you _____ the pillow so hard that it _____ and all the _____ fly all over the room. Sometimes the pillow can _____ a lamp or a _____ and that can be a disaster too. But you can always feel _____ and naughty and you can't help laughing your _____ off until you realise you have to clean everything up!

Now you can make up your own! Have fun!!!

How to remember the colours of the rainbow:

| | | | | | | |
|------------|---------------|---------------|--------------|-------------|---------------|---------------|
| Richard | Of | York | Gave | Battle | In | Vain |
| RED | ORANGE | YELLOW | GREEN | BLUE | INDIGO | VIOLET |



Now you can colour me in!

Wise Advice from a Farmer's Wife...

Whenever you return a borrowed pie pan, make sure it's got a warm pie in it.

Invite lots of folks to supper. You can always add more water to the soup.

There's no such thing as woman's work on a farm. There's just work.

Make home a happy place for the children. Everybody returns to their happy place.

Always keep a small light on in the kitchen window at night.

If your man gets his truck stuck in the field, don't go in after him. Throw him a rope and pull him out with the tractor.

Keep the kerosene lamp away from the the milk cow's leg.

It's a whole lot easier to get breakfast from a chicken than a pig.

Always pat the chickens when you take their eggs.

It's easy to clean an empty house, but hard to live in one.

All children spill milk. Learn to smile and wipe it up.

Homemade's always better'n store bought.

A tongue's like a knife. The sharper it is the deeper it cuts.

A good neighbour always knows when to visit and when to leave.

A city dog wants to run out the door, but a country dog stays on the porch 'cause he's not fenced-in.

Always light birthday candles from the middle outward.

Nothin' gets the frustrations out better'n splitt'n wood. *The longer dress hem, the more trusting the husband.*

Enjoy doing your children's laundry. Some day they'll be gone.

You'll never catch a runnin' chicken but if you throw seed around the back door you'll have a skillet full by supper.

Biscuits brown better with a little butter brushed on 'em.

Check your shoelaces before runnin' to help somebody.

Visit old people who can't get out. Some day you'll be one.

The softer you talk, the closer folks'll listen.

The colder the outhouse, the warmer the bed.

Pilates Classes in North Cornwall

St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30

Bodmin Lakeview Country Club Lanivet - Tuesdays - 10.00 & 11.15



What does Pilates do?

- ✓ Targets the deep core stabilising muscles, improving balance and co-ordination
- ✓ Improves muscle tone, strength and joint mobility
- ✓ Improves posture, alignment and overall body awareness
- ✓ Corrects muscle imbalances and encourages pain-free movement

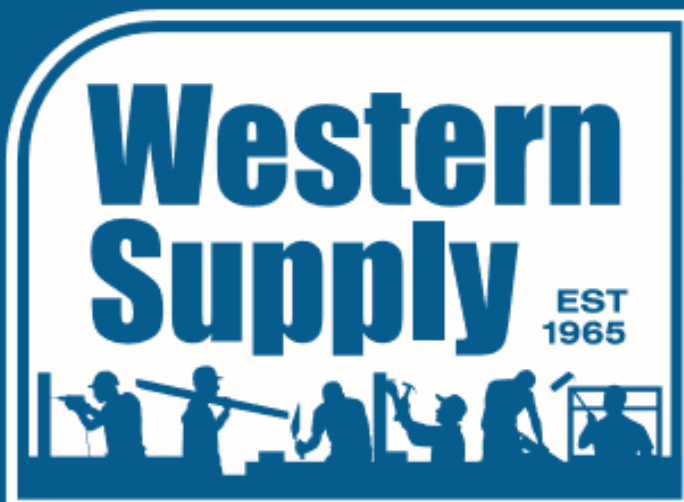
How do the classes work?

- Classes are limited to a maximum of 12 people Small classes mean you receive good personal attention and ensure you are performing the exercises safely, and correctly.
- Classes are progressive and operate on a school term basis
- All equipment required is provided.



Martin Brooks - 07812 959 879
martin@northcornwallpilates.co.uk
www.northcornwallpilates.co.uk

Builders Merchants & Decorator Centre



Open 7 days a week
Supplying Trade & DIY

Atlantic Road, Delabole,
Cornwall PL33 9DN

01840 212580

www.westernsupply.co.uk

Cynthia cooks.... something else

Spicy boiled gammon, creamy sauce, braised lettuce and peas

This is our family's all time favourite alternative to a roast dinner. It looks a bit complicated but there really isn't too much work, certainly a lot less than a roast dinner. Enough for 4, with leftovers - if you're lucky.

The gammon

Wash an unsmoked boneless gammon joint (around 750g - 1kg) in several changes of cold water or soak overnight. Put the joint in a large saucepan or stock pot & just cover with fresh water. Bring to the boil, drain again and refill with fresh water. Add: a small onion, peeled & studded with 10-12 cloves; 2 bay leaves; a dried chilli, or 1 tsp dried chilli flakes; 2 large cloves of garlic, finely sliced; 1 tsp black peppercorns; 1 heaped tsp five spice powder, 2 cardamom pods, crushed with the flat of a knife; and a 3-4cm piece of cinnamon stick (or 1 tsp of powdered cinnamon). Bring to the boil, stir to mix in all the spices, cover and simmer gently for 20 minutes per ½ kg plus 20 minutes. Once the meat is cooked remove the skin and most of the surface fat, and return to the pot to keep warm.

The sauce

Take roughly 500ml of the cooking liquid from the pan, strain the bits out and reduce to about 300ml over a high heat. In the meantime, melt a large knob of butter in a small pan, add a tablespoon of plain flour & stir while it foams. Gradually add the stock,

stirring all the time. Keep adding small quantities of stock, still stirring, until the sauce has thickened to your preferred consistency. Add a generous couple of tablespoons of double cream or crème fraiche and whisk until combined, season with a grind or two of black pepper if required. Put to one side to keep warm.

The braised lettuce and peas

Heat another 300 - 400ml of strained cooking liquid and add 4 good handfuls of frozen peas. Bring to the boil and add 2 trimmed & washed little gem lettuces quartered lengthways. Braise gently for 2 - 3 minutes until the lettuce has wilted and the peas have softened.

To serve: Drain the lettuce and peas and share out between 4 plates, top with the sauce and add a couple of thick slices of gammon. Perfect with minted new potatoes or roasties.

Cynthias tips:

Why not cook a larger joint and have the rest cold with a fried egg, chips and salad for supper the next day.....

Don't waste the leftover stock - strain the bits out and freeze in containers. Use as an alternative to chicken stock in another recipe such as a curry or a home-made pea and ham soup.



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**ST KEW HIGHWAY
METHODIST CHURCH**

Services held in the Community Hall at 9.30am.

All services have been suspended until further notice.

Catholic Church Services

Wadebridge

St Michael's Church
Trevanson Street
01208 72833

Tintagel

St Paul The Apostle
Bossiney Road
01840 770633

All services have been suspended until further notice

stmarysbodmin.org.uk

stpaultintagel.btck.co.uk

Wadebridge Christian Centre

Molesworth Street, Wadebridge. Tel 01208 813110,
wadebridgechristiancentre.org

We are a lively, active, family church where everyone is welcome. We have a crèche and Sunday school, and all our children's workers are DBS checked.

**St James the Great Church
at St Kew**



All services have been suspended until further notice.

Please see the latest update from the North Cornwall Cluster of churches a few pages back.

Reflections

Strange times, strange times. Sounds like something a character from a Dicken's novel would have said. The world is trundling on as usual: the rich getting richer: the poor getting poorer and suddenly everything comes to a stop. A bat virus has jumped species to humans and it is very, very infectious. People are always dying across the world: from hunger, malaria, cholera, TB and of course war. But these conditions do not affect us in the safe and cosy west, but Covid-19 affects everyone everywhere. Death is becoming part of our lives in a way that it hasn't done since the last world war. Life and death are linked again: the circle of life. We are not in control and we never have been. Sobering thought.

In this time of self-isolation and lock down we have to learn to be human beings and not 'human doings'. It is so much easier to fill our time with being busy, chatting, working on our computers but oh so difficult to still the whirring thoughts and plans inside our heads: to stop thinking about what we are going to do next or how we are going to cope without seeing anyone face to face for weeks.

We need to practice contemplation or meditation, whatever you want to call it. Prayer is part of this

process, but if you are like me, most of my prayers are a shopping list to God asking for things to be sorted out to my satisfaction. There is no space for God, the great force of love in the world, it's all about me and what I want. I can't help it, it's human nature. But we all need to reach down and find that little bit of divine that lives in all of us and let it come to the surface, even if for a few seconds. People who seem to seem to walk more closely with God than I do, seem full of a serenity and humility that I can only dream of: they are not the centre of their own lives: love is and therefore God is.

I am sure this is why the great prophets and Jesus himself had to go away from everyone to think things through: forty days and nights in the desert, to decide how they were going to serve God. I am not suggesting that we go a spend 40 days in the middle of Bodmin moor, with our mobiles turned off, deciding what direction our lives are going to take. But for those of us without young children to home-school and keep entertained, we can use this time in lockdown for more contemplative thinking and pray that when it finishes, we and the world around us, will be in a better state than before.

Jill G

The Link: Thought for Sunday

Of all the Holy Week stories that I have read this year, one has stayed with me. It is where Jesus puts a towel around his waist, kneels and washes his disciples' feet. I suppose to us it doesn't seem like a big deal, but it was a job saved for gentile slaves or women! It was considered a job for the lowest of the low. No-one would choose to do it anyway, since all the waste, filth and excrement filled the streets and at festival times like Passover, there was every chance that you would stand in something!

This is what Jesus bent down to clean from his friends and they were affronted! How could he do such a thing as a Rabbi? I love that Jesus challenged the culture of the day and here we see him showing service to others, it is beautiful picture of selfless love and humility and showing that life is of little use if not used to serve others.

The fullest measure of God's love is shown in Jesus Christ who serves us to the point of giving his life for each of us on the cross, for stooping down and helping each one of us to come out of our darkness, pain and brokenness, washing us clean from sin and bringing us to healing, wholeness, reconciliation & restoration with God and with each other.

Perhaps the coronavirus pandemic we have been experiencing has called us afresh to take seriously those things that are important and to lay down the

less important things that have occupied so much of our time. Many have been taking seriously selfless love and service to one another.

In the past weeks I have seen many beautiful acts of service, care for family, friends and communities. I have seen neighbourly kindness, the service of shops delivering papers, food and medicines. Phone calls and social media have been used for good and to keep people connected. Volunteer groups have been delivering hot meals, doing shopping, dog walking and befriending and drawing communities afresh into fellowship with each other.

I believe the result will be stronger communities, deeper friendships and a resurgence of care and compassion for others and I am thankful to God for that.

When we serve others, we show something of God's love that exists within us and remember that however much we love and serve others, God loves and serves each one of us more. So, let us ask God for the grace to live in order to serve, so that we can reach out to those in need and be concerned about what good we do for others and follow Christ's example. Amen.

*Reverend Geraldine Ashton
North Cornwall Cluster of Churches*

A Playlist for Lockdown

Here's a small selection of favourites from my vinyl & CD collection to while away the time. I'm sure they're all available on Spotify for you youngsters who missed out on proper music on real records.

Albert King: I Almost Lost My Mind.
Peter Gabriel: Biko
Allman Brothers: Jessica
Amon Duul 2: Loosey Girls
Bob Marley & the Wailers: 400 years
John Lee Hooker: Crawlin' Kingsnake
Rolling Stones: Brown Sugar
Lynyrd Skynyrd: Sweet Home Alabama
The Doors: Riders On The Storm
Ella Fitzgerald: Sweet Georgia Brown
Carole King: You Got a Friend
U2: Where the Streets Have No Name
The Clash: I'm So Bored With The USA
The Clash: London's Burning
Groove Armada: Superstylin'
Tom Petty & the Heartbreakers: American Girl
The Tubes: White Punks On Dope
Dr Feelgood: Sneakin' Suspicion
Steely Dan: Everyone's Gone To The Movies

Blind Faith: I Had To Cry Today
The Police: Don't Stand So Close To Me (obviously...)
Bob Dylan: Idiot Wind
Bob Dylan: The Times They are a Changin'
Iggy Pop: Passenger
Bryan Ferry: Limbo
Graham Parker: Don't Ask Me No Questions
Billie Holiday: I Get A Kick Out Of You
Lightnin' Hopkins: Honey Babe
Joni Mitchell: Hissing of Summer Lawns
Ry Cooder: Police Dog Blues
Van Morrison: The Healing Game
The Byrds: I feel a whole Lot Better
KI: Breathe (Vinyl Gibbon Remix)
JJ Cale: One Step Ahead Of The Blues
Sex Pistols: Anarchy In The UK
Beach Boys: Fun Fun Fun
Peter Green Splinter Group: Needs Must The Devil Drives (and everything else by PGSG)
Fleetwood Mac: Black Magic Woman
Creedence Clearwater Revival: Bad Moon Rising
Lindisfarne: Fog On The Tyne
Moby: Raining Again

*'Old F**t'*



How our Foodbank helps our community

We just want to say a big thank you to everyone who is supporting our Foodbank during the current situation. We are so grateful for all your donations, we couldn't do this without your help.

Since the announcement of the lockdown we have restructured our Foodbank and adopted a delivery service. Our Project Manager, Jacqui White and her daughter Emma Fowle, a co-founder of the Foodbank, have worked tirelessly to adapt the way we work to keep everyone safe whilst still being dedicated to supporting people unable to afford food as this situation continues. Thank you so much to all our volunteers who are busy packing and delivering boxes to meet the demand. We now have an online referral system in place and nearly 80 local professional agencies have signed up and are able to refer people to us.

A MASSIVE thank you to the lovely people from the **North Cornwall National Trust** for donating so many gorgeous Easter goodies from their shops

at Boscastle NT Cafe, Shop & Visitor Centre and Carnewas shop. So sad you've had to close, but thank you so much for thinking of us. You're going to make a lot of people very happy with these tasty treats!

We'd also like to say a HUGE thanks to the team at **Watergate Bay Hotel** for donating a bumper van load of fresh produce, eggs, milk, butter etc to the Foodbank. It's such a shame for our tourist industry that so many pubs, cafes, restaurants and hotels have had to close, but we're so grateful to all those that have donated their leftover produce to help feed local people in crisis need. A big shout out to: **The Chough Bakery, Malcolm Barnecutt's Bakeries Ltd, Cherry Trees Cafe, National Trust, Costa Coffee** and more! We've also received hand sanitizer from **Tarquins** which is a real help. Huge thanks to **Fee's Food** who are sadly unable to do their event catering but are kindly supplying some amazing frozen meals to us. You're all brilliant and your donations are a welcome addition to the food-boxes

Wadebridge Foodbank, Unit 2 Trevanson Street,
Wadebridge PL27 7AR Tel. 01208 815374
Registered Charity No. 1166301
Email: contact@wadebridgefoodbank.org
Website: www.wadebridgefoodbank.org

WE'RE CURRENTLY IN NEED OF:

TINNED POTATOES / TINNED TOMATOES

LONG-LIFE FRUIT JUICE

TINNED MEAT / TINNED FISH

PASTA

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FEMININE HYGIENE

*LOCAL FOOD COLLECTION POINTS ARE
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WADEBRIDGE.*

Mobile Post Office

The mobile Post Office local calling point each week are as follows:

Monday

St Kew Highway **13.30-15.00**
(Community Hall)

Thursday

St Kew Highway **14.00-15.00**
(Community Hall)

St Kew Historical Society

All talks and meetings are held at St Kew Parish Hall on the second Thursday of each month, from 7.30pm.

Please come along to our next meeting after lockdown has ended.

Please check our Facebook page for further details:

www.facebook.com/StKewHistoricalSociety

John Raybould - Secretary.

Events Diary May

It would be so nice to put some thing in here, maybe in June's edition????

The Regal in Wadebridge

Tel: 01208 812791

www.wtwcinemas.co.uk



The Regal Cinema is closed for the time being.

News from St Kew Parish Hall

The AGM of the Parish Hall due to take place on 19th March 2020 was postponed until later in the year when the hall will be functioning as normal. Likewise the AGM of St James' Trust due to take place on 24th April 2020 was postponed and the rearranged date will be advertised in 'Pieces of Eight'.

Take care everyone.

Kathy

To book the hall, please contact Lianne Sproull on 01208 841808.

Recycling

Recycling takes place on a variety of days in the same week within the parish.

Recycling collections are in the weeks Beginning 4th and 18th May.

Please see Cornwall Council's website for full details.

ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

Registered Charity No 294140

| | | | |
|--------------|--|---------------------------|--------------|
| Sun | Methodist Church Service | Marion Dingle | 01208 841388 |
| Mon | Yoga 10.00-11.30 am | Bonnie Suchodolski | 07540 838267 |
| | Pilates 2.30-5.15 pm | Martin Brooks | 07812 959879 |
| Tue | Pilates 1.15-2.30pm | Martin Brooks | 07812 959879 |
| Wed | 1 st , 3 rd & 5 th in a month | West Country Embroiderers | |
| | 10am-3.00 pm | Pat Scarborough | 01841 521323 |
| | 2 nd in month St Kew WI 7.00 pm | Alison | 01208 841469 |
| Thurs | Chair Aerobics 2pm | Pat | 01208 841260 |

**IMPORTANT : BEFORE ARRANGING YOUR EVENT AT THE HALL
CHECK AVAILABILITY AND BOOK WITH SHIRLEY ROWE 01208 841257**

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Parish Council News

Chairman: Cllr A Godden

Clerk: Mrs Stephanie Tiplady

The Barn, Kitts Hill, Chapel Amble

07789 953677. stkewparish@gmail.com



The Parish Council meets in the Parish Hall, St Kew Churchtown at 7.00pm on the second Tuesday of each month. Members of the public are welcome to attend and address the meeting on any subject of concern.

St Kew Parish Council Meeting

At 7 o'clock on Tuesday the 14th of April history was made on the parish council with the first meeting held by conference call. Although not ideal, it enabled the council to continue during these trying times. It worked very well, let's hope we will all soon be back to where we should be.

Present on the call: Chairman A Godden, Councillors T Mott, T Prophet, A McMahon, B Finnemore, J Lethbridge and R Godden. Apologies: Cllr P Bishop Cornwall Councillors C S Knightly & R Moorcroft.

The work on the wall by the church steps in St Kew, has been put on hold for the time being until the present climate improves.

There is a volunteer group set up to cover St Kew Parish, (St Kew Support Volunteers, 01208 841366) providing help to people in the parish. See their poster in this magazine if you need to get in touch with them.

The on-going problem with the common land at Tregellist (the parking on, and having items put on the common), means that our contractor has difficulty cutting the grass. To solve this problem the council will advertise for tenders to post the common land off, thus whilst not restricting access to lawful use of the land, it will safeguard and preserve the grass.

The lockdown regulations have meant that the public rights of way are being increasingly busy, council contractors have a dispensation to keep the paths clear so they can be used. If walking a path please give any other users plenty of room to pass and make sure that if there is a contractor cutting he/she is aware of your presence.

Owing to Covid-19 the AGM of the council will be postponed until a later date.

Planning Applications

PA19/06113 - Mr P Chapman, Chapman's Field Pendoggett. Outline application for up to 8 houses.

Recommend refusal.

Planning Decisions

PA19/11056 - Mr & Mrs Plant, Trelill.
Approved.

Tenders are invited to post off the Common land at Tregellist. Full details can be obtained from the Parish Clerk.

RG



St Kew Garden Association

The Garden Club's plant sale was to be held on **Saturday the 2nd May** but this has unfortunately been **cancelled**.

Schedules for the Annual show on Saturday the 4th of September will be on display from this weekend at the usual venues.


For further details of these please contact Richard Godden on 01208 880007.



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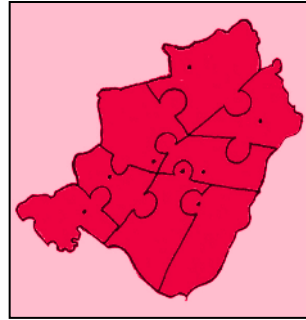
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Pieces of Eight



June 2020, Issue 260

News, views and issues from: Chapel Amble, Pendoggett, St Kew, St Kew Highway, Trelill, Tregellist, Trequite, Trewethern

Email: stkewmag@gmail.com



Spring flowers in a roadside hedge

Photo taken on the lane between Port Isaac Road and St Teath.

Your free guide to news and events within and around St Kew Parish

RED LION

PUB FOOD TAKEOUT MENU

Sharing Box

Seafood

Crab cakes, Scampi, Whitebait, Calamari and King prawns with dipping sauces £12

Charcuterie

Serrano ham, salami, chorizo with olives and breads £12

Small Dishes

Vegetable spring rolls with sweet chilli sauce £5

Duck spring rolls with teriyaki sauce £5

Classic prawn cocktail with breads £6

Baked Camembert sweet chilli jam with breads £7

Mini cod and prawn filo tart £6

Large Chips £4

Meat / Poultry

Chicken Fillet Skewers in our lemon peri peri sauce with chips served and a salad £12

Beef Lasagne chips £10

Burger Red Lion

Aberdeen angus beef, cheese, onion jam, garlic mayo and leaves in a brioche bun with a side of chips £10

Chicken Burger

southern fried chicken fillet, lettuce, cheese, bbq sauce and mayo in a brioche bun served with chips £10

Chicken Katsu Curry

crumbed chicken fillet topped with our katsu satay curry served with white rice and garlic naan bread £11

Beef Madras Curry

served with white rice and garlic naan bread £11

Chicken Tikka Curry

served with white rice and garlic naan bread £11

Fish

Lemon Sole Fillets in a Crispy Batter

with chips, peas and tartare sauce £10

Scampi

with chips, tartare sauce and peas £9

Thai Green Prawn Curry

served with white rice and garlic naan bread £14

Veggie / Vegan

Thai Red Vegetable Curry

served with white rice and garlic naan bread £10

Dessert

Vanilla Cheesecake £4

Bread and Butter pudding and clotted cream £5

Chocolate Brownie with clotted cream £5

Sticky Toffee pudding clotted cream £5

Take out is available 7 nights a week

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We also offer a Sunday Roast selection every

Sunday Lunch

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We are pleased to offer you a small sample of our new menu at **GrazeTapas @ Saltbox Wadebridge**

(Small Plates)

SALADS

Charred courgette salad

blue cheese, salsa verde and rocket £5

Smoked salmon salad

mixed leaves cream cheese meze, sweet chilli mayo £7

Caprese salad

tomato, mozzarella, basil & balsamic dressing £5

Boquerones

white anchovies, salsa verde & rocket on bread £6

Olives, Bread

aioli & gordal green olives in lemon £5

TAPAS

Spanish burger

chicken fillet marinated in buttermilk, crumbed then fried, blue cheese, fire roasted pepper, lettuce in a bun £7

Calamari in a Bun

Squid rings, gem lettuce & paprika aioli in a bun £7

Patatas Bravas crispy potatoes with our mojo sauce £5

Dirty patatas bravas potato, chorizo, cheese & aioli £7

Fried crumbed whitebait with lemon £5

Panko King Prawns and sweet chilli sauce £5

Squid Strips with lemon mayo and lemon £5

King prawns on the bbq with rocket, aioli & lemon £7

King prawns & chorizo on the bbq with aioli & lemon £7

Mushrooms in panko, mushrooms crumbed, aioli £5

Croquettes £5

honey sweet chilli sauce, ask about today's flavours
Blue cheese, pumpkin, chorizo, mac & cheese or jamon ham

Chicken mini fillets

in seasoned crumb, garlic aioli & lemon £5

Chorizo cooked in honey £5

Chorizo mojo sauce and blue cheese £5

EVERY TUESDAY it's TAPAS TUESDAY!

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VE DAY CELEBRATIONS

Even over here near Lanarth it is wonderful to catch an echo of the clapping and whistles on a Thursday night. I added the siren this week. He he he.

Well it was close to VE Day.

A photo of the 3 o'clock toast outside Meander Zows. Two ex-Matelots, a rum tub, the House dressed overall and a bottle of rum. What's not to like?

Rod & Anita P-B



EDITORIAL

I hope you are all keeping well during these difficult times.

The magazine is a little late this month as Mike's mother sadly passed away in mid-May. Fortunately her care home was free of the virus and we were very grateful to them for allowing us unrestricted visits during her last few days, and the care she received could not be faulted. It is at times like this that lock down and social distancing is so hard - not even being able to hug other family members.

During the crisis all GP surgeries, hospital outpatients departments, physiotherapists and the like are using telephone and video consultations as standard. I will be interesting to see if this becomes the norm in future with doctors seeing far fewer patients face to face. I'm sure it will be.

So far, we have spent 3 weeks away from home visiting the care home, arranging the funeral and sorting out all the paperwork. Nearly everything has to be done by email or on the internet and is very time-consuming.

The 'Stay Alert' message started during our first week away. Suddenly the roads became much busier, and lots more people appeared everywhere. It is as if nothing had happened and everything is back to 'normal'. How we miss the peace and quiet of home! We have to hope everyone remembers that nothing will be 'normal' for a long time, possibly until everyone has been vaccinated. Assuming an effective vaccine is developed.

It doesn't seem so long ago Judith was complaining about too much rain at the allotments. Well, we've had very little in the last 3 months, and beautiful hot days for what seems like weeks and it is still only May. How long before a drought is declared I wonder?

Nicky

Please note that the magazine will still be produced while we are in lockdown but will be electronic only. You can either read the magazine at

www.stkewparish.org.uk/Po8.html

or, if you'd like your own copy please email us at stkewmag@gmail.com and we will email you a copy in PDF format.



**and all Key Workers.
Thank you**

Contacting the Editorial Team

The Editorial Team are:

Philippa Harkness - Children's page & History
Steve Liddiard - Advertising Manager & Treasurer
David Penhale - Events & Poet in Residence
Nicky Pickard - Main editor who puts the magazine together, assisted by husband Mike.

We can be contacted by email at stkewmag@gmail.com. Please use this address for **ALL** correspondence, the in-box is checked regularly. Alternatively you can phone Nicky's mobile - **07813 603776**. Leave a message if you can't get through and she will phone you back. Advertisers should contact Steve, our Advertising Manager via this email address, putting 'Advertisement' in the subject line. Steve can provide information on advertising costs, space availability, formats, etc.

PoE is usually printed for us by Parish Magazine Printing, Northmoor, Whitstone, Holsworthy, Devon, EX22 6TD.
www.communitymagazineprinting.co.uk,
01288 341617

Copy date for the July issue is:

Friday 19th June

We will aim to get the next edition of the magazine on-line before the beginning of June. **Please could all contributors send us copy or advertisements as soon as possible, and before the copy deadline.** If your article or advert is going to be late it would be very helpful if you could let us know in advance.

Note to Readers

When responding to an advertisement, **please** mention that you saw it in Pieces of Eight. This shows our advertisers that the magazine is **the** place to reach local customers.

The magazine does not accept any responsibility for any issues arising from advertisements.

Views expressed in this publication are those of its contributors and do not necessarily reflect those of the Publishers (the management committee) who reserve the right to refuse or alter any material supplied.

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St. Kew Community Gardens Association

The View from the Allotments and my, what a transformation!

This evening I went round to the allotment to do the watering, as Tony was preparing for the monthly Parish Council Meeting – held this month and last on the telephone! And I suddenly realised that our plot had really begun to look like a proper allotment, with (fairly) neat squares and blocks of different vegetables.

I did a quick tot-up and counted nine different lots of stuff growing, with more coming on in the greenhouse but not yet ready to put out. Not to mention the long gutters full of peas, which are hardening off and will be planted in the next few days.

We've got two double-rows of broad beans looking very healthy and supported by a framework of wire and stakes, to stop them falling over. Next to them are some 150 onions and across the path a patch of sweet corn and six deep craters with one courgette in each. This way they get a bit protected from the wind and it is easier to keep them watered.

Further across, we have five heaped up lines of potatoes, nearly all of which have come through in the last couple of days. I do this every year with much success – find a bag of ancient potatoes at the back of a cupboard, sprouting all over the place, and put them out into the garden. And they ALWAYS come through and give us several pounds of lovely new potatoes. I haven't bought seed potatoes for years! Although I must admit, I do miss the Pink Fir Apple knobbly ones we used to grow. They have a fabulous nutty taste which goes very well with fish. And behind the potatoes are about twenty

brassicas, including our favourite cavolo nero, which are almost ready to start cutting.

Our strawberry patch is absolutely full of flowering plants, so this week I covered them with some netting to try and dissuade the birds from taking them. And next to them are some nice little "rogue" raspberries, also covered with flowers. And over behind the greenhouse is a wonderful great loganberry, also bursting with fruit-to-come.

In the middle of the patch are various strips of ground all ready prepared for the peas and of course we are bringing on the runners in the greenhouse. And That is Just About It!

If there is anything positive about this virus thing (not a lot, but) it is that this year we have been able to do a lot more on a regular basis in the allotment. Previously, we have fitted it in around work and golf and generally socialising, all of which at the moment are only a dream! But what with COVID and the fine weather, we seem to have got it under control better and are certainly noticing the difference.

So – not exactly counting our blessings, but at least a reason to be cheerful (do you remember the Ian Dury song "Reasons to be Cheerful, Part 1"? Anyway, that's us at the moment. And it looks as though we may be able to play golf again soon, so we must make sure we don't then start to neglect the veggies!

Judith Mott,

judithmott@btinternet.com
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FARMER JULES

Corona virus is monopolising the news - how could it not? This does mean though there's a lot going on that we're not hearing about.

On the 13th May MPs were considering (remotely) the Agriculture Bill's 3rd House of Commons reading. Neil Parish's amendment was rejected (via electronic voting) by 51 votes. This is a huge disappointment as it was all about protecting food (& farming) standards; with particular relevance to imminent trade talks re Brexit. Most worrying of all are the trade deals that will be made with America. Trump announced some time ago that top of his agenda (and non-negotiable) is the condition that Britain has open-doors to importing US food.

The issue to me is way bigger than fair trading (British food is produced to higher standards so costs more to produce), or protecting/subsidising UK farming businesses; it's actually all about the food that everyone eats! Never think agricultural policies are not your concern - they're all about the food on your plate... Why are growth hormones banned in the UK beef industry (as commonly used on American feed lots)? Because they may have a detrimental effect on human health. Why do British chickens not need a chlorinated wash prior to packaging? Because hygiene standards throughout the farming and processing systems are so good there is no need to zap E.coli, salmonella and whatever other zoonotic bacteria the USA-produced chickens are carrying.

Why would we import food that is classed by our own standards as unsafe to human health? Because we're being bullied into it by Trump? I'm guessing he'll not supply us with oil if we don't also buy what I wouldn't feed the dog!

Why am I so worried? Because food labels are confusing, and even sometimes misleading. Even if you can afford to care, can you always find the country of origin on a ready meal? No, because if the processing has happened in either the EU or UK, this will be the most prominent fact on the label (as the most recent 'process' to have occurred).

During the Agriculture Bill's earlier stages, I wrote to Scott Mann requesting he support the legal equivalent of British standards regarding food imports becoming statutory. About 9 months later I had a standard letter from his office acknowledging my letter. And that was it. No response on where he stood. But I now know where he stands as on the 13th May he did not vote in favour of Neil Parish's

amendment; like a great many other Tory MPs. So Mr Mann is towing the party line, rather than representing his voters. I'm afraid I was moved to write to him again in the light of the above news, and this is how it went:-

Dear Mr Mann

During the latest (3rd) reading of the Agricultural Bill earlier this week, please could you explain to me why you voted against Neil Parish's amendment?

Furthermore, please clarify if British agriculture is to have its current food protection procedures, animal welfare, environmental and workforce pay and health and safety legislation all lowered to be in line with post-Brexit imported produce. If not, why not?

Surely, if imported food that is produced to lower than British standards is seen by government as fit for the British public to eat, environmentally friendly, humane to livestock and incorporates acceptable workplace standards; then there is no reason why UK farm businesses should be prevented from operating in a similar manner? Barring climate differences, the removal of above mentioned legislative burden would create a like-for-like scenario; therefore creating fair competition in the market place.

If lowering standards within British agriculture is not on any parliamentary agenda, I also request your personal vision on how you foresee the UK farming industry staying in business; and more importantly: feeding the nation.

If nothing else, the current world pandemic has highlighted the dangers of over-reliance on international supply chains. There are many privileges we can live without, but food is not one of them. Freedom from hunger is one of the current criteria British farmers fulfil while caring for their livestock, I suggest it is part of every MP's job to ensure UK citizens also have this fundamental freedom. During Covid-19 food has been deemed an essential item; do I need to remind you it will continue to be a necessity post-Brexit?

To reiterate my questions:-

- 1) Why did you vote against Neil Parish's amendment of the Agricultural Bill this week?*
- 2) Will (and if not, why not) British agriculture standards be lowered to that of imported food post-Brexit?*
- 3) What is your personal vision for keeping UK farmers in business as/when cheap food imports flood the domestic market? (As a backstop for breaks in the food supply chain of international trading).*

I appreciate you must have given all the above due consideration before voting on Neil Parish's amendment this week, so presume responding to my specific questions will not take up too much of your time.

I look forward to hearing from you.

contd...

I'm not convinced I'm going to get a sensible response, if any at all. So I'm going to rattle off an email to Paul Tyler in the House of Lords (where the Agriculture Bill is headed next, probably before you read this!) I think he'll already be all over this anyway, but it won't hurt to give him a wee nudge.

In my opinion Lord Tyler's a similar man to Neil Parish (but coming from a different party baseline). They both prioritise the important things in life and most importantly: they'll both stand up for what they believe in; and fight for the nation's well being.

Meanwhile, if you feel so moved, there's an online petition entitled 'Future UK trade deals must not compromise animal welfare and public health' at

change.org - created by a Danny Chambers (with about 10,500 signatories as of 17th May).

I'm going to keep buying local produce, or look for the Red Tractor logo on food labels; just to be sure we're eating British farm assured produce - a healthy diet boosts the immune system after all!

Stay safe.

Farmer Jules

Five O'Clock Shadows

I've decided to call them 'the five o'clock shadows' in deference to their spectral appearance on tv, etiolated, long and thin, in afternoon light, reading again from their Book of Numbers,

while the kids next door scream on their blue trampoline.

I'm sure these tv figures are well-meaning, that they hold sinecures and do peer-reviews, but I know why they're glum as they're not always right,

unlike the kids who continue to bounce above my hedge-line, laughing and laughing into the night, long after my tv's gone dark.

David Penhale



The wild flower meadow is coming along nicely!

I hasten to add that I can take no credit for it - the speedwells and buttercups have appeared in profusion this year, far more than we've seen in previous springs. Should keep the bees happy!

We also have newly-arrived wild garlic in the damp and shady hedge, and we've eaten most of it...

Mike

We have a tricky film quiz for you!

Which film is being described? The year shown is the year of release according to IMDB

Questions kindly supplied by Rod P-B, St Kew Highway, answers further on.

Sci-Fi

1. Betelgeuse, and Alpha Centauri are fighting with Sirius, Epsilon Eridani, Tau Ceti. 1977
2. 19 years ago this year. 1968
3. 10m/sec/sec approx. 2013
4. I've already told you twice stay back from me, here you are again. 1977
5. A watch, or a tall case clock. 2002 & 1960

War

6. The Humber crossing is 150 miles away, we only have fuel for 50! 1977
7. Are you sure today is only 24 hours. It feels more. 1962
8. A town on the north coast of France near Calais 1958 & 2017
9. Once Upon A Time, there was a castle in East Germany..... 1955
10. 3rd From Leicester Square, 2nd from Charing Cross, on a certain map. 1970

Romance

11. It's a true, intense emotion. Really! 2003
12. Splicing, getting hitched, spliced, & hitched then a planting. 1994
13. A muddy tango. 1987

Cops

14. Flying Squad,!!!! 1974 & 2012
15. My beat is around a City in Los Angeles County, west of Hollywood. 1984
16. A gun, rifle or pistol but not a water pistol. 1987 & 2016

The.....

17. Alfred Hitchcock, Mel Brooks, George Lucas, Stephen Spielberg. 1967 & 2005

18. Seagulls, Sparrows, Eagles, Magpies and Crows. 1963
19. A priest trying to banish a demon. 1973
20. A simple alphabet/numeric code. 2nd, 6th & 7th 2016
21. Tom or Barbara, an "off" egg and Joseph Merrick. 1966

Disney

22. *Vulpes vulpes*, together with a type of hunting dog. 1981
23. Sweet Home Alabama, for example 1946
24. A body around a star consisting of gold, diamonds, rubies etc. 2002
25. Slightly over five score of a certain type of Italians perhaps. 1996/1961
26. The Duchess of Cambridge and a cow maybe 1991/2017

PIXAR

27. The Story of a magical VW beetle, Americanised. 1998
28. Ford Capri, VW Golf, Renault Cleo & BMW 3 2006
29. The Fifth Wall alphabetically 2008
30. A Teddy's Tale, or a Doll's Documentary. 1995
31. Horizontal, Temporal or Vertical projections, misspelled. 2013

Musicals

32. The saga of Wales, Blackpool, Lands End or Carlisle. 1961
33. Semi-tones, tunes, harmonics, 1965
34. In English, a Merry-Go-Round. 1956
35. One of the oceans below the equator. 1958
36. First name of the Lord Protector who banished Christmas. 1968
37. Lubricant. 1978

contd....

Carry On Quickies

- | | |
|--|------|
| 38. Three stripes. | 1958 |
| 39. The Hay Wain. | 1960 |
| 40. Went looking for the Indies. | 1992 |
| 41. What Harry Palmer and other spooks do. | 1964 |
| 42. No matter what. | 1961 |
| 43. AAAARGH!! | 1966 |
| 44. To pursue a dromedary. | 1967 |
| 45. An Indian Restaurant on the first floor perhaps. | 1968 |
| 46. Educator. | 1959 |

Friends are the fruitcake of our lives. Some are nutty, some are soaked in alcohol, some firm, some sweet, but altogether, they are great to have in your life.



Kindly sent in by Les S.

Letters to the Editor

1. Here is short note that I received from someone in Highway. They wish to remain anonymous:

I am writing to express my sincere thanks to Steve and Wendy at the Red Lion for the free meals over the last several weeks that they have been providing to NHS workers, elderly and vulnerable people in St Kew Highway during the COVID crisis.

As a vulnerable elderly person living alone in the village, it has been just wonderful to have Wendy, Bella and Thomas call each Thursday with my dinner – something to really look forward to, the high point of my week.

They must have provided hundreds of meals by now and the people of St Kew Highway should never forget Steve and Wendy's generosity and community spirit during these difficult times.

2. I wish to thank Wendy at the Red Lion and her crew, along with the very generous benefactor/s! who have provided and delivered a meal over the past 4 weeks to me and other neighbours. The meals have been delicious!

I also thank friends and neighbours who have contacted me with offers of shopping and assistance. Roy and Ann Carthew, Roy for helping with the work in the garden and Ann for the cake and scones - again delicious!

I feel blessed to live and have so many friends I know by name and others by sight in St Kew Highway. What a lovely and caring village.

Thank you,

Doreen Bolton

SOUPER LUNCH

We are so sorry that we cannot meet for our Souper Lunches at the moment. We hope you are all well and keeping safe.

Take very good care of yourselves and here's hoping that we shall meet again very soon.





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COACH EXCURSIONS & TOURS

| | |
|-----------|--|
| 1st JULY | TREBAH GDNS & RIVER CRUISE |
| 10th JULY | HAMPTON CT & KEW GDNS (2 days 1 night) |
| 17th JULY | BROOMHILL GDNS & BARNSTAPLE MKT |
| 8th AUG | TAUNTON FLOWER SHOW |
| 9th AUG | GATCOMBE |
| 29th AUG | GREAT DORSET STEAM FAIR (2 days 1 night) |
| 4th SEP | BURGHLEY HORSE TRIALS (3 days 2 nights) |
| 8th SEP | WIDECOMBE COUNTRY FAIR |
| 18th SEP | BLenheim PALACE HORSE TRIALS |
| 19th SEP | PLYMOUTH MAYFLOWER MUSTER |
| 28th SEP | VISIT KENT (5 days & 4 nights) |
| 7th NOV | Bridgwater Guy Fawkes Carnival |
| 20th NOV | TURKEY & TINSEL (4 days & 3 nights) |

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OB1 Nobody's Lockdown Top 50

Living On The Front Line: Eddy Grant
Heroes: David Bowie
Behind The Mask: Fleetwood Mac
Gimme Shelter: The Rolling Stones
Don't Give Up: Peter Gabriel
Rainy Days and Mondays: The Carpenters
How Can you Mend A Broken Heart: Bee Gees
California Dreamin': The Mamas and the Pappas
I Just Can't Help Believing: Elvis Presley
Redemption Song: Bob Marley
It Might As Well Rain Until September: Carole King
Green Green Grass Of Home: Tom Jones
I Know What I Like: Genesis
Good Year For The Roses: Elvis Costello
The Long And Winding Road: The Beatles
Big Yellow Taxi: Joni Mitchell
This Flight Tonight: Nazareth
Barbados: Typically Tropical
Dreadlock Holiday: 10CC
Uptown Top Ranking: Althea and Donna
Paranoid: Black Sabbath
Crazy: Seal
One Day Like This: Elbow
Teach Your Children: Crosby, Stills & Nash
Homework: Peter Green Splinter Group

Superstition: Stevie Wonder
So You Win Again: Hot Chocolate
Thank You For The Music: ABBA
Stay With Me: The Faces
If I Ruled The World: Harry Secombe
Hotel California: The Eagles
Words of Love: Buddy Holly
Sweet Child Of Mine: Guns and Roses
When Tomorrow Comes: Eurythmics
Running Up That Hill: Kate Bush
Us And Them: Pink Floyd
On The Road Again: Canned Heat
Meet Me On the Corner: Lindisfarne
Back In The Night: Doctor Feelgood
Stuck In the Middle With You: Stealers Wheel
Band On The Run: Wings
Street Spirit: Radiohead
Any Road: George Harrison
Fanfare For The Common Man: Emerson Lake & Palmer
Mr Blue Sky: ELO
I Feel Free: Cream
Starting Over: John Lennon
Freedom 90: George Michael
Those Were The Days: Mary Hopkin
For The Good Times: Perry Como

From Scott Mann MP

It is hard to believe as I write this that we are almost in the first week of May, the year is flying by and I know that all of you want things to go back to normal. I share your frustrations and I am keen to get back to normality too. We have all played our part in keeping the numbers of cases in the South West low, and Cornwall has some of the lowest cases in the South West. This is because we have all played our part in helping the NHS and it is our front-line public services who I want to pay tribute to in my column this week.

Our NHS staff are fighting a public health crisis against an unseen enemy, at great risk to themselves and their families. I am very proud of all of our health care workers and the job they are doing, many people have contacted me to highlight the great job they are doing on our behalf, and I hope people will continue to take part in the eight o'clock claps to show appreciation.

Our Police force has also been on the front line dealing with the crisis, and although there are less people around, we must still be vigilant about crime. I would also like to take this opportunity to thank them for their effort protecting Cornwall during this pandemic.

It was disappointing to read that people are still ignoring the lockdown protocols and visiting Cornwall. I have previously joined my MP

colleagues, and friends on the Council, in asking people to "come back later", when Cornwall will once again welcome all our visitors. The case of one couple visiting all the way from Kent which was highlighted in the national media was particularly unimpressive, and to anybody thinking of visiting us at this time I say again, please, stay at home and protect lives.

My team has been working flat out dealing with constituent casework over the past few weeks and arranging support, directing help for NHS workers, liaising with the highest levels of government on behalf of North Cornwall. They have told me that despite the circumstances, North Cornwall is resilient, and they are taking great pride in supporting this great constituency. Our priority at the moment is to ensure that our businesses and local communities are supported, so that when this storm passes we can reopen for business and go back to our lives with as little disruption as possible.

We can and will get through this by working together. Please continue to visit my website and social media for daily updates and information. I have now published ten in-depth business updates with the latest guidance for employers and employees, and I will continue to ensure you are all given the latest info from Westminster. If there is anything my team or I can do to help you, do not hesitate to email via scott@scottmann.org.uk or call on 01208 74337.

ROY

An appreciation of our dear friend Royston Davey, who died recently

When I retired in 1993, Su and I decided to move to a place that we'd both loved. Cornwall. In many ways the next best place to Heaven itself. The move had to be planned, and as the Cornish housing market was the most bizarre mixture of greed and generosity, of ancient and modern, small and large, we needed to go and see for ourselves. Estate Agents needed to sell properties as distinct from telling the blunt truth. So I picked a holiday opportunity at a remote farm in Cornwall, in the Padstow – Fowey – Tintagel triangle, roughly, midway between Treliske and Derriford – after all we weren't going to get younger.

The place we chose was at St. Kew, at Carns Farm, and there we met Roy and Val, later, son Mark. We struck gold. These were our first Cornish friends, and neighbours too, albeit at some distance. I guessed that a farmer would know how things are, locally, and would be a valuable source of advice. Absolutely right. Moreover, Val was a walking history of the local families, which was valuable as it was only too easy to put one's foot in it!

Roy was a great help, and as we reported back after a day spent looking at properties, his comments were taken on board. Sometimes he would say *"Oh, is that what they said. I think the bank actually wants its money back."* Or *"he's a bit optimistic, isn't he?"* But never damning or unkind, that was Roy. He was a strong believer, and although rarely seen at St. James (milking time), was both parish councillor and PCC member for many years.

When we bought Pendoggett Farm I asked Roy if the builder he used for his splendid holiday cottage was still about, since I would want someone who knew Cornish building to look around with me. Roy pointed at Martin Langdon, who was enjoying a cup of coffee at his table. Another good friend. Then there was the retired(?) farmer who was often around when we called to see Roy – Harry Bate, a master of the one liners, and like Roy, dearly missed.

When Alec Weir and I started the St. James Trust we agreed that two of the four trustees should be Cornish locals. After all it was their local church. Roy and Harry were the two trustees invited, and they agreed. I asked Roy whether he, as a Cornishman, minded people like us coming in and running things. *"No, not at all, provided you tell us what's going on, and we'll tell you if you don't get it right!"*

We learnt something about farming and the farming community from Roy, Val and Harry, and it has been our joy to be a little part of North Cornwall's community. Alas, no more will the cows amble down the lane to his milking parlour, with Roy in an old car bringing up the rear. No more will we be able to watch him milking, the kind attention to his young calves being put to one of his cows, and the need to dodge when a tail is raised.

So much has been given to us and our family, starting with that quiet, humble and incredibly kind man. He seemed to ask no more from life than what he had.

We give thanks for Roy and Val, and pray for Mark in his loss.

Peter and Su Coster

July's Fete has been postponed. However the organisers are hoping to rearrange the fete for the end of August or early September, Covid regulations permitting.

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Cynthia Cooks

This month we have a couple of flavoursome springtime dishes.

Chicken thighs with creamy leeks, asparagus and lemony beans.

This couples the sweet, earthy flavour of the last of the winter leeks with fresh & vibrant English asparagus. The recipe is for 2, just double up the ingredients for 4.

Ingredients

- 2 large or 4 small boneless chicken thighs
- 2-3 tbsp olive oil
- 2 cloves of garlic, finely chopped
- 400g tin of beans (eg cannellini), drained & rinsed
- 1 large or 2 small trimmed leeks (roughly 250 - 300g), sliced into 1cm rounds.
- 8 or 12 asparagus spears, trimmed & halved lengthways if the stems are thick.
- 100ml double cream
- 1 tsp fennel seeds
- Pinch of chilli flakes
- Juice & zest of ½ a lemon

Gently fry half the garlic in a saucepan with 1 tbsp of olive oil until lightly coloured. Tip in the drained beans, 75ml water and the fennel seeds.

Season with a pinch of salt and a good grind of black pepper and bring the pan to a very gentle simmer. Add a splash more water if the beans dry out. Just before dishing up stir in the lemon juice and zest.

Next, in a small roasting tin brush the chicken thighs with olive oil, season well with salt and pepper and cook in a medium (180°C) oven for 20 minutes or until cooked through with no pink juices.

While the chicken is cooking, gently saute the leeks in 1 tbsp olive oil with remaining garlic and the chilli flakes until the leeks soften and start to colour at the edges. Pour in the cream along with a couple of tablespoons of water and stir the leeks around to mix and break up the rounds a little. Season to taste with a little salt and black pepper. Lay the asparagus on top of the leeks, cover and simmer for a few minutes until the asparagus has softened.

Serve the chicken on a bed of the creamy leeks & asparagus with the beans alongside. Drizzle any remaining cream sauce over the chicken.

Cynthia's tip: The recipe also works very well with poached eggs, cod or haddock fillets, or perhaps a couple of lightly grilled new season lamb cutlets.

Lemon Pudding

Continuing the lemon theme this is a zesty dessert that positively sings of spring.

Enough for 4.

Ingredients

- 60g softened unsalted butter, plus extra for greasing
- 140g caster sugar
- 2 large eggs, separated
- 60g plain flour
- 285ml milk - ideally whole milk.
- Zest and juice of 1 lemon.

Heat the oven to 180°C.

Cream the butter and sugar together until light and fluffy, then beat in a teaspoon or so of hot water to let the mix down a little.

Stir the flour, lemon juice and zest into the butter mixture.

Beat the egg yolks until creamy and stir these in along with the milk, and beat again.

Whisk the egg whites to stiff peaks and gently fold into the batter. Avoid too much mixing as it is important to keep as much air in the mix as possible.

Pour the batter into a well-buttered oven-proof dish large enough for the pudding to rise in. Stand the dish in a roasting tin and half fill with water.

Cook on the middle shelf of the oven for 50 minutes or so until risen and golden on top.

Serve straight from the oven with lashings of double cream.

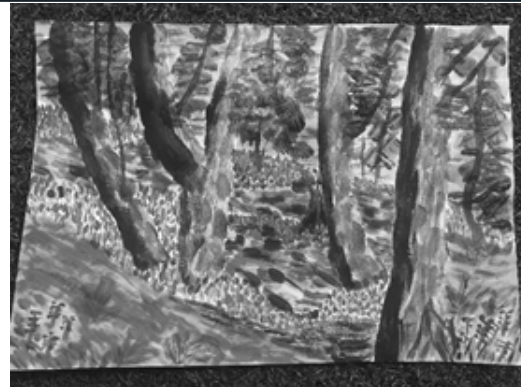
Cynthia's tip: Try the recipe with other citrus fruit. Orange and clementine will give a slightly sweeter taste, lime will add deeper tartness. Whatever your choice, use approximately 2 tablespoons of juice.

Shop locally, eat seasonally

All the news and highlights from the top of the hill! Don't forget, you can keep up with all the school antics in our monthly newsletters, published on our website: www.st-kew.cornwall.sch.uk

St Kew was Closed...

As you are aware, St Kew 'closed its doors' to all but the children of Key Workers on 20th March, in line with all schools in the country, to prevent the spread of the Coronavirus. We continued to provide Essential Childcare at our Open 'Hub' Site in St Columb Minor but whilst many of our pupils have been at home they have been able to access a range of activities on our e-Learning platform, with many of our children completing 'distance learning' activities. Take a look at what has been going on in and out of our children's homes in the last few weeks!



Beautiful painting

Using maths for baking



VE Day



VE Day



People Who Help Us Lego characters & game



.....and is looking forward to opening from 1st June 2020.

In line with the government's guidelines, we are able to open our school to the Children of our amazing Key Workers on Monday

1st June and then to any Reception, Year 1 and Year 6 pupils across the week from 3rd June, 8th June and 10th June respectively.

We look forward to welcoming all pupils back to school as soon as it is safe to do so!



Film Quiz Answers

Sci-Fi

1. Star Wars
2. 2001: A Space Odyssey
3. Gravity
4. Close Encounters of the Third Kind
5. The Time Machine

War

6. A Bridge Too Far
7. The Longest Day
8. Dunkirk
9. The Colditz Story
10. Waterloo

Romance

11. Love. Actually
12. Four Weddings and a Funeral
13. Dirty Dancing

Cops

14. The Sweeney
15. Beverley Hills Cop
16. Lethal Weapon

The....

17. The Producers
18. The Birds
19. The Exorcist
20. The BFG
21. The Good, The Bad and the Ugly. (Tom or Barbara Good – the Good Life)

Disney

22. The Fox and the Hound
23. Song of the South
24. Treasure Planet
25. 101 Dalmatians
26. Beauty and the Beast

PIXAR

27. A Bug's Life
28. Cars
29. WALL: E
30. Toy Story
31. Planes

Musicals

32. West Side Story
33. The Sound of Music
34. Carousel
35. South Pacific
36. Oliver
37. Grease

Carry On

38. Sergeant
39. Constable
40. Columbus
41. Spying
42. Regardless
43. Screaming
44. Follow that Camel
45. Up the Khyber
46. Teacher

Rod P-B



Latest Church News

The church buildings are closed but the church is more active than ever!

We have established resources online for all those who would like spiritual support and guidance. Our facebook group is a space where people who are unable to get to church can chat together, share updates and ask for prayer. Our website has downloadable resources for people to use to pray from home. And every Sunday we hold a worship service over You Tube.

Find more details and upcoming services at:
www.northcornwallclusterofchurches.org.uk

And join our facebook group at:
www.facebook.com/groups/northcornwallcluster

If you need help setting up a facebook account, get in touch with Rev Rose.

We are offering pastoral support and prayer by telephone, and we may be able to help in practical ways as well. Contact Rev Elizabeth if you want to know more.

Please be assured of our prayers for our whole community and especially those who are most vulnerable.

Rev Elizabeth Wild
07758 407661 elizabeth-wild@live.co.uk

Rev Rose Jones
01208 592353 revrosejones@gmail.com



St Kew Help!

In response to Covid-19, we got together locally and St Kew Help volunteer teams have been formed to cover all parts of the parish and offer support.

Our aim is to help those who are self-isolating or shielding from Covid 19 and who don't already have assistance from friends, neighbours or family. If you are unable to get shopping delivered for whatever reason, we can pick it up for you as well as provide a list of local shops who now take telephone payments and who do home drop offs. We can also collect medical prescriptions or supplies, post letters, or just chat on the phone. Or maybe you know somebody who you think might need help who you can put in touch with us.

We are affiliated with the national Covid Mutual Aid organisation, registered with Volunteer Cornwall and have representatives from the Parish Council, Church and Health professions overseeing what we do.

Two weeks ago we leafleted most of the houses across the parish to provide telephone numbers for volunteers living locally in each village. You can also contact us by telephone on: 01208 841366, e-mail at stkewhelp@gmail.com or via our Facebook page – see our poster on the next page. So don't hesitate to get in touch if you can't get out or are struggling in other ways because of the current Covid 19 crisis – we would love to help!

Rob Soley

Help available

St Kew Help: see above.

St. Kew Farm Shop: Veggie boxes available for delivery (free delivery on orders over £20) – 07497 287749

Trevathan Farm Shop: - 01208 880164 Open 9.00am - 3.00pm Monday-Saturday. Deliveries within 3 miles.

Dennis Knight Fish: Contact John Collins (Port Isaac) on 01208 880498.

Chapel Amble Post office: Still open. For orders it helps if you ring ahead to order what you need. Pay by direct transfer to avoid using the new plastic bank notes. There is a stall outside with newspapers etc. 01208 812520 is the number.

Free Take Away Dinner: 'The Red Lion' (in conjunction with one of their customers) will be giving a free meal to anyone in St. Kew Highway who is: A vulnerable person or pensioner; NHS worker; First Responder; Care Giver; plus, if you've lost your job and are in need of some help.

Phone Steve or Wendy for details – 01208 841271

Bodmin Nursery, Laveddon Mill: 50 homegrown summer bedding plants £20 per tray, plus £5 delivery. Phone: 01208 72837



Are you affected by COVID-19?

Help is available now!

If you or someone you know is **self-isolating** or **shielding** due to COVID-19 (i.e. more than social distancing), and have no other assistance, the **St Kew support volunteers** are here to help!

We are a group of local people who can:

- Collect shopping
- Collect medical supplies
- Post letters
- Just chat by phone

Please call your local volunteer coordinators (details on the leaflets) or e-mail, or direct message us on the Facebook page

E-mail: stkewhelp@gmail.com

Facebook page : <https://www.facebook.com/stkewhelp/>

Hello! from St Kew support volunteers

The Puzzle Page

Codeword

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 10 | 20 | 26 | 18 | 9 | | 19 | 11 | 16 | 1 | 14 | 26 | 17 |
| 20 | | 4 | | 1 | | 13 | | 26 | | 14 | | 1 |
| 1 | 4 | 23 | 11 | 21 | 25 | 6 | | 15 | 21 | 11 | 4 | 23 |
| 11 | | 5 | | 18 | | 7 | | 26 | | 4 | | 25 |
| 15 | 8 | 26 | 17 | 12 | | 20 | 4 | 2 | 5 | 11 | 12 | 1 |
| 6 | | 17 | | | | 14 | | 14 | | | | 8 |
| | 15 | 21 | 26 | 17 | 12 | | 7 | 1 | 26 | 12 | 17 | |
| 3 | | | | 13 | | 2 | | | | 1 | | 1 |
| 1 | 4 | 23 | 13 | 8 | 1 | 5 | | 11 | 17 | 17 | 1 | 24 |
| 23 | | 14 | | 25 | | 13 | | 15 | | 1 | | 1 |
| 11 | 4 | 11 | 22 | 1 | | 17 | 13 | 15 | 21 | 5 | 20 | 4 |
| 5 | | 22 | | 5 | | 22 | | 1 | | 26 | | 23 |
| 21 | 5 | 11 | 23 | 1 | 22 | 1 | | 21 | 11 | 18 | 26 | 21 |

27

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | | | | Y | | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | | | | | | | Z | | X | | |

Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|--|---|
| | 6 | | 5 | | | | | |
| | | | | | | 7 | | 1 |
| | | 4 | | 2 | | | | |
| | | | | | 4 | 8 | | |
| 9 | | 5 | | 1 | | | | 7 |
| | 8 | | 9 | | | | | 2 |
| | | 7 | | 4 | | | | 5 |
| | 4 | | 6 | | 3 | 9 | | |
| 1 | | | | | | | | 2 |

M9

Word Square

| | | |
|---|---|---|
| I | N | E |
| D | C | U |
| O | T | N |

How many words of 4 letters or more can you find? No proper nouns or plurals are allowed, and the centre letter must be used in each word. There are 38 words listed in the solution this month, which includes 2 **nine letter** words to find.



For further details please contact Alison on 01208 841469

www.facebook.com/StKweWI



The osteospermums have run wild this year!

These were a few cuttings from an old leggy plant that I put in the bank by the gate 2 years ago. These are the original colour but other cuttings from the same plant planted elsewhere in the garden have come through white with a pink centre.

If you're passing by and fancy the same look please feel free to take a cutting or two. A 15cm length (just remove any flowers & buds) in a pot of damp gritty compost will root quickly. Plant up later in the summer.

Mike



HOME-MADE CAKES. ICE CREAM. HOME-PRODUCED BEEF, LAMB & FREERANGE EGGS.
FRESH FRUIT & VEG. LOCAL BREAD & CHEESES. GIFTS & CRAFTS. CELEBRATION CAKES.

**The Farm Shop is still open daily from
9am-3pm Monday to Saturday.**

We also stock homemade ready prepared meals

- Beef lasagne
- Vegetable lasagne
- Chicken & vegetable curry
- Fish pie
- Beef casserole
- Cottage pie

The restaurant will reopen as soon as we are allowed.

TELEPHONE: 01208 880164 www.trevathanfarm.com
CHILDRENS PLAY AREA. RIDE-ON TRACTORS AND DIGGERS. PETS CORNER...

FIND US ON THE B3314 at St Endellion. Follow us:



Bell Ringing

St.Kew Bellringers have taken the difficult decision to cancel all Wednesdays and Sunday ringing for the next month. We will keep you posted when ringing will start again. Stay safe everyone.

For any enquiries please phone Ken Godden on 07968 481520, or message us on our Facebook page.

Puzzle page solutions

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 6 | 9 | 5 | 8 | 1 | 2 | 3 | 4 |
| 2 | 5 | 8 | 4 | 3 | 9 | 7 | 6 | 1 |
| 3 | 1 | 4 | 7 | 2 | 6 | 5 | 8 | 9 |
| 9 | 7 | 1 | 2 | 5 | 4 | 8 | 9 | 3 |
| 6 | 2 | 5 | 3 | 1 | 8 | 9 | 4 | 7 |
| 4 | 8 | 3 | 9 | 6 | 7 | 1 | 2 | 5 |
| 8 | 9 | 7 | 1 | 4 | 2 | 3 | 5 | 6 |
| 5 | 4 | 2 | 6 | 7 | 3 | 9 | 1 | 8 |
| 1 | 3 | 9 | 8 | 6 | 5 | 4 | 7 | 2 |

Sudoku

Cent, cite, code, coin, cone, cote,
cued, cute, dice, duct, iced, icon, nice,
once, cited, coned, count, cutie,
dunce, edict, ounce, tonic, tunic,
coined, coned, induce, induct, notice,
nuncio, conduit, contend, counted, no-
ticed, uncton, unicode, continue,
CONTINUED, UNNOTICED.

Word Square

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Q | U | I | C | K | J | A | V | E | L | I | N |
| U | M | E | O | E | L | I | O | E | M | E | |
| E | M | P | A | T | H | Y | S | T | A | M | P |
| A | R | C | F | C | H | I | M | I | H | | |
| S | W | I | S | H | U | M | B | R | A | G | E |
| Y | N | L | L | L | L | L | L | L | L | L | W |
| S | T | I | N | G | F | E | I | G | N | | |
| D | O | B | O | | | | | | | | E |
| E | M | P | O | W | E | R | A | N | N | E | X |
| P | L | H | O | | | | | | | | E |
| A | M | A | Z | E | N | O | S | T | R | U | M |
| R | Z | R | Z | | | | | | | | P |
| R | Z | R | Z | | | | | | | | P |
| T | R | A | P | E | Z | E | T | A | C | I | T |

Codeword

CHILDREN'S CORNER

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| S | A | L | T | N | T | Y | G | H | F |
| E | R | V | C | B | N | H | J | M | O |
| A | X | C | H | O | C | C | G | I | P |
| Z | Y | P | O | H | R | F | U | L | T |
| X | U | O | C | R | U | E | J | K | H |
| H | M | I | O | F | M | D | N | V | G |
| E | R | K | L | G | B | S | S | D | O |
| F | D | J | A | R | L | A | U | C | O |
| L | B | H | T | F | Y | Z | G | X | E |
| O | N | G | E | G | G | S | A | Z | Y |
| U | M | F | K | L | I | O | R | S | D |
| R | D | E | L | I | C | I | O | U | S |
| Q | W | G | R | T | F | D | E | L | K |
| P | O | M | J | B | U | T | T | E | R |
| E | R | T | Y | U | I | O | P | M | N |
| V | A | N | I | L | L | A | G | H | Y |

CAN YOU FIND THE COOKIE WORDS IN THE GRID?

Eggs Milk Chocolate Butter
 Flour Sugar Salt Vanilla
 Goopy Yum Delicious Crumbly
 Choc chip



COLOUR ME IN!



CHOCOLATE CHIP COOKIES

Ingredients

- 150g butter that has been softened
- 80g brown sugar
- 80g granulated sugar
- 2tsp vanilla extract
- 1 egg
- 225g plain flour
- ½ tsp bicarbonate of soda
- ¼ tsp salt
- 200g plain chocolate chips or small chunks cut from a bar

Method

- Heat oven to 190°C. Line two baking sheets with baking parchment.
- Put the butter and both sugars into a bowl and mix until creamy.
- Add the vanilla extract and the egg, and mix together.
- Sift the flour, bicarbonate of soda and salt and add to the mixture. Stir well.
- Add the chocolate and mix everything together.
- Make little balls of the mixture with a teaspoon and place on the baking tray. Don't crowd them together as they will grow!
- Bake for 8 to 10 minutes. They should be light brown but still soft in the centre.
- Leave them on the tray for 5 minutes then lift them onto a wire rack to cool.

YUMMY SCRUMMY!

A farmer's spin on living under restrictions.....

Bread and jam is back in fashion in our house. Goes with afternoon tea like it was meant to be. An after supper variation on this is hot buttered toast with golden syrup. I just wish I had time for lockdown baking, I may dabble in it as the summer progresses; but I'm certainly **not** rushing off to any shops to buy processed tat. It's not essential in my eyes, and we're better off without it.

I'm feeling pretty self-righteous about managing to avoid spending money with the supermarkets just now (there's no way I'm visiting a venue where the masses flock, even in a controlled format) as I've never approved of their monopoly anyway. They slock everyone in with convenience and loss leaders, squeeze independent traders out of the market and treat their core suppliers (farmers) in an immoral way that most (if they only knew it) would consider unfair and unjust.

So I'm phoning an order in to the local farm shop once a week and picking my groceries up from their car park. Whatever they don't supply that I really need, I'll just have to box clever. At the beginning of lockdown, I could order dog and cat food online from Mole Valley Farmers; but their system's now crashed! If I want fat-free yoghurt or slimline tonic, I either go without or have a treat when family or farming neighbours visit the local Co-op. We're doing without a daily paper (I've downloaded the BBC news and Cornwall Live apps, but it's not quite the same!)

Having no off-farm commitments has actually lifted a great deal of pressure from our household, we've enjoyed reverting to a time where the focus hasn't been blurred: tending livestock and farm maintenance running beside ensuring family are OK. We've even made time to reinstate a veg garden - just like we remember from our youth.

My heart does go out to people living in flats or houses with no garden or balcony, it'd drive me crazy. I guess it's folk living in such a situation that are struggling to stay at home, they've probably never known any different than using their home as sleeping quarters only and 'normally' spend their waking hours either at work or out on the gad someplace. Which explains a concept I'd never understood till now: why do people flock to shops just to wander about? Because they've nothing better to do, and (sadly) it's a more pleasant place to be than at home! I've no idea what their new normal's going be; but I know I'm going to hang on to the best bits of farm-isolation!

As farmers, we're probably approaching Corona virus from a different viewpoint than most. We've lived through Foot and Mouth Disease, are always aware of TB and the rest of the notifiable diseases livestock are susceptible to. We know what a virus is (antibiotics can only treat a secondary infection - not the virus itself), grasp transmission routes in a jiffy, follow production periods for a vaccine, and appreciate the difference between pandemics and epidemics (the first being worldwide, the latter being higher than normal 'incidence' in a geographic area).

The only time we'll voluntarily enter a crowd is at the Royal Cornwall Show, so social distancing - the length of a cow - is a natural form of personal space awareness to us. 'Working From Home' was invented by farmers a few millennia ago, PPE is donning appropriate barriers (gloves when treating a lamb with Orf), and the isolation pen is where a new bull's put till he's passed his blood tests to ensure he's not bringing any diseases into the herd. Shielding is what we do regularly as we just can't both be ill at the same time as there'd be nobody to tend the livestock. Lockdown is another name for a Standstill Order from the powers that be when the vet's running tests to see if your flock has sheep scab (or if it's just lice making them itch their fleece off!)

Cobra (Civil Contingencies Committee) we've just about heard of, but we thought Sage was an accounting software package - it transpires to actually be the Scientific Advisory Group for Emergencies. I've had to apply myself to understanding 'furlough' (of no relevance to us, but important to the economy); when I first heard the word I thought it sounded rather archaic and a time efficiency measure of ploughing a furlong (probably by horse!)

No idea what the formula is for working out the rate of infection, but I understand the R value needs to be kept below 1. Upperwear is a new thing - suit on top and joggers on the bottom (as opposed to outerwear, which is what my Father used to indulge in: popping a raincoat & wellies over his pyjamas to do the school run); and Zoom meetings are actually a benefit of modern technology.

I'm shying away from too much news now, I'll watch the headlines once a day but can't stomach any more stories of 'covidiot's and their stupid antics; they drive me to mixing a 'quarantini'.

JC

Pilates Classes in North Cornwall

St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30

Bodmin Lakeview Country Club Lanivet - Tuesdays - 10.00 & 11.15



What does Pilates do?

- ✓ Targets the deep core stabilising muscles, improving balance and co-ordination
- ✓ Improves muscle tone, strength and joint mobility
- ✓ Improves posture, alignment and overall body awareness
- ✓ Corrects muscle imbalances and encourages pain-free movement

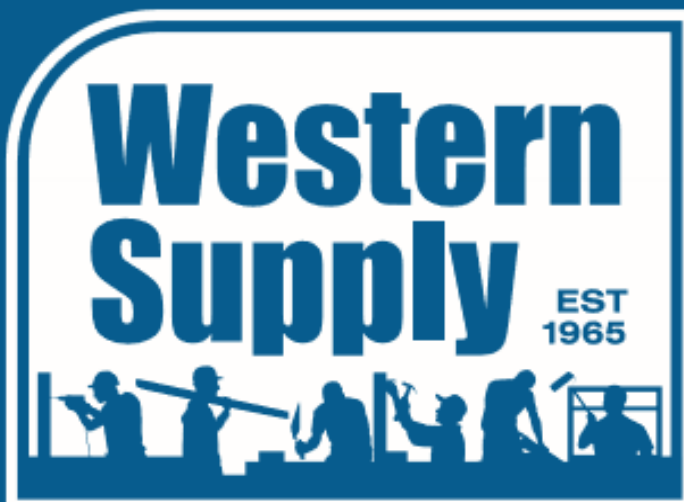
How do the classes work?

- Classes are limited to a maximum of 12 people Small classes mean you receive good personal attention and ensure you are performing the exercises safely, and correctly.
- Classes are progressive and operate on a school term basis
- All equipment required is provided.



Martin Brooks - 07812 959 879
martin@northcornwallpilates.co.uk
www.northcornwallpilates.co.uk

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Cornwall PL33 9DN

01840 212580

www.westernsupply.co.uk



**ST KEW HIGHWAY
METHODIST CHURCH**

Services held in the Community Hall at 9.30am.

All services have been suspended until further notice.

Catholic Church Services

Wadebridge

St Michael's Church
Trevanson Street
01208 72833

Tintagel

St Paul The Apostle
Bossiney Road
01840 770633

All services have been suspended until further notice

stmarysbodmin.org.uk

stpaultintagel.btck.co.uk

Wadebridge Christian Centre

Molesworth Street, Wadebridge. Tel 01208 813110,
wadebridgechristiancentre.org

We are a lively, active, family church where everyone is welcome. We have a crèche and Sunday school, and all our children's workers are DBS checked.

**St James the Great Church
at St Kew**



All services have been suspended until further notice.

Please see the latest update from the North Cornwall Cluster of churches a few pages back.

Reflections

As I write, we are still in lockdown. I am lucky: I am retired.

Yet, during this time, I had to make choices: as an artist I had to choose between despondency or creativity and as a priest I had to choose between fear or trust. I remembered the disciples locking themselves away in fear, but Risen Jesus came to bring them faith and peace. I remembered God saw chaos but, out of it, brought about order and creation. So these are the choices: despondency or creativity and fear or trust. Which did you choose during lockdown? I chose trust and creativity, and received great peace as a result.

When our lives are materially reduced to the bare essentials, we discover there is so much more about our non-material life. Beware the barrenness of a busy life! We have families, friends, clients, employees, colleagues, ourselves, and God. These can recede into the background when we pack in too much else! However, lockdown has brought our inner life back to the fore. What did you rediscover about yourself? Do you enjoy a slower pace of life, the song of birds, reading, meditating? I do! And I

hate driving the car! I love exploring abstraction in painting! I love having a real conversation with my family by video/phone! I love having time with God! You might have made similar discoveries too.

There are, however, business people who are very worried, and rightly so. They worry about their employees, their bills, their families, their survival. We must pray for them, that they, too, may be able to choose trust, so that they may have just enough inner peace to become creative in the circumstances we are now in, and that they may discover beautiful things about themselves, others and God through this time. And we must DO something!

So here is a suggestion: imagine if all of us who have a regular income and saved money during lockdown now spent it in all our local independent "non essential" businesses who had to shut down. Wouldn't that be a wonderful, practical way of spreading God's love and blessings around?! So, as lockdown is gradually lifted, let us keep the good things we rediscovered and let us bless those who need it most through our own spending.

*Rev'd Corinne Tournay
PTO North Cornwall Cluster of Churches*



How our Foodbank helps our community

Thank you so much to everyone supporting our Foodbanks during the current situation. We are really grateful for all your donations, we couldn't do this without your help. A special shout-out to Fee's Food who continue to drop off batches of frozen ready meals to be distributed to people referred to our Foodbank.

Thanks also to Morrison's and Tesco for their weekly bulk deliveries to us. We are so grateful to all the local small businesses which have sadly had to close during this pandemic and kindly donated their short date stock to us.

We have been processing online referrals to our Foodbanks in Bodmin, Camelford and Wadebridge

and operating a delivery service direct to people in crisis. We now have over 100 professional agencies signed up to our e-referral system, without their help, we would be unable to continue the work we do in our community and support people in need. During the lockdown period so far, we have seen an 80% increase in the number of referrals to us and our volunteers are working hard to make up the food boxes and deliver them.

We currently have plenty of beans, soup and tinned spaghetti but we are in need of the following items; tinned potatoes, tinned tomatoes, tinned meat/fish and soap.

Wadebridge Foodbank, Unit 2 Trevanson Street,
Wadebridge PL27 7AR Tel. 01208 815374
Registered Charity No. 1166301
Email: contact@wadebridgefoodbank.org
Website: www.wadebridgefoodbank.org

DWEC
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- Rewires
- PAT Testing
- Mechanical Ventilation
- Solar Systems
- Electrical Heating Systems
- Heat Recovery Systems
- Lighting Design
- 24 Hour Call Outs
- Testing & Inspections
- Free Quotes

07843 601118

davidwellingtonelectrical@gmail.com

Mobile Post Office

The mobile Post Office local calling point each week are as follows:

Monday

St Kew Highway **13.30-15.00**
(Community Hall)

Thursday

St Kew Highway **14.00-15.00**
(Community Hall)

St Kew Historical Society

All talks and meetings are held at St Kew Parish Hall on the second Thursday of each month, from 7.30pm.

Please come along to our next meeting after lockdown has ended.

Please check our Facebook page for further details:

www.facebook.com/StKewHistoricalSociety

John Raybould - Secretary.

Events Diary June

It would be so nice to put some thing in here, maybe in July's edition?

The Regal in Wadebridge

Tel: 01208 812791

www.wtvcinemas.co.uk



The Regal Cinema is closed for the time being.

News from St Kew Parish Hall

Summer is usually a quiet time for the hall but not this quiet.

Hopefully by the autumn we can think of holding activities in the hall again but in the meanwhile we hope everyone stays safe.

Take care everyone.

Kathy

To book the hall, please contact Lianne Sproull on 01208 841808.

Recycling

Recycling takes place on a variety of days in the same week within the parish.

Recycling collections are in the weeks Beginning 1st and 15th June.

Please see Cornwall Council's website for full details.

ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

Registered Charity No 294140

| | | | |
|--------------|--|---------------------------|--------------|
| Sun | Methodist Church Service | Marion Dingle | 01208 841388 |
| Mon | Yoga 10.00-11.30 am | Bonnie Suchodolski | 07540 838267 |
| | Pilates 2.30-5.15 pm | Martin Brooks | 07812 959879 |
| Tue | Pilates 1.15-2.30pm | Martin Brooks | 07812 959879 |
| Wed | 1 st , 3 rd & 5 th in a month | West Country Embroiderers | |
| | 10am-3.00 pm | Pat Scarborough | 01841 521323 |
| | 2 nd in month St Kew WI 7.00 pm | Alison | 01208 841469 |
| Thurs | Chair Aerobics 2pm | Pat | 01208 841260 |

**IMPORTANT : BEFORE ARRANGING YOUR EVENT AT THE HALL
CHECK AVAILABILITY AND BOOK WITH SHIRLEY ROWE 01208 841257**

Life's tough sometimes



Relationship breakdowns and disputes about children or finance can be the most stressful time in your life. We are here to help, talk to Sproull.

SPROULL

SOLICITORS

01208 72328

www.sproulllp.co.uk

Disputes | Family | Property | Wills

Parish Council News

Chairman: Cllr A Godden

Clerk: Mrs Stephanie Tiplady

The Barn, Kitts Hill, Chapel Amble

07789 953677. stkewparish@gmail.com



The Parish Council meets in the Parish Hall, St Kew Churchtown at 7.00pm on the second Tuesday of each month. Members of the public are welcome to attend and address the meeting on any subject of concern.

St Kew Parish Council Meeting

Due to the ongoing pandemic the council had its second "virtual" meeting by conference call.

In attendance were: Chairman A Godden, Cllrs J Rowe, T Mott, A McMahon, A Prophet, R Godden, P Bishop, J Lethbridge, Cornwall Councillors S Knightly and R Moorcroft.

Councillor Knightly and Councillor Moorcroft reported on the sterling work the Betjeman Centre is doing. If anyone is feeling down because of the restrictions placed upon us, it's well worth getting in touch. Councillor Knightly holds a surgery at the centre every Friday between 9.30 and 11.00am, anyone is welcome to attend and it is arranged in such a way to safeguard everyone involved.

Under the restrictions placed on us all, it severely restricts the work the Parish Council can do, but we are getting complaints about second homes being used and visitors being in the parish, when the legislation outlaws it.

There are numbers you can ring to report such activities. 0300 1234100 The council has decided that the AGM will be postponed until next year and that all offers will remain the same until May 2021, when we hope things will be back to some sense of normality. The council approved the audit forms to be sent to the Auditor. RG

Planning Applications

PA20/02214, Mr A Holmes. Bulls Court, Hendra Lane, St Kew Highway. Change of use from holiday let to permanent residence.

Recommend approval.

PA20/02987, Mr & Mrs H Singer. Land adjacent to the Cottage, St Kew Highway. Proposed dwelling. The council could see no difference to this plan and the previous plan on the same site.

Recommend refusal.

Planning Decisions

PA20/00359, Mrs L Sproull. The Barton, St Kew Road, St Kew. Listed building consent to rebuild part of a stone boundary wall.

Approved

PA20/02647, Mr A Parkinson, Trewethen Cottage, Trewethen Lane, Trelill. Variation of Condition 3 (Use of Extension) of Decision Notice **PA19/10466** dated 3rd March 2020.

Approved.



St Kew Garden Association

Schedules for the Annual show on Saturday the 4th of September will be on display from this weekend at the usual venues.

For further details of these please contact Richard Godden on 01208 880007.



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*A beautiful 15th century Inn, bursting with character.
We serve delicious home-made food using the best local produce.
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email: stkewinn@btconnect.com




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Les Oliviers

Bédoin, Provence

- Sleeps 8 (4 Bedrooms, 4 Bathrooms)
- Air conditioning • Broadband Wifi
- UK Freesat • 10x4m heated pool
- Short walk to village

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Les Oliviers is ideal for family holidays as the pool area is enclosed for the safety of small children, as is the lower lawn. Guest enjoy wifi broadband internet, a 65" curved screen TV with UK Freesat and a good selection of English books.

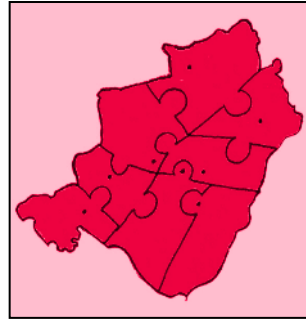
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Pieces of Eight



July 2020, Issue 261

News, views and issues from: Chapel Amble, Pendoggett, St Kew, St Kew Highway, Trelill, Tregellist, Trequite, Trewethern

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Cherries in David Balmford's front garden.

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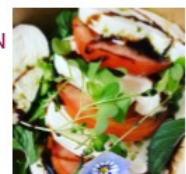
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
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With us...it's personal

Letter to the editors

I'd like to thank Farmer Jules for another excellent article in June's edition of Pieces of Eight.

The key point, as Farmer Jules points out, is that this isn't just about trade, it is about the food we eat. I've heard several people say that giving way to the US on farming standards doesn't really matter as we can simply refuse to buy meat imported from there. Fine, if you're buying a whole chicken or a steak from the butcher or supermarket - you will know where it came from and can make an informed choice. However this ignores some uncomfortable truths.

In any event I'm not sure we will see any imported US meat on shop shelves. Most of it will be supplied in bulk to the food processing and catering industries, where by far the most important factor in processed food products and meals is the cost of ingredients, not their provenance. As Jules mentions, if imported foodstuffs undergo processing here the product label does not have to include the country of origin of the ingredients. The Red Tractor logo will help, and no doubt some producers and supermarkets will use labels such as "Made with British chicken" as a marketing slogan on own-brand products.

If you eat ready-made sandwiches, take-aways or ready meals, eat in the office or factory canteen, your

children eat school meals, you have a stay in hospital, or have the misfortune to have to eat at Her Majesty's pleasure, it is quite possible you will be eating food whose ingredients were produced to a standard that would not be allowed for UK-produced food once a trade deal with the US is signed.

There are also wider implications of course - from the impact on UK farmers having to compete with lower quality imports to the problems of introducing yet more inequalities in society.

At the risk of straying off-topic, it is not just a matter of lower food and animal welfare standards. Trade deals could also involve weakening of our environmental standards, healthcare regulation, intellectual property rights and digital privacy laws to name but a few. I do worry that the UK will become involved in a race to the bottom of regulatory control, and the public at large will not realise the future impacts this will have.

Name and address supplied

EDITORIAL

Here's hoping that everyone is slowly able to start getting back to some kind of normality. The recent rain, although very welcome, does make our tentative garden socialising more challenging, but it is still important to keep safe.

With Cornwall opening up to holidaymakers in July we must continue our efforts whilst also welcoming our guests. So many people love Cornwall, whether they are holidaymakers or second home owners or even visitors from other parts of Cornwall and they are all so important to our economy. The recent statement from Cornwall Council discouraging visitors to the area demonstrates the difficult balance between keeping our community safe during the ongoing pandemic and the economic survival of local businesses.

A piece of good news comes from The Cornwall Community Foundation who award grants to local projects. At the beginning of lockdown a fund was set up in order to help the Cornish communities worst affected by Covid-19. The aim, back in March, was to raise £100,000 but donations have now reached £1.3m, which is really amazing, and 60% of donations come from people who live outside the county. To date the CCF has awarded £460,000 in Emergency and Crisis grants across the county, but they also have a North Cornwall Fund which directly benefits our part of Cornwall. Wadebridge Food Bank and Concern Wadebridge are among those who have been helped in this way.

I know many people were worried about second home owners coming down at the height of lockdown, but the other side of the coin is that many people who cannot live here all the time, still love Cornwall and feel a responsibility for the county.

We hope everyone has a good holiday season. We take our own summer break next month but look forward to bringing you another issue in September.

Keep Safe everyone.

Philippa

Please note that the magazine will still be produced while we are in lockdown but will be electronic only. You can either read the magazine at

www.stkewparish.org.uk/Po8.html

or, if you'd like your own copy please email us at stkewmag@gmail.com and we will email you a copy in PDF format.

We are hoping that we will be able to go back to print with September's magazine.



**and all Key Workers.
Thank you**

Contacting the Editorial Team

The Editorial Team are:

Philippa Harkness - Children's page & History
Steve Liddiard - Advertising Manager & Treasurer
David Penhale - Events & Poet in Residence
Nicky Pickard - Main editor who puts the magazine together, assisted by husband Mike.

We can be contacted by email at stkewmag@gmail.com. Please use this address for **ALL** correspondence, the in-box is checked regularly. Alternatively you can phone Nicky's mobile - **07813 603776**. Leave a message if you can't get through and she will phone you back. Advertisers should contact Steve, our Advertising Manager via this email address, putting 'Advertisement' in the subject line. Steve can provide information on advertising costs, space availability, formats, etc.

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www.communitymagazineprinting.co.uk,
01288 341617

Copy date for the September's issue is:

Friday 14th August

We will aim to get the next edition of the magazine on-line before the beginning of June. **Please could all contributors send us copy or advertisements as soon as possible, and before the copy deadline.** If your article or advert is going to be late it would be very helpful if you could let us know in advance.

Note to Readers

When responding to an advertisement, **please** mention that you saw it in Pieces of Eight. This shows our advertisers that the magazine is **the** place to reach local customers.

The magazine does not accept any responsibility for any issues arising from advertisements.

Views expressed in this publication are those of its contributors and do not necessarily reflect those of the Publishers (the management committee) who reserve the right to refuse or alter any material supplied.

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St. Kew Community Gardens Association

The View from the Allotments and yet another turnaround for our plots

Two weeks ago we were grumbling, because we had to lug so many watering cans back and forth, from the plot to the water trough and back again. It was taking about three-quarters of an hour, just to keep all the seedlings and plants watered and we were (almost) regretting the sunshine. Now today, it has rained and rained and we haven't even been able to walk around the corner to check on the greenhouse. Everything else can look after itself, as the plots have been watered with real rainwater and are looking healthy and happy. And the WEEDS! I have never seen so much chickweed and groundsel and it's been a losing battle, keeping the onion bed clear. And, oh, my knees are suffering, too, though Tony has bought me a special kneeler with "arms", so that I don't have to push myself up off the ground so much. Remember the old joke for us elderlies? "Is there anything else I can do while I'm down here?" I used to laugh at that – now it's not so funny!

But, and it's a big but – all the plants are looking so happy and healthy. We've nearly done all the planting and are only clearing a couple of patches more – one for some surplus sweetcorn and one for the brassicas. And here we're trying something different. Tony had been so annoyed with losing the brassicas last Summer/Autumn when they were stripped bare almost overnight by a particularly virulent caterpillar that he has bought us a frame to erect over the seedlings when they go in. It's a walk-in affair with a door and should do the trick. I'll hope to report in the next letter whether it's been a success.

The tomatoes in the greenhouse are looking fantastic (thanks to Dick Godden for the seedlings) and already showing their first fruits. I've cut off the lower leaves, so that a bit more light comes on to the plants and shall cut a few more away in a couple of weeks.

And the strawberries have been a triumph this year – a reward for weeding and tidying them through the Winter, I think. And the raspberries and the loganberry are producing well, too, so I shall probably finish up freezing a lot of fruit. I know they don't keep their shape after freezing but they are a welcome addition to fruit salads in the depths of Winter. One of the loganberries has gone rogue and reverted to being a large and flourishing blackberry, which is covered with fruit and will be laden by August. More for the freezer.

Yet again, I planted 20 left-over potatoes which I found in the back of a cupboard and they have all come through and look happy. Shan't know for a week or two what I shall find underneath them but they usually produce several pounds of nice little potatoes. Waste not, want not!

Over the past few weeks, we have welcomed new tenants to the site and we are now FULL! First time for a couple of years. Mind you, we shall probably have a little turnover at the end of our year, 31 October, but it's nice to see all the plots in use and productive.

Maybe next time I write, we shall be grumbling about the drought again – who knows!

Judith Mott,

judithmott@btinternet.com
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FARMER JULES

There are so many different systems in agriculture - abroad and in the UK - us farmers forget these methods are not automatic knowledge to most people.

Why might it be of interest to anybody and everybody? Because food is what we all eat, and food is the product of agriculture. And there's a great deal of snapshot data around these days, often only telling a partial story; therefore often promoting misinformation. So, a Farmer Jules series on the various sectors might be in order, with this month being 'beef' - just because cattle are always at the forefront of my mind!

In the UK prime beef is produced either from suckler herds (beef cows) or the dairy sector. The latter are the calves born to dairy cows to trigger each milking lactation (once a year) and will be sired by either a beef or dairy breed bull; while suckler beef is from animals born to cows whose sole purpose is to produce and rear (suckle) a beef calf every year. These beef cows may be a pure-bred (or even pedigree) beef breed, or themselves be crossbred - between 2 beef breeds (for hybrid vigour), or even dairy/beef cross breed (the female calves from a dairy cow by a beef breed bull).

The purists amongst us love eating pure-bred beef reared in its native environment (more on rearing systems shortly) as to us: it's the *crème de la crème*. This can be bought at certain butchers or some farm shops; both of whom will have advertising material in shop or on their website for the full back story.

Many butchers' and supermarket's 'best' ranges rank crossbred beef (either from a dairy or beef cow but always by a specified beef breed bull) as the best eating beef to be had. I admit it's good beef, but I still prefer the option that the dam (mother) is a beef cow - not only because the maternal traits carry, in my opinion, a heavy influence on the animal's confirmation (beefiness); but also because it's been reared on the cow.

So what's the difference between rearing systems? If born into a dairy herd, the calf stays on the cow for a day or two and naturally sucks - receiving the essential colostrum which is high energy and passes certain immunities to the calf.

A few dairy farms may then have designated 'nurse' cows, who are probably past their peak production-wise, that are turned in twice a day to bunches of up to 4 calves per cow; but usually dairy calves are either penned in small groups or individually (next to each other) and either fed milk twice a day in buckets or via a machine with teats. Whether this is fresh milk from within the herd or rehydrated milk powder varies from farm to farm and is dependent on a great many circumstances that would be the subject of another whole article!

These 'dairy' calves are then weaned at somewhere between 5 to 8 weeks (when they are eating a specified amount of specialist dry feed) and are then known as stirks. Calf rearing on a dairy farm is a specialist job and there'll always be a designated stockman in charge, usually along with specially designed housing (good but draught-free ventilation being a core element).

From weaning to yearling (1 year olds) the dairy 'beef' calves are put on a rearing ration and are kept in peer groups either at pasture in summer or housed in winter. Somewhere between the age of 18 and 24 months, most of these animals will be considered fit to go as prime beef: the farmer being paid on carcase weight, confirmation grade and fat cover. Different buyers (outlets) have different specifications e.g. mainstream supermarkets fulfil consumer fashion for leaner meat whereas butchers often supply more mature meat; and most require the beast has been reared on a minimum of 70% forage (grass) diet.

During spring and autumn, there will be significant trading of 'store' cattle; where breeders (dairy or beef) sell anything from weaned calves through yearlings to forward stores (only need a couple of months finishing) to specialised rearer/finisher farmers. This frees up acres, shed-room, feed and labour to concentrate on their core enterprise while the finishing-farm can specialise in putting the bloom on the animals: to his buyer's specification.

Two other systems are bull-beef and veal. Bull beef is often dairy bred males, left entire (as opposed to being castrated) for faster growth rate: finishing around 16 months of age (becoming prime beef at a younger age = being more efficient business-wise and producing meat from a younger animal which can be viewed as more tender and succulent). Bull beef tends to be a house-based system - groups of young bulls racing about on pasture can be a management headache if they break out; although I did see it working successfully in New Zealand in the 1980s - but a very long way away from any public access!

British veal is produced very differently from on the continent - our production systems have been thoroughly modernised and legislated, and is now managed in an acceptable manner for the welfare of the dairy calves. This is known as 'rose' veal due to the meat colour which is acquired by the animals being 'fit' at nearly a year old (rather than much younger). Forget those outdated images of the calves living in small individual pens for their lifespan, British veal calves are now grouped into peer groups and free range it around straw yards or even paddock pastures.

MOST EXCITING OF ALL though, in my view (are you still with me?): is the single suckled beef that has come from a beef breeder/finisher farm (on the one farm from birth to beef) - particularly from a breed native to the region!

Let me explain... single suckler means the cow is rearing just 1 calf (in a beef herd that almost always means the calf she's given birth to) and is different to multiple suckling where more than 1 calf is reared by each cow (like the dairy nurse cows). A single suckler beef calf will stay on the cow for between 6 and 10 months, dependant on both cow and calf condition, the farm's geographic location, seasonality and the farm's set-up e.g. if all calves are sold at weaning so the holding is fully stocked with cows or if less cows are kept so there's enough pasture and houseroom to keep bunches of yearlings and finishing stock.

This type of beef production tends to pride itself on pasture based production: extensive but in an efficient manner. The calves are at foot with their dam to around the time the cows are naturally drying-off from their current lactation - the cows having earned a rest period of a couple of months before the next calving season (during this dry period the cow is not idle: the next calf she's carrying has an in-uterus growth spurt during the last 2 months of gestation, and in the fortnight immediately prior to calving the udder gears up toward the all important colostrum production).

These beef calves are weaned at nearly yearling age (often called 'buss' calves) and look very different from their dairy counterparts - heavier boned, rectangular blocks on legs full of mother's nurture and nourishment. However placid a breed they are or quietly tended, suckled calves are not regularly handled in the way dairy animals are; and therefore have character, know their own mind and can be somewhat wilful. Just like a fine Cornish maid (you're still with me then?)

The weaned calf group go through adolescence together as yearlings, then at around 14 - 16 months of age are split into 2 bunches: heifers (the girls) and

steers (castrated boys). This enables both groups to be managed differently feed-wise (heifers tend to mature earlier and lay fat down sooner while steers have a bigger frame to fill), and it can be a distraction to Daily Live Weight Gains all round when heifers come bulling (are in season) as the steers - even though castrated - will jump the heifers (which can bruise the heifers as they're not yet truly old enough for such antics). These 'youngstock' stay out grazing for as long as the season permits, while there's grass growth and the ground is dry enough underfoot not to make a quagmire.

Heifers being retained for breeding (the pick of the crop) join the cows before the bull goes in: to settle and adjust to the pecking order. Age of primestock becoming fit in a grass based beef herd varies greatly according to farm (lowland or upland) and breed, and UK regulations/pricing encourage finished primestock to be under 30 months. Our cattle - on this farm and system - will be an average of 26 months old as steers while the heifers would be around 24 months.

How/why does breed make a difference? Native breeds of the British Isles have adapted over hundreds of years to the conditions in their region so should thrive in similar systems across most of the UK, and be fairly relaxed roaming grassland as this is their inherited genetic default.

The 'local' breeds in Cornwall are the South Devon in East and Mid Cornwall while the Red Ruby Devon (that we have) are renowned for being hardy so were traditionally found in North Cornwall and anywhere else with harsher conditions e.g. moorland and cliff farms.

Across the UK you'll find mention in supermarkets and butchers of other popular breeds: the Hereford, Shorthorns and of course Aberdeen Angus. There are many more British breeds that produce fabulous beef and are a wonderful gene-pool of genetics that will survive if we keep buying their beef! Without buying such produce, the farms will stop keeping these cattle and they will become rare breeds with a shadow of extinction hanging over them.

None of this is to the detriment of the continental beef breeds (Charolais, Simmental, Limousin and Belgian Blue for example) which started with the import to the UK of the Charolais in the early 1960s. It was driven by a double edged sword: the UK government (Ministry of Agriculture as it was then) encouraging increased efficiency and output from farms; alongside supermarkets becoming established and taking off in the UK (which had the knock on effect of increasing the size of processing plants).

Why did these factors trigger a swing to continental breeds? Because of their larger frame size and often more meat per carcass ratio (double muscling). I'm no fan of beef from a double-muscled beast - to me it has a tendency to be tough and it certainly doesn't have the marbling of a native breed: the flip side of no marbling is leanness though, but it's not so succulent.

The larger continental carcasses are not just more valuable (price per head) to the farmer, they're also more efficient throughout the processing system: bigger carcasses on each hook means more efficient use of refrigeration storage space, boning staff will cut more meat from each side of beef, and there'll be more 'specified sized cuts' from each animal to fit standard supermarket packaging.

So how does native breed beef compete with this, particularly as ninety-something percent of food is bought through supermarkets? Larger breeds like the South Devon have ensured their breeding policies have kept abreast of market demand and hold a nationwide share of the beef chain, with herds the length and breadth of Britain.

Like so many native breeds, the Devon (our Red Rubies) are a medium framed animal - less suited carcass size wise to mainstream buyers but valued by specialist butchers for the high-end market. As farming fashion swings back toward more environmentally sensitive agriculture, these medium size beasts (that thrive on more extensive systems) are keeping themselves a place in modern agriculture. To us they're sound business: we can keep more of them on a designated acreage

(because they're not so big), they don't require the same bought-in feed ('cake') and we're paid a premium by the butcher we supply for producing beef he can sell into top quality restaurants.

Continental breeds don't tend to 'finish' off grass like native breeds, so need 'conring' (feeding corn or manufactured compound cake) to become primestock. This will be the standard beef on supermarket shelves, and there'll be nothing wrong with it whatsoever - as long as it has the Red Tractor logo on it (been farmed in the UK to British standards). Just be aware a Union Jack on the package label IS NOT the same as the Red Tractor logo - due to the quirkiness of labelling laws, a Union Jack often represents where the last stage of processing occurred e.g. it could be South American beef packaged in the UK or burgers/stewing steak/beef pie made in a UK factory using beef from an undeclared country of origin.

Why worry where the core ingredient's been produced? That's what last month's article was all about. Suffice to say food from UK farms leads the world in animal welfare and environmental standards, is fit for human consumption (to British legislated standards) and hasn't the food miles of imported produce. 'Backing British farmers' is not to me the main driver here, it's about what I - as an insider - choose to put on my plate. And I feel everyone has the right to know the reason why. With that knowledge, individuals can make informed choices.

Happy shopping!

Choccie Quiz

Thanks to Rod P-B we have another quiz for you - identify the chocolate-related comestibles from these clues. *Answers further on.*

1. Red planet...
2. Our Solar System is part of it...
3. Triangular prism...
4. Talk quietly...
5. Chocolate village...
6. A drink costs 10 cents here...
7. A hunter goes in search of this...
8. Pub for the king of the jungle...
9. Subject...
10. Not straight...
11. Citrus sphere...
12. Throw a stone to make these...
13. Feline equipment...
14. Two storey bus...
15. Clever people...
16. Nomad...
17. The 'crumbliest' chocolate...
18. Leaves or snow can sound like this...
19. Cows' produce...
20. Locals from Malta...
21. Wandering musicians...
22. Spin around...
23. Marriage arrangers...
24. Outside meals...
25. Definitely not before 20.00....
26. This sounds like a sadistic nut...
27. Superman, Spiderman & Batman...
28. Christmas and birthdays give rise to these...
29. A posh thoroughfare...
30. White ones, red ones, Tudor ones...
31. Only cow juice on sale here...

Even though the St James Fete is postponed for a while, we can still join together in some summer holiday FUN(draising)! So, during July and early August, please enter:

The Great St Kew Scarecrow Competition!

All the entry money will be split equally between Wadebridge Foodbank and St Kew Church.

Here's how it works:

E-mail stkewfundraising@gmail.com, to ask for an entry form. Fill in your form, pay your £5 entry per scarecrow (any extra donations also welcome!), and return the form to stkewfundraising@gmail.com. We will send you a thank you, your own entry number, and further instructions for submitting your scarecrow.

Make your scarecrow and stick it up for all to see (outside or in the window)!

Scarecrows must be entered no later than 4.00pm on 8th August for anonymous judging.

Shortlisted scarecrows will be visited, and the 3 winners will be announced by e-mail and social

media on 11th August. The results will also be published in the September Pieces of Eight.

You can enter as many scarecrows as you like (£5 each), but each household can only win one of the three prizes. The first two prizes will be a large hamper, with something for everyone - kindly donated by local businesses (names published in the September Mag!). The third prize will be a book token.

We have 3 judges – one each from the Foodbank, the Community, and St Kew School – and they will be awarding marks for:

- 1) Sturdiness / Environmentally-friendly / Good design
- 2) Originality / Inventiveness / Ambition
- 3) Friendly-looking / Colourful / Characterful

If you have any questions, please e-mail stkewfundraising@gmail.com or call 01208 841 115.

May the best scarecrows win!

Thank you!

The great St Kew
SCARECROW COMPETITION

Photo entries Wadebridge Foodbank
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Enter by 3 prizes!
August 8th

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by e-mailing August 11th
StKewfundraising@gmail.com Photos in September's mag

VICTORY OVER JAPAN DAY (VJ 75) 15th AUGUST 2020

Saturday 15th August 2020 is to be remembered as the day 75 years ago that Japan surrendered and World War Two was finally over. The formal surrender ceremony was on 2nd September 1945 on the United States Ship 'Missouri' in Tokyo Bay, some three months after the war ceased in Europe. The Forces who fought on in the Far East were known as The Forgotten Army.

The British Legion, through the Pageantmaster, planned to ask the nations throughout the world to remember the impact that the war in the Far East had on those returning and on those welcoming them back, and not to forget them and the missing and deceased. The Covid pandemic has meant the original remembrance and thanksgiving events 14th–16th August 2020 have had to be reduced to the one event at the National Memorial Arboretum at Alrewas, Near Lichfield, Staffordshire on 15th August 2020.

The Trustees of the charity Far East Children & Families of Prisoners of War (FEPOW) have decided to run events in 2021 as VJ75+1, so that they can properly honour those who gave their lives and those whose sacrifice and spirit enabled the survivors to get through their ordeal.

FEPOWs were prisoners on the Thai/Burma and Sumatra railways, the Sandakan Death Marches, in the copper mines in Formosa, steel factories in Japan, building roads in Burma, airstrips on Ambon, Haruka, Java, Raboul, North Guinea, and the Soloman Islands. Thousands died batted down in holds on the 'Hell Ships'. Many of the FEPOWs were civilian internees and their story in Changi Jail and Singapore should also be remembered. However, thousands survived to return and for them the suffering continued for many years after and many bear testament to their constant nightmares and recurring illnesses.

In our parish we remember especially Horace John Lyle whose name is on the St Kew War Memorial. Horace was a Leading Aircraftsman of the Royal Air Force Volunteer Reserve and was aged 33 when he died on 11th February 1946, and is buried at the Kranji War Cemetery, Singapore. He was born at Lower Whitely, North Petherwin on 21st May 1912 to Beatrice Lyle; no fathers name is recorded. Beatrice was sister to Francis Lewis Lyle (a parishioner who died 16th October 1918 in France with the 7 DCLI) and was brought up by his grandfather who farmed at Hendra. Horace married Gladys Beryl Langford at Bodmin Register Office on 27th July 1937; she was residing at Higher Compton, Plymouth when Horace died.

According to current plans, it is unlikely the parish church will be open on Saturday 15th August; however, I will be at the war memorial at 10.00am to pay my respects.

William Garland



Kranji War memorial, Singapore



*The Far East Prisoners of War Memorial Building,
National Memorial Arboretum in Staffordshire*



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| | |
|-----------|--|
| 1st JULY | TREBAH GDNS & RIVER CRUISE |
| 10th JULY | HAMPTON CT & KEW GDNS (2 days 1 night) |
| 17th JULY | BROOMHILL GDNS & BARNSTAPLE MKT |
| 8th AUG | TAUNTON FLOWER SHOW |
| 9th AUG | GATCOMBE |
| 29th AUG | GREAT DORSET STEAM FAIR (2 days 1 night) |
| 4th SEP | BURGHLEY HORSE TRIALS (3 days 2 nights) |
| 8th SEP | WIDECOMBE COUNTRY FAIR |
| 18th SEP | BLenheim PALACE HORSE TRIALS |
| 19th SEP | PLYMOUTH MAYFLOWER MUSTER |
| 28th SEP | VISIT KENT (5 days & 4 nights) |
| 7th NOV | Bridgwater Guy Fawkes Carnival |
| 20th NOV | TURKEY & TINSEL (4 days & 3 nights) |

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Community Farmers Market



COMING SOON

We are bringing a local community farmers market to Port Isaac. Are you local, would you like to get involved, volunteer or offer your services?

We would like to hear from you!
Please join our Facebook group:

@Port Isaac community farmers market

Or call: 07835255607

Everyone and all ideas welcome

Cynthia Cooks

Do you find that your home-made bread is a bit dry, a little tasteless, or too dense? Fear not - here is a foolproof bread recipe that works every single time, tastes delicious with sweet or savoury toppings, toasts brilliantly and stays soft for ages.

Caraway Seed Bloomer

Ingredients

- 500g British strong white flour, ideally from a small independent producer.
- 25g fresh yeast, or 10g fast action dried yeast.
- 275ml warm water
- 15g table salt
- 3½ tbsp oil - any vegetable oil will do.
- 1 heaped tbsp caraway seeds

Heat the oven to 200°C.

If using fresh yeast put it in a small bowl with ½ tsp caster sugar and mash it around a bit with back of a spoon. It will rapidly turn into a loose creamy paste.

Put everything except the water & oil into a large mixing bowl and mix together. Pour in the oil and gradually add the water while mixing with your hands until the dough comes together. Turn out on to a floured surface and knead for 10 minutes, making sure you give it (and yourself) a good workout until you have a smooth elastic ball. Don't worry if it's a

bit wet and sticky to start with, it will soon come together. If you don't fancy a gym session use a food mixer with a dough hook - for 10 minutes on medium speed.

Wipe some oil round the mixing bowl, drop in the dough, cover with a clean tea towel and leave in a warm place to prove until at least doubled in size - around an hour.

Tip the dough out on to a floured surface and bash it around a bit to let it down. Stretch it out with your knuckles into a very rough rectangle around 25cm x 15cm. Roll the top long side towards you. Squidge the edges together, then roll so the join is underneath. Finally, tuck the shorter ends underneath to produce a log shape with no joins showing. Pop this onto a large baking sheet lined with baking paper and with a very sharp knife make diagonal slashes across the top around 4 cm apart and 2cm deep.

Leave the loaf in a warm place until it has at least doubled in size - around an hour in warm weather.

Bake for 30-35 minutes, turning halfway to get even browning. Cool completely on a wire rack.

Cynthia's tip: The recipe also works very well using half wholemeal flour, producing a loaf with a nuttier flavour and slightly denser texture.

Cucumber is usually thought of as a salad ingredient but it is much more versatile than that, and works well cooked in light fish and chicken dishes, especially with herbs and cream.

Chicken with cucumber & tarragon

Ingredients

- 2 chicken breasts, preferably free-range
- 1 medium cucumber
- 1 medium white onion, finely chopped
- 2 cloves of garlic, minced
- Small handful of tarragon leaves
- 150ml crème fraiche
- 1 tsp Dijon mustard
- 1 tbsp olive oil
- 1 spring onion, cut into chunky rounds
- Sea salt and black pepper

Serves 2

Gently fry the chicken breasts in the olive oil with half the garlic stirred in. Cook gently without browning

until the meat is cooked through with no pink juices, but take care not to overcook. Keep in a warm place to rest.

Peel the cucumber, halve lengthways and scoop out the seeds with a teaspoon. Cut both halves width ways into 1cm chunks.

Fry the onion & remaining garlic in the pan used for the chicken (add a drop more olive oil if necessary) until translucent but not browned. Add the cucumber and stir for a few minutes until softened but not collapsing.

Add the crème fraiche, mustard and tarragon and stir gently until heated through. Season to taste with sea salt and a few grinds of black pepper.

To serve, cut the chicken breasts into a few strips and arrange on top of a bed of the creamy cucumber. Serve with buttered new potatoes and a slice of the caraway bread.

Shop locally, eat seasonally

All the news and highlights from the top of the hill! Don't forget, you can keep up with all the school antics in our monthly newsletters, published on our website: www.st-kew.cornwall.sch.uk

St Kew opened again ...

St Kew was able to open the doors once again on Monday 1st June and it was a pleasure to see familiar faces waiting for us, albeit socially distanced from one another. Following the Government guidelines, we have welcomed back children from Reception, Year 1 & Year 6 alongside children who have parents in Key Worker roles. We are currently operating 4 'bubbles' of children in our 3 classroom and hall spaces – we are almost full in each of these and it is a pleasure listening to the 'busy noise' coming from these spaces.

Learning in School ...

With the children being back in school, they have been busy getting to know each other again and back into the usual routines... using BBC Bitesize and class projects as a focus for learning.

... and at home!

Those children at home have also been extra busy continuing with the learning activities suggested by their teachers. Take a look at some of the things they've been doing – I'm sure you'll be impressed!



Baking treats

Making & playing castles

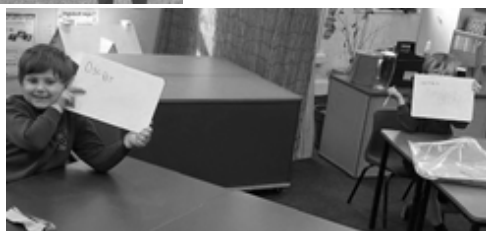


Being 'at war' with our siblings



Playing in the playground

Writing our names!



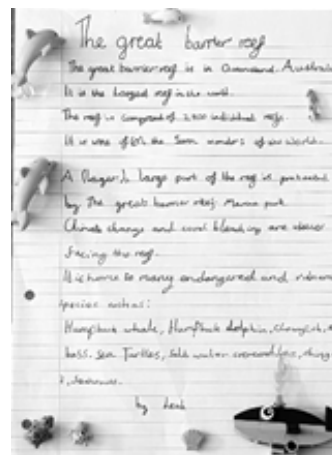
Making our own Top Trump Cards



Looking after the animals



Researching the Great Barrier Reef



We look forward to welcoming all pupils back to school as soon as it is safe to do so!

No Need for Translation

Today is one of those bright blue days with hopeful breezes and heartfelt bird-song, for today is a day with no need for translation, whether l'angue d'oc or Portuguese, mandarin, swahili or early Sanskrit. In Siena the painter looks up from his fresco at a loss to capture the fleeting clouds, while Left Bank existentialists stop their circular dispute, carefully replace their coffee-cups and regard the ciel with affirmation. Even in Washington American Presidents put down their smart-phone, look up in wonder at the giant blue ceiling above the world, over-arching everything. For today is a day with no need for translation.

David Penhale

Lockdown Playlist

Continuing our series of top tunes for coping with lockdown, here is Bella Randall's top 10:

Soundcheck - Catfish and the Bottlemen

Mr Brightside - The Killers

Waste a Moment - Kings of Leon

Kathleen - Catfish and the Bottlemen

Amsterdam - Imagine Dragons

Fluorescent Adolescent - Arctic Monkeys

Naive - The Kooks

Chocolate - 1975

September Song - Sunset Sons

Subeme la Radio - Enrique Iglesias

Latest Church News Update



We remain unable to gather for worship in church, but our church buildings are now able to open for individual private prayer. Many people find a sense of peace, holiness and God's presence when praying in these ancient, sacred buildings. If you would like to visit to pray individually, you are most welcome.

Help us keep them open by staying as safe as possible. Please take great care to cleanse your hands regularly and keep a 2m distance at all times. We ask you to follow all the guidance on display in the buildings and please do not visit if you have cold or flu symptoms.

If you would like some resources to help you pray, you can find a range on our website. We continue to provide weekly worship services via YouTube, and have a friendly Facebook group to help us stay connected. We'd love to welcome you, whether

you're a churchgoer or not. For details, see our website: www.northcornwallclusterofchurches.org.uk

If you would like to pray with someone else, or would like pastoral support, please do get in touch with Revd Elizabeth Wild. Be assured that we continue to pray for all in our community, especially those who are most vulnerable.

Revd Elizabeth Wild – 07758 407661 / elizabeth-wild@live.co.uk

Revd Rose Jones – 01208 592353 / revrosejones@gmail.com

Revd Geraldine Ashton – 07957609085 / gezzalou@aol.com

Church Opening Times

St Endellion: daytime, every day.

St Enodoc (Trebetherick): daytime, every day.

St Michael (Porthilly): daytime, every day.

St Kew: daytime, Thursday-Sunday.

St Minver: open by appointment. (Please contact Revd Elizabeth).

St Peter's, Port Isaac remains closed due to construction work.



St Kew Help!

In response to Covid-19, we got together locally and St Kew Help volunteer teams have been formed to cover all parts of the parish and offer support.

Our aim is to help those who are self-isolating or shielding from Covid 19 and who don't already have assistance from friends, neighbours or family. If you are unable to get shopping delivered for whatever reason, we can pick it up for you as well as provide a list of local shops who now take telephone payments and who do home drop offs. We can also collect medical prescriptions or supplies, post letters, or just chat on the phone. Or maybe you know somebody who you think might need help who you can put in touch with us.

We are affiliated with the national Covid Mutual Aid organisation, registered with Volunteer Cornwall and have representatives from the Parish Council, Church and Health professions overseeing what we do.

Two weeks ago we leafleted most of the houses across the parish to provide telephone numbers for volunteers living locally in each village. You can also contact us by telephone on: 01208 841366, e-mail at stkewhelp@gmail.com or via our Facebook page – see our poster on the next page. So don't hesitate to get in touch if you can't get out or are struggling in other ways because of the current Covid-19 crisis – we would love to help!

Rob Soley

Help available

St Kew Help: see above.

St. Kew Farm Shop: Veggie boxes available for delivery (free delivery on orders over £20) – 07497 287749

Trevathan Farm Shop: - 01208 880164 From 4th July with the planned re-opening of the restaurant, a Phone-and-Collect service will replace the local delivery service.

Dennis Knight Fish: Contact John Collins (Port Isaac) on 01208 880498.

Chapel Amble Post office: Still open. For orders it helps if you ring ahead to order what you need. Pay by direct transfer to avoid using the new plastic bank

notes. There is a stall outside with newspapers etc. 01208 812520 is the number.

Free Take Away Dinner: 'The Red Lion' (in conjunction with one of their customers) will be giving a free meal to anyone in St. Kew Highway who is: A vulnerable person or pensioner; NHS worker; First Responder; Care Giver; plus, if you've lost your job and are in need of some help.

Phone Steve or Wendy for details – 01208 841271

Bodmin Nursery, Laveddon Mill: 50 homegrown summer bedding plants £20 per tray, plus £5 delivery. Phone: 01208 72837



Are you affected by COVID-19?

Help is available now!

If you or someone you know is **self-isolating** or **shielding** due to COVID-19 (i.e. more than social distancing), and have no other assistance, the **St Kew support volunteers** are here to help!

We are a group of local people who can:

- Collect shopping
- Collect medical supplies
- Post letters
- Just chat by phone

Please call your local volunteer coordinators (details on the leaflets) or e-mail, or direct message us on the Facebook page

E-mail: stkewhelp@gmail.com

Facebook page : <https://www.facebook.com/stkewhelp/>

Hello! from St Kew support volunteers

The Puzzle Page

Codeword

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 21 | 22 | 15 | 6 | 6 | 20 | | 2 | 3 | 19 | 22 | 2 | 12 |
| 25 | | 22 | | 24 | | 10 | | 8 | | 19 | | 22 |
| 15 | 22 | 5 | 13 | 10 | 6 | 19 | | 11 | 6 | 25 | 15 | 8 |
| 22 | | 1 | | 25 | | 22 | | 22 | | 7 | | 19 |
| 5 | 26 | 26 | 2 | 1 | | 20 | 13 | 20 | 13 | 24 | 1 | 26 |
| | | 26 | | | | 13 | | 22 | | | | 10 |
| 21 | 22 | 24 | 25 | 2 | 12 | | 22 | 2 | 15 | 13 | 24 | 1 |
| 25 | | | | 12 | | 18 | | | | 14 | | |
| 26 | 5 | 25 | 7 | 22 | 20 | 25 | | 2 | 14 | 6 | 22 | 9 |
| 19 | | 20 | | 17 | | 3 | | 15 | | 25 | | 26 |
| 13 | 21 | 22 | 4 | 13 | | 3 | 12 | 26 | 13 | 24 | 25 | 23 |
| 24 | | 7 | | 6 | | 8 | | 16 | | 26 | | 13 |
| 1 | 5 | 26 | 6 | 3 | 13 | | 13 | 19 | 25 | 23 | 25 | 5 |

28

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Sudoku

| | | | | | | | | |
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| | 3 | | | | 9 | 4 | | |
| | | | 3 | | | | | 7 |
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| | 6 | | | | 1 | 8 | | |
| | 8 | | | 1 | 3 | 2 | 4 | |
| | | | | 6 | | | | 5 |
| | 5 | | | 2 | 7 | 3 | 6 | |

HB

Word Square

| | | |
|---|---|---|
| R | R | E |
| O | T | H |
| A | M | W |

How many words of 4 letters or more can you find? No proper nouns or plurals are allowed, and the centre letter must be used in each word. There are 51 words listed in the solution this month, which includes 1 **nine letter** word to find.



For further details please contact Alison on 01208 841469

www.facebook.com/StKweWI

SOUPER LUNCH

We are so sorry that we cannot meet for our Souper Lunches at the moment. We hope you are all well and keeping safe.

Take very good care of yourselves and here's hoping that we shall meet again very soon.





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Restaurant re-opening 4th July.

We will be following all Government guidance and therefore will have limited seating. It will be essential to pre-book a table to avoid disappointment. Tel: 01208 880164 to reserve a table.

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Bell Ringing

St.Kew Bellringers have taken the difficult decision to cancel all Wednesdays and Sunday ringing for the next month. We will keep you posted when ringing will start again. Stay safe everyone.

For any enquiries please phone Ken Godden on 07968 481520, or message us on our Facebook page.

Puzzle page solutions

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 5 | 4 | 9 | 2 | 7 | 3 | 6 | 8 |
| 3 | 2 | 9 | 8 | 6 | 4 | 7 | 5 | 1 |
| 7 | 8 | 6 | 5 | 1 | 3 | 2 | 4 | 9 |
| 5 | 6 | 3 | 7 | 9 | 1 | 8 | 2 | 4 |
| 2 | 1 | 8 | 6 | 4 | 5 | 9 | 7 | 3 |
| 4 | 9 | 7 | 2 | 3 | 8 | 5 | 1 | 6 |
| 9 | 7 | 2 | 4 | 8 | 6 | 1 | 3 | 5 |
| 8 | 4 | 1 | 3 | 5 | 2 | 6 | 9 | 7 |
| 6 | 3 | 5 | 1 | 7 | 9 | 4 | 8 | 2 |

Sudoku

Atom, hart, hate, heat, mate, meat,
 moat, mote, moth, oath, rate, rota,
 rote, tarme, tare, team, tear, term,
 thaw, them, tome, tore, tram, wart,
 what, whet, wort, earth. Hater, heart,
 4 9 7 2 3 8 5 1 6
 orate, other, retro, therm, threw, throe,
 2 1 8 6 4 5 9 7 3
 throw, tower, water, wheat, worth,
 5 6 3 7 9 1 8 2 4
 wrath, wrote, mortar, mother, rather,
 7 8 6 5 1 3 2 4 9
 tremor, warmth, wreath, thrower,
 EARTHWORM.

Word Square





| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| T | R | O | P | E | E | L | I | X | I | R |
| E | O | W | Y | U | G | N | | | | |
| X | I | N | E | H | P | D | E | V | A | E |
| O | I | C | P | K | M | L | | | | |
| B | A | U | A | M | I | S | Q | O | R | I |
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| T | E | N | T | A | S | C | E | N | T | V |
| F | | | | | | | | | | |
| O | T | O | M | E | M | E | N | T | O | R |
| L | | | | | | | | | | |
| Y | I | C | Y | J | U | I | C | Y | C | A |
| A | | | | | | | | | | |
| H | S | A | H | F | Y | L | A | S | H | V |

Codeword

CHILDREN'S CORNER

How about doing a Scavenger Hunt?

You can do it on any day you want. From the time you wake up in the morning try and find the things below and each time you find anything you can cross it off the list! See if you can find them all on the same day.

| | | | |
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How many did you find? Well done!!

Hope it was fun!



An impressive painting of a feeding Jay - painted by David Balmford from a photograph



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St Kew Garden Association Show is cancelled

*Owing to Covid-19 the garden show due to be held on Saturday the 5th of September
Has been cancelled.*

We look forward to seeing you all in 2021.

Pilates Classes in North Cornwall

St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30

Bodmin Lakeview Country Club Lanivet - Tuesdays - 10.00 & 11.15



What does Pilates do?

- ✓ Targets the deep core stabilising muscles, improving balance and co-ordination
- ✓ Improves muscle tone, strength and joint mobility
- ✓ Improves posture, alignment and overall body awareness
- ✓ Corrects muscle imbalances and encourages pain-free movement

How do the classes work?

- Classes are limited to a maximum of 12 people Small classes mean you receive good personal attention and ensure you are performing the exercises safely, and correctly.
- Classes are progressive and operate on a school term basis
- All equipment required is provided.



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**ST KEW HIGHWAY
METHODIST CHURCH**

Services held in the Community Hall at 9.30am.

All services have been suspended until further notice.

Catholic Church Services

Wadebridge

St Michael's Church
Trevanson Street
01208 72833

Tintagel

St Paul The Apostle
Bossiney Road
01840 770633

All services have been suspended until further notice

stmarysbodmin.org.uk

stpaultintagel.btck.co.uk

Wadebridge Christian Centre

Molesworth Street, Wadebridge. Tel 01208 813110,
wadebridgechristiancentre.org

We are a lively, active, family church where everyone is welcome. We have a crèche and Sunday school, and all our children's workers are DBS checked.

**St James the Great Church
at St Kew**



All services have been suspended until further notice.

Please see the latest update from the North Cornwall Cluster of churches a few pages back.

Reflections

How are you feeling right now? Our world has been turned upside down and inside out over the past 3-4 months. Our routines disrupted, work (if there is any) being done in a different way. As I write this we might be moving onto the next stage of 'opening up' from isolation and lockdown. Although this is good news for some, for others it raises concerns, anxieties and more. It is a change, having gone from a 'normal' life into lockdown and learnt to live with it for a while we move into a new unknown way of life.

This change will probably bring more division of views than the lockdown 3 months ago. The impact of the Coronavirus on Cornwall has been mixed, on the one hand we have had far fewer cases of infection than most of the country, but the financial impact has been immense which in turn leads to other health issues not just mental but physical as well.

If July brings the proposed opening of second homes, self-catering accommodation, and maybe hotels, the local economy will receive a much-needed boost and yet it brings the fears of a second wave of infection. There is no easy answer to the situation we are now in.

So, are you fearful? Rami Shapiro, a teacher, rabbi and poet writes in his poem 'What we fear most' (from his book 'Accidental Grace', a fascinating read) that what we fear most is the unknown and that is what it is, unknown.

*'What we fear in fact
Is our projection of the known into the unknown.
What we fear in fact is our own shadow,
Our own darkside painted large
Across the canvas of our mind.'*

So, let us not project our fears into the future unknown. It is that unknown, live today in the many positive things that have arisen in the time of lockdown, the increased sense of community, the coming together of so many to help those less able to cope. May that continue, may our communities grow closer together. We will have our differences, but we have more that unites us that divides us. Let's drive the shadows of fear away!

David Elliot



How our Foodbank helps our community

The last few months at the Foodbank have been some of the busiest we have ever experienced. Since the announcement of the lockdown we have restructured our Foodbank and adopted a delivery service. We have worked tirelessly to adapt the way we work to keep everyone safe whilst still being dedicated to supporting people unable to afford food as this situation continues.

Thank you so much to all our volunteers who have been busy packing and delivering food boxes to meet the demand. We now have an online referral system in place and 118 local professional agencies have signed up and are able to refer people to us.

Since the start of lockdown, our Foodbanks have provided 911 emergency food parcels to local people. Of this number, 395 were children, which is an increase of 100% compared to the number of children in the same period last year.

During these unprecedented times, the need for our service is even more prevalent and is likely to continue. With the holiday parks and seasonal shops unable to open their doors from Easter, people who have never needed the help of a Foodbank have found themselves in crisis. Thanks to the support of our community and local businesses, we have been able to continue feeding people.

We have been fortunate to receive weekly deliveries from Morrisons and Tesco as well as local organisations who have donated their stock to us and it makes such a big impact, thankfully our stock levels have been able to meet the extraordinary demand. We are currently in need of tinned potatoes, tinned custard, rice pudding, household cleaning items (no bleach please) and toiletries.

Wadebridge Foodbank, Unit 2 Trevanson Street,
Wadebridge PL27 7AR Tel. 01208 815374
Registered Charity No. 1166301
Email: contact@wadebridgefoodbank.org
Website: www.wadebridgefoodbank.org

Parish Council News

Chairman: Cllr A Godden

Clerk: Mrs Stephanie Tiplady

The Barn, Kitts Hill, Chapel Amble



The Parish Council meets in the Parish Hall, St Kew Churchtown at 7.00pm on the second Tuesday of each month. Members of the public are welcome to attend and address the meeting on any subject of concern.

St Kew Parish Council Meeting

Owing to technical problems there will be no Parish Council News this month. All news will be in September's magazine.

RG

Mobile Post Office

The mobile Post Office local calling point each week are as follows:

Monday

St Kew Highway **13.30-15.00**
(Community Hall)

Thursday

St Kew Highway **14.00-15.00**
(Community Hall)

St Kew Historical Society

All talks and meetings are held at St Kew Parish Hall on the second Thursday of each month, from 7.30pm.

Please come along to our next meeting after lockdown has ended.

Please check our Facebook page for further details:

www.facebook.com/StKewHistoricalSociety

John Raybould - Secretary.

Events Diary July

It would be so nice to put some thing in here, maybe in Septembers edition?

News from St Kew Parish Hall

Summer is usually a quiet time for the hall but not this quiet.

Hopefully by the autumn we can think of holding activities in the hall again but in the meanwhile we hope everyone stays safe.

Take care everyone.

Kathy

To book the hall, please contact Lianne Sproull on 01208 841808.

The Regal in Wadebridge

Tel: 01208 812791

www.wtwcinemas.co.uk



The Regal Cinema is closed for the time being.

But as their website says:

'As a line in a movie once said, "We'll be back!"'

Recycling

Recycling takes place on a variety of days in the same week within the parish.

Recycling collections are in the weeks Beginning 13th & 27th July and 10th & 24th August.

Please see Cornwall Council's website for full details.

ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

Registered Charity No 294140

| | | | |
|--------------|--|---------------------------|--------------|
| Sun | Methodist Church Service | Marion Dingle | 01208 841388 |
| Mon | Yoga 10.00-11.30 am | Bonnie Suchodolski | 07540 838267 |
| | Pilates 2.30-5.15 pm | Martin Brooks | 07812 959879 |
| Tue | Pilates 1.15-2.30pm | Martin Brooks | 07812 959879 |
| Wed | 1 st , 3 rd & 5 th in a month | West Country Embroiderers | |
| | 10am-3.00 pm | Pat Scarborough | 01841 521323 |
| | 2 nd in month St Kew WI 7.00 pm | Alison | 01208 841469 |
| Thurs | Chair Aerobics 2pm | Pat | 01208 841260 |

**IMPORTANT : BEFORE ARRANGING YOUR EVENT AT THE HALL
CHECK AVAILABILITY AND BOOK WITH SHIRLEY ROWE 01208 841257**

Answers to the Choccie Quiz....

1. Mars
2. Milky Way
3. Toblerone
4. Whisper
5. Bourneville
6. Dime Bar
7. Bounty
8. Lion Bar
9. Topic
10. Curly Wurly
11. Chocolate Orange
12. Ripple
13. Kit-Kat
14. Double Decker
15. Smarties
16. Gypsy
17. Flake
18. Crunchie
19. Dairy Milk
20. Maltesers
21. Minstrels
22. Twirl
23. Match-Makers
24. Picnic
25. After Eights
26. Walnut Whip
27. Heroes
28. Celebrations
29. Quality Street
30. Roses

Port Isaac Surgery - How to get more information about help available and appointments.

CONSULTING ROOM ×

How can we help you?

For Health reviews, including Asthma reviews and Smoking cessation please visit our [HEALTH REVIEW AND ASSESSMENT CLINIC](#).

CALL OR GET HELP ONLINE NOW - NHS 111.

GET FAST HELP FROM A PHARMACIST WITH various conditions such as minor cuts, sprains, aches, colds, headaches, rashes, cystitis.

SEE A NURSE FOR conditions such as asthma, diabetic care, coronary heart disease, phlebotomy clinics, travel health advice and immunisations.

GET MEDICAL ADVICE AND TREATMENT FROM A DOCTOR.

CONTACT A DOCTOR

[Ask the Doctor a question online](#)

[eConsult - Consult your GP Online](#)

[Book an appointment online](#)

Book an appointment on the phone
Port Isaac Surgery **01208 880222**
Bridge Medical Centre **01208 812342**
St. Kew Surgery **01208 880222**

Contact your doctors to get advice for your problem now

I want help for my condition >

Get advice about specific conditions like **back pain, coughs, mental health concerns** and more

I want general advice >

Get advice about general symptoms like **tiredness, bleeding, pain or weakness**

I want administrative help >

Request **sick notes and GP letters** or ask about **recent tests**

I want help for my child >

Get help for common childhood problems like **rash, earache, cold, flu, vomiting and diarrhoea**

Search by condition, symptom or topic

For example: back pain

Search

Life's tough sometimes



Relationship breakdowns and disputes about children or finance can be the most stressful time in your life. We are here to help, talk to Sproull.

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St Kew Inn

*A beautiful 15th century Inn, bursting with character.
We serve delicious home-made food using the best local produce.
You will always find a friendly welcome in this traditional local "pub"*

St Kew Inn, Church Town, St Kew, Wadebridge. Tel: 01208 841259
email: stkewinn@btconnect.com



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Les Oliviers

Bédoin, Provence

- Sleeps 8 (4 Bedrooms, 4 Bathrooms)
- Air conditioning • Broadband Wifi
- UK Freesat • 10x4m heated pool
- Short walk to village

With heated swimming pool, air conditioning and a gentle stroll from the popular village of Bédoin, Les Oliviers is so much more than a holiday rental. Owners Susan & Oliver have spent the last 18 years improving this idyllic edge-of-village property, creating what is now a veritable 'home away from home'.

Les Oliviers is ideal for family holidays as the pool area is enclosed for the safety of small children, as is the lower lawn. Guest enjoy wifi broadband internet, a 65" curved screen TV with UK Freesat and a good selection of English books.

We'd love to help you plan your next holiday in Provence !

Contact Tim for the further details

See lots more photos and video on
provence.emotional-escapes.com

timothy.dunn@orange.fr
 +33 647 662 593