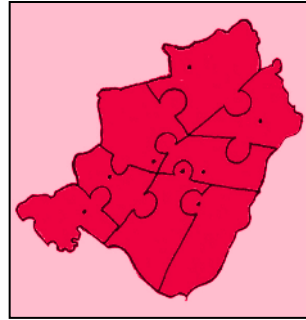


# Pieces of Eight



July 2020, Issue 261

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

Email: [stkewmag@gmail.com](mailto:stkewmag@gmail.com)



*Cherries in David Balmford's front garden.*

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

# RED LION

St Kew Highway PL30 3DN



## REOPENING ON SATURDAY JULY 4TH

At last we are finally able to open after what seems like a lifetime, we've all missed the buzz of the pub. But we've been busy and given the inside and outside a new coat of paint, deep cleaned the kitchen and washrooms and rearranged the front terrace to give you more space.

You can still book the hidden walled garden for your small private get together and even

have your own private chef for paella, bbq or maybe some tapas, just call Wendy to arrange.

We are obviously following all the government guidelines to keep you and our staff safe, and ask that you please follow all of the guidelines we have put in place.

The all new menu which is now your one use placemat, showcases some of your favourites menu items with a few

more salad and curry inclusions, and every night the main blackboard will have today's fish, seafood and vegetarian specials. We are also offering the full menu as a takeaways all through the summer

Booking will be the preferred option for your lunch or dinner reservation as we have greatly reduced our capacity

01208 841 27

## SUMMER SALADS & MAIN MENU + BAR SNACKS

AVAILABLE ON THE TERRACE

*For bookings call or 01208841271 or go to our web site and book through the contact page*



**Anyone for Seafood on the bbq or maybe a fat juicy steak or just simple fresh seasonal veg from our local suppliers**

The beer is back as is the Ale and the wines are just stunning.

We can't wait to welcome you and your family back to the Red Lion to sample some food and drink your always welcome including your trusty dogs

**OPEN: WEDNESDAY - SUNDAY FOR LUNCH  
TUESDAY - SUNDAY FOR DINNER**

## RED LION

ST KEW HIGHWAY NEAR WADEBRIDGE PL303DN  
01208841271  
[WWW.REDLIONSTKEW.COM](http://WWW.REDLIONSTKEW.COM)  
[INFO@REDLIONSTKEW.COM](mailto:INFO@REDLIONSTKEW.COM)



# Relax

With the promise that all your holiday plans are in the safest possible hands.

Remember how easy it used to be to go on holiday? When someone else took care of everything? Travel is so personal that at Travel Counsellors, we believe everybody deserves their own expert.

At Travel Counsellors we're all about you. Your individual needs, wants and aspirations. So if you're looking for a holiday to remember – and a personal service you won't find anywhere else – I'd be happy to help!

## GRANT WILLS

Travel Counsellor

01208 809190 / 07967 183 290

grant.wills@travelcounsellors.com

www.travelcounsellors.com/grant.wills



travel counsellors



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](http://www.stkewparish.org.uk/Po8.html)**

**or, if you'd like your own copy please email us at [stkewmag@gmail.com](mailto: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](mailto: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](http://www.communitymagazineprinting.co.uk),  
01288 341617

**Copy date for the September's issue is:**

***Friday 14<sup>th</sup> 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.

## Aunt Avice's Pasty Shop

REAL CORNISH PASTIES HOMEMADE  
EVERY DAY (except Sundays)

**FEELING HUNGRY?  
JUST CAN'T WAIT?  
COME TO AUNT AVICE'S  
THEY'RE ALWAYS FRESH BAKED!**

WE ARE AT UNIT 1, ST KEW SERVICES,  
ST KEW HIGHWAY. TELEPHONE ORDERS  
WELCOME: 01208 841895 OR 841740 (HOME)

**THESE ARE "THE REAL THING"**

## Garden Services



Clearing  
Grass Cutting  
Hedge Trimming  
Hedge Laying  
Tree Work  
etc...

**Stephen Lambert  
CALL:  
01208 850241  
07891 828313**

**Mr W. J. Sweet**

**General  
Builder**

**07526254892**



**J.T.Martin**

**Plumbing and Heating**

Qualified for the installation, servicing  
& maintenance of

OIL FIRED HEATING SYSTEMS AND  
APPLIANCES

Unvented Hot Water System Installations and  
Upgrades

OIL BOILER BREAKDOWNS AND REPAIRS

**Tel: Mobile: 07812 127257**



***Cornwall Exterior Cleaning***

*Domestic and Commercial.*

*Using environmentally approved methods for all surfaces.*

*For further information please contact  
KEVIN BRIGGS  
Mobile – 07921 957356*

**Or email:**

**[enquiries@cornwallexteriorcleaning.co.uk](mailto:enquiries@cornwallexteriorcleaning.co.uk)**



North Cornwall Pest Solutions

Controlling in your area

- Ants
- Cockroaches
- Fleas
- Flies
- Moths
- Moles
- Rabbits
- Rodents
- Wasp/Hornets

BPCA Level 2 in Pest Management

24hr call out

Fully insured

07770677029

[finnmore2000@aol.co.uk](mailto:finnmore2000@aol.co.uk)

Prompt, Discreet, Friendly Service



BEARDS



&



BABES

HAIR PARLOUR

St Kew Highway

Tel: 01208 841470 or 07581197622

## St Pirans Garden Services

Hedge Cutting/Pruning

Strimming/lawn mowing

All aspects of home and garden maintenance

No Job too big or too small

Fully insured

01208 221397

*Would you prefer to have a FEMALE to do your Painting &*



*- can also Maintain your Garden & Power Wash your Patios, Decking, Walls, Driveways etc. with a Pressure washer*

*For free quote 'Phone:*

*07754 346457*

Your first step in property maintenance



01208 841 528

07816 899 649

[jandbathome@aol.com](mailto:jandbathome@aol.com)

 PURDYSSOLUTIONS

-  Small Building Works
-  Carpentry
-  Kitchens & Bathrooms
-  Vinyl Flooring
-  Hard & Soft Landscaping
-  Property Care
-  Painting & Decorating



## 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  
Tel.: 01208 841312

**CHES drivers**

driver training and tuition

A patient and reliable local driving instructor  
Pick up from home, work, school or college  
90 or 120 minute lessons, Semi intensive courses  
Refresher, Pass Plus and Motorway lessons



07710 070358 01208 851717  
timward@chessdrivers.co.uk  
www.chessdrivers.co.uk





## **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 'coning' (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](mailto: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](mailto: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 8<sup>th</sup> August for anonymous judging.

Shortlisted scarecrows will be visited, and the 3 winners will be announced by e-mail and social

media on 11<sup>th</sup> 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](mailto: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  
£5, in aid of      & St Kew church



Enter by      3 prizes!  
August 8<sup>th</sup>

Get your entry form      Winners e-mailed on  
by e-mailing      August 11<sup>th</sup>  
[StKewfundraising@gmail.com](mailto:StKewfundraising@gmail.com)      Photos in September's mag

## **VICTORY OVER JAPAN DAY (VJ 75) 15<sup>th</sup> AUGUST 2020**

Saturday 15<sup>th</sup> 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 14<sup>th</sup>–16<sup>th</sup> August 2020 have had to be reduced to the one event at the National Memorial Arboretum at Alrewas, Near Lichfield, Staffordshire on 15<sup>th</sup> 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 11<sup>th</sup> February 1946, and is buried at the Kranji War Cemetery, Singapore. He was born at Lower Whitely, North Petherwin on 21<sup>st</sup> May 1912 to Beatrice Lyle; no fathers name is recorded. Beatrice was sister to Francis Lewis Lyle (a parishioner who died 16<sup>th</sup> 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 27<sup>th</sup> 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 15<sup>th</sup> 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*



# Group Travel

Enterprise Park, Midway Road,  
Bodmin, Cornwall  
PL31 2FQ  
Tel: 01208 77989



## 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)

# GARAGE

## OPEN

MOT TESTING

CAR REPAIRS

COMMERCIAL REPAIRS



FOR BOOKINGS AND A BROCHURE PLEASE CALL  
01208 77989 / 01208 72669

Website: [grouptourcoachhire.com](http://grouptourcoachhire.com) Email: [grouptourcornwall@btconnect.com](mailto:grouptourcornwall@btconnect.com)



# 01208 816827

sales@loganslogs.com  
www.loganslogs.com



LPG Bottled Gas  
Patio, BBQ & Camping Gas  
Kiln Dried Firewood  
Coal & Smokeless Fuel  
Eco Heatlogs  
No Contracts  
FREE DELIVERY



**AIR PRODUCTS**  
Cylinder Gas Agent

- Commercial Gases
- Welding & Cutting Gases
- Food & Drink Gases
- Balloon Gases



Thinking of letting  
your holiday property?



For more information and free impartial  
advice call us on **01208 607700** or  
check out our website  
[www.toadhallcottages.co.uk](http://www.toadhallcottages.co.uk)



## Andreas Construction Ltd Building & Roofing

Landscaping / Patios	Roof Repairs
Property Maintenance	Re-Roofs
Extensions	Flat Roofing
Kitchens & Bathrooms	Delobole Slating
Conservatories	Slate Hanging
Loft Conversions	Lead Work
Barn Conversions	
Bespoke New Builds	Digger & Dumper Hire

All work is always to the highest of standards.  
Any job undertaken.  
Please call for a free quote.

07967 816968 01208 851387

[andreas-construction.com](http://andreas-construction.com)

[Andreas\\_construction@icloud.com](mailto:Andreas_construction@icloud.com)

Find us on



## HTC

Est 1999

### Tree & Hedge work

From Fruit Pruning  
Hedges and Shrubs  
Shaped and topped  
Qualified & Insured

Free Estimates

Please phone Craig  
**01208 880390**



## Need a plumber or gas engineer?

The Reliable Plumber is a small, fully qualified & fully insured,  
local family run plumbing business.

The **RELIABLE** Plumber

Tel: 07534 311 366

[contact.reliableplumber@gmail.com](mailto:contact.reliableplumber@gmail.com)

- Bathroom installations including tiling
- Boiler servicing, maintenance and repairs
- General plumbing and breakdowns
- Work done correctly and explained
- No call out charge (diagnostic charge may apply)
- Local, friendly, knowledgeable engineer
- Your house treated with respect
- All work carries 6 month warranty





Create your dream...



**WADEBRIDGE KITCHENS**

KITCHENS BEDROOMS STUDIES

Polmorla Road Wadebridge Cornwall PL27 7NB

Call us on 01208 813231 sales@wadebridgekitchens.co.uk | www.wadebridgekitchens.co.uk

# R Mears & Sons Chimney Sweeps

Established over 30 years



Thorough vacuum &  
brush cleaning.  
Full CCTV investigations.  
Chimney linings, pots,  
cowlings & bird  
protection fitted.

Solid fuel appliances,  
Rayburns, woodburners  
and stoves installed and  
serviced

Tel: 01840 261221  
Mob: 07737 533392

[www.sweepcornwall.co.uk](http://www.sweepcornwall.co.uk)

## AUTOTEC

ST KEW HIGHWAY

PL30 3ED

### MOT CENTRE

full diagnostics

Servicing & repairs

Tyres

**01208 841238**

PROPRIETOR - A. EDDY autotec\_stkew@aol.co.uk



## KEN GODDEN Contractors



Lawn Mowing - Fencing - Rustic Stonework  
Tractor and Hedgetrimmer - Landscaping  
Pasture Topping - Paddock Maintenance  
Hay Making - Slurry Spreading - Bale Wrapping  
Square/Round Baling - Rolling

**07968 481520 / 01208 850743**

## ST KEW GOLF CLUB



- ★ PAY AND PLAY
- ★ Challenging 9hole/18 tee (Par 64)
- ★ Covered driving range
- ★ Pro Shop & Professional Tuition
- ★ Club Hire ★ Coffee Lounge

2½ miles from Wadebridge on main A39 towards  
Camelford

St Kew Golf Club, St Kew Highway, Bodmin,  
Cornwall PL30 3EF. Tel/Fax: (01208) 841500

## J.R.CLEAVE CARPENTRY&JOINERY

**07598 699126**

-THE MAKING OF BESPOKE FINE  
WOODWORK, HARD WOOD, SOFTWOOD-

DOORS, WINDOWS, FURNITURE, KITCHENS  
FENCING, GATES, PROPERTY  
MAINTENANCE, PAINTING.  
1<sup>ST</sup> FIX AND 2<sup>ND</sup> FIX

Facebook- @jrcleavecarpentry&joinery  
Email- jake.cleave@icloud.com

# HOP OILS

Heating Oils, Farm Fuels, Tank Supplies



Unit 3, The Glebe  
Blisland, Bodmin, Cornwall PL30 4JE  
**01208 851195**

## Colour Scheme Keith Parkyn

Painter & Decorator.  
Property Maintenance Interior &  
Exterior Work carried out.  
Laburnham, Wadebridge Road  
St Mabyn, PL30 3BQ



For friendly service & advice call:  
Tel: 01208 841828  
Mob: 07747 399503  
Free Estimates

*Your local Electrician.*

## Ivan Jones Electrical Services Ltd



- Established 1995 -

Domestic - Commercial - Agricultural - Industrial

For all your electrical requirements

01840 213 683 - 07738 824 181  
Email: [info@ijesltd.com](mailto:info@ijesltd.com)

"A local service to national standards"



Registered through:  
NCS

The Office. 30 High Street. Delabole. Cornwall.



APPROVED  
CONTRACTOR

# Winners

Given to only the top 3% in the country



SUPPORTED BY

rightmove  
find your happy

PROPERTY  
ACADEMY  
INFORMATION - INSIGHT - IDEAS - INSPIRATION



Please call us for a free valuation on 01208 813595



# PORT ISAAC

*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](http://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**

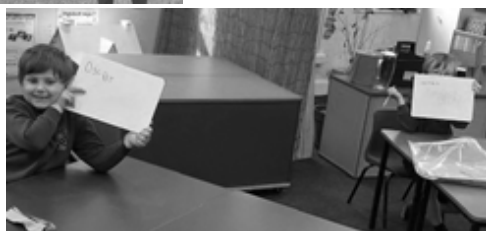


**Being 'at war' with our siblings**



**Playing in the playground**

**Writing our names!**



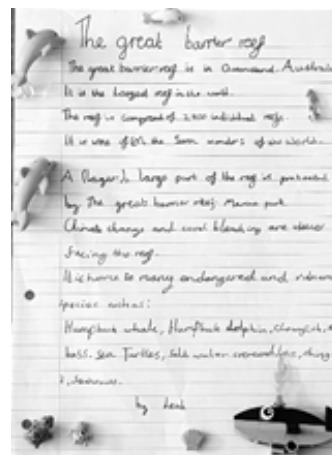
**Making our own Top Trump Cards**



**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](http://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](mailto:elizabeth-wild@live.co.uk)

Revd Rose Jones – 01208 592353 / [revrosejones@gmail.com](mailto:revrosejones@gmail.com)

Revd Geraldine Ashton – 07957609085 / [gezzalou@aol.com](mailto: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](mailto: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 4<sup>th</sup> 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](mailto: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

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

## Sudoku

	3				9	4		
			3					7
9		2						
4		7						
			6					3
	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](http://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.





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

**Farm Shop open daily from 9am.**

**Restaurant re-opening 4<sup>th</sup> 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.

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.

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

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



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.

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



**DWEC**  
David Wellington  
Electrical Contractor

- New Builds
- 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



## **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.



Martin Brooks - 07812 959 879  
[martin@northcornwallpilates.co.uk](mailto:martin@northcornwallpilates.co.uk)  
[www.northcornwallpilates.co.uk](http://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](http://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**

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](mailto:contact@wadebridgefoodbank.org)  
Website: [www.wadebridgefoodbank.org](http://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](http://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](http://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 13<sup>th</sup> & 27<sup>th</sup> July and 10<sup>th</sup> & 24<sup>th</sup> August.***

*Please see Cornwall Council's website for full details.*

# ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

Registered Charity No 294140

<b>Sun</b>	Methodist Church Service	Marion Dingle	01208 841388
<b>Mon</b>	Yoga 10.00-11.30 am	Bonnie Suchodolski	07540 838267
	Pilates 2.30-5.15 pm	Martin Brooks	07812 959879
<b>Tue</b>	Pilates 1.15-2.30pm	Martin Brooks	07812 959879
<b>Wed</b>	1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> in a month	West Country Embroiderers	
	10am-3.00 pm	Pat Scarborough	01841 521323
	2 <sup>nd</sup> in month St Kew WI 7.00 pm	Alison	01208 841469
<b>Thurs</b>	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.

**SPROULL**

SOLICITORS

01208 72328

[www.sproulllp.co.uk](http://www.sproulllp.co.uk)

Disputes | Family | Property | Wills





Pengenna  
Manor

*Exclusively yours*

Trelill  
01208 612221  
[www.pengenna.co.uk](http://www.pengenna.co.uk)



*Your local venue for weddings, parties, anniversaries,  
birthdays, events and function hire of all kinds,  
from 2 to 350 guests.*



## St Kew Inn

*A beautiful 15<sup>th</sup> 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](mailto:stkewinn@btconnect.com)





Distilled & Crafted *in North Cornwall*  
 MADE *with* UNIQUE BOTANICALS *and* CORNISH SPRING WATER

Distillery Opening Hours: Monday - Saturday 10am to 5pm  
 Groups over 10 people by appointment



Rock Distillery Pink House on Atlantic Highway A39 PL30 3NP

Visit: [RockGinCornish.com](http://RockGinCornish.com) Call: 01208 851718

Follow us:   



## 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](http://provence.emotional-escapes.com)

[timothy.dunn@orange.fr](mailto:timothy.dunn@orange.fr)  
 +33 647 662 593