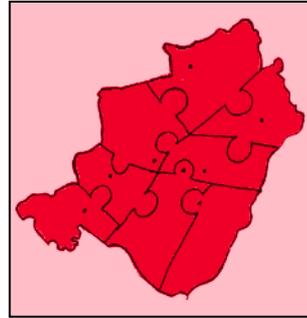


Pieces of Eight



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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Monday through to Saturday
5.30 to 10.00pm
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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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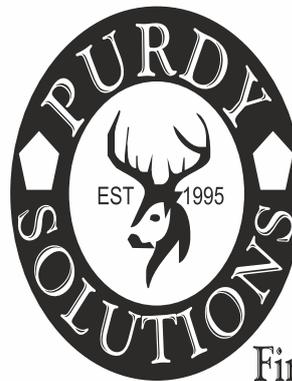


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St. Kew Community Gardens Association

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

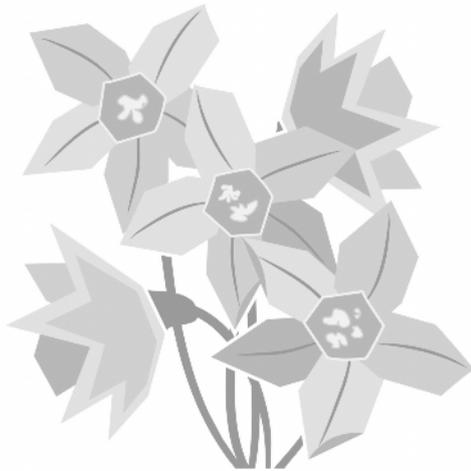
Similarly, the family is

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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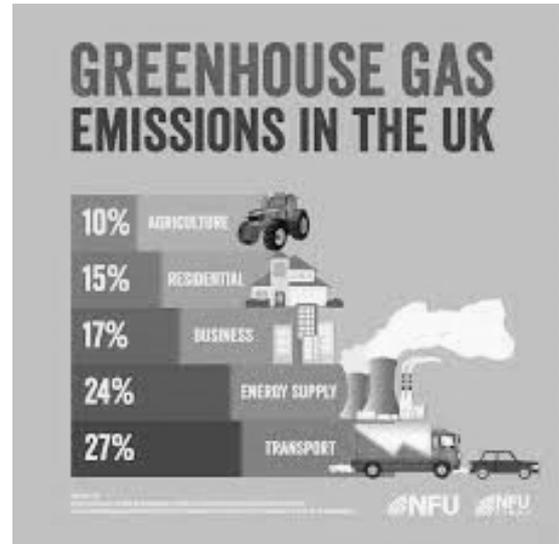
FARMER JULES

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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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

Trellill 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!





St Teath Taxi
07866 815 384
 8 Seater Mini Bus



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.



Hatha Yoga
 for mixed levels

Monday's 10 - 11.30am
 @ St Kew Highway, Community Hall

With Bonnie, teaching since 2007 and over 1500hrs of teacher training under her belt.

£10 Drop-in or book Online
 £6.80 (5x credits £34)*T&Cs apply

For details on Workshops, Retreats & to book a Class go to:
www.humancompass.co.uk

☎ 07540 838267 📱 @humancompass 📷 humancompassyoga

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

					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
01208 841469



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 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.

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CHILDRENS PLAY AREA. RIDE-ON TRACTORS AND DIGGERS. PETS CORNER...

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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.

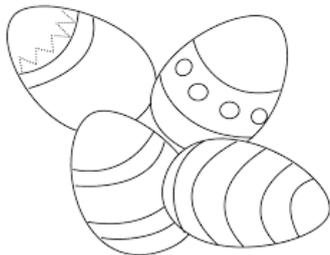
We are offering pastoral support and prayer by telephone, and we may be able to help in practical ways as well. Contact Rev Elizabeth if you want to know more.

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

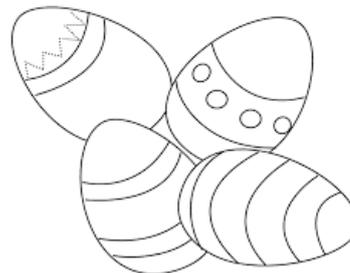
CHILDREN'S CORNER

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

Acres, aero, aver, care, carr, coil, core, vine, overran, CARNIVORE.

Word Square

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

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

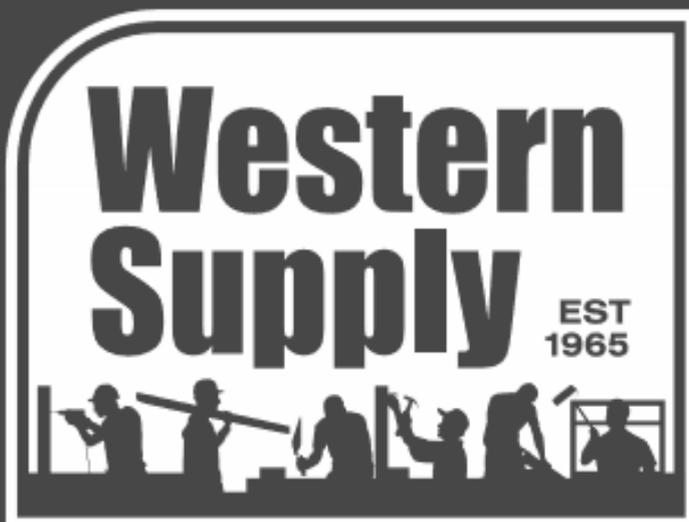
How do the classes work?

- 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

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Cornwall PL33 9DN

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www.westernsupply.co.uk

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.

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

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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