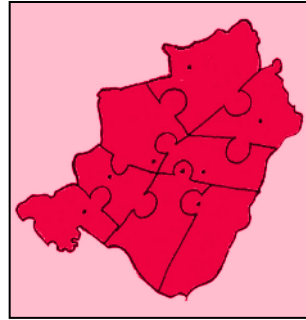


# Pieces of Eight



June 2020, Issue 260

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

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



**Spring flowers in a roadside hedge**

*Photo taken on the lane between Port Isaac Road and St Teath.*

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PUB FOOD TAKEOUT MENU

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### Charcuterie

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**Mini cod and prawn filo tart** £6

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#### Boquerones

white anchovies, salsa verde & rocket on bread £6

#### Olives, Bread

aioli & gordal green olives in lemon £5

### TAPAS

#### Spanish burger

chicken fillet marinated in buttermilk, crumbed then fried, blue cheese, fire roasted pepper, lettuce in a bun £7

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
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## VE DAY CELEBRATIONS

Even over here near Lanarth it is wonderful to catch an echo of the clapping and whistles on a Thursday night. I added the siren this week. He he he.

Well it was close to VE Day.

A photo of the 3 o'clock toast outside Meander Zows. Two ex-Matelots, a rum tub, the House dressed overall and a bottle of rum. What's not to like?

*Rod & Anita P-B*



## EDITORIAL

I hope you are all keeping well during these difficult times.

The magazine is a little late this month as Mike's mother sadly passed away in mid-May. Fortunately her care home was free of the virus and we were very grateful to them for allowing us unrestricted visits during her last few days, and the care she received could not be faulted. It is at times like this that lock down and social distancing is so hard - not even being able to hug other family members.

During the crisis all GP surgeries, hospital outpatients departments, physiotherapists and the like are using telephone and video consultations as standard. I will be interesting to see if this becomes the norm in future with doctors seeing far fewer patients face to face. I'm sure it will be.

So far, we have spent 3 weeks away from home visiting the care home, arranging the funeral and sorting out all the paperwork. Nearly everything has to be done by email or on the internet and is very time-consuming.

The 'Stay Alert' message started during our first week away. Suddenly the roads became much busier, and lots more people appeared everywhere. It is as if nothing had happened and everything is back to 'normal'. How we miss the peace and quiet of home! We have to hope everyone remembers that nothing will be 'normal' for a long time, possibly until everyone has been vaccinated. Assuming an effective vaccine is developed.

It doesn't seem so long ago Judith was complaining about too much rain at the allotments. Well, we've had very little in the last 3 months, and beautiful hot days for what seems like weeks and it is still only May. How long before a drought is declared I wonder?

Nicky

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

**[www.stkewparish.org.uk/Po8.html](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.**



**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.

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[www.communitymagazineprinting.co.uk](http://www.communitymagazineprinting.co.uk),  
01288 341617

### Copy date for the July issue is: *Friday 19<sup>th</sup> June*

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

### Note to Readers

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

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

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

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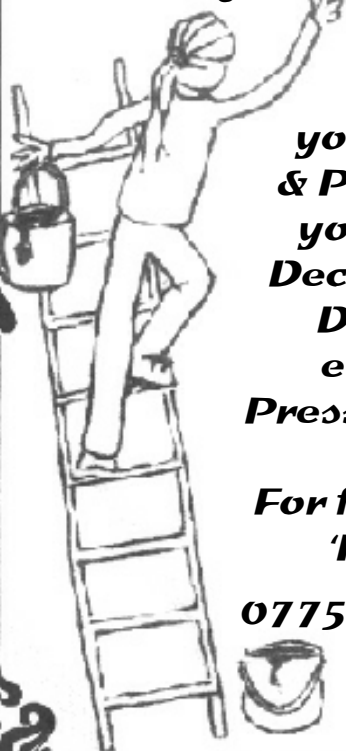
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## St. Kew Community Gardens Association

### The View from the Allotments ..... and my, what a transformation!

This evening I went round to the allotment to do the watering, as Tony was preparing for the monthly Parish Council Meeting – held this month and last on the telephone! And I suddenly realised that our plot had really begun to look like a proper allotment, with (fairly) neat squares and blocks of different vegetables.

I did a quick tot-up and counted nine different lots of stuff growing, with more coming on in the greenhouse but not yet ready to put out. Not to mention the long gutters full of peas, which are hardening off and will be planted in the next few days.

We've got two double-rows of broad beans looking very healthy and supported by a framework of wire and stakes, to stop them falling over. Next to them are some 150 onions and across the path a patch of sweet corn and six deep craters with one courgette in each. This way they get a bit protected from the wind and it is easier to keep them watered.

Further across, we have five heaped up lines of potatoes, nearly all of which have come through in the last couple of days. I do this every year with much success – find a bag of ancient potatoes at the back of a cupboard, sprouting all over the place, and put them out into the garden. And they ALWAYS come through and give us several pounds of lovely new potatoes. I haven't bought seed potatoes for years! Although I must admit, I do miss the Pink Fir Apple knobbly ones we used to grow. They have a fabulous nutty taste which goes very well with fish. And behind the potatoes are about twenty

brassicas, including our favourite cavolo nero, which are almost ready to start cutting.

Our strawberry patch is absolutely full of flowering plants, so this week I covered them with some netting to try and dissuade the birds from taking them. And next to them are some nice little "rogue" raspberries, also covered with flowers. And over behind the greenhouse is a wonderful great loganberry, also bursting with fruit-to-come.

In the middle of the patch are various strips of ground all ready prepared for the peas and of course we are bringing on the runners in the greenhouse. And That is Just About It!

If there is anything positive about this virus thing (not a lot, but .....) it is that this year we have been able to do a lot more on a regular basis in the allotment. Previously, we have fitted it in around work and golf and generally socialising, all of which at the moment are only a dream! But what with COVID and the fine weather, we seem to have got it under control better and are certainly noticing the difference.

So – not exactly counting our blessings, but at least a reason to be cheerful (do you remember the Ian Dury song "Reasons to be Cheerful, Part 1"? Anyway, that's us at the moment. And it looks as though we may be able to play golf again soon, so we must make sure we don't then start to neglect the veggies!

*Judith Mott,*

judithmott@btinternet.com  
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## FARMER JULES

Corona virus is monopolising the news - how could it not? This does mean though there's a lot going on that we're not hearing about.

On the 13th May MPs were considering (remotely) the Agriculture Bill's 3rd House of Commons reading. Neil Parish's amendment was rejected (via electronic voting) by 51 votes. This is a huge disappointment as it was all about protecting food (& farming) standards; with particular relevance to imminent trade talks re Brexit. Most worrying of all are the trade deals that will be made with America. Trump announced some time ago that top of his agenda (and non-negotiable) is the condition that Britain has open-doors to importing US food.

The issue to me is way bigger than fair trading (British food is produced to higher standards so costs more to produce), or protecting/subsidising UK farming businesses; it's actually all about the food that everyone eats! Never think agricultural policies are not your concern - they're all about the food on your plate... Why are growth hormones banned in the UK beef industry (as commonly used on American feed lots)? Because they may have a detrimental effect on human health. Why do British chickens not need a chlorinated wash prior to packaging? Because hygiene standards throughout the farming and processing systems are so good there is no need to zap E.coli, salmonella and whatever other zoonotic bacteria the USA-produced chickens are carrying.

Why would we import food that is classed by our own standards as unsafe to human health? Because we're being bullied into it by Trump? I'm guessing he'll not supply us with oil if we don't also buy what I wouldn't feed the dog!

Why am I so worried? Because food labels are confusing, and even sometimes misleading. Even if you can afford to care, can you always find the country of origin on a ready meal? No, because if the processing has happened in either the EU or UK, this will be the most prominent fact on the label (as the most recent 'process' to have occurred).

During the Agriculture Bill's earlier stages, I wrote to Scott Mann requesting he support the legal equivalent of British standards regarding food imports becoming statutory. About 9 months later I had a standard letter from his office acknowledging my letter. And that was it. No response on where he stood. But I now know where he stands as on the 13th May he did not vote in favour of Neil Parish's

amendment; like a great many other Tory MPs. So Mr Mann is towing the party line, rather than representing his voters. I'm afraid I was moved to write to him again in the light of the above news, and this is how it went:-

*Dear Mr Mann*

*During the latest (3rd) reading of the Agricultural Bill earlier this week, please could you explain to me why you voted against Neil Parish's amendment?*

*Furthermore, please clarify if British agriculture is to have its current food protection procedures, animal welfare, environmental and workforce pay and health and safety legislation all lowered to be in line with post-Brexit imported produce. If not, why not?*

*Surely, if imported food that is produced to lower than British standards is seen by government as fit for the British public to eat, environmentally friendly, humane to livestock and incorporates acceptable workplace standards; then there is no reason why UK farm businesses should be prevented from operating in a similar manner? Barring climate differences, the removal of above mentioned legislative burden would create a like-for-like scenario; therefore creating fair competition in the market place.*

*If lowering standards within British agriculture is not on any parliamentary agenda, I also request your personal vision on how you foresee the UK farming industry staying in business; and more importantly: feeding the nation.*

*If nothing else, the current world pandemic has highlighted the dangers of over-reliance on international supply chains. There are many privileges we can live without, but food is not one of them. Freedom from hunger is one of the current criteria British farmers fulfil while caring for their livestock, I suggest it is part of every MP's job to ensure UK citizens also have this fundamental freedom. During Covid-19 food has been deemed an essential item; do I need to remind you it will continue to be a necessity post-Brexit?*

*To reiterate my questions:-*

- 1) Why did you vote against Neil Parish's amendment of the Agricultural Bill this week?*
- 2) Will (and if not, why not) British agriculture standards be lowered to that of imported food post-Brexit?*
- 3) What is your personal vision for keeping UK farmers in business as/when cheap food imports flood the domestic market? (As a backstop for breaks in the food supply chain of international trading).*

*I appreciate you must have given all the above due consideration before voting on Neil Parish's amendment this week, so presume responding to my specific questions will not take up too much of your time.*

*I look forward to hearing from you.*

*contd...*



I'm not convinced I'm going to get a sensible response, if any at all. So I'm going to rattle off an email to Paul Tyler in the House of Lords (where the Agriculture Bill is headed next, probably before you read this!) I think he'll already be all over this anyway, but it won't hurt to give him a wee nudge.

In my opinion Lord Tyler's a similar man to Neil Parish (but coming from a different party baseline). They both prioritise the important things in life and most importantly: they'll both stand up for what they believe in; and fight for the nation's well being.

Meanwhile, if you feel so moved, there's an online petition entitled 'Future UK trade deals must not compromise animal welfare and public health' at

change.org - created by a Danny Chambers (with about 10,500 signatories as of 17th May).

I'm going to keep buying local produce, or look for the Red Tractor logo on food labels; just to be sure we're eating British farm assured produce - a healthy diet boosts the immune system after all!

Stay safe.

*Farmer Jules*

## Five O'Clock Shadows

I've decided to call them 'the five o'clock shadows' in deference to their spectral appearance on tv, etiolated, long and thin, in afternoon light, reading again from their Book of Numbers,

while the kids next door scream on their blue trampoline.

I'm sure these tv figures are well-meaning, that they hold sinecures and do peer-reviews, but I know why they're glum as they're not always right,

unlike the kids who continue to bounce above my hedge-line, laughing and laughing into the night, long after my tv's gone dark.

*David Penhale*



The wild flower meadow is coming along nicely!

I hasten to add that I can take no credit for it - the speedwells and buttercups have appeared in profusion this year, far more than we've seen in previous springs. Should keep the bees happy!

We also have newly-arrived wild garlic in the damp and shady hedge, and we've eaten most of it...

*Mike*

## We have a tricky film quiz for you!

Which film is being described? The year shown is the year of release according to IMDB

Questions kindly supplied by Rod P-B, St Kew Highway, answers further on.

### Sci-Fi

1. Betelgeuse, and Alpha Centauri are fighting with Sirius, Epsilon Eridani, Tau Ceti. 1977
2. 19 years ago this year. 1968
3. 10m/sec/sec approx. 2013
4. I've already told you twice stay back from me, here you are again. 1977
5. A watch, or a tall case clock. 2002 & 1960

### War

6. The Humber crossing is 150 miles away, we only have fuel for 50! 1977
7. Are you sure today is only 24 hours. It feels more. 1962
8. A town on the north coast of France near Calais 1958 & 2017
9. Once Upon A Time, there was a castle in East Germany..... 1955
10. 3<sup>rd</sup> From Leicester Square, 2<sup>nd</sup> from Charing Cross, on a certain map. 1970

### Romance

11. It's a true, intense emotion. Really! 2003
12. Splicing, getting hitched, spliced, & hitched then a planting. 1994
13. A muddy tango. 1987

### Cops

14. Flying Squad,!!!! 1974 & 2012
15. My beat is around a City in Los Angeles County, west of Hollywood. 1984
16. A gun, rifle or pistol but not a water pistol. 1987 & 2016

### The.....

17. Alfred Hitchcock, Mel Brooks, George Lucas, Stephen Spielberg. 1967 & 2005

18. Seagulls, Sparrows, Eagles, Magpies and Crows. 1963
19. A priest trying to banish a demon. 1973
20. A simple alphabet/numeric code. 2<sup>nd</sup>, 6<sup>th</sup> & 7<sup>th</sup> 2016
21. Tom or Barbara, an "off" egg and Joseph Merrick. 1966

### Disney

22. *Vulpes vulpes*, together with a type of hunting dog. 1981
23. Sweet Home Alabama, for example 1946
24. A body around a star consisting of gold, diamonds, rubies etc. 2002
25. Slightly over five score of a certain type of Italians perhaps. 1996/1961
26. The Duchess of Cambridge and a cow maybe 1991/2017

### PIXAR

27. The Story of a magical VW beetle, Americanised. 1998
28. Ford Capri, VW Golf, Renault Cleo & BMW 3 2006
29. The Fifth Wall alphabetically 2008
30. A Teddy's Tale, or a Doll's Documentary. 1995
31. Horizontal, Temporal or Vertical projections, misspelled. 2013

### Musicals

32. The saga of Wales, Blackpool, Lands End or Carlisle. 1961
33. Semi-tones, tunes, harmonics, 1965
34. In English, a Merry-Go-Round. 1956
35. One of the oceans below the equator. 1958
36. First name of the Lord Protector who banished Christmas. 1968
37. Lubricant. 1978

contd....

## Carry On Quickies

- |  |      |
|--|------|
| 38. Three stripes.                                   | 1958 |
| 39. The Hay Wain.                                    | 1960 |
| 40. Went looking for the Indies.                     | 1992 |
| 41. What Harry Palmer and other spooks do.           | 1964 |
| 42. No matter what.                                  | 1961 |
| 43. AAAARGH!!  | 1966 |
| 44. To pursue a dromedary.                           | 1967 |
| 45. An Indian Restaurant on the first floor perhaps. | 1968 |
| 46. Educator.  | 1959 |

Friends are the fruitcake of our lives. Some are nutty, some are soaked in alcohol, some firm, some sweet, but altogether, they are great to have in your life.



*Kindly sent in by Les S.*

## Letters to the Editor

1. Here is short note that I received from someone in Highway. They wish to remain anonymous:

I am writing to express my sincere thanks to Steve and Wendy at the Red Lion for the free meals over the last several weeks that they have been providing to NHS workers, elderly and vulnerable people in St Kew Highway during the COVID crisis.

As a vulnerable elderly person living alone in the village, it has been just wonderful to have Wendy, Bella and Thomas call each Thursday with my dinner – something to really look forward to, the high point of my week.

They must have provided hundreds of meals by now and the people of St Kew Highway should never forget Steve and Wendy's generosity and community spirit during these difficult times.

2. I wish to thank Wendy at the Red Lion and her crew, along with the very generous benefactor/s! who have provided and delivered a meal over the past 4 weeks to me and other neighbours. The meals have been delicious!

I also thank friends and neighbours who have contacted me with offers of shopping and assistance. Roy and Ann Carthew, Roy for helping with the work in the garden and Ann for the cake and scones - again delicious!

I feel blessed to live and have so many friends I know by name and others by sight in St Kew Highway. What a lovely and caring village.

Thank you,

Doreen Bolton

## SOUPER LUNCH

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

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





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

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## OB1 Nobody's Lockdown Top 50

Living On The Front Line: Eddy Grant  
Heroes: David Bowie  
Behind The Mask: Fleetwood Mac  
Gimme Shelter: The Rolling Stones  
Don't Give Up: Peter Gabriel  
Rainy Days and Mondays: The Carpenters  
How Can you Mend A Broken Heart: Bee Gees  
California Dreamin': The Mamas and the Pappas  
I Just Can't Help Believing: Elvis Presley  
Redemption Song: Bob Marley  
It Might As Well Rain Until September: Carole King  
Green Green Grass Of Home: Tom Jones  
I Know What I Like: Genesis  
Good Year For The Roses: Elvis Costello  
The Long And Winding Road: The Beatles  
Big Yellow Taxi: Joni Mitchell  
This Flight Tonight: Nazareth  
Barbados: Typically Tropical  
Dreadlock Holiday: 10CC  
Uptown Top Ranking: Althea and Donna  
Paranoid: Black Sabbath  
Crazy: Seal  
One Day Like This: Elbow  
Teach Your Children: Crosby, Stills & Nash  
Homework: Peter Green Splinter Group

Superstition: Stevie Wonder  
So You Win Again: Hot Chocolate  
Thank You For The Music: ABBA  
Stay With Me: The Faces  
If I Ruled The World: Harry Secombe  
Hotel California: The Eagles  
Words of Love: Buddy Holly  
Sweet Child Of Mine: Guns and Roses  
When Tomorrow Comes: Eurythmics  
Running Up That Hill: Kate Bush  
Us And Them: Pink Floyd  
On The Road Again: Canned Heat  
Meet Me On the Corner: Lindisfarne  
Back In The Night: Doctor Feelgood  
Stuck In the Middle With You: Stealers Wheel  
Band On The Run: Wings  
Street Spirit: Radiohead  
Any Road: George Harrison  
Fanfare For The Common Man: Emerson Lake & Palmer  
Mr Blue Sky: ELO  
I Feel Free: Cream  
Starting Over: John Lennon  
Freedom 90: George Michael  
Those Were The Days: Mary Hopkin  
For The Good Times: Perry Como

## From Scott Mann MP

It is hard to believe as I write this that we are almost in the first week of May, the year is flying by and I know that all of you want things to go back to normal. I share your frustrations and I am keen to get back to normality too. We have all played our part in keeping the numbers of cases in the South West low, and Cornwall has some of the lowest cases in the South West. This is because we have all played our part in helping the NHS and it is our front-line public services who I want to pay tribute to in my column this week.

Our NHS staff are fighting a public health crisis against an unseen enemy, at great risk to themselves and their families. I am very proud of all of our health care workers and the job they are doing, many people have contacted me to highlight the great job they are doing on our behalf, and I hope people will continue to take part in the eight o'clock claps to show appreciation.

Our Police force has also been on the front line dealing with the crisis, and although there are less people around, we must still be vigilant about crime. I would also like to take this opportunity to thank them for their effort protecting Cornwall during this pandemic.

It was disappointing to read that people are still ignoring the lockdown protocols and visiting Cornwall. I have previously joined my MP

colleagues, and friends on the Council, in asking people to "come back later", when Cornwall will once again welcome all our visitors. The case of one couple visiting all the way from Kent which was highlighted in the national media was particularly unimpressive, and to anybody thinking of visiting us at this time I say again, please, stay at home and protect lives.

My team has been working flat out dealing with constituent casework over the past few weeks and arranging support, directing help for NHS workers, liaising with the highest levels of government on behalf of North Cornwall. They have told me that despite the circumstances, North Cornwall is resilient, and they are taking great pride in supporting this great constituency. Our priority at the moment is to ensure that our businesses and local communities are supported, so that when this storm passes we can reopen for business and go back to our lives with as little disruption as possible.

We can and will get through this by working together. Please continue to visit my website and social media for daily updates and information. I have now published ten in-depth business updates with the latest guidance for employers and employees, and I will continue to ensure you are all given the latest info from Westminster. If there is anything my team or I can do to help you, do not hesitate to email via [scott@scottmann.org.uk](mailto:scott@scottmann.org.uk) or call on 01208 74337.

## ROY

An appreciation of our dear friend Royston Davey, who died recently

When I retired in 1993, Su and I decided to move to a place that we'd both loved. Cornwall. In many ways the next best place to Heaven itself. The move had to be planned, and as the Cornish housing market was the most bizarre mixture of greed and generosity, of ancient and modern, small and large, we needed to go and see for ourselves. Estate Agents needed to sell properties as distinct from telling the blunt truth. So I picked a holiday opportunity at a remote farm in Cornwall, in the Padstow – Fowey – Tintagel triangle, roughly, midway between Treliske and Derriford – after all we weren't going to get younger.

The place we chose was at St. Kew, at Carns Farm, and there we met Roy and Val, later, son Mark. We struck gold. These were our first Cornish friends, and neighbours too, albeit at some distance. I guessed that a farmer would know how things are, locally, and would be a valuable source of advice. Absolutely right. Moreover, Val was a walking history of the local families, which was valuable as it was only too easy to put one's foot in it!

Roy was a great help, and as we reported back after a day spent looking at properties, his comments were taken on board. Sometimes he would say *"Oh, is that what they said. I think the bank actually wants its money back."* Or *"he's a bit optimistic, isn't he?"* But never damning or unkind, that was Roy. He was a strong believer, and although rarely seen at St. James (milking time), was both parish councillor and PCC member for many years.

When we bought Pendoggett Farm I asked Roy if the builder he used for his splendid holiday cottage was still about, since I would want someone who knew Cornish building to look around with me. Roy pointed at Martin Langdon, who was enjoying a cup of coffee at his table. Another good friend. Then there was the retired(?) farmer who was often around when we called to see Roy – Harry Bate, a master of the one liners, and like Roy, dearly missed.

When Alec Weir and I started the St. James Trust we agreed that two of the four trustees should be Cornish locals. After all it was their local church. Roy and Harry were the two trustees invited, and they agreed. I asked Roy whether he, as a Cornishman, minded people like us coming in and running things. *"No, not at all, provided you tell us what's going on, and we'll tell you if you don't get it right!"*

We learnt something about farming and the farming community from Roy, Val and Harry, and it has been our joy to be a little part of North Cornwall's community. Alas, no more will the cows amble down the lane to his milking parlour, with Roy in an old car bringing up the rear. No more will we be able to watch him milking, the kind attention to his young calves being put to one of his cows, and the need to dodge when a tail is raised.

So much has been given to us and our family, starting with that quiet, humble and incredibly kind man. He seemed to ask no more from life than what he had.

We give thanks for Roy and Val, and pray for Mark in his loss.

*Peter and Su Coster*

July's Fete has been postponed. However the organisers are hoping to rearrange the fete for the end of August or early September, Covid regulations permitting.

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# Cynthia Cooks

*This month we have a couple of flavoursome springtime dishes.*

## **Chicken thighs with creamy leeks, asparagus and lemony beans.**

*This couples the sweet, earthy flavour of the last of the winter leeks with fresh & vibrant English asparagus. The recipe is for 2, just double up the ingredients for 4.*

### **Ingredients**

- 2 large or 4 small boneless chicken thighs
- 2-3 tbsp olive oil
- 2 cloves of garlic, finely chopped
- 400g tin of beans (eg cannellini), drained & rinsed
- 1 large or 2 small trimmed leeks (roughly 250 - 300g), sliced into 1cm rounds.
- 8 or 12 asparagus spears, trimmed & halved lengthways if the stems are thick.
- 100ml double cream
- 1 tsp fennel seeds
- Pinch of chilli flakes
- Juice & zest of ½ a lemon

Gently fry half the garlic in a saucepan with 1 tbsp of olive oil until lightly coloured. Tip in the drained beans, 75ml water and the fennel seeds.

Season with a pinch of salt and a good grind of black pepper and bring the pan to a very gentle simmer. Add a splash more water if the beans dry out. Just before dishing up stir in the lemon juice and zest.

Next, in a small roasting tin brush the chicken thighs with olive oil, season well with salt and pepper and cook in a medium (180°C) oven for 20 minutes or until cooked through with no pink juices.

While the chicken is cooking, gently saute the leeks in 1 tbsp olive oil with remaining garlic and the chilli flakes until the leeks soften and start to colour at the edges. Pour in the cream along with a couple of tablespoons of water and stir the leeks around to mix and break up the rounds a little. Season to taste with a little salt and black pepper. Lay the asparagus on top of the leeks, cover and simmer for a few minutes until the asparagus has softened.

Serve the chicken on a bed of the creamy leeks & asparagus with the beans alongside. Drizzle any remaining cream sauce over the chicken.

*Cynthia's tip: The recipe also works very well with poached eggs, cod or haddock fillets, or perhaps a couple of lightly grilled new season lamb cutlets.*

## **Lemon Pudding**

*Continuing the lemon theme this is a zesty dessert that positively sings of spring.*

*Enough for 4.*

### **Ingredients**

- 60g softened unsalted butter, plus extra for greasing
- 140g caster sugar
- 2 large eggs, separated
- 60g plain flour
- 285ml milk - ideally whole milk.
- Zest and juice of 1 lemon.

Heat the oven to 180°C.

Cream the butter and sugar together until light and fluffy, then beat in a teaspoon or so of hot water to let the mix down a little.

Stir the flour, lemon juice and zest into the butter mixture.

Beat the egg yolks until creamy and stir these in along with the milk, and beat again.

Whisk the egg whites to stiff peaks and gently fold into the batter. Avoid too much mixing as it is important to keep as much air in the mix as possible.

Pour the batter into a well-buttered oven-proof dish large enough for the pudding to rise in. Stand the dish in a roasting tin and half fill with water.

Cook on the middle shelf of the oven for 50 minutes or so until risen and golden on top.

Serve straight from the oven with lashings of double cream.

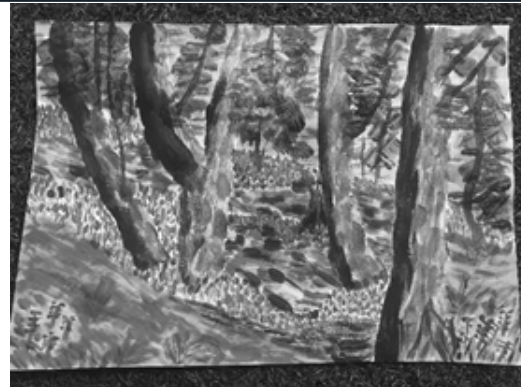
*Cynthia's tip: Try the recipe with other citrus fruit. Orange and clementine will give a slightly sweeter taste, lime will add deeper tartness. Whatever your choice, use approximately 2 tablespoons of juice.*

**Shop locally, eat seasonally**

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

### St Kew was Closed...

As you are aware, St Kew 'closed its doors' to all but the children of Key Workers on 20<sup>th</sup> March, in line with all schools in the country, to prevent the spread of the Coronavirus. We continued to provide Essential Childcare at our Open 'Hub' Site in St Columb Minor but whilst many of our pupils have been at home they have been able to access a range of activities on our e-Learning platform, with many of our children completing 'distance learning' activities. Take a look at what has been going on in and out of our children's homes in the last few weeks!



Beautiful painting

### Using maths for baking



### VE Day



VE Day



PIC-COLLAGE

.....and is looking forward to opening from 1<sup>st</sup> June 2020.

In line with the government's guidelines, we are able to open our school to the Children of our amazing Key Workers on Monday

1st June and then to any Reception, Year 1 and Year 6 pupils across the week from 3rd June, 8th June and 10th June respectively.



### People Who Help Us Lego characters & game



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



## Film Quiz Answers

### Sci-Fi

1. Star Wars
2. 2001: A Space Odyssey
3. Gravity
4. Close Encounters of the Third Kind
5. The Time Machine

### War

6. A Bridge Too Far
7. The Longest Day
8. Dunkirk
9. The Colditz Story
10. Waterloo

### Romance

11. Love. Actually
12. Four Weddings and a Funeral
13. Dirty Dancing

### Cops

14. The Sweeney
15. Beverley Hills Cop
16. Lethal Weapon

### The....

17. The Producers
18. The Birds
19. The Exorcist
20. The BFG
21. The Good, The Bad and the Ugly. (Tom or Barbara Good – the Good Life)

### Disney

22. The Fox and the Hound
23. Song of the South
24. Treasure Planet
25. 101 Dalmatians
26. Beauty and the Beast

### PIXAR

27. A Bug's Life
28. Cars
29. WALL: E
30. Toy Story
31. Planes

### Musicals

32. West Side Story
33. The Sound of Music
34. Carousel
35. South Pacific
36. Oliver
37. Grease

### Carry On

38. Sergeant
39. Constable
40. Columbus
41. Spying
42. Regardless
43. Screaming
44. Follow that Camel
45. Up the Khyber
46. Teacher

*Rod P-B*



## Latest Church News

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

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

Find more details and upcoming services at:  
[www.northcornwallclusterofchurches.org.uk](http://www.northcornwallclusterofchurches.org.uk)

And join our facebook group at:  
[www.facebook.com/groups/northcornwallcluster](http://www.facebook.com/groups/northcornwallcluster)

If you need help setting up a facebook account, get in touch with Rev Rose.

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

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

Rev Elizabeth Wild  
07758 407661      elizabeth-wild@live.co.uk

Rev Rose Jones  
01208 592353      revrosejones@gmail.com



## St Kew Help!

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

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

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

Two weeks ago we leafleted most of the houses across the parish to provide telephone numbers for volunteers living locally in each village. You can also contact us by telephone on: 01208 841366, e-mail at [stkewhelp@gmail.com](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 Open 9.00am - 3.00pm Monday-Saturday. Deliveries within 3 miles.

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

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

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

Phone Steve or Wendy for details – 01208 841271

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



## **Are you affected by COVID-19?** ***Help is available now!***

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

We are a group of local people who can:

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

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

**E-mail:** [stkewhelp@gmail.com](mailto:stkewhelp@gmail.com)

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

*Hello!* from St Kew support volunteers

# The Puzzle Page

## Codeword

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

27

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

## Sudoku

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

MG

## Word Square

I	N	E
D	C	U
O	T	N

How many words of 4 letters or more can you find? No proper nouns or plurals are allowed, and the centre letter must be used in each word. There are 38 words listed in the solution this month, which includes 2 **nine letter** words to find.



For further details please contact Alison on 01208 841469

[www.facebook.com/StKweWI](http://www.facebook.com/StKweWI)



The osteospermums have run wild this year!

These were a few cuttings from an old leggy plant that I put in the bank by the gate 2 years ago. These are the original colour but other cuttings from the same plant planted elsewhere in the garden have come through white with a pink centre.

If you're passing by and fancy the same look please feel free to take a cutting or two. A 15cm length (just remove any flowers & buds) in a pot of damp gritty compost will root quickly. Plant up later in the summer.

Mike



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**Bell Ringing**

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

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

**Puzzle page solutions**

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

**Sudoku**

Cent, cite, code, coin, cone, cote,  
cued, cute, dice, duct, iced, icon, nice,  
once, cited, coned, count, cutie,  
dunce, edict, ounce, tonic, tunic,  
coined, coned, induce, induct, notice,  
nuncio, conduit, contend, counted, no-  
ticed, uncton, unicode, continue,  
CONTINUED, UNNOTICED.

**Word Square**

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

**Codeword**



# CHILDREN'S CORNER

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

## CAN YOU FIND THE COOKIE WORDS IN THE GRID?

Eggs Milk Chocolate Butter  
 Flour Sugar Salt Vanilla  
 Goopy Yum Delicious Crumbly  
 Choc chip



## COLOUR ME IN!



## CHOCOLATE CHIP COOKIES

### Ingredients

- 150g butter that has been softened
- 80g brown sugar
- 80g granulated sugar
- 2tsp vanilla extract
- 1 egg
- 225g plain flour
- ½ tsp bicarbonate of soda
- ¼ tsp salt
- 200g plain chocolate chips or small chunks cut from a bar

### Method

- Heat oven to 190°C. Line two baking sheets with baking parchment.
- Put the butter and both sugars into a bowl and mix until creamy.
- Add the vanilla extract and the egg, and mix together.
- Sift the flour, bicarbonate of soda and salt and add to the mixture. Stir well.
- Add the chocolate and mix everything together.
- Make little balls of the mixture with a teaspoon and place on the baking tray. Don't crowd them together as they will grow!
- Bake for 8 to 10 minutes. They should be light brown but still soft in the centre.
- Leave them on the tray for 5 minutes then lift them onto a wire rack to cool.

**YUMMY SCRUMMY!**

## A farmer's spin on living under restrictions.....

Bread and jam is back in fashion in our house. Goes with afternoon tea like it was meant to be. An after supper variation on this is hot buttered toast with golden syrup. I just wish I had time for lockdown baking, I may dabble in it as the summer progresses; but I'm certainly **not** rushing off to any shops to buy processed tat. It's not essential in my eyes, and we're better off without it.

I'm feeling pretty self-righteous about managing to avoid spending money with the supermarkets just now (there's no way I'm visiting a venue where the masses flock, even in a controlled format) as I've never approved of their monopoly anyway. They slock everyone in with convenience and loss leaders, squeeze independent traders out of the market and treat their core suppliers (farmers) in an immoral way that most (if they only knew it) would consider unfair and unjust.

So I'm phoning an order in to the local farm shop once a week and picking my groceries up from their car park. Whatever they don't supply that I really need, I'll just have to box clever. At the beginning of lockdown, I could order dog and cat food online from Mole Valley Farmers; but their system's now crashed! If I want fat-free yoghurt or slimline tonic, I either go without or have a treat when family or farming neighbours visit the local Co-op. We're doing without a daily paper (I've downloaded the BBC news and Cornwall Live apps, but it's not quite the same!)

Having no off-farm commitments has actually lifted a great deal of pressure from our household, we've enjoyed reverting to a time where the focus hasn't been blurred: tending livestock and farm maintenance running beside ensuring family are OK. We've even made time to reinstate a veg garden - just like we remember from our youth.

My heart does go out to people living in flats or houses with no garden or balcony, it'd drive me crazy. I guess it's folk living in such a situation that are struggling to stay at home, they've probably never known any different than using their home as sleeping quarters only and 'normally' spend their waking hours either at work or out on the gad someplace. Which explains a concept I'd never understood till now: why do people flock to shops just to wander about? Because they've nothing better to do, and (sadly) it's a more pleasant place to be than at home! I've no idea what their new normal's going be; but I know I'm going to hang on to the best bits of farm-isolation!

As farmers, we're probably approaching Corona virus from a different viewpoint than most. We've lived through Foot and Mouth Disease, are always aware of TB and the rest of the notifiable diseases livestock are susceptible to. We know what a virus is (antibiotics can only treat a secondary infection - not the virus itself), grasp transmission routes in a jiffy, follow production periods for a vaccine, and appreciate the difference between pandemics and epidemics (the first being worldwide, the latter being higher than normal 'incidence' in a geographic area).

The only time we'll voluntarily enter a crowd is at the Royal Cornwall Show, so social distancing - the length of a cow - is a natural form of personal space awareness to us. 'Working From Home' was invented by farmers a few millennia ago, PPE is donning appropriate barriers (gloves when treating a lamb with Orf), and the isolation pen is where a new bull's put till he's passed his blood tests to ensure he's not bringing any diseases into the herd. Shielding is what we do regularly as we just can't both be ill at the same time as there'd be nobody to tend the livestock. Lockdown is another name for a Standstill Order from the powers that be when the vet's running tests to see if your flock has sheep scab (or if it's just lice making them itch their fleece off!)

Cobra (Civil Contingencies Committee) we've just about heard of, but we thought Sage was an accounting software package - it transpires to actually be the Scientific Advisory Group for Emergencies. I've had to apply myself to understanding 'furlough' (of no relevance to us, but important to the economy); when I first heard the word I thought it sounded rather archaic and a time efficiency measure of ploughing a furlong (probably by horse!)

No idea what the formula is for working out the rate of infection, but I understand the R value needs to be kept below 1. Upperwear is a new thing - suit on top and joggers on the bottom (as opposed to outerwear, which is what my Father used to indulge in: popping a raincoat & wellies over his pyjamas to do the school run); and Zoom meetings are actually a benefit of modern technology.

I'm shying away from too much news now, I'll watch the headlines once a day but can't stomach any more stories of 'covidiot's and their stupid antics; they drive me to mixing a 'quarantini'.

JC

## Pilates Classes in North Cornwall

### St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30

Bodmin Lakeview Country Club Lanivet - Tuesdays - 10.00 & 11.15



#### What does Pilates do?

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

#### How do the classes work?

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



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

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**ST KEW HIGHWAY  
METHODIST CHURCH**

Services held in the Community Hall at 9.30am.

**All services have been suspended until further notice.**

**Catholic Church Services**

**Wadebridge**

St Michael's Church  
Trevanson Street  
01208 72833

**Tintagel**

St Paul The Apostle  
Bossiney Road  
01840 770633

**All services have been suspended until further notice**

[stmarysbodmin.org.uk](http://stmarysbodmin.org.uk)

[stpaultintagel.btck.co.uk](http://stpaultintagel.btck.co.uk)

**Wadebridge Christian Centre**

Molesworth Street, Wadebridge. Tel 01208 813110,  
[wadebridgechristiancentre.org](http://wadebridgechristiancentre.org)

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

**St James the Great Church  
at St Kew**



**All services have been suspended until further notice.**

*Please see the latest update from the North Cornwall Cluster of churches a few pages back.*

**Reflections**

As I write, we are still in lockdown. I am lucky: I am retired.

Yet, during this time, I had to make choices: as an artist I had to choose between despondency or creativity and as a priest I had to choose between fear or trust. I remembered the disciples locking themselves away in fear, but Risen Jesus came to bring them faith and peace. I remembered God saw chaos but, out of it, brought about order and creation. So these are the choices: despondency or creativity and fear or trust. Which did you choose during lockdown? I chose trust and creativity, and received great peace as a result.

When our lives are materially reduced to the bare essentials, we discover there is so much more about our non-material life. Beware the barrenness of a busy life! We have families, friends, clients, employees, colleagues, ourselves, and God. These can recede into the background when we pack in too much else! However, lockdown has brought our inner life back to the fore. What did you rediscover about yourself? Do you enjoy a slower pace of life, the song of birds, reading, meditating? I do! And I

hate driving the car! I love exploring abstraction in painting! I love having a real conversation with my family by video/phone! I love having time with God! You might have made similar discoveries too.

There are, however, business people who are very worried, and rightly so. They worry about their employees, their bills, their families, their survival. We must pray for them, that they, too, may be able to choose trust, so that they may have just enough inner peace to become creative in the circumstances we are now in, and that they may discover beautiful things about themselves, others and God through this time. And we must DO something!

So here is a suggestion: imagine if all of us who have a regular income and saved money during lockdown now spent it in all our local independent "non essential" businesses who had to shut down. Wouldn't that be a wonderful, practical way of spreading God's love and blessings around?! So, as lockdown is gradually lifted, let us keep the good things we rediscovered and let us bless those who need it most through our own spending.

*Rev'd Corinne Tournay  
PTO North Cornwall Cluster of Churches*



## How our Foodbank helps our community

Thank you so much to everyone supporting our Foodbanks during the current situation. We are really grateful for all your donations, we couldn't do this without your help. A special shout-out to Fee's Food who continue to drop off batches of frozen ready meals to be distributed to people referred to our Foodbank.

Thanks also to Morrison's and Tesco for their weekly bulk deliveries to us. We are so grateful to all the local small businesses which have sadly had to close during this pandemic and kindly donated their short date stock to us.

We have been processing online referrals to our Foodbanks in Bodmin, Camelford and Wadebridge

and operating a delivery service direct to people in crisis. We now have over 100 professional agencies signed up to our e-referral system, without their help, we would be unable to continue the work we do in our community and support people in need. During the lockdown period so far, we have seen an 80% increase in the number of referrals to us and our volunteers are working hard to make up the food boxes and deliver them.

We currently have plenty of beans, soup and tinned spaghetti but we are in need of the following items; tinned potatoes, tinned tomatoes, tinned meat/fish and soap.

Wadebridge Foodbank, Unit 2 Trevanson Street,  
Wadebridge PL27 7AR Tel. 01208 815374  
Registered Charity No. 1166301  
Email: [contact@wadebridgefoodbank.org](mailto:contact@wadebridgefoodbank.org)  
Website: [www.wadebridgefoodbank.org](http://www.wadebridgefoodbank.org)

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### 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 June

It would be so nice to put some thing in here, maybe in July's edition?

The Regal in Wadebridge

Tel: 01208 812791

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



***The Regal Cinema is closed for the time being.***

### News from St Kew Parish Hall

Summer is usually a quiet time for the hall but not this quiet.

Hopefully by the autumn we can think of holding activities in the hall again but in the meanwhile we hope everyone stays safe.

Take care everyone.

*Kathy*

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

### Recycling

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

***Recycling collections are in the weeks Beginning 1<sup>st</sup> and 15<sup>th</sup> June.***

*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**

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Disputes | Family | Property | Wills

## Parish Council News

**Chairman:** Cllr A Godden

**Clerk:** Mrs Stephanie Tiplady

The Barn, Kitts Hill, Chapel Amble

07789 953677. [stkewparish@gmail.com](mailto:stkewparish@gmail.com)



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

## St Kew Parish Council Meeting

Due to the ongoing pandemic the council had its second "virtual" meeting by conference call.

In attendance were: Chairman A Godden, Cllrs J Rowe, T Mott, A McMahon, A Prophet, R Godden, P Bishop, J Lethbridge, Cornwall Councillors S Knightly and R Moorcroft.

Councillor Knightly and Councillor Moorcroft reported on the sterling work the Betjeman Centre is doing. If anyone is feeling down because of the restrictions placed upon us, it's well worth getting in touch. Councillor Knightly holds a surgery at the centre every Friday between 9.30 and 11.00am, anyone is welcome to attend and it is arranged in such a way to safeguard everyone involved.

Under the restrictions placed on us all, it severely restricts the work the Parish Council can do, but we are getting complaints about second homes being used and visitors being in the parish, when the legislation outlaws it.

There are numbers you can ring to report such activities. 0300 1234100 The council has decided that the AGM will be postponed until next year and that all offers will remain the same until May 2021, when we hope things will be back to some sense of normality. The council approved the audit forms to be sent to the Auditor. RG

### Planning Applications

**PA20/02214**, Mr A Holmes. Bulls Court, Hendra Lane, St Kew Highway. Change of use from holiday let to permanent residence.

**Recommend approval.**

**PA20/02987**, Mr & Mrs H Singer. Land adjacent to the Cottage, St Kew Highway. Proposed dwelling. The council could see no difference to this plan and the previous plan on the same site.

**Recommend refusal.**

### Planning Decisions

**PA20/00359**, Mrs L Sproull. The Barton, St Kew Road, St Kew. Listed building consent to rebuild part of a stone boundary wall.

**Approved**

**PA20/02647**, Mr A Parkinson, Trewethen Cottage, Trewethen Lane, Trelill. Variation of Condition 3 (Use of Extension) of Decision Notice **PA19/10466** dated 3<sup>rd</sup> March 2020.

**Approved.**



## St Kew Garden Association

Schedules for the Annual show on Saturday the 4<sup>th</sup> of September will be on display from this weekend at the usual venues.

For further details of these please contact Richard Godden on 01208 880007.





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
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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)

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