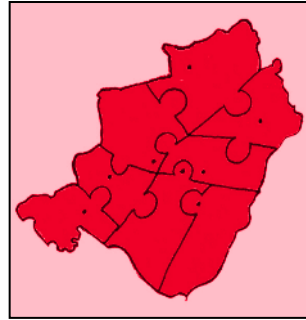


Pieces of Eight



May 2020, Issue 259

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

Email: stkewmag@gmail.com



'Loveliest of trees, the cherry now'

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

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

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

A.E Housman

(from 'A Shropshire Lad')

Photograph kindly sent in by David Balmford.

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

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STAY AT HOME, CURL UP AND READ A BOOK!



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

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

Happy reading!

Philippa



The beauty of a spring hedgerow

EDITORIAL

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

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

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

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

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

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

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

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

Stay safe, stay well.

David

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

www.stkewparish.org.uk/Po8.html

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



**and all Key Workers.
Thank you**

Contacting the Editorial Team

The Editorial Team are:

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

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

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

Copy date for the June issue is:

Friday 15th May

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

Note to Readers

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

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

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

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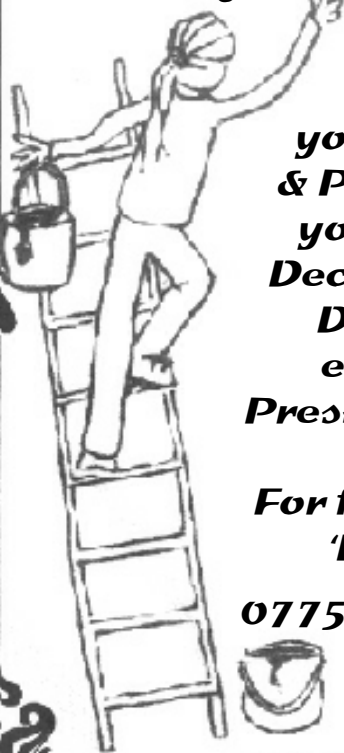
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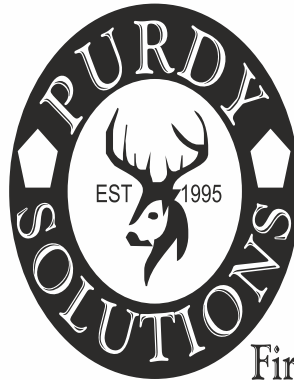


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The View from the Allotments and at last I have something positive to write about!

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

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

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

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

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

Judith Mott,

judithmott@btinternet.com
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Polzeath *Beachcare* Report

March 2020

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

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

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

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

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

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

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

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

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

Interested? Contact Nick Pickles

nickdpickles@gmail.com





FARMER JULES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

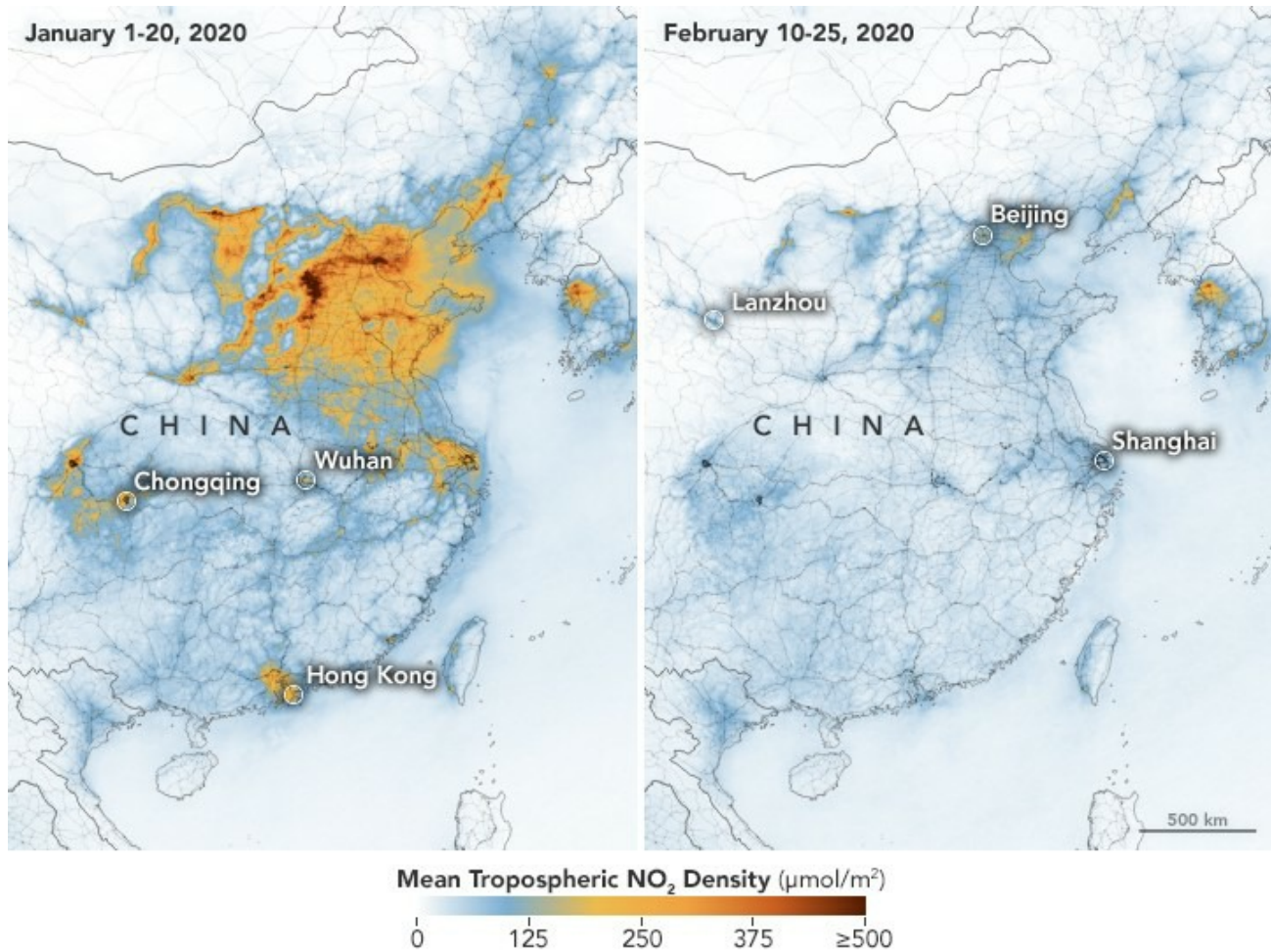
For example: Housing cattle in winter is carried out for the health and welfare of the animals. It ensures pastures are given a break in wet, cold conditions - ensuring soil structure is maintained; and provides cattle with clean, dry conditions and fresh fodder indoors. Legislated space per housed beast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

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

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

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

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



Cold Mountain Poems

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

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

Gone, and a million things leave no trace

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

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

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

Translated here by Gary Snyder



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

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That's the way to do it!

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

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

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

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

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

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

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

The new show!

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

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



Punch and Judy at St James Fete



The Apple Dumpling



*Kasperli and
Teddy*



.....The Wicked Wizard



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

75th ANNIVERSARY OF VICTORY IN EUROPE (VE)

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

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

Friday 8th May at 3.00pm

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

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

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

Friday 8th May at 6.55pm

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

Cry for Peace

Citizens, one and all,

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

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

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

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

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

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

Every day someone needs your aid,

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

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

Beyond the solemn wreaths of the 11th November.

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

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

Saturday 9th May

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

Sunday 10th May

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

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

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

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

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

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

William Garland

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Cynthia Cooks

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

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

Ingredients

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

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

Method

It couldn't be simpler:

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

Cynthia's tips:

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

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

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

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

Stay safe, shop locally, eat seasonally

Keep Our Countryside Tidy

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

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

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

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

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

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

Thank you.

A concerned resident



This is where Barrie took the lovely view across the fields

LETTER TO THE EDITOR

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

Marion thought she would like to share it with others.

Sandra Williams

IN THE TIME OF PANDEMIC

And the people stayed home.

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

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

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

And the people healed.

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

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

Kitty O'Meara

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

St Kew Closes...

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



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

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



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



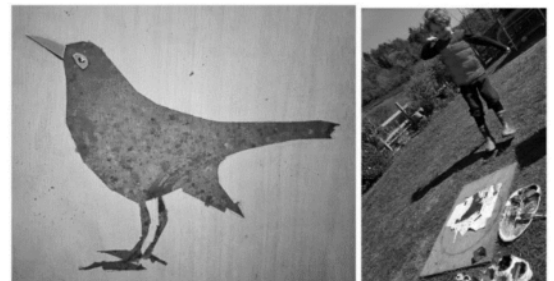
Freya's giraffe



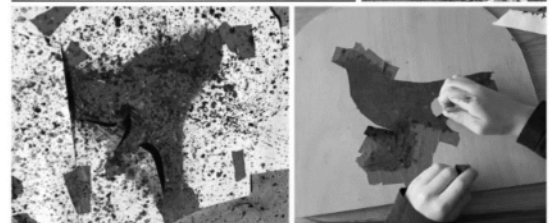
Bird watching!



Sentence Writing



Bird painting



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



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

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

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

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

Friday 20 March

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

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

Monday 23 March

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



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

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

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

Tuesday 24 March

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

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

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

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

Wednesday 25 March

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

Thursday 26 March

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

Monday 10 March

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

Wednesday 1 April

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

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

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

Thursday 2 April

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

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

Monday 6 April

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

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

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

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



St Kew Help!

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

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

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

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

Rob Soley

Help available

St Kew Help: see above.

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

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

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

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

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

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



Are you affected by COVID-19?

Help is available now!

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

We are a group of local people who can:

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

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

E-mail: stkewhelp@gmail.com

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

Hello! from St Kew support volunteers

The Puzzle Page

Codeword

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

26

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

Sudoku

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

HB

Word Square

E	I	R
N	V	A
P	G	E

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



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

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

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

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

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

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

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

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

Best wishes.

Alison Gill



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FRESH FRUIT & VEG. LOCAL BREAD & CHEESES. GIFTS & CRAFTS. CELEBRATION CAKES.

The Farm Shop is still open daily from
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We also stock homemade ready prepared meals

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

The restaurant will reopen as soon as we are allowed.

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

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



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



Bell Ringing

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

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

Churches - STOP PRESS

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

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

Find more details and upcoming services at:
www.northcornwallclusterofchurches.org.uk

And join our facebook group at:
www.facebook.com/groups/northcornwallcluster

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

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

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

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

Rev Rose Jones
01208 592353 revrosejones@gmail.com

CHILDREN'S CORNER

I know its really boring being stuck at home, but this game is really fun and will make you laugh!!

First DON'T look at the story. Fill in the words in the box below and then ask someone to fill in the blanks in the story with your words! Then read the story out and see how silly it is!

You can play by yourself but it is quite fun to do with someone else.

You could even email or text the list of words to your friend and read the story back to them.

Person:	
Relative:	
Feeling:	
Adjective:	
Number:	
Place:	
Verb:	
Furniture:	
Verb:	
Noun:	
Adjective:	
Fruit:	
Adjective:	
Verb:	

SNOW WHITE

Snow White is the story of a _____ who is a princess and who is very beautiful. Her _____ is jealous of her beauty. Snow White has to run away into the forest and is very _____ but some friendly animals help her find a _____ house which belongs to _____ dwarves. When the dwarves come home from the _____ where they work, they find the girl _____ on their _____. The dwarves take care of her and Snow White _____. The house for them and cooks their _____. The _____ Queen tries to poison her with an _____ but Snow White just falls asleep until she is rescued by a _____ Prince who wakes her up when he _____ her. And they all live happily ever after!

Here is another one!

Object:	
Persons (plural):	
Verb:	
Verb:	
Noun (plural):	
Verb:	
Object:	
Feeling:	
Body part:	

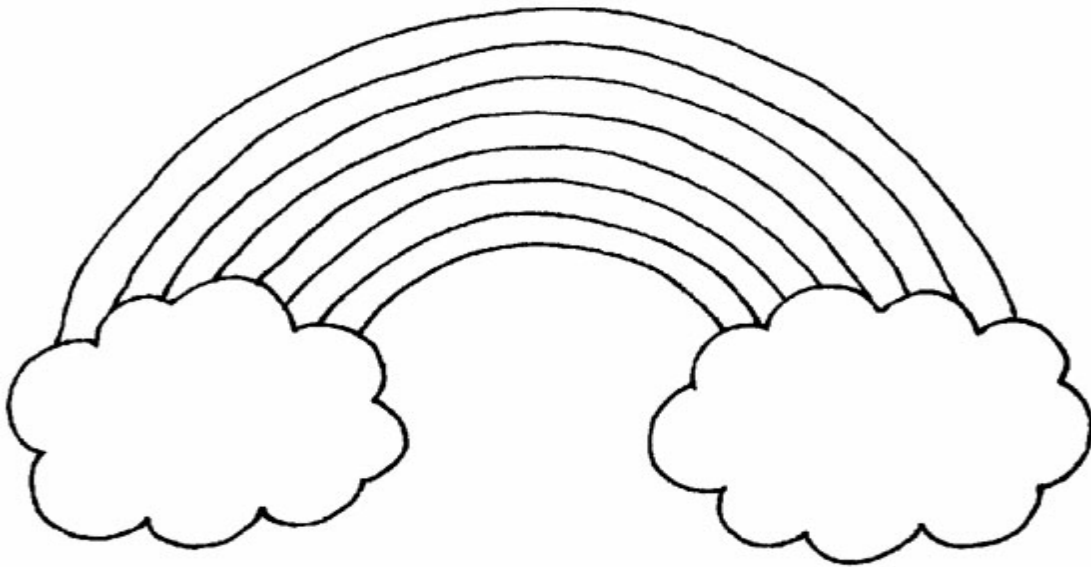
PILLOW FIGHT

Have you ever had a _____ fight? It is such great fun but _____ don't usually like it. Especially if you _____ the pillow so hard that it _____ and all the _____ fly all over the room. Sometimes the pillow can _____ a lamp or a _____ and that can be a disaster too. But you can always feel _____ and naughty and you can't help laughing your _____ off until you realise you have to clean everything up!

Now you can make up your own! Have fun!!!

How to remember the colours of the rainbow:

Richard	Of	York	Gave	Battle	In	Vain
RED	ORANGE	YELLOW	GREEN	BLUE	INDIGO	VIOLET



Now you can colour me in!

Wise Advice from a Farmer's Wife...

Whenever you return a borrowed pie pan, make sure it's got a warm pie in it.

Invite lots of folks to supper. You can always add more water to the soup.

There's no such thing as woman's work on a farm. There's just work.

Make home a happy place for the children. Everybody returns to their happy place.

Always keep a small light on in the kitchen window at night.

If your man gets his truck stuck in the field, don't go in after him. Throw him a rope and pull him out with the tractor.

Keep the kerosene lamp away from the the milk cow's leg.

It's a whole lot easier to get breakfast from a chicken than a pig.

Always pat the chickens when you take their eggs.

It's easy to clean an empty house, but hard to live in one.

All children spill milk. Learn to smile and wipe it up.

Homemade's always better'n store bought.

A tongue's like a knife. The sharper it is the deeper it cuts.

A good neighbour always knows when to visit and when to leave.

A city dog wants to run out the door, but a country dog stays on the porch 'cause he's not fenced-in.

Always light birthday candles from the middle outward.

Nothin' gets the frustrations out better'n splitt'n wood. *The longer dress hem, the more trusting the husband.*

Enjoy doing your children's laundry. Some day they'll be gone.

You'll never catch a runnin' chicken but if you throw seed around the back door you'll have a skillet full by supper.

Biscuits brown better with a little butter brushed on 'em.

Check your shoelaces before runnin' to help somebody.

Visit old people who can't get out. Some day you'll be one.

The softer you talk, the closer folks'll listen.

The colder the outhouse, the warmer the bed.

Pilates Classes in North Cornwall

St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30

Bodmin Lakeview Country Club Lanivet - Tuesdays - 10.00 & 11.15



What does Pilates do?

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

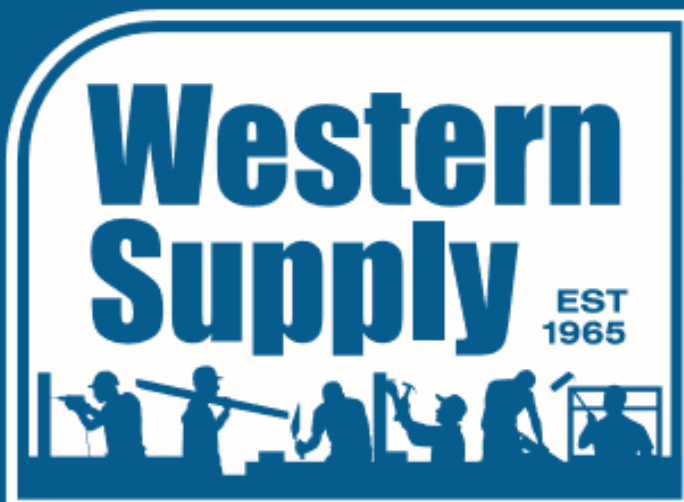
How do the classes work?

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



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

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Cynthia cooks.... something else

Spicy boiled gammon, creamy sauce, braised lettuce and peas

This is our family's all time favourite alternative to a roast dinner. It looks a bit complicated but there really isn't too much work, certainly a lot less than a roast dinner. Enough for 4, with leftovers - if you're lucky.

The gammon

Wash an unsmoked boneless gammon joint (around 750g - 1kg) in several changes of cold water or soak overnight. Put the joint in a large saucepan or stock pot & just cover with fresh water. Bring to the boil, drain again and refill with fresh water. Add: a small onion, peeled & studded with 10-12 cloves; 2 bay leaves; a dried chilli, or 1 tsp dried chilli flakes; 2 large cloves of garlic, finely sliced; 1 tsp black peppercorns; 1 heaped tsp five spice powder, 2 cardamom pods, crushed with the flat of a knife; and a 3-4cm piece of cinnamon stick (or 1 tsp of powdered cinnamon). Bring to the boil, stir to mix in all the spices, cover and simmer gently for 20 minutes per ½ kg plus 20 minutes. Once the meat is cooked remove the skin and most of the surface fat, and return to the pot to keep warm.

The sauce

Take roughly 500ml of the cooking liquid from the pan, strain the bits out and reduce to about 300ml over a high heat. In the meantime, melt a large knob of butter in a small pan, add a tablespoon of plain flour & stir while it foams. Gradually add the stock,

stirring all the time. Keep adding small quantities of stock, still stirring, until the sauce has thickened to your preferred consistency. Add a generous couple of tablespoons of double cream or crème fraiche and whisk until combined, season with a grind or two of black pepper if required. Put to one side to keep warm.

The braised lettuce and peas

Heat another 300 - 400ml of strained cooking liquid and add 4 good handfuls of frozen peas. Bring to the boil and add 2 trimmed & washed little gem lettuces quartered lengthways. Braise gently for 2 - 3 minutes until the lettuce has wilted and the peas have softened.

To serve: Drain the lettuce and peas and share out between 4 plates, top with the sauce and add a couple of thick slices of gammon. Perfect with minted new potatoes or roasties.

Cynthias tips:

Why not cook a larger joint and have the rest cold with a fried egg, chips and salad for supper the next day.....

Don't waste the leftover stock - strain the bits out and freeze in containers. Use as an alternative to chicken stock in another recipe such as a curry or a home-made pea and ham soup.



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**ST KEW HIGHWAY
METHODIST CHURCH**

Services held in the Community Hall at 9.30am.

All services have been suspended until further notice.

Catholic Church Services

Wadebridge

St Michael's Church
Trevanson Street
01208 72833

Tintagel

St Paul The Apostle
Bossiney Road
01840 770633

All services have been suspended until further notice

stmarysbodmin.org.uk

stpaultintagel.btck.co.uk

Wadebridge Christian Centre

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

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

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



All services have been suspended until further notice.

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

Reflections

Strange times, strange times. Sounds like something a character from a Dicken's novel would have said. The world is trundling on as usual: the rich getting richer: the poor getting poorer and suddenly everything comes to a stop. A bat virus has jumped species to humans and it is very, very infectious. People are always dying across the world: from hunger, malaria, cholera, TB and of course war. But these conditions do not affect us in the safe and cosy west, but Covid-19 affects everyone everywhere. Death is becoming part of our lives in a way that it hasn't done since the last world war. Life and death are linked again: the circle of life. We are not in control and we never have been. Sobering thought.

In this time of self-isolation and lock down we have to learn to be human beings and not 'human doings'. It is so much easier to fill our time with being busy, chatting, working on our computers but oh so difficult to still the whirring thoughts and plans inside our heads: to stop thinking about what we are going to do next or how we are going to cope without seeing anyone face to face for weeks.

We need to practice contemplation or meditation, whatever you want to call it. Prayer is part of this

process, but if you are like me, most of my prayers are a shopping list to God asking for things to be sorted out to my satisfaction. There is no space for God, the great force of love in the world, it's all about me and what I want. I can't help it, it's human nature. But we all need to reach down and find that little bit of divine that lives in all of us and let it come to the surface, even if for a few seconds. People who seem to seem to walk more closely with God than I do, seem full of a serenity and humility that I can only dream of: they are not the centre of their own lives: love is and therefore God is.

I am sure this is why the great prophets and Jesus himself had to go away from everyone to think things through: forty days and nights in the desert, to decide how they were going to serve God. I am not suggesting that we go a spend 40 days in the middle of Bodmin moor, with our mobiles turned off, deciding what direction our lives are going to take. But for those of us without young children to home-school and keep entertained, we can use this time in lockdown for more contemplative thinking and pray that when it finishes, we and the world around us, will be in a better state than before.

Jill G

The Link: Thought for Sunday

Of all the Holy Week stories that I have read this year, one has stayed with me. It is where Jesus puts a towel around his waist, kneels and washes his disciples' feet. I suppose to us it doesn't seem like a big deal, but it was a job saved for gentile slaves or women! It was considered a job for the lowest of the low. No-one would choose to do it anyway, since all the waste, filth and excrement filled the streets and at festival times like Passover, there was every chance that you would stand in something!

This is what Jesus bent down to clean from his friends and they were affronted! How could he do such a thing as a Rabbi? I love that Jesus challenged the culture of the day and here we see him showing service to others, it is beautiful picture of selfless love and humility and showing that life is of little use if not used to serve others.

The fullest measure of God's love is shown in Jesus Christ who serves us to the point of giving his life for each of us on the cross, for stooping down and helping each one of us to come out of our darkness, pain and brokenness, washing us clean from sin and bringing us to healing, wholeness, reconciliation & restoration with God and with each other.

Perhaps the coronavirus pandemic we have been experiencing has called us afresh to take seriously those things that are important and to lay down the

less important things that have occupied so much of our time. Many have been taking seriously selfless love and service to one another.

In the past weeks I have seen many beautiful acts of service, care for family, friends and communities. I have seen neighbourly kindness, the service of shops delivering papers, food and medicines. Phone calls and social media have been used for good and to keep people connected. Volunteer groups have been delivering hot meals, doing shopping, dog walking and befriending and drawing communities afresh into fellowship with each other.

I believe the result will be stronger communities, deeper friendships and a resurgence of care and compassion for others and I am thankful to God for that.

When we serve others, we show something of God's love that exists within us and remember that however much we love and serve others, God loves and serves each one of us more. So, let us ask God for the grace to live in order to serve, so that we can reach out to those in need and be concerned about what good we do for others and follow Christ's example. Amen.

*Reverend Geraldine Ashton
North Cornwall Cluster of Churches*

A Playlist for Lockdown

Here's a small selection of favourites from my vinyl & CD collection to while away the time. I'm sure they're all available on Spotify for you youngsters who missed out on proper music on real records.

Albert King: I Almost Lost My Mind.
Peter Gabriel: Biko
Allman Brothers: Jessica
Amon Duul 2: Loosey Girls
Bob Marley & the Wailers: 400 years
John Lee Hooker: Crawl in' Kingsnake
Rolling Stones: Brown Sugar
Lynyrd Skynyrd: Sweet Home Alabama
The Doors: Riders On The Storm
Ella Fitzgerald: Sweet Georgia Brown
Carole King: You Got a Friend
U2: Where the Streets Have No Name
The Clash: I'm So Bored With The USA
The Clash: London's Burning
Groove Armada: Superstylin'
Tom Petty & the Heartbreakers: American Girl
The Tubes: White Punks On Dope
Dr Feelgood: Sneakin' Suspicion
Steely Dan: Everyone's Gone To The Movies

Blind Faith: I Had To Cry Today
The Police: Don't Stand So Close To Me (obviously...)
Bob Dylan: Idiot Wind
Bob Dylan: The Times They are a Changin'
Iggy Pop: Passenger
Bryan Ferry: Limbo
Graham Parker: Don't Ask Me No Questions
Billie Holiday: I Get A Kick Out Of You
Lightnin' Hopkins: Honey Babe
Joni Mitchell: Hissing of Summer Lawns
Ry Cooder: Police Dog Blues
Van Morrison: The Healing Game
The Byrds: I feel a whole Lot Better
KI: Breathe (Vinyl Gibbon Remix)
JJ Cale: One Step Ahead Of The Blues
Sex Pistols: Anarchy In The UK
Beach Boys: Fun Fun Fun
Peter Green Splinter Group: Needs Must The Devil Drives (and everything else by PGSG)
Fleetwood Mac: Black Magic Woman
Creedence Clearwater Revival: Bad Moon Rising
Lindisfarne: Fog On The Tyne
Moby: Raining Again

*'Old F**t'*



How our Foodbank helps our community

We just want to say a big thank you to everyone who is supporting our Foodbank during the current situation. We are so grateful for all your donations, we couldn't do this without your help.

Since the announcement of the lockdown we have restructured our Foodbank and adopted a delivery service. Our Project Manager, Jacqui White and her daughter Emma Fowle, a co-founder of the Foodbank, have worked tirelessly to adapt the way we work to keep everyone safe whilst still being dedicated to supporting people unable to afford food as this situation continues. Thank you so much to all our volunteers who are busy packing and delivering boxes to meet the demand. We now have an online referral system in place and nearly 80 local professional agencies have signed up and are able to refer people to us.

A MASSIVE thank you to the lovely people from the **North Cornwall National Trust** for donating so many gorgeous Easter goodies from their shops

at Boscastle NT Cafe, Shop & Visitor Centre and Carnewas shop. So sad you've had to close, but thank you so much for thinking of us. You're going to make a lot of people very happy with these tasty treats!

We'd also like to say a HUGE thanks to the team at **Watergate Bay Hotel** for donating a bumper van load of fresh produce, eggs, milk, butter etc to the Foodbank. It's such a shame for our tourist industry that so many pubs, cafes, restaurants and hotels have had to close, but we're so grateful to all those that have donated their leftover produce to help feed local people in crisis need. A big shout out to: **The Chough Bakery, Malcolm Barnecutt's Bakeries Ltd, Cherry Trees Cafe, National Trust, Costa Coffee** and more! We've also received hand sanitizer from **Tarquins** which is a real help. Huge thanks to **Fee's Food** who are sadly unable to do their event catering but are kindly supplying some amazing frozen meals to us. You're all brilliant and your donations are a welcome addition to the food-boxes

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

WE'RE CURRENTLY IN NEED OF:

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TINNED MEAT / TINNED FISH

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FEMININE HYGIENE

*LOCAL FOOD COLLECTION POINTS ARE
NEAR THE TILLS AT CO-OP AND TESCO IN
WADEBRIDGE.*

Mobile Post Office

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

Monday

St Kew Highway **13.30-15.00**
(Community Hall)

Thursday

St Kew Highway **14.00-15.00**
(Community Hall)

St Kew Historical Society

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

Please come along to our next meeting after lockdown has ended.

Please check our Facebook page for further details:

www.facebook.com/StKewHistoricalSociety

John Raybould - Secretary.

Events Diary May

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

The Regal in Wadebridge

Tel: 01208 812791

www.wtwcinemas.co.uk



The Regal Cinema is closed for the time being.

News from St Kew Parish Hall

The AGM of the Parish Hall due to take place on 19th March 2020 was postponed until later in the year when the hall will be functioning as normal. Likewise the AGM of St James' Trust due to take place on 24th April 2020 was postponed and the rearranged date will be advertised in 'Pieces of Eight'.

Take care everyone.

Kathy

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

Recycling

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

Recycling collections are in the weeks Beginning 4th and 18th May.

Please see Cornwall Council's website for full details.

ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

Registered Charity No 294140

Sun	Methodist Church Service	Marion Dingle	01208 841388
Mon	Yoga 10.00-11.30 am	Bonnie Suchodolski	07540 838267
	Pilates 2.30-5.15 pm	Martin Brooks	07812 959879
Tue	Pilates 1.15-2.30pm	Martin Brooks	07812 959879
Wed	1 st , 3 rd & 5 th in a month	West Country Embroiderers	
	10am-3.00 pm	Pat Scarborough	01841 521323
	2 nd in month St Kew WI 7.00 pm	Alison	01208 841469
Thurs	Chair Aerobics 2pm	Pat	01208 841260

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

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Parish Council News

Chairman: Cllr A Godden

Clerk: Mrs Stephanie Tiplady

The Barn, Kitts Hill, Chapel Amble

07789 953677. stkewparish@gmail.com



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

St Kew Parish Council Meeting

At 7 o'clock on Tuesday the 14th of April history was made on the parish council with the first meeting held by conference call. Although not ideal, it enabled the council to continue during these trying times. It worked very well, let's hope we will all soon be back to where we should be.

Present on the call: Chairman A Godden, Councillors T Mott, T Prophet, A McMahon, B Finnemore, J Lethbridge and R Godden. Apologies: Cllr P Bishop Cornwall Councillors C S Knightly & R Moorcroft.

The work on the wall by the church steps in St Kew, has been put on hold for the time being until the present climate improves.

There is a volunteer group set up to cover St Kew Parish, (St Kew Support Volunteers, 01208 841366) providing help to people in the parish. See their poster in this magazine if you need to get in touch with them.

The on-going problem with the common land at Tregellist (the parking on, and having items put on the common), means that our contractor has difficulty cutting the grass. To solve this problem the council will advertise for tenders to post the common land off, thus whilst not restricting access to lawful use of the land, it will safeguard and preserve the grass.

The lockdown regulations have meant that the public rights of way are being increasingly busy, council contractors have a dispensation to keep the paths clear so they can be used. If walking a path please give any other users plenty of room to pass and make sure that if there is a contractor cutting he/she is aware of your presence.

Owing to Covid-19 the AGM of the council will be postponed until a later date.

Planning Applications

PA19/06113 - Mr P Chapman, Chapman's Field Pendoggett. Outline application for up to 8 houses.

Recommend refusal.

Planning Decisions

PA19/11056 - Mr & Mrs Plant, Trelill.
Approved.

Tenders are invited to post off the Common land at Tregellist. Full details can be obtained from the Parish Clerk.

RG



St Kew Garden Association

The Garden Club's plant sale was to be held on **Saturday the 2nd May** but this has unfortunately been **cancelled**.

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

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



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

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Contact Tim for the further details

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provence.emotional-escapes.com

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