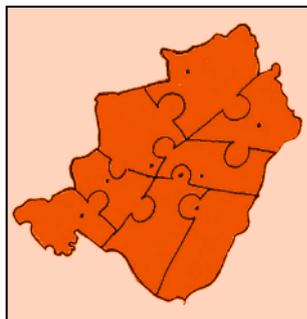


Pieces of Eight

 October



October 2019, Issue 253

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

Email: stkewmag@gmail.com



A hardy fuchsia, still in full bloom. Summer isn't quite over!

Thanks to David Balmford for this month's cover photograph.

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

NEWS OCTOBER



“

Supper club is back, every second month starting September, the third Thursday, all are welcome

We create a special menu of small plate tapas style or go full on buffet. We match wines to the dishes and give discounts too, so phone Wendy for details. **BOOKINGS ESSENTIAL** Limited numbers

WINTER IS COMING RAPIDLY

A fresh new winter local influenced menu

Winter is here so we've created a new fresh menu with loads of new tapas and vegetarian delights changing nightly



AVAILABLE FOR PRIVATE HIRE

Book your private function with us come in and talk so we can bespoke your event

IT's bbq season all year round here at the Red Lion with our bbq in our main kitchen, but now the weather is getting colder were still cooking outside in the hidden garden on all our bbq's, charcoal, wood and gas to keep us warm and cosy

Phone Wendy on 01208841271 for more info

Why not come and visit our new sister restaurant

GrazeTapas in the all new SaltBox container site next to lidl in Wadebridge We're on the upper level serving **tapas and barbecue fish, seafood and meat**

Call 01208841271 for more info

Don't forget every last Sunday Night of the Month We hold our Fun Quiz Night from 8pm All welcome book your table now Anyone can win with our big style quiz



Julie's
MOBILE CATERING VAN



Contact Julie on 01566 781339 or 07572 412421
juliewalters@uwclub.net Join us!  Julies-Catering-Van

Pulled Pork, Burgers, Bacon, Hot Dogs, Chips, Homemade
Coleslaw, Wraps, Hot & Cold Drinks, Extras: Cheese,
Mushrooms & Eggs
Available for any event

W J Clancy Oil Fired Boilers and Ranges

www.wjclancy.co.uk

Servicing and Repair of Domestic Oil Fired
Boilers, Agas and Rayburns.



07792 595719

oilwilliam@yahoo.com



Welcome to Pieces of Eight

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

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

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

EDITORIAL

Welcome to our October edition. We hope everyone has settled back into the old familiar routines after the summer. As the days draw in and we search for coats and scarves forgotten over the past months, we can smile at the traffic-free roads and the abundant parking spaces - always look on the bright side of life!

Looking on the bright side of life can be difficult, especially for those children and young adults with mental health issues and of course for their families. Many are unaware that mental health issues can affect younger people and the incidence appears to be increasing. That is why it is so fantastic that a new in-patient centre, Sowenna, has just opened in the grounds of Bodmin Hospital to help 13 to 18 year olds in a state-of-the-art facility where they can be looked after by a dedicated team. The £11m Sowenna Child and Adolescent Mental Health Services (CAMHS) unit aims to provide a positive experience for these young people in an environment that tries to be as non-institutional as possible. There is accommodation for parents, an Invictus Café open to the public where friends and family can meet in a friendly space, a multi-purpose activity barn for team sports and performance arts, as well as an educational wing where music and art therapies are available. A crowd-funding appeal to create a therapeutic garden has raised over £12,000 to help provide much needed additional resources.

I went to the Open Day and was given a tour of the new building which is really impressive and promises to be one of the best of its kind in the UK. There has been input from young people as to what would be helpful to them and these ideas have been taken on board by the design team. Hopefully this will mean that Cornish youngsters will no longer have to travel outside the county in order to receive in-patient CAMHS care.

The Sowenna appeal continues as they still need funds to purchase the optional extras which will mean so much to the young people - take a look at their website www.sowenna.cornwallft.nhs.uk or donate at www.justgiving.com/campaign/sowenna

Philippa

The Editorial Team are:

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

Contacting the Editorial Team

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

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

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

Copy date for the November issue is:

Friday 11th October

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

Note to Readers

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

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

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

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

Aunt Avice's Pasty Shop

REAL CORNISH PASTIES HOMEMADE
EVERY DAY (except Sundays)

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

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

THESE ARE "THE REAL THING"

Garden Services



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

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

Mr W. J. Sweet

General Builder

07526254892



Rhos Chapman

Plumbing and Heating Engineer

Renewables Heating and Oil Services

01208 623617 / 07773847963

rhoschapman@hotmail.com

Cornwall Exterior Cleaning



HOMEOWNERS:-

We are a small company specialising in all aspects of external cleaning both for domestic and commercial properties.

We can provide a wide range of cleaning which include gutters, walls, conservatories, paths and driveways.

We use gutter vacs to clear debris and our high reach poles will easily clean over Conservatories.

Our pressure washing is carried out to keep all hard surfaces both clean and safe.

Softwash cleaning is a highly effective cleaning process and is used to clean render, roofs, pebble dash, concrete and brick.

We use a high grade biocide which has long lasting results without damaging the surfaces. In addition, all our cleaning solutions have a low environmental footprint and are user friendly.

All technicians are fully trained and have public liability insurance

ESTATE AGENTS:-

First impressions can be key to successful selling and to ensure this we offer a full external house package to fit your requirements.

LANDLORDS:-

External maintenance is important to keeping your property in good repair – overflowing gutters, mouldy walls need not be a problem as we can look after your property for you.

If you feel that any of our services could be of interest to you please telephone and we would be happy to discuss your requirements.

Mobile – 07921 957356

Or email:

enquiries@cornwallexteriorcleaning.co.uk



North Cornwall Pest Solutions

Controlling in your area

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

BPCA Level 2 in Pest Management

24hr call out

Fully insured

07770677029

finnemore2000@aol.co.uk

Prompt, Discreet, Friendly Service



BEARDS



BABES

HAIR PARLOUR

St Kew Highway

Tel: 01208 841470 or 07581197622

St Pirans Garden Services

Hedge Cutting/Pruning

Strimming/lawn mowing

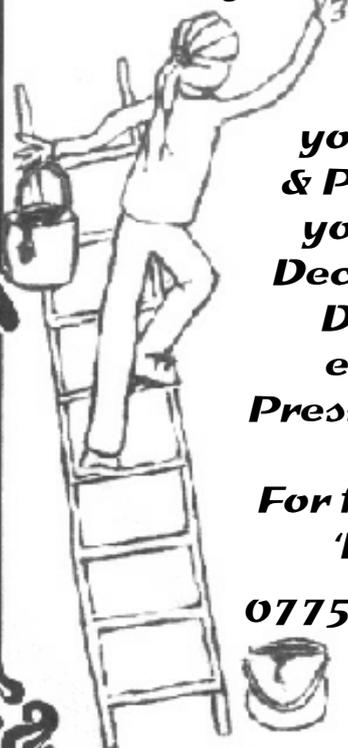
All aspects of home and garden maintenance

No Job too big or too small

Fully insured

01208 221397

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

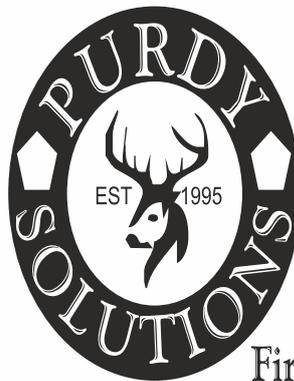


- can also Maintain your Garden & Power Wash your Patios, Decking, Walls, Driveways etc. with a Pressure washer

For free quote 'Phone:

07754 346457

Your first step in property preservation and maintenance



Carpentry ◆

Property Care ◆

Kitchens ◆

Bathrooms ◆

Vinyl Flooring ◆

Fire Door Maintenance ◆

T: 01208 841 528

M: 07816 899 649

E: jandbathome@aol.com

Working in association with

City & Guilds STRONGER CERTIFIED
SL Electrical



PASMA
Professional Association of Structural Metal Fabricators

City & Guilds

IPAF

CSCS

CONSTRUCTION SKILLS CERTIFICATION SCHEME

St. Kew Community Gardens Association

The View from the Allotments..... and as usual, the plots proved to be very productive, despite bad weather.

There was a point, earlier on in the year, when we did wonder whether we'd get any produce at all. We had high winds and gales, then just after I had planted out the tomatoes, we had a sharp frost and all but a couple collapsed and died. Then after we had planted out lots of tender seedlings, we had weeks of dry, sunny weather and were damaging our backs carting cans of water across from the tank to keep them going. It felt like a losing battle for a while, but the results we have seen over the past few weeks made all the work worth-while.

Our peas were super, our broad beans terrific, our runners prolific, our yellow courgettes delicious AND pretty to look at, our curly kale and cavolo nero magnificent and most unexpected of all, our potatoes are wonderful.

Long after potato-planting-time, I found a bag of supermarket potatoes in the back of a cupboard, all sprouting like mad. So I prepared a bit of ground and planted them all, heaping them up and whispering words of encouragement to them. We've been eating our own new potatoes now for several weeks, with lots more to come and I am thrilled to bits. How's that for a double-whammy on the recycling front – not only did I not throw them away, but they have grown again and are giving much more food than the original store-bought ones would have

done. Only trouble is, I haven't got a clue what type they are, so I can't replicate the result.

During the summer I have had the help of someone who lives locally and is doing the Duke of Edinburgh Award scheme. One of the requirements is to learn a new skill and together we have been working on 'vegetable growing'. In addition to learning how to identify different veg, he has helped by following individual crops from start to finish – planting leeks in deep holes, watering and weeding them and then lifting them and cleaning them for the pot. Weeding onions, then laying the stalks flat prior to lifting them and drying them out on newspapers in the greenhouse. Picking peas, then standing at the kitchen table, shelling them ready for the freezer. I think he has enjoyed the work and I have certainly enjoyed the help.

In the meantime, our local judge has been round the site, assessing individual plots for our annual Best-Kept-Allotment competition. It's actually not just 'best-kept' that he's looking for but also a large variety in the number of crops and also an indication of plenty of vegetables to be picked during the autumn and winter.

The results this year are:

- 1st Babs Potter and Monika Reinfelder
- 2nd Tony and Judith Mott
- 3rd Phil and Carol Scott

A shield and prizes will be awarded at our AGM on 24 October, at the Red Lion Inn.

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

Do you need some help?



I'm a fit and active retired lady in St. Kew who is wondering if anyone would like help in their home, garden or pets etc. for a few hours a week or just occasionally?

I have done care work in the past and would love to hear from anybody that might be interested.

Please contact Jackie on 01208 880007

Mobile Post Office

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

Monday

St Merryn	08.45-10.00
Rock	11.00-12.30
St Kew Highway (Community Hall)	13.30-15.00

Thursday

St Merryn	08.45-10.00
Rock	11.00-12.30
St Kew Highway (Community Hall)	14.00-15.00

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

A delightful start to the 2019-2020 term has been enjoyed by all pupils at St Kew. Keep on reading to find out what's been going on!

We're ready for School!!!!



It has been lovely to see so many happy, smiling faces returning to St Kew at the beginning of the month, and to new faces joining us on the start of their school career! Into Reception we welcomed Oscar, Jowan, Tyler, Jack, Jonah, Theo, Lowan, Aphria, Jacca, Jowan, Thomas, Eliot and Freya to their first taste of 'big school' and the start of their school career. In other year groups, we are delighted to have Izzy, Henry, Neo, Araya, Arlin, Kayden, Teddy and Archie join us at St Kew in different year groups in the time since the last school news.

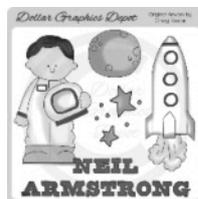
Learning this term

Newton Class (formerly known as Class 1)



Our topic this half term is 'I am a Superhero' which we will explore through two key texts 'Send for a superhero' by Michael Rosen and 'I will not ever never eat a tomato' by Lauren Child. We will use this topic as a chance to discover what makes us a superhero: our body parts and characteristics, the five senses and the things that they help us to do!

Armstrong Class (formerly known as Class 2)



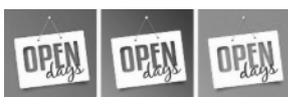
Our topic this term is 'Bravery vs Fear'. Our new class name suits our topic perfectly as we will be learning about Neil Armstrong in History and his mission to the moon. We have already started our introduction to Armstrong by researching his visit to space. The children will look at different grade of pencil in Art and create a sketch of The Minpins' setting. In Science, we will learn about animals including humans and link this to DT where we will learn about what humans need to survive, a balanced diet and designing our own healthy salad.

Einstein Class (formerly known as Class 3)



Our topic this term is 'Exploration and Discovery.' We will be basing it on the book 'Shackleton's Journey' by William Grill. The children will research this period of history and explore the dilemmas faced by Shackleton and his crew. 'Jonathan Swift's Gulliver' retold by Martin Jenkins and wonderfully illustrated by Chris Riddell, will be a stimulus for story writing. We will study 'Animals including humans' and 'Living things and their habitats' during science, develop our sketching skills, and combine visual and tactile elements in art using our topic as inspiration.

Open Days



If you'd like to come and see for yourselves what makes us ACE at St Kew, please come and join us on one of our Open Mornings this term: Thursday 10th October, Friday 7th February and Friday 15th May, any-time from 9.00am until 12 noon. We look forward to showing you all we enjoy at school!

Little Learner's



We are continuing our Pre-School provision this year with daily sessions of Outdoor Learning. If you know of anyone in the local area with children aged 3 to 4, please let them know about us.

CHILDREN'S CORNER

**How about making some delicious Marmite Snails one afternoon?
They are super easy!**



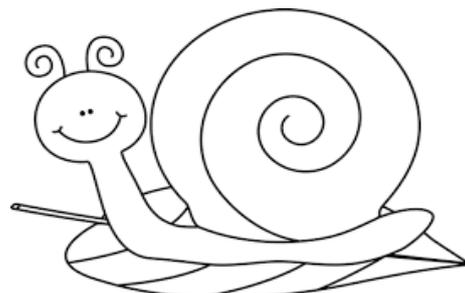
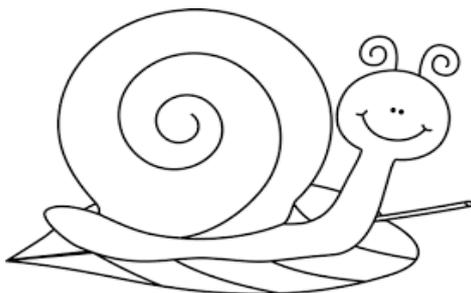
Ingredients

- Ready-to-roll puff pastry.
- Marmite (or cheese if you don't like Marmite!)

Method

- Pre-heat the oven to 200° C.
- Dust the work surface with some flour and roll the pastry out to form a thin rectangle.
- Spread the Marmite over the pastry. Use as much or as little as you like.
- Roll the pastry up starting from the wider side. It should look like a long sausage!
- Brush the edge of the pastry with a little milk to help stick the edges together.
- Slice the pastry roll into 2 cm pieces.
- Put them on a greased baking tray, making sure they are not too squashed as they will puff up!
- Bake for 10-12 minutes until they are puffed and golden.
- They can be eaten warm (yum!) or cold (yum!)

If you hate Marmite you can sprinkle on grated cheese (press it down into the pastry a bit) and, instead of rolling it up, cut the pastry into 3 cm wide strips and twist them before putting them on the baking tray.



KEW & A - Twenty Questions & Answers

We've had so many really interesting 'Kew & As' over the last few years, and we're sure there are lots more condensed life stories out there in our parish just waiting to be published in ultra-short form in 'Pieces of Eight'.

You know the format - just get in touch to share your 'Kew & A'.

Simply email us at stkewmag@gmail.com (with 'Kew & A' in the heading), or telephone David on 01208 841669.

Group Travel

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



BODMIN M.O.T. CENTRE at Group Travel

Class 4, 5 and 7. Trade enquiries available upon request. Tel: 01208 77989

2019 COACH EXCURSIONS & TOURS

2 nd NOV	BRIDGWATER CARNIVAL	7 th DEC	BATH CHRISTMAS MARKET
16 th NOV	LONGLEAT FESTIVAL OF LIGHT	15 th DEC	TOUR OF CORNISH CHRISTMAS LIGHTS
22 nd - 25 th NOV	TURKEY & TINSEL AT SANDOWN, IOW	21 st DEC	SNOW WHITE @ THE EXETER CORN EXCHANGE
30 th NOV	BUCKFAST XMAS FOOD & CRAFT FAYRE	7 th JAN 2020	CINDERELLA @ THEATRE ROYAL, PLYMOUTH

16 TO 70 SEAT COACHES AVAILABLE FOR PRIVATE HIRE. CORPORATE/ VIP, EVENTS & CONFERENCES, WEDDINGS (CAN INCLUDE STAG & HEN PARTY PACKAGE), HOLIDAY TRANSFERS, FUNERALS, DAYS OUT, GROUP TOURS, GOLFING HOLIDAYS & SPORTING EVENTS.

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

Website: grouptravelcoachhire.com Email: grouptravelcornwall@btconnect.com



- ✓ LPG Bottled Gas
- ✓ Patio - BBQ & Camping Gas
- ✓ Kiln Dried Logs
- ✓ Coal & Smokeless Fuel
- ✓ Eco Heatlogs
- ✓ No Contracts
- ✓ FREE DELIVERY



01208 816827

sales@loganslogs.com
www.loganslogs.com



St Kew Historical Society

All talks and meetings are held at St Kew Parish Hall on the 2nd Thursday of each month, from 7.30pm. Please come along to our next meeting:

Thursday October 10th 7.30pm St Kew Parish Hall

Our next talk is by Angela Aylward:

St Tudy History Group - Local History Knowledge Guru on "The Blighs of Cornwall - Much More than a Mutiny"

Interested in the exploits of the Bligh family, including the famous/infamous Captain? Come along and enjoy the evening.

You will all be welcomed at our meetings and events, see our Facebook page for details and updates.

Visitors' fees - free with annual membership, guests £3.00 per person, refreshments available.

Our recent talk by local metal detectorist, Dave Vickery, was very well attended and a great success. He will be repeating his talk soon for St Tudy History Group - catch it if you can, should not be missed.

Regards to all.

John Raybould - secretary.

Our Feathered Friends

A cheerful song from a fast-flowing river or stream turns into quite a surprise when you spot the culprit! An over-sized Wren with flickering white eyelids and a white breast above a rusty band under belly, a chocolate brown back and sides with stumpy tail reveals the 'Dipper'. This aquatic bird is resident in the UK and can be found on fast-flowing rivers and streams across Cornwall.

The Camel river on the way towards Bishops Wood from the Camel Trail, Camelford town from the bridge on both sides, and Boscastle's Valency valley are hot-spots for seeking out this handsome bird if you are lucky. They can be quite tricky to spot as they fly up and down the watercourse on quick whirring wings or are hidden on the banks. The Dipper is about 18 cm long and has a constant bobbing habit, as if it's on a small spring. The song has a varied very loud trill and whistle. The flight call (a loud rasping single high pitched note) can also give this bird away as it makes its way low over the water.

They nest in crevices and under bridges, in holes within the stone or brickwork, or within large boulders. The domed nest is made of moss, grass and leaves. White eggs are normally laid in two or three clutches, and can contain 4 - 6 eggs. Dippers are one of the early breeders.

A Dipper will belt out its song in winter from a vantage point such as a rock or branch across the water to claim their stretch of river territory. They are

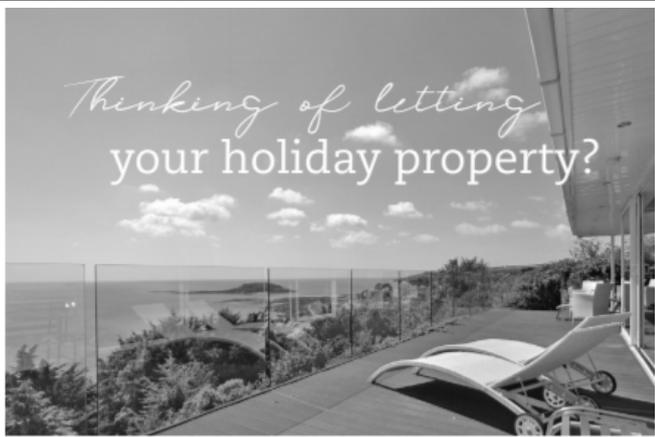
always found near fast-flowing water as they feed on aquatic invertebrates. Dippers amazingly feed underwater, turning over stones and shingle to seeking them out. The wings help push the bird downwards and under the fast currents where they can walk on the bottom, gripping stones with their claws (that also allow them to stand in the fast currents), prior to letting go to bob back up to the surface.

They are very active when feeding hungry broods, and are a pleasure to watch if you stumble across a nest site. Usually the Dipper is very prone to disturbance and can quickly take flight, however a single bird feeding in the shallows (as opposed to being submerged) seen at Camelford last summer was too busy feeding to be frightened - which allowed my granddaughter Shelby and I good views from the bridge, totally unaware of our presence! She proudly announced a new bird name for Cornwall when she went home announcing we had seen a 'dunker'!

Remember it's always worth looking out for the Dipper if you are walking near fast-flowing water around Cornwall. You may also spot the handsome Grey Wagtail, a cheery bright yellow and grey bird that frequents fast-flowing water - a neighbour of the Dipper, however not confined totally to this particular habitat and a constant fidget too! This wagtail also occasionally visits our garden!

Happy birding!

Clutts, Pendoggett



Thinking of letting
your holiday property?



For more information and free impartial
advice call us on **01208 607700** or
check out our website
www.toadhallcottages.co.uk



Andreas Construction Ltd Building & Roofing

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

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

07967 816968 01208 851387

andreas-construction.com

Andreas_construction@icloud.com

Find us on 

CAMEL VALLEY FLAT ROOFING

Over 40 years flat roofing experience
in Cornwall

From a small repair to a complete re-
roof
Free quotes

Very competitive rates - no VAT

Tel: 01841 532180

Email: lesleyjane180@gmail.com

Need a plumber or gas engineer?

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



Tel: 07534 311 366

contact.reliableplumber@gmail.com

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



J. T. Martin Plumbing and Heating

Qualified for the installation, servicing
& maintenance of

OIL FIRED HEATING SYSTEMS AND
APPLIANCES

Unvented Hot Water System Installations and
Upgrades

OIL BOILER BREAKDOWNS AND REPAIRS

Tel: Mobile: 07812 127257



Create your dream...



WADEBRIDGE KITCHENS

KITCHENS BEDROOMS STUDIES

Polmorla Road Wadebridge Cornwall PL27 7NB

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

R Mears & Sons Chimney Sweeps

Established over 30 years



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

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

Tel: 01840 261221
Mob: 07737 533392

www.sweepcornwall.co.uk

AUTOTEC

ST KEW HIGHWAY

PL30 3ED

MOT CENTRE

full diagnostics

Servicing & repairs

Tyres

01208 841238

PROPRIETOR - A. EDDY autotec_stkew@aol.co.uk



KEN GODDEN Contractors



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

07968 481520 / 01208 850743

ST KEW GOLF CLUB



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

2½ miles from Wadebridge on main A39 towards
Camelford

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

J.R.CLEAVE CARPENTRY&JOINERY

07598 699126

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

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

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

HOP OILS

Heating Oils, Farm Fuels, Tank Supplies



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

Colour Scheme Keith Parkyn

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



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

Your local Electrician.

**Ivan Jones
Electrical
Services Ltd**



- Established 1995 -

Domestic - Commercial - Agricultural - Industrial

For all your electrical requirements

0 1 8 4 0 2 1 3 6 8 3 - 0 7 7 3 8 8 2 4 1 8 1
Email: info@ijesltd.com

"A local service to national standards"



Registered through:
NICEIC

The Office. 30 High Street. Delabole. Cornwall.



Contact us for a Free Valuation

01208 813595
www.crw.co.uk

— THE —
ESTAS

**ESTATE AGENT
AWARDS 2018**

GOLD WINNER

**BEST LOCAL AGENCY GROUP
SOUTH WEST**



Messy Church takes place at the Perceval Institute, St Minver, PL27 6QJ on the second Saturday of every month from 10.00am to 11.30. Our next one is on October 12th. Messy Church is a fresh expression of church, suitable for all ages but particularly for families. It aims to be hospitable, creative and celebratory while being Christ-centred. We start with a free breakfast, following this with messy craft, science and games activities based on a biblical theme. We end with a celebration of song, drama, story etc. Do come and join us and give it a try!

Harvest Festival

Come and join us, celebrating and giving thanks for this year's harvest.

Service followed by Supper and Produce Auction



Sun 6th October 6pm
St James, St Kew

'KEW & A'

Twenty Questions & Answers

This month: Meg Weir, St. Kew.

Childhood Hero: *(A few actually) my pony, Clarence, the cross-eyed lion from Daktari, and Dr Who!*

Hobbies: *Painting, quilting and music, where I play percussion in the Simply Awful Sinfonia. Recommended - I have a spare trombone and violin if interested.*

Favourite Music: *60's/70's rock (for dancing), Classic FM for long journeys, Christmas carols and popular Choral works, and modern 20th/21st century worship music.*

Favourite Book: *'The Shadow of the Wind' by Carlos Ruiz Zafron.*

Favourite Film: *'High Society' (dir Charles Walters 1956), 'An Affair to Remember' (dir Leo McCarey 1957), 'The Fugitive' (dir Andrew David 1993), 'Avatar' (dir James Cameron 2009).*

Favourite TV Programme: *'The Good Life' (BBC sitcom 1975-78).*

What's good about living in your village? *Great community, countryside and life.*

What would you improve? Get rid of 'Subway' - yuk!

I'm very good at.... *Being me! If I thought hard it would be 'administration'.*

I'm very bad at.... *Dieting!*

A phrase I use too often is.... *'Will You Come here!' - when speaking to my dogs!*

Three people, dead or alive, I'd invite to dinner are.... *(1) A cousin - Norah Smyth (1874-1963) who was a suffragette (unpaid chauffeur to Emmeline Pankhurst), Socialist activist (member of the Women's Social and Political Union) and photographer. (2) St. Paul of Tarsus, and (3) Martin Luther King Jr.*

I'd like to be stranded on a desert island with.... *My dogs, my Bible and a box of flares!*

I'm embarrassed by.... *Praise given by others to me - I never feel I've earned it!*

My proudest moment was.... *Seeing my nephew Sam being baptised - out of his choice.*

The best things about Cornwall are... *Lifestyle, countryside/coast and the wildlife.*

The worst things about Cornwall are *The summer traffic and people in Chelsea tractors who don't know how to reverse!*

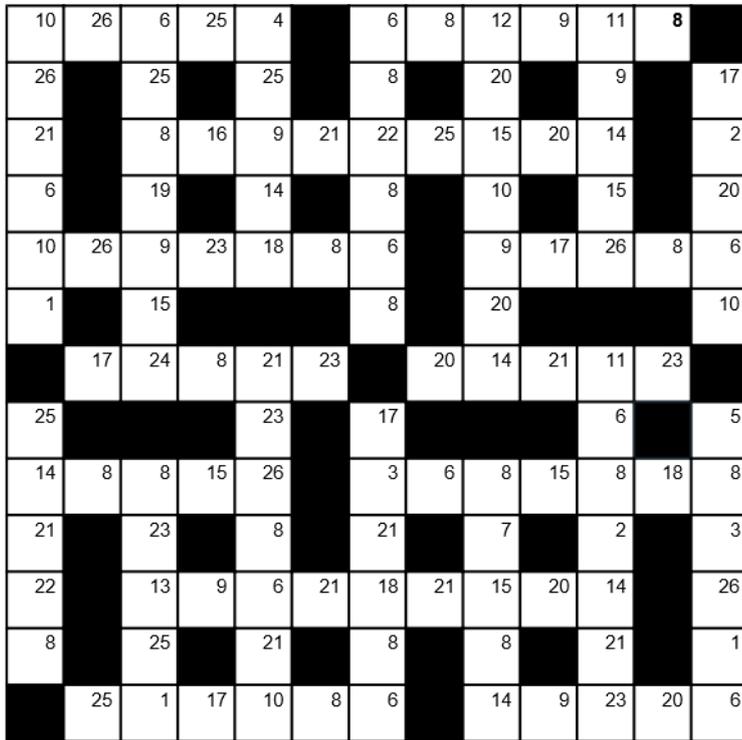
Which of our country's laws would you change? *The judiciary should apply prison sentences precisely, so that 30 years is 30 years. Individuals are only released upon exhibiting good behaviour and sentences are extended for bad behaviour.*

An over-rated public figure is.... *Many of our politicians!*

In another life I would be.... *A farmer's wife with a mass of kids and loads of dogs and horses!*

The Puzzle Page

Codeword



19

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

Sudoku

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

M5

Word Square

L	A	N
G	L	H
E	C	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 30 words listed in the solution, which includes **1 nine letter** word to find.

Open Days at St Kew Ace Academy



If you'd like to come and see for yourselves what makes us ACE at St Kew, please come and join us on one of our Open Mornings this term: Thursday 10th October, Friday 7th February and Friday 15th May, anytime from 9.00am until 12pm. We look forward to showing you all we enjoy at school!

Little Learners

We are continuing our Pre-School provision this year with daily sessions of Outdoor Learning. If you know of anyone in the local area with children aged 3 to 4, please let them know about us.



Bell Ringing News



Please note, evening bell ringing practices have started again. Every Wednesday evening, 7.30-9.00pm.

For further details please contact the Tower Captain, Ken Godden, on 07968 481520 if you have any queries on bell ringing.

From Scott Mann

Something which has been raised with me is dental provision across the whole of Cornwall. A lack of NHS dental care in Cornwall is a historical issue which has not been properly addressed by successive governments; I have been keen to do my part to solve it since my election four years ago.

I am aware that NHS dental patients in Cornwall have found it difficult to get an appointment for a check-up, routine dental work or children's orthodontics and this is something I and my fellow Cornish MPs are treating as a priority.

At a recent meeting chaired by Truro & Falmouth MP Sarah Newton, which I attended with my staff, local dentists and NHS representatives were able to discuss both the problems and the solutions to issues surrounding dentistry in Cornwall. Following on from this meeting I met directly with dentists who provide services to NHS patients here in North Cornwall. These meetings have allowed all the relevant parties to voice their opinions and suggestions on how government can better support practitioners and patients.

Editor's note: this is a brief extract from his latest press release on a topic relevant to this area. We do not include party political material in PoE.



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

Shop and Restaurant
Open 9am...7 days a week.

Winter Warmer lunch, 2 courses meal plus tea or coffee £11.00 per person. Offer valid 1st – 18th October excluding Sundays (they will then continue in November and December)





Bookings now being taken for Christmas functions available throughout December excluding Sundays. Ask for a menu. Booking essential.

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

Booking essential.

Don't forget we serve

**Breakfast 9am till 11am, lunch 12 noon till 3pm
Tea, coffee, homemade cakes, ice creams, cream teas etc served all day.**

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

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

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

Events at St Endellion October 2019

Friday 4th October 7.30pm, at St John's Church, Delabole
Bagas Degol & Anna Maria Murphy – The Winding World

A love story based on the true tale of a baby found in the snow in a Cornish cove, set in a community with all its secrets, oddities and humanity, interweaving original songs, stories and soundtrack.
£10. Delabole residents (PL33 postcode) £5. Not suitable for under 11s.

10th – 13th October
North Cornwall Book Festival

Talks, interviews, readings, performances and workshops with a host of writers including Michael Morpurgo, David Nicholls, John Boyne and Tessa Hadley. In between events, you can enjoy exhibitions, café, bar, bookshop, and street music.
More information and tickets from:
www.ncornbookfest.org.

Friday 11th October 7.30pm
Gabrielle Ducombe

Belgian jazz singer Gabrielle and her 3-piece band give us Parisian jazz and tango arrangements, presenting a fresh, contemporary take on iconic songs by the likes of Piaf, Piazzolla, Legrand and Brel, as well as performing her own accomplished compositions. £10.

Saturday 12th October 7.30pm
The Blackheart Orchestra

The sonic landscapes of award-winning British songwriters, composers and multi-instrumentalists Chrissy Mostyn and Rick Pilkington defy classification and sound as though far more than two musicians are at work. A gig like nothing you've ever experienced. £10

Tickets from:
www.endelienta.org.uk
or call 07787 944935.

Accompanied under 16s free to most concerts – check the website for details.

The Enigma of Departure

Not the muffled bell that tells of defeat
 in the silent streets and broken temples;
 not the dark space between the ruins of villas and courtyards,
 crumbling bath-houses, overgrown gardens with rancid vines
 and smashed hives where only wasps buzz;
 but it is this air congeals, in the fen-fog land,
 where lungs leak blood like water,
 so leaving is urgent for the warmth of the heart of the south.

Not the promise of gold and finely-chased silver,
 the encrusted enamel, the torques and bronze swords;
 not the hard fact of an empire in pieces,
 decaying and rotting from the canker within;
 but the necessary cruelty of the last voyage home,
 the splash of the oars down the river of farewell,
 the muffled cries across the dome of water
 watched by pale locals hiding in reed-beds.

David Penhale
 Sept. 2019

SOUPER LUNCH - October



We will be joined by the Year 6 children from St Kew Ace Academy for our next Souper Lunch on Friday 18th October so come along and meet them all - as well as chatting with your old pals and neighbours. The Lunch is at 12.30 pm in the St Kew Highway Community Hall.

We enjoy a bowl of homemade soup and rolls and delicious puddings – no charge, but any donations will go to the charity we choose on the day.

Puzzle page solutions

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

Sudoku

Call, cell, clan, elan, gale, gall, glee,
 glen, hale, hall, heal, heel, hell, lace,
 lane, lean, angel, angle, clang, clean,
 eagle, glace, glean, lance, leach,
 leech, legal, glance, nacelle, CHAL-
 LENGE

Word Square

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

Codeword

Pilates Classes in North Cornwall

St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30



What does Pilates do?

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

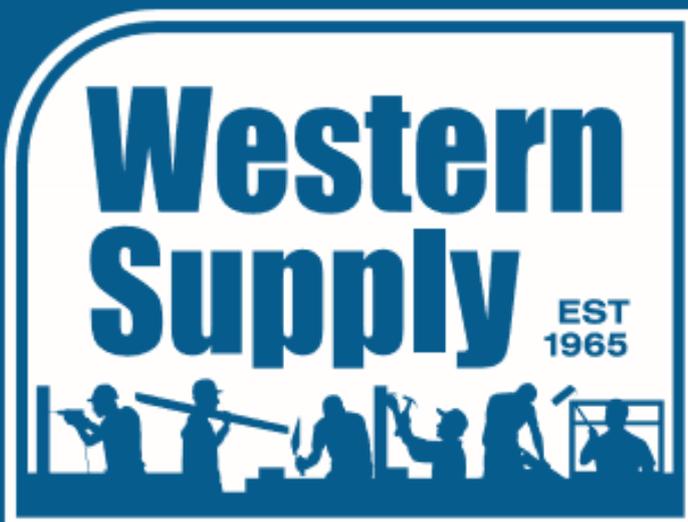
How do the classes work?

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



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

Builders Merchants & Decorator Centre



Open 7 days a week
Supplying Trade & DIY

Atlantic Road, Delabole,
Cornwall PL33 9DN

01840 212580

www.westernsupply.co.uk



St Kew Gardening Club



The annual St. Kew Garden Show which is always held on the first Saturday in September was a roaring success. There was a well-supported raffle and the teas kept flowing all day. It's an enjoyable social occasion for St. Kew. Although Autumn seems to have arrived 3 weeks early this year the vegetable entries were very well supported. Cold wind a week before didn't help the flower entries though, but there was still a lovely display. The standard of art and crafts was exceptionally high and it was good to see some new exhibitors in the flower-arranging section.

We would like to thank everybody that gave their time to organize and run the show. There will be a post-show meeting (date to be arranged) which is open to the public and anyone that would like to help or have any ideas for our next show is very welcome. Details will be in this magazine.



Pictures courtesy of Fran Finnemore



KEEP BRITAIN TIDY.

POLZEATH

BEACH CLEAN

HELP CLEAN YOUR LOCAL BEACH & PROTECT OUR OCEANS

JUST TURN-UP TO JOIN IN. ALL EQUIPMENT IS PROVIDED
UNDER 18'S TO BE ACCOMPANIED BY AN ADULT

ALL START AT 09.30AM MEET IN MAIN CAR PARK
APART FROM MARCH & SEPTEMBER 3PM START TO MEET AT THE MARINE CENTRE

JANUARY WED 9	JULY FRI 12
FEBRUARY FRI 8	AUGUST WED 14
MARCH SAT 09 (3PM)	SEPTEMBER SAT 21 (3PM)
APRIL THURS 11	OCTOBER THURS 17
MAY FRI 10	NOVEMBER FRI 15
JUNE SAT 08	DECEMBER SAT 21

For more information please contact nickdpickles@googlemail.com

Beach Care South West SHARPS KEEP BRITAIN TIDY.

Events outside our Parish

September

- 8th Craft workshops at Bedruthan Hotel (runs to 28th November).
- 27th Macmillan Coffee Morning at Trevathan Farm, 10am -12 noon.
- 27th-29th Truro Food Festival, Lemon Quay.
- 28th-29th Grandparents' weekend at Lappa Valley Steam Railway.
- 28th Events at Carnglaze Caverns, live music underground (runs to 23rd November).
- 10th Traces of Light at Tregony Gallery, St Mawes (runs to 26th October).

October

- 3rd - 5th Falmouth Beer Festival
- 26th Camelford Carnival

Events outside our Parish

Other places to visit:

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

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

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

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

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

Eden Project

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

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

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

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



What a wonderful Cake Sale! Thank you to everyone who supported us by buying cakes, raffle tickets or having a go on the Tombola. We raised £240 which we have split with Cornwall Hospice Care.

Cornwall Federation of WI is 100 years old this year. To commemorate there is a service at Truro Cathedral and a parade through the streets with each group's banner held high!

Our speakers on Wednesday 9th October will be Irene Brown & Helena Turner; their talk is entitled 'Scarves for all seasons'. They come highly recommended - come and join us to see what it's all about.

We are always happy to meet new people - come along and meet us.

Alison Gill
01208 841469



ST KEW HIGHWAY METHODIST CHURCH

Services held in the Community Hall at 9.30am.

Preachers for September

29th Rev'd Michael White

Preachers for October

6th Val Sterling

13th Rev'd John Harrod

20th Nicky Houghton

27th Rev'd Alistair Sharp

Catholic Church Services

Wadebridge

St Michael's Church

Tel:01208 72833

Mass Sundays 8.30am

Confessions

Friday 10.30-11.00am

Tintagel

St Paul The Apostle

Tel:01840 770663

Mass Mon-Thur 10am

Fri & Sat 6pm

Sunday 10.00am

Confessions:

Before/after Mass.

Other times on request.

Wadebridge Christian Centre

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

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

Reflections

Holy Habits, 'Eating Together.'

Breakfast on the beach, picnics, feasts, lunches and suppers, and all ways of eating together has been the subject of our discipleship in the North Cornwall Cluster of Churches throughout September and October. The tradition of eating together is a sign of God's Kingdom which goes back into Judeo-Christian history. Jesus lived this tradition sharing food as a sign of the inclusivity of God's Kingdom and refusing to discriminate against the marginalised. He ate with people from different cultural and social backgrounds bringing unity, healing & peace. Through food and friendship, Jesus shared the love of God for others genuinely and personally.

As a cluster of churches following Jesus' example, we have had such great fun! Who doesn't like eating & drinking? We have met together in small groups, shared breakfast at the Good Morning Community Café at St. Kew Academy & lunch at the Souper Lunch in St. Kew Highway Community Hall.

St James the Great at St Kew



Calendar for October

Sun 6th *Trinity 16.* 9.30am, Holy Communion with Rev Rose Jones and Rev Dr Elizabeth Wild, with Henry Gompertz preaching. 6.00pm, Harvest Festival with Rev Geraldine Ashton.

Sun 13th *Trinity 17.* 9.30am, All Age service with Rev Geraldine Ashton and Marcus Jones.

Sun 20th *Trinity 18.* 9.30am, Holy Communion with Rev Dr Elizabeth Wild with Rev Geraldine Ashton preaching.

Sun 27th *Trinity 19.* 9.30am, All Age service with Rev Geraldine Ashton.

Calendar for November

Sun 2nd *All Saints.* 9.30am, Holy Communion with Rev Dr Elizabeth Wild, with Rev Geraldine Ashton Preaching.

When we engage in eating together with others, we show them love and generosity and concern for their well-being, both hosts and guests have been greatly blessed.

Harvest Festival time is an especially good time as we remember, give thanks & share all we have, alongside praying for equality, fairness and justice in the distribution of food and for the farmers, fisher people and all who grow and manufacture our food.

Perhaps during this harvest season of plenty we might extend that blessing of inclusivity that Jesus showed us? Inviting those we do not know so well to eat with us? Building community and deepening relationships with each other. In that spirit, I would like to extend a very warm welcome to you to join us at any of the events and services we have on offer within the cluster. It will be great to meet you and share food and fellowship with you.

Every Blessing.

Rev'd Geraldine



How our Foodbank helps our community

Our Foodbanks cover Bodmin, Camelford, Wadebridge and Padstow and the surrounding rural areas.

A small shoebox can have a big impact. We know it's early, but we're already thinking about Christmas and helping others during the festive season. This year we are involved in the Teams4U 'Love in a Box' Appeal. If you would like to donate a gift-filled shoebox along with a £2.50 donation please drop it into Wadebridge Foodbank during our opening hours (Mon-Thurs 10.00am-1.00pm). The shoeboxes make a huge difference to people at Christmas and this year they are going to deprived children in Romania, Belarus, Bosnia and the Ukraine.

If you need some support with any housing issues, The HOME GROUP can help and are running drop-in sessions at Bodmin Foodbank every Monday between 1.00pm and 3.00pm.

Huge thanks to all the shoppers in Tesco who generously donated 825kg of food at our recent food collection. We are really grateful for the continued support from Tesco and their staff as well as our volunteers who helped at the collection.

Thanks also to Tesco and Co-op who give us their short-dated food which enables us to offer our clients fresh fruit and veg. We're also receiving lots of lovely Harvest festival donations which are very gratefully received, and a welcome addition to our food boxes.

Do you need help creating a CV?

If you would like some support creating or updating a CV, help with interview techniques and application forms, come and join our FREE and FRIENDLY **Moneybox Course**. Available for anyone unemployed and aged 16+. Our next course starts in Bodmin on Friday 1st November at the Chestnuts Centre, if you'd like further information please contact us on 01208 815374 or email contact@wadebridgefoodbank.org. It's a great way to learn in a relaxed environment (with tea, coffee and biscuits too).

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

GILL'S RECIPE OF THE MONTH

French Apple Cake

Ingredients

- 110g soft unsalted butter
- 2 tsp vanilla essence
- 2 large eggs
- 2 tbsp rum (optional)
- 120g self-raising flour
- 1 tsp baking powder
- pinch of salt
- 2 peeled & cored cooking apples, chopped
- Granulated sugar for sprinkling over the cake

Method

- Pre-heat the oven to 180° C, and line a medium-sized cake tin with baking paper.
- Combine the butter, salt, sugar & vanilla and beat until creamy.
- Add one egg at a time, beating until combined.
- Add the rum, flour and baking powder and beat again.

- Add the chopped apples to the batter and fold in gently.
- Spoon the mixture into the cake tin and smooth the top.
- Sprinkle with 1-2 tbs sugar.
- Bake for 40 minutes or until it comes clean when tested with a toothpick.
- Allow to cool completely before slicing and serving.

Delicious served with creme fraiche, pouring cream or double cream, or all three if you're very greedy!



Events Diary October

- 2nd 'Good Morning Cafe', St Kew Ace Academy, 8.45 -11.00am.
Bell ringing practice, 7.30-9.00pm
- 9th 'Good Morning Cafe', St Kew Ace Academy, 8.45 -11.00am.
Bell ringing practice, 7.30-9.00pm
- 10th Chair Aerobics, Community Hall, 2.00pm.
- 11th **Copy Date**
- 16th 'Good Morning Cafe', St Kew Ace Academy, 8.45 -11.00am.
Bell ringing practice, 7.30-9.00pm
- 18th Souper Lunch, Community Hall, 12.30pm.
- 23rd 'Good Morning Cafe', St Kew Ace Academy, 8.45 -11.00am.
Bell ringing practice, 7.30-9.00pm
- 30th 'Good Morning Cafe', St Kew Ace Academy, 8.45 -11.00am.
Bell ringing practice, 7.30-9.00pm

News from St Kew Parish Hall

As a result of a mix-up the quiz and curry night planned for 28th September has been postponed until February 2020. Watch this space for further details.

Our annual Christmas draw and social evening with music will take place on 6th December 2019. Raffle tickets will be on sale shortly.

Kathy

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

The Regal in Wadebridge

Tel: 01208 812791

www.wtwcinemas.co.uk



October

- 4th Joker
Judy
- 11th Abominable
Gemini Man
- 18th A Shaun the Sheep Movie: Farmageddon
Maleficent: Mistress of Evil
- 25th Terminator: Dark Fate
The Addams Family

Live Screenings: Book on-line or contact cinema

- 8th 'Don Giovanni' by Mozart – Royal Opera Live, 6.45pm
- 17th 'A Midsummer Night's Dream' - NT Live - 7.00pm
- 22nd Matthew Bourne's 'Romeo and Juliet' - 3.45pm & 6.00pm
- 24th 'Don Pasquale' by Donizetti – Royal Opera Live - 7.30pm

Recycling

Recycling takes place on a variety of days in the same week within the parish. Recycling collections are in the weeks beginning 7th and 21st October.

Please see the Cornwall Council website for full details.

ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

Registered Charity No 294140

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

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

Life's tough sometimes



Relationship breakdowns and disputes about children or finance can be the most stressful time in your life. We are here to help, talk to Sproull.

SPROULL

SOLICITORS

01208 72328

www.sproulllp.co.uk

Disputes | Family | Property | Wills

Parish Council News

Chairman: Cllr A Godden

Clerk: Mrs Stephanie Tiplady

The Barn, Kitts Hill, Chapel Amble

07789 953677. stkewparish@gmail.com



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

St Kew Parish Council Meeting Held on Tuesday 11th September 2019 at 7.00 pm in the Parish Hall.

Present: Chairman A Godden, Councillors P Bishop, R Godden and J Rowe, Cornwall Councillor S Knightly, and 8 members of the public.

The question of whether St Kew should have a neighbourhood plan or not was discussed and it was decided to invite someone from Cornwall Council to a special meeting. The meeting will be held in the Community Hall at St Kew Highway on 19th November at 7.30pm. Anyone who is interested in what is built or what St Kew will look like in the future, should come along and help protect and shape the parish of St Kew for years to come.

Rubbish collection is about to change. In June 2021, we will be getting a weekly recycling collection and a fortnightly black bag collection. Wheelie bins will be provided by Cornwall Council and they will only collect what is in the bins. New recycling bins will also be available for food waste and other waste not as yet recycled. When more details are available, we will publish them.

We have had reports of dog "poo bags" being left in fields and on the edge of footpaths, some even tied to the hedges and gate posts! Cattle and dogs can contract Neosporosis. Neosporosis is dangerous to

all livestock, causing abortion in livestock, illness in adult dogs and death in young puppies.

While dog faeces left in farmers' fields isn't just unpleasant and a danger to his livestock, wildlife and other dogs, it is also an offence with up to a £1000 fine, to not dispose of poo bags properly.

The answer is bag it and take it home or dispose of it in the appropriate bin.

We would like to welcome Mr Tony Prophet who was co-opted on to the council, we still have a vacancy for one more member, so if anyone would like to come onto the council, please contact our clerk. We look forward to Tony's input at our meetings.

Planning Applications

PA19/04475 - Mr J Brown, land north of Woodside, St Kew. Change of use of agricultural land to an off-road cycle facility.

Recommend approval

PA19/07306 - Mark Finnemore, Polingarow Farm, St Kew. Refurbishment of existing attached dwelling to provide a self-contained residence.

Recommend approval

Planning Decisions

None.

RG

Live life in the slow lane

If life seems too fast, furious and stressful, take some time to slow it down.....

- Do less stuff.
- Go a whole day without using the Internet.
- Focus on what is important or urgent. Let go of the rest.
- Drive below the speed limit. All the time.
- Read a newspaper cover-to-cover.
- Don't multi-task. Do one thing at a time, finish it, and then rest.
- Buy a slow cooker.
- Turn your smartphone, tablet and TV off for 24 hours.
- Look at the stars. The universe is time on an infinite scale.
- Spend more time with family & friends.
- Eat slowly.

- Leave the mower in the shed and watch the grass grow. It won't come to any harm.
- Talk to people.
- Have breakfast in bed on Sundays.
- Listen more, speak less.
- Go for a long, slow walk. Concentrate on the movement of your feet, feel the sensations of sun, wind & rain against your skin.
- Pause, close your eyes and breathe deeply. Repeat.
- Take pleasure from small things - the colour of a flower, the shape of a leaf, the washing up.....
- Don't go to the gym if you don't enjoy it
- Use each of your senses in turn for at least 10 minutes each.
- Write a letter to a loved one.
- Go to bed early.

....and always remember - it is better to be too late in this world than too early in the next.

'Tortoise'



Pengenna
Manor

Exclusively yours

Trelill
01208 612221
www.pengenna.co.uk

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

St Kew Inn

*A beautiful 15th century Inn, bursting with character.
We serve delicious home-made food using the best local produce.
You will always find a friendly welcome in this traditional local "pub"*

St Kew Inn, Church Town, St Kew, Wadebridge. Tel: 01208 841259
email: stkewinn@btconnect.com

CORNISH ROCK GIN

STOCKED LOCALLY AND
ALL ACROSS THE COUNTY

The Red Lion, St Kew Highway
Trevathan Farm Shop, St Endellion
Golden Lion, Port Issac
Oystercatcher, Polzeath
St Kew Inn, St Kew
The Cornish Arms, Pendoggett
Wadebridge Wines, Wadebridge
Old Custom House, Padstow
The Little Gin Shack, Wadebridge
Padstow Farm Shop, Padstow
Trebetherick Stores, Trebetherick
St Tudy Community Shop, St Tudy
Port Gaverne Hotel, Pilchards Café
Stargazy Inn, Port Issac
The Molesworth Arms, Wadebridge
St Mabyn Inn, St Mabyn



DISTILLED & CRAFTED IN NORTH CORNWALL

Made with unique botanicals
and Cornish spring water

 WWW.ROCKGIN.ROCKS

PENVOSE COTTAGE . ST TUDY . BODMIN CORNWALL . PL30 3NP Call: 01208 851718

Les Oliviers Bédoin, Provence.

- Sleeps 8 (4 bedrooms, 4 bathrooms)
- Air conditioning • Broadband wifi
- UK Freesat TV • 10 x 4m heated pool
- Short walk to village

Lots more photos available on request

Prices start at 1,950 € p/w

A gentle stroll from the popular village of Bédoin, Les Oliviers is so much more than a holiday rental. Owners Susan & Oliver have spent the last 18 years improving this idyllic edge-of-village property, creating what is now a veritable 'home away from home'.

Guests enjoy wifi broadband internet, a 65" curved screen TV with UK Freesat and a good selection of English books. All the bedrooms are fully air conditioned.

The heated swimming pool and pool house are enclosed for the safety of small children, as is the lower lawn.
What more could you ask for ?

Contact Tim for further details

timothy.dunn@orange.fr +33 647 662 593

