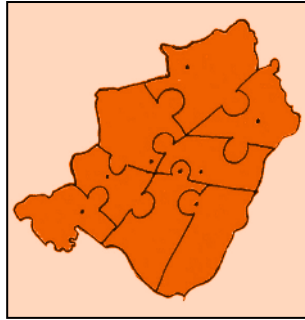


# Pieces of Eight



October 2020, Issue 263

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

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



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## LETTER TO THE EDITOR

I am so pleased to receive "Pieces of Eight" magazine electronically at my home here in France. We were booked to come over at the beginning of September but with the quarantine restrictions it is impossible.

It is great to receive news of St. Kew Highway and surrounding villages. I do miss my old home and so many memories. I made a tapestry of Kenwyn which I have hanging on my wall!

I was sad to hear of the death of Richard Thomas. I, like Bob Plater also had a run-in with him over planning when I was Chairman of the Residents Association, but likewise, there was never any animosity and he did so much for the village.

Good to hear news of Linsey Mitchell and I wish her and her family well. I have a very fond and grateful memory of her hospitality when I stayed with her overnight after Rachel Murray and I were snowed in at school! Good to see Rachel and lovely St. Kew School are doing so well too.

Interesting seeing the news regarding the Community Hall. I was involved with the original extension back goodness knows when, when I was Chairman

of the North Cornwall Sports and Recreation Council. So glad it continues to grow and has the support and use it deserves.

Judith's article for the St. Kew Community Garden Association is brilliant and I love to compare what she and Tony achieve to our own efforts on our veggie plot.

When we do eventually manage to come over, I hope to arrange it so that I could attend a meeting of the St. Kew Historical Society. I would find it fascinating. I think Kenwyn was originally a blacksmiths. We found a lot of horseshoes there. Thank you once again for the interesting magazine and I send my very best wishes to all my friends and neighbours in St. Kew Highway and around.

*Diane Lorraine*

France

## EDITORIAL

*Please note that the magazine will still be produced while we are getting used to the new 'normal' but will be electronic only. You can either read the magazine at: [www.stkewparish.org.uk/Po8.html](http://www.stkewparish.org.uk/Po8.html) or, if you'd like your own copy please email us at [stkewmag@gmail.com](mailto:stkewmag@gmail.com) and we will email you a copy in PDF format.*

*We are hoping that we will be able to go back to print with November's magazine.*

We start this month with the very sad news that Richard 'Dick' Godden passed away on 14<sup>th</sup> September. Dick was a stalwart of the local community for decades and his huge contribution helped make our little patch of Cornwall such a vibrant community. He was involved with Pieces of Eight for many years and as editors we were very grateful for his knowledge and expertise when we took over production of the magazine in 2016. Our thoughts are with Jackie and the family.

The effects of the coronavirus pandemic seem to have been dominating our lives for such a long time. After a brief respite from some of the restrictions over the summer the recent steady increase in infections make it almost inevitable that life will again become more difficult for everyone in the near future. I don't envy the politicians who have to make very difficult decisions balancing the needs of public protection, keeping the economy going, keeping the

NHS functioning and protecting livelihoods. Let's hope we don't have to go back to a full lockdown this Autumn and Winter, and we can all do our bit by following the guidelines, especially social distancing and isolation with symptoms.

On a perhaps more positive note Cornwall had large numbers of visitors over the summer - whilst this may be a curse to some, small local businesses and their employees were grateful for the income, helping to offset the lean times earlier in the year. Having said that, I am looking forward to socially distanced walks on the beach and rides up the Camel Trail without the crowds.....

As mentioned above we might try printing Pieces of Eight next month if circumstances allow. However some of our distributors have decided to 'hang up their bags'. The editorial team are very grateful for their tireless efforts in getting the magazine to their local readers. If you would like to make a small contribution to the community and get some fresh air by taking over a round (either on your own or shared with a friend) please do get in touch with us via [st.kewmag@gmail.com](mailto:st.kewmag@gmail.com). The areas where we need new distributors are:

Hendra Lane  
Part of Pendoggett

Take care.

Mike

### Contacting the Editorial Team

The Editorial Team are:

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

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

PoE is usually printed for us by Parish Magazine Printing, Northmoor, Whitstone, Holsworthy, Devon, EX22 6TD.  
[www.communitymagazineprinting.co.uk](http://www.communitymagazineprinting.co.uk),  
01288 341617

### Copy date for the November issue is: *Friday 16<sup>th</sup> October*

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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## St. Kew Community Gardens Association

**The View from the Allotments** .... and the plots are beginning to look a bit autumnal, now that we're lifting onions and pumpkins, while the bean wigwams are looking scruffy but the Autumn potatoes coming on a treat.

But I have to start this monthly report on a sad note, as I write of the death of our Treasurer, founder member of the committee, friend, mentor and all-round good chap, Dick Godden. Dick was instrumental in getting the allotments started and kept a watchful eye on our finances, ensuring that the site lived within its means and became the thriving undertaking it now is. We are so sad and shall miss Dickie enormously.



*Tony, Judith, Dick and Pat*

On the positive side, it is gratifying to note that every plot is now occupied and looking very productive.

We are ourselves pleased with our efforts this year. After a wet and windy Winter, when we thought nothing would grow and we could never get out long enough to dig and rotavate, the first two months of the lockdown gave us the sun and the free time to

get things underway and we have been very pleased with the various crops.

We've lifted all the onions and have loads drying out in the greenhouse back at the house – spread out over sheets of newspaper. In a week or so, I shall put them all in nets and hang them in the garage. We've done it this way for many years, and find that very few of them go soft or soggy, as they are hanging up in a cool, dry atmosphere, which seems to suit them.

We hope that not too many of our tenants will be disappointed but we've decided not to run the "Best-kept Plot" competition this year. For many weeks in April, May and June we didn't encourage "strangers" onto the site and for quite a while we had some five or six plots vacant. So it didn't feel like a level playing field, especially for those who only joined us recently. We hope that next year we shall be back to "normal", whatever that turns out to be and we'll run the competition again.

Graham Tiplady has been helping us keep the site tidy and has recently cleared a lot of rubbish at the top and the bottom of the plots. He has also delivered a load of fresh manure, so we now have the incentive to start tidying up our own individual plots and putting a layer of muck down, ready for next season's crops.

And talking of next season, I have just planted five rows of leeks, which we hope will see us through to next April. The ones I planted months ago are now looking good and I lifted the first last weekend to have with Sunday dinner. We're usually very good with onions and leeks and they are a good standby for the Winter, as you can just leave them in the ground until needed. We've also planted about thirty potatoes – Pentland Javelin – and all of them have come through, looking very healthy. We should be eating them in November, with perhaps some left for Christmas dinner (if we get one!!)

Theoretically our AGM should be in the last week of October but I'm not sure at the moment whether this will be possible. A question of "wait and see", as seems usual nowadays!

*Judith Mott,*

judithmott@btinternet.com  
Tel: 01208 841312

## Apple Day

The national Apple Day is on 21<sup>st</sup> of October this year. The first Apple Day was held in 1990 organised by the environment and community charity Common Ground which was founded in 1983 to seek imaginative ways to engage people with their local environment. They were compelled by altruism and idealism for living better with nature by demonstrating how we can have our trees, bats, butterflies, birds and badgers whilst growing fruit to eat and drink. The apple and the orchard symbolise hope. The day is designed as an annual celebration of apples and orchards and local distinctiveness, and apple-related events take place all over the country.

### Apple Facts

- Apple trees can take as long as 5 years to begin producing apples.
- An average apple tree can produce over 800 pounds of apples.

- Apples are actually a member of the rose family.
- It takes over 30 apples to make one gallon of apple cider.
- There are over 8,000 apple varieties world-wide.
- The United States has over 2,500 different apple varieties but only the crab-apple is native.
- Apple trees can live over 100 years.
- Malusdomesticaphobia is a fear of apples.
- The blessing of the apple tree is an ancient pagan tradition.
- The apple is the British national fruit.

*(Sources – various)*

*William*

*(One more fun fact: The McIntosh apple (also known as the 'Mac') is the national apple of Canada, and perhaps more famous as the source of the name of a certain brand of computer... Ed)*

## Drawing Club

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Classes run 10am-1pm, September 19th-December 5th. No class over half term (24th & 31st October). We will limit numbers to a maximum of 12 students to allow lots of space and individual tuition.

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## FARMER JULES

Having covered beef farming in July and sheep production in September (check out the online PoE if you missed them), now's a good moment to look at dairy systems. Both ovines (sheep) and bovines (cattle) are ruminants (have 4 stomachs) so they can digest their predominantly forage diets. Hence St Kew parish is mainly a beef, sheep and dairy farming area - because it's good grass growing country.

The initial raw material produced by any dairy venture is milk. This can be sold in various formats e.g. fresh (usually pasteurised and often homogenised - the former being a heating process to ensure no germs are present and the latter a sieving process that evens out fat globule sizes to give a longer 'shelf' life); long life which is heated to Ultra High Temperatures (giving it a unique taste) or powdered - old school back-up!

The majority of British dairy production comes from dairy cows e.g. Holsteins (or Friesians) - generally the black & white ones in fields; although there has been a growth in UK sheep and goat milk production in recent years. The system of farming will be broadly the same for whichever species, here's how it works with cows...

The individual cow gives birth to her calf, which triggers milk production (known as a lactation). The cow and calf are kept together for a few days for the calf to suck the all important colostrum (high energy initial milk with natural immunities in it), and during this time the cow will need excess milk to be milked from her as she will have more milk than just 1 calf can physically drink. It is unfit for human consumption, so is disposed of e.g. fed to other young calves. Calves are then either individually penned alongside other calves, or run in small groups during the rearing process. This ensures individual daily uptake of fresh milk feeds, whether via an adlib system or bucket feeding. Dairy calves are usually weaned around 6 weeks of age, but never before they're established on the recommended intake (weight) of daily 'dry' food; which will be a specialised starter ration.

Weaned calves are usually grouped into larger peer bunches and go through various rearing stages according to age, but are usually at grass in the summer (probably with some supplementary feed of cake) and housed in the winter to keep the winter off

their backs and prevent damage to pastures. During housed periods, fibre is an important factor in their diet which is usually provided by silage (a wetter form of hay, cut at an earlier grass growth stage when it is higher in sugars and nutritional value).

Cows are either milked through a parlour twice or three times a day (at evenly spaced times throughout a 24 hour period) or at robotic points strategically placed around the premises so cows can enter and leave the 'cubicles' at their own discretion. There are various models of milking parlour but all will work with clusters that go on the teats, a pulsator that triggers milk 'letdown', filtration and a refrigerated holding tank which is where the tanker lorry collects the day's milk from.

From farm, the milk is delivered to the milk factory; where it is processed into whichever saleable product that factory specialises in. Farmers will be on a contract with whichever company they supply, the pence per litre (ppl) they are paid depends a great deal on said contract.

The ppl farmers are paid varies with things like the butterfat content of the milk and seasonality effects, and which end-market the milk company is supplying. Some supermarkets are stocking 'fair farm price' ranges of milk that guarantee paying farmers a margin over the price of production; but this may cost a little more on the shop shelf. Top end outlets (e.g. Waitrose and Marks & Spencer) are leading the way in 'no soya' policies in supplying farms' feed rations as customers become more environmentally aware.\*

Strict regulation ensures high animal welfare, milk hygiene standards and good environmental practise. Cows and youngstock, just by the very essence of being in a milking herd, are handled by humans more often than beef animals. In the UK, dairy livestock are fed predominantly forage; whether housed or out at grazing. Coincidentally, antibiotic usage across British livestock sectors is one of the lowest within the EU (having been reduced by 53% between 2014 & 2018).

The alternatives to livestock-derived dairy is a growing market and is one that I long to see supplied by British ingredients. Even the current 'made in UK' brands do not claim to be produced from UK core ingredients. Britain is an expert grower of oats and peas (both currently gaining popularity in the milk market), although our climate rather kyboshes British grown rice, soy or almonds!

My scepticism surrounding non-UK grown milk alternatives are: 1) deforestation to create virgin agricultural land, 2) unsustainable farming methods that



leaves spent ground 'barren' (& leads to more deforestation) and 3) if the above 2 points are permissible in the relevant countries, it gives me zero confidence in their agricultural practises throughout the crop growing period - I strongly suspect British standards of controlling emissions, chemical residues in the food chain and environmentally damaging spillages would not be adhered to. Who watched David Attenborough on BBC 1 recently? ("Extinction: the Facts")

Swinging back to British dairy cows - without taking sequestration (the carbon sink of grassland, farm hedges and trees) into account which would lower the figure drastically, the UK's milk production accounts for just 2.7% of the UK's total emissions. This is improving all the time: between 2008 and 2015, the British dairy industry reduced its emissions by 24%.

How? Largely by improvements in efficiency: from sexed semen (via artificial insemination) which avoids the birth of surplus calves (either dairy heifers from best cows to be kept in the herd or steers destined for beef can be prioritised according to the farm); to covering slurry stores (which prevents rainfall diluting this natural fertiliser as well as preventing an increase in liquid amounts that takes more tractor diesel to spread); from installing ventilation fans in loafing areas for cow comfort in hot weather (so milk production doesn't drop off) to smart technology in machinery that varies fertiliser

application rates within a field according to specific patches of the soil's nutrient requirements.

Although great for the climate and keeping the cost of production down, this isn't usually reflected as cheaper food in the shops - mainly due to how the supply chain works between the farm gate and the shop shelves. Efficiency is often also easier to establish on bigger farms that have more 'productive units' (cows) to spread the cost of investment over (economics of scale); so 'best industry targets' can be a death knell to smaller farms.

To me, buying British produce isn't primarily about backing UK agriculture or buying local (although I agree with both these concepts); first and foremost I want to eat food that has been farmed to an acceptable standard. Where livestock and crops are properly looked after: in a sustainable way. Do I need mention the Red Tractor label that guarantees farm assured standards from farm to shelf?

*\* Soy (soya) may be used as a protein source in some animal feedstuffs, but is now often being replaced with rape meal (a by-product of rapeseed oil production) or distillers by-products and wheat or maize - all crops that can be grown in the UK therefore NOT engaging with overseas soy production (and the unsustainable environmental issues associated with that); with the bonus of reducing transport miles.*

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# Cynthia Cooks

*In the words of Keats, it is the 'Season of mists and mellow fruitfulness.' It certainly has been misty here over the last few days, and I'm sure many of you will have very fruitful veg. patches. Here's a super recipe to use up yet another marrow or overgrown courgette.*

## Honey roast marrow with braised lentils

### Ingredients

Serves 4

- 1 marrow or large courgette, topped and tailed, halved lengthways and cut into 8 2-3 cm slices. Remove the pith and seeds from the middle but don't peel.
- 2 tbsp runny honey
- 2 tbsp olive oil
- A couple of pinches of chilli flakes
- 160g green lentils
- Small onion, finely chopped
- 2 gloves of garlic, finely chopped
- 1 carrot, finely chopped
- 1 stick celery, finely chopped
- 300ml vegetable stock
- 100ml red wine
- 1 tbsp tomato paste
- Small knob of butter
- Sea salt and black pepper
- A few sage leaves, roughly chopped.

Pre-heat the oven to 180° c. Gently sweat the onion, garlic, carrot and celery in a saucepan with 1 tbsp of olive oil for 15 minutes or so until softened. Rinse the lentils under the tap, add to the vegetables, pour in the red wine and around 2/3 of the vegetable stock. Bring to the boil and then simmer gently with the lid on for 20-30 minutes until the lentils are soft but not breaking up. Check occasionally and add more stock if it looks like drying out. If the sauce is a little runny just boil gently for a few minutes with the lid off until reduced. Stir in the tomato paste and butter and season to taste.

While the lentils are cooking, put the marrow slices on a roasting tray, drizzle with remaining olive oil and

the honey. Turn them over with your hands until well coated, sprinkle over the chilli flakes and pinch of salt, and a good grind of black pepper. Roast in the oven for 20-30 minutes turning occasionally. The aim is to get some charring on the marrow but without turning it to mush.

Serve the marrow slices on a bed of lentils and sprinkle the chopped sage over the top. The choice of accompaniment is up to you, but I find the tartness of a tomato, cucumber and spring onion salad helps cut through the richness of the lentils.

*Another autumn favourite of ours is English victoria plums - imported plums just don't have that delicious sweet, musky flavour. Or any flavour at all come to that. Try this simple dessert.*

## Baked plums with seed and nut crisp

### Ingredients

Serves 4

- 8 plump Victoria plums, halved lengthways and stoned
- Caster sugar
- Small handful of rosemary leaves, finely chopped
- 2 tbsp each of pumpkin seeds, mixed seeds and flaked almonds
- 1 tbsp runny honey

Mix the seeds with the honey until well coated and spread out on a baking tray. Put the plums cut side up in a baking tray lined with baking paper, sprinkle each with a little rosemary, and a dusting of caster sugar if they are a bit tart.

Bake both the plums and seeds in a medium oven until the plums are soft and the seeds are crisp and lightly toasted. Serve the plums with a spoonful of the seeds scattered over, and a good dollop or two of Rodda's clotted cream.

***Shop locally, eat seasonally***

## 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](mailto:stkewmag@gmail.com) (with 'Kew & A' in the heading), or telephone David on 01208 841669.

All the news and highlights from the top of the hill! Don't forget, you can keep up with all the school antics in our monthly newsletters, published on our website: [www.st-kew.cornwall.sch.uk](http://www.st-kew.cornwall.sch.uk)  
A delightful start to the 2020-2021 term has been enjoyed by all pupils at St Kew.

**We're ready for School!!!!!!**

It has been lovely to see so many happy, smiling



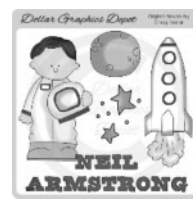
faces returning to St Kew at the beginning of the month and to new faces joining us on the start of their school career! Into Reception we welcomed Bonnie, Brodi, Declan, Effie-Rose, Ezra, James, Juno, Lowen, Maizie, Sam and Vincent to their first taste of 'big school' and the start of their school career. In other year groups, we are delighted to have Izzy, Harry, Ada, Saffron, Kitto, Willow, Isabel and Jack join us at St Kew in different year groups in the time since the last school news.



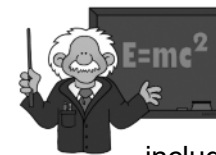
**'Discover, Learn, Develop' this term**  
**Newton Class (Little Learners, Reception and Year 1 pupils)**  
Our topic this half term is 'Me and My Family' which we will explore through

two key texts 'So Much' by Trish Cooke and 'Oi Frog' by Kes Grey. We will focus on getting to know each other: finding out about families, friends, interests, and home lives. We will learn about our body parts and the senses, about where we live, how we change over time and create self-portraits in a range of styles.

**Armstrong Class (Year 2, 3 and 4 pupils)**



Our topic this term is 'Courage and Friendship'. 'The Heart and the Bottle' by Oliver Jeffers, 'Sparky' by Jenny Offill, 'Black Dog' by Levi Pinfold and 'Winter's Child' by Angela McAllister and Grahame Baker Smith are delightful books that will help us gain new knowledge. In Science, we will learn about solids, liquids and gases, the processes of changing states of matter through heating and cooling and all about the process of evaporation.



**Einstein Class (Year 4, 5 and 6 pupils)**

Our topic this term is 'Fantasy Worlds.' We will use many books including 'The Sleeper and the Spindle' by Neil Gaiman, 'The Lost Happy Endings' by Carol Ann Duffy, 'The Lion, the Witch and the Wardrobe' by C.S. Lewis and 'Jabberwocky' by Lewis Carroll. We will study 'Living things and their Habitats' in science, learning about characteristics of living things, habitats - both local and further afield, use branching data bases and create classification keys. They will also learn to identify and name the main parts of the circulatory systems and describe the functions of the heart, blood vessels and blood. They will recognise the impact of diet, exercise, drugs, and lifestyle on the way their bodies function.

**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.

**Exciting Times for our pupils ahead!**

# SUNDAY SERVICES IN OCTOBER

If you would like to come, please contact Revd Elizabeth, stating the date, time and place of the church service you wish to attend.

Email: [elizabeth-wild@live.co.uk](mailto:elizabeth-wild@live.co.uk) Phone: 07758 407661

If that service is already full, we will let you know.

Please note that you must wear a face covering while attending church services and follow all Covid-19 precautions.

Please do not come if you are ill.

For online services visit

[www.northcornwallclusterofchurches.org.uk](http://www.northcornwallclusterofchurches.org.uk)

Sunday 4th October  
Harvest Festival

9.30am - Cluster All Age Worship  
11am - Cluster Holy Communion  
3pm - Cluster Evensong  
Online - Harvest All Age Worship

St Minver  
St Endellion  
St Enodoc

Sunday 11th October

9.30am Cluster Morning Worship  
11am Cluster Holy Communion  
6pm Cluster Evensong  
Online - Morning Worship

St Kew  
St Minver  
St Endellion

Sunday 18th October

9.30am Cluster Morning Worship  
11am Cluster Holy Communion  
6pm Cluster Evensong  
Online - Evensong

St Peter's  
St Kew  
St Minver

Sunday 25th October

9.30am Cluster Morning Worship  
11am Cluster Holy Communion  
6pm Cluster Evensong  
Online - Morning Worship

St Kew  
St Endellion  
St Michael



For the parishes of St Kew, St Endellion with St Peter's, Port Isaac  
and St Minver with St Enodoc (Trebetherick) and St Michael (Porthilly)

[www.northcornwallclusterofchurches.org.uk](http://www.northcornwallclusterofchurches.org.uk)





## St Kew Help!

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

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

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

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

*Rob Soley*

## Persistence

These days continue drifting from below  
each coloured by its ceremonial ground;  
catching fire the red performs a glow  
in flame perpetual round the thorny crown;  
orange blossoms float on holy streams  
where Sephardic singers chant in gold;  
in this garden of luxuriant greens,  
I can conjure up a sky-blue world  
with all the colours of this mortal realm,  
from cerulean to an indigo sea,  
and watch the purple sunset steer the helm.  
So it will turn when we have ceased to be;  
Nature's colours insist upon a rainbow,  
if this blue dot persists with us – or no.

*David Penhale*

## St Kew Scarecrow Competition

Thanks to everyone who contacted us to say they thought this was a great idea. Unfortunately, because of the Covid situation, it proved to be a step too far for most people to be able to submit an entry this year. We will therefore be trying again next year hoping that things will be a little easier by then and we can maybe associate it with the fete.

*The Committee*



**and all Key Workers.  
Thank you**

## Children's Hospice South West (CHSW)

Remember loved ones by moonlight and support Children's Hospice South West.

Children's Hospice South West (CHSW) has had to adapt many things over the last few months, including the care and support it offers to children, as well as its fundraising events which help to fund the vital support it offers to local families.

CHSW's 11<sup>th</sup> annual Moonlight Memory Walk was due to take place in Falmouth in March and would have seen hundreds of people completing the 5 mile sponsored walk around the town in memory of loved ones. The event was postponed to 26<sup>th</sup> September however the charity has decided to use this opportunity to adapt the event and open it up to people across the south west and beyond.

The charity is inviting people to remember and celebrate the life of a loved one and raise vital funds through its new Memories by Moonlight event which will include some elements of the annual Moonlight Memory Walk but with the flexibility for people to be involved however they wish.

Instead of being held on the Moor, a Memories by Moonlight ceremony will be broadcast live on Facebook from CHSW's Little Harbour children's hospice in St Austell at 9.00pm on Saturday, September 26<sup>th</sup>, giving people the opportunity to light a candle and join together virtually for a special evening of reflection.

The poignant and uplifting ceremony will feature readings from all three of the charity's children's hospices – Little Harbour, Charlton Farm near Bristol and Little Bridge House near Barnstaple. It will also include music, poems and a two-minute applause to celebrate loved ones whose names will appear on the screen.

Kiley Pearce, Events Fundraiser for CHSW said:

"We are obviously sad not to be able to bring the Moonlight Memory Walk to Falmouth this year as it is such a special evening, however we are delighted to have this alternative option."

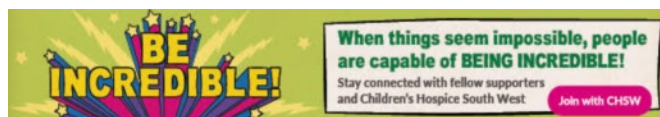
"We hope our new Memories by Moonlight event will give people a lovely way to support the work we do while remembering their loved ones."

Everyone who registers to take part in the event, which is being sponsored by National Friendly, will get the chance to join the virtual memory ceremony. People can then choose to simply donate in memory of their loved one, or complete a walk or activity that reminds them of their loved one at a time and location that suits them and ask friends and family to make a donation towards this.

Participants will receive a beautiful memory pack in the post, which will include a candle bag to decorate, memory box to personalise, along with a tea light to light on the evening and a booklet to accompany the memory ceremony.

Kiley added: "We look forward to connecting with everyone joining us for the memory ceremony on the evening of September 26<sup>th</sup>, which we are sure will be a very special night."

To register to join the Memories by Moonlight ceremony simply visit [www.chsw.org.uk/moonlight](http://www.chsw.org.uk/moonlight). Registration is just £10 and a memory pack, along with details of how to access the Memory Ceremony, will be sent in the post. For more information about the event, you can also call the CHSW Fundraising Team on 01726 871800.



## Please help us with distributing the magazine.

We are hoping to go to print for November and December this year. That will obviously depend on the latest restrictions at the time.

We do need some new volunteers to take over a few delivery rounds including:

Hendra Lane area (road with the golf course)  
Part of Pendoggett

If you can help please email the editors in the first instance: [stkewmag@gmail.com](mailto:stkewmag@gmail.com)

## SOUPER LUNCH

We are still hoping that it will be safe to meet again in the not too distant future.

We miss you all. In the meantime take very good care of yourselves!



# The Puzzle Page

## Codeword

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

30

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

## Sudoku

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

H10

## Word Square

R	L	E
A	P	E
O	N	A

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 47 words listed in the solution this month, which includes 1 **nine letter** word to find.



For further details please contact Alison on 01208 841469

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



HOME PRODUCED BEEF & LAMB. LOCAL CHEESE. RODDAS CREAM & MILK. CHOUGH BAKERY BREAD. HOMEMADE CAKES. CHEESE. MEAT. FRUIT & VEG. PASTA. CRISPS & SNACKS. BISCUITS. FUDGE. ICE CREAM. BREAKFAST. LUNCH. SUNDAY ROAST. CREAM TEAS. COFFEE. HOMEMADE CAKES

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DON'T FORGET WE SERVE BREAKFAST 9AM TILL 11AM, LUNCH 12 NOON TILL 3PM, CAKE, CREAM TEAS ETC SERVED ALL DAY. PLEASE TELEPHONE TO RESERVE A TABLE.

We will be following all Government guidance and therefore will have limited seating. Maximum of 6 people per group. It will be essential to pre-book a table to avoid disappointment. Tel: 01208 880164 to reserve a table.

TELEPHONE: 01208 880164 [www.trevathanfarm.com](http://www.trevathanfarm.com)

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



## Dust off those trainers ... Runway Runaround is back for 2020

Last year over 600 people took part in Cornwall Air Ambulance's Runway Runaround. Those that did will surely remember the 5.00am start on a rainy Sunday morning in November and that incredible moment of crossing the finish line. Due to the impact of Covid-19 on events, Cornwall Air Ambulance has decided to run the event virtually this year. They are asking supporters to run, walk or cycle either 5k or 10k in a location of their choosing, on the weekend of 26<sup>th</sup> and 27<sup>th</sup> September. It costs £10 to sign up and all participants will receive a medal.

More information can be found on [www.cornwallairambulancetrust.org](http://www.cornwallairambulancetrust.org), or you can contact Steph on [steph@cornwallairambulancetrust.org](mailto:steph@cornwallairambulancetrust.org) or 01637 889926.



## Bell Ringing

For the first time since the beginning of lockdown Ken rang one bell for a short church service beside the war memorial. This was to commemorate the 75<sup>th</sup> anniversary of VJ Day.

Hopefully at the end of the month there will be a few church services where we should be able to ring 3 bells for 15 minutes.

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

## Puzzle page solutions

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

Sudoku

Leap, lode, nape, neap, opal, open, planar, planer, reopen, repeal, replan, parole, AEROPLANE.

Word Square

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

Codeword

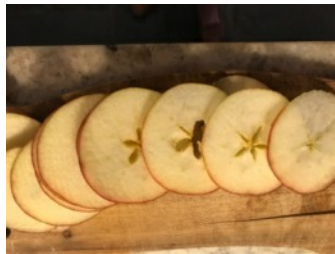
# CHILDREN'S CORNER



**Why did the apple cry?**  
**Because its peelings were hurt!**

**When is an apple grouchy?**  
**When it's a crab apple!**

How about making some delicious apple chips? They are a healthy snack and are easy-peasy to make



You will only need 2 nice looking eating apples. A bit of sugar and a bit of cinnamon.

Mix the sugar (1 tbsp) and the cinnamon (1/2 tsp) together.

Slice the apples as thinly as you can and put them in a bowl.

Sprinkle the sugar mixture over the apples and shake the bowl so the apple slices get covered in the sugar.

Lay the apple slices on a cooling rack in a baking tray and put them in an oven at 90C and cook for 2-3 hours until they are crisp but still a bit bendy.

They will apple-solutely delicious!



**When is an apple not an apple?**  
**When it's a pineapple!**

**What did the apple peel say to the apple?**  
**I've got you covered!**

**Why did the apple stop in the middle of the road?**  
**Because he ran out of juice!**

## Parish Council News

**Chairman:** Cllr A Godden

**Clerk:** Mrs Stephanie Tiplady

The Barn, Kitts Hill, Chapel Amble



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

### THE PARISH COUNCIL ARE DEEPLY SADDENED THAT COUNCILLOR RICHARD (DICK) GODDEN PASSED AWAY ON THE MORNING OF 14TH SEPTEMBER AFTER 44 YEARS' SERVICE

#### Meeting held on Tuesday 8<sup>th</sup> September 2020 by Video Link Conference Call.

**Present:** Chairman Cllr A Godden, J Rowe, R Godden, A Prophet, Cllr T Mott, J Lethbridge, Cllr P Bishop, B Finnemore.

**Apologies:** CC S Knightley, CC R Moorcroft, Cllr A McMahon.

Cllr R Moorcroft provided a written update advising that the 4 hour daily closure of Molesworth Street has been very popular and successful. He is looking forward to taking this matter forward after the trial period.

St Kew Church Wall Repair – the Council will be seeking tenders for repair.

Speeding in Trelill Road, St Kew Highway – the Council has discussed with Wadebridge Police the setting up of a Community Speed Watch scheme. The road is busy, both with vehicular and pedestrian traffic, has no footpaths and limited street lighting. The application has been forwarded to Devon & Cornwall Police.

Council Website – new accessibility regulations (WCAG 2.1) necessitate a redesign of the Parish Council website. Investigation and necessary implementation will be undertaken.

#### Planning Applications

**PA20/05934** – Mr Ian Rostron, The Cabin, Rocksea Mill Cottage, St Mabyn. Certificate of Lawfulness for existing use/development of a log-cabin for use as holiday accommodation and ancillary accommodation.

**Recommend approval.**

**PA20/05662**– Mr & Mrs Chapman, Land west of Great Brightor, Brighter Lane, St Kew Highway, Bodmin. Outline planning permission for construction of a residential dwelling.

**Recommend approval.**

#### Planning Appeal

**PA19/09421**– Mr R Harris, Land to East of Pendethys, Trelill, Bodmin (**Refused**) - outline planning permission for two dwellings with all matters reserved.

**Recommend refusal.**

#### Planning Decisions by Cornwall Council

**PA20/04818**– Mrs Loveday Craig-Wood, Treharrock Lodge, Treharrock – change of use to domestic.  
**Withdrawn.**

**PA20/04874**– William & Philippa Harkness, Highcroft, Trelill - demolition of existing house and outbuildings and construction of replacement house and garage. Change of use of adjacent land from agricultural land to domestic garden.

**Approved.**

**PA20/05556**– C & J Yeoman and Howells, Carclaze Barn, Chapel Amble - proposed garage to service approved barn conversion.

**Approved with conditions.**

*TM*

**ST JAMES THE GREAT CHURCH  
AT ST KEW**

The Annual Parochial Church Meeting will be held in the The Church with social distancing and masks at 7.00pm on Monday 12th October 2020. All parishioners are welcome to attend.

**ST JAMES CHURCH – ELECTORAL ROLL  
2020/2021**

The Church Electoral Roll is the church's register of electors, which is the list of those qualified to attend and to vote at the Annual Parochial Church Meeting where elections take place for the Parochial Church Council and the parish's representatives on the deanery synod. The system is intended to enable parishioners at every level to be in touch with the Church as a whole and to play their part in decision-making.

Briefly, to be eligible to be placed on the roll, the applicant should be: baptised, at least 16 years old, and a member of the Church of England (CE), or of

a church in communion with the CE. There are some other rules to complicated to list here.

Those parishioners who are on the current list will be accepted for the 2020 list unless they ask to be removed. If there is anyone in the Parish who wishes to be placed on the Church Electoral Roll for the first time should contact Andrew Campbell for a registration form. It would be appreciated if all completed forms be returned, or left in the church, as soon as possible, certainly before the date the APCM, which is on Monday 12th April at 7.30 pm in the Parish Church.

*Andrew Campbell*  
Churchwarden and Church Electoral Roll Officer  
01208 841115 or [andrew\\_campbell9@sky.com](mailto:andrew_campbell9@sky.com)



**Rocks at Polzeath beach**

## Pilates Classes in North Cornwall

### St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30

Bodmin Lakeview Country Club Lanivet - Tuesdays - 10.00 & 11.15



#### What does Pilates do?

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

#### How do the classes work?

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



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

# Builders Merchants & Decorator Centre



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Supplying Trade & DIY

Atlantic Road, Delabole,  
Cornwall PL33 9DN

**01840 212580**

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





**ST KEW HIGHWAY  
METHODIST CHURCH**

Services held in the Community Hall at 9.30am.

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

**Catholic Church Services**

**Wadebridge**

St Michael's Church  
Trevanson Street  
01208 72833

Please see <https://stmarysbodmin.org.uk/mass-times/>  
and Covid regulations.

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

**Tintagel**

St Paul The Apostle  
Bossiney Road  
01840 770633

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

**Wadebridge Christian Centre**

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

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

**Reflections**

Sharing our Harvest

It is that time of year when my thoughts often turn to the theme of harvest. We are usually celebrating Harvest Festivals in our churches. There is a harvest loaf and people bring dried goods and money to share with those in need. It is a time to take stock of what we have, to give thanks and to give what we can to help those in need.

This year will be very different. Social distancing means that we are limited in terms of the number of people who can fit in to our church buildings, and so our All Age Harvest Festival will be available online as well as for a limited number of people in church.

Yet in spite of all the restrictions we are all dealing with at the moment, I think that this is still a time when we may be able to reflect on what has come out of this difficult year. We may be thankful for the amazing community spirit which we saw in our local area when we were all having to stay on our homes. We may be grateful that we have been able to see more of our friends and family this summer. Or we may simply be glad to see some aspects of our lives looking a little bit more familiar.

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



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

In spite of everything that has been hard and sometimes heart-breaking, I am glad to have seen so many people being so loving and caring throughout this year. St Paul writes, "Owe no one anything, except to love one another." What a great thought! So perhaps as we consider how we might share our harvest this autumn, it will be another opportunity for us all to show that love and care to those around us who are in need.

So my prayer for us all this harvest, is that we may share what we have with love and joy!

Every blessing,

*Revd Elizabeth*

For online services and details of services in church, please see our website

[www.northcornwallcluster.org.uk](http://www.northcornwallcluster.org.uk) and posters at all of our churches. Places are limited, so please contact me if you'd like to come along: [elizabeth-wild@live.co.uk](mailto:elizabeth-wild@live.co.uk) or phone or text 07758407661.



## How our Foodbank helps our community

We are really excited to share a sneak peek of our new home.

Click on the video link below to take a look...

<https://www.youtube.com/watch?v=nZYHkEBEYhA>

As you can see, there's still lots to do so PLEASE KEEP SHARING the link to our Crowdfunding Campaign. There's still time to donate to help us reach our target...

<https://www.avivacommunityfund.co.uk/a-new-home-for-wadebridge-foodbank-and-storehouse>

Anyone who has visited our main hub in Wadebridge will know how cramped we are for space. The larger premises will provide a safe working environment for our volunteers, enable us to meet increased demand and also store all the donated food in one place. Having larger premises will also allow us to re-start our StoreHouse (our furniture and household goods re-use project).

HOWEVER, we still need to **raise another £50,000** to complete the move, kit out the shop and be up and running. We need *your* help to continue to provide for people in our local community in crisis need.

Any donations will be gratefully received, plus every single person that makes a donation will be entered in to into our Prize Draw (the prizes are amazing!) Thank you so much for your support.

### WE'RE CURRENTLY IN NEED OF:

TINNED POTATOES  
TINNED CUSTARD  
TINNED RICE PUDDING  
HOUSEHOLD CLEANING PRODUCTS  
(NO BLEACH PLEASE)  
TOILETRIES (SOAP/DEODORANT/SHAMPOO)

### WE'VE GOT PLENTY OF:

BEANS & TINNED SPAGHETTI  
PASTA  
CEREAL  
SOUP  
TEA & COFFEE

### A TYPICAL FOOD PARCEL INCLUDES:

Breakfast cereals  
Soup  
Pasta  
Rice  
Pasta sauce  
Tinned beans  
Tinned meat  
Tinned vegetables  
Tinned fruit  
Tea or coffee  
Sugar  
Biscuits  
Snacks

### DIETARY REQUIREMENTS

Our foodbank can usually adapt your food parcel to meet your dietary needs, for example, gluten-free, halal or vegetarian. When you arrive at the foodbank centre, a volunteer will chat to you about any special dietary requirements you may have.

Wadebridge Foodbank, Unit 2 Trevanson Street, Wadebridge PL27 7AR Tel. 01208 815374

Registered Charity No. 1166301

Email: [contact@wadebridgefoodbank.org](mailto:contact@wadebridgefoodbank.org) Website: [www.wadebridgefoodbank.org](http://www.wadebridgefoodbank.org)

### Mobile Post Office

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

#### Monday

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

#### Thursday

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

### St Kew Historical Society

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

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

Please check our Facebook page for further details:

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

*John Raybould - Secretary.*



**Polzeath before the summer crowds**

*Steve L*

### News from St Kew Parish Hall

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

Take care everyone.

*Kathy*

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

### The Regal in Wadebridge

**Tel: 01208 812791**

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



Check on-line/phone for their COVID-19 measures  
**October**

- 9<sup>th</sup> Connected
- 14<sup>th</sup> Death on the Nile ( with Kenneth Branagh)
- 16<sup>th</sup> The War with Grandpa  
Candyman
- 23<sup>rd</sup> The Secret Garden  
Two by Two: overboard
- 28<sup>th</sup> Black Widow

#### Live screenings:

#### Book online or contact the cinema

Mon 28<sup>th</sup> Sept David Attenborough: A Life On Our Planet - 7.00pm.

4<sup>th</sup> Matthew Bourne's Red Shoes 2.30pm  
& also

8<sup>th</sup> at 7.30pm

13<sup>th</sup> Three Tenors: Voice for Eternity( Pavarotti, Carreras & Domingo 7.15pm & also

25<sup>th</sup> 3.00pm

17<sup>th</sup> Michael Ball & Alfie Boe: Back Together 7pm  
& also:

18<sup>th</sup> 2.30pm

### Recycling

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

**Recycling collections are in the weeks  
Beginning 5<sup>th</sup> & 19<sup>th</sup> October.**

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

# ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

Registered Charity No 294140

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

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

Life's tough sometimes



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

**SPROULL**

SOLICITORS

01208 72328

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

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## St Kew Inn

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

St Kew Inn, Church Town, St Kew, Wadebridge. Tel: 01208 841259  
email: [stkewinn@btconnect.com](mailto:stkewinn@btconnect.com)



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

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



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Follow us:   



## Les Oliviers

Bédoin, Provence

- Sleeps 8 (4 Bedrooms, 4 Bathrooms)
- Air conditioning • Broadband Wifi
- UK Freesat • 10x4m heated pool
- Short walk to village

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

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

We'd love to help you plan your next holiday in Provence !

Contact Tim for the further details

See lots more photos and video on  
[provence.emotional-escapes.com](http://provence.emotional-escapes.com)

[timothy.dunn@orange.fr](mailto:timothy.dunn@orange.fr)  
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