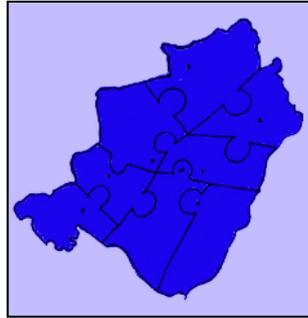


# Pieces of Eight

  
September 



September 2019, Issue 252

*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)

## Partial lunar eclipse, 16<sup>th</sup> July



*Photograph by David Balmford*

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

## NEWS SEPTEMBER



“

**Our new Secret Garden Beer Club every second Sunday of the month 4:00pm until 6:30pm in the secret garden**

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# 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](http://www.stkewparish.org.uk/PO8.html). (*We are very grateful to the Parish Council for allowing us to use their website*).

## EDITORIAL

Hello. I hope you are all having a good summer and we welcome you back to the September 2019 edition of our Parish Magazine, we hope you continue to find the magazine informative and useful.

I don't know about you but I have found this summer to be very busy. We have had a few friends and family visiting along with looking after grandchildren to cover school holidays, and in one case a few days whilst mom and dad attended a wedding in Greece. However, I should count myself lucky as we had sort of volunteered to look after our grandchildren's dog in Cheshire for ten days or so while they jet off somewhere sunny. Unfortunately plans changed (a relative who lives closer is going to it) so I don't have to drive the three hundred miles or so up the M5 and M6 today.

I also feel that the county has been busy and continues to be busy again this summer with lots of visitors sampling the delights of Cornwall. We thought we would get up early one day and visit the Lizard and Kynance Cove, the roads didn't seem too bad, plenty of parking at the Lizard, however Kynance was a different kettle of fish. The main car park was full so the overflow (which did not seem that far from the Green on the Lizard) was opened, the cheery people who directed you to your parking space said it's only an extra ten minutes from here. Well I know that I am getting older and definitely slower but it took us 25 minutes to reach the main car park, It was worth it though, we eventually clambered down to the cove even though it was very busy the scenery was fantastic and the cup of tea in the National Trust cafe even better.

The weather in general has been pretty good apart from some very wet and windy days we have had to endure, I do feel for the many people who had tickets for the Boardmasters festival, and for the many businesses that were affected by the cancellation.

I hope the weather remains fine over the coming months so that the farmers can get on unhindered and we can enjoy it.

Steve

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](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.

## Copy date for the October issue is:

**Friday 13<sup>th</sup> September**

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 your copy or advertisement as soon as possible, **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.  
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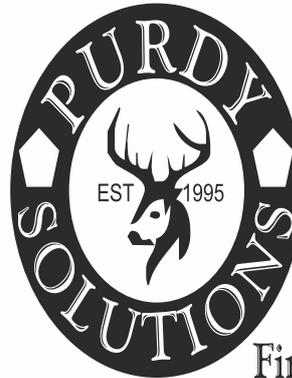


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## St. Kew Community Gardens Association

The View from the Allotments..... and there have been very few disappointments so far.

I can't believe it's been two months since my last update and you can imagine just how much has changed in that time. We have had such a mixture of weather too – one week we have been breaking our backs and shoulders, carrying cans of water back from the water trough to keep the seedlings watered and the next we're strengthening the runner bean wigwams against the wind and the rain. Well, this is Cornwall, after all. But when the temperature drops ten degrees from one day to the next, it is a little unsettling for the plants.

We have been enjoying our own produce for weeks now, with plenty more to come, and it is such a pleasure. It's not just the eating which is so satisfying (though a plate of fresh runners which were picked only half an hour before can't be beaten) but the actual physical picking and shelling and freezing give me so much satisfaction. I'm easily pleased!

Our peas have done very well this year and I now have a large bagful in the freezer, together with another bag full of broad beans. Now we're picking lovely little yellow courgettes and of course loads of runner beans which we take great pleasure in handing out to friends and neighbours. The father of an old friend of mine used to make a lunch out of the beans – a heap on a plate with a poached egg on top and a piece of bread and butter. Super.

Tony's greens suffered a bit from the wood pigeons, which pecked at the new young leaves, so he devised an obstacle course for them, by strewing bits of netting here and there across the plants. Result – no more pecked bits and the plants are now

developing well. The ones he planted earlier – cavolo nero and curly kale – have done really well and we have been cutting leaves for dinner for some weeks now.

After a shaky start, the tomatoes are doing well. You may remember that I/we/the weather killed off the original plants and I had to buy more. Anyway, now they are all covered in fruit and we have had the first few fruits off them, too. One plant I neglected to tidy up and let the side shoots run wild, with the result that I have a veritable tomato bush in the middle of the others. But that, too, is covered in fruit so I am not apologising.

The sweetcorn is developing its tassels, so within the next few weeks we shall see the cobs appearing. We had such a success with these last year, that I'm hoping for great things.

One failure and we can't understand why. The Queensland Blue squash never settled in and never grew. Don't know what happened, whether that patch of earth didn't suit or what. Shame, as they were prolific last year and spread all over the place. Very decorative. We shall have to be satisfied with the lovely yellow courgettes, which are very happy.

Nothing more to report, except that the onions and leeks are happy and healthy and almost ready for lifting (the onions, anyway – the leeks stay in the ground). Oh, and Tony has sown some kohlrabi seeds which are looking happy. We haven't done them for a few years and are looking forward to the crisp, peppery taste of this unusual brassica. AND the vine has grapes!

*Judith Mott, [judithmott@btinternet.com](mailto:judithmott@btinternet.com)  
Tel.: 01208 841312*

## Car fire at St Kew Highway

This photo of the resulting wreckage was taken on July 21<sup>st</sup>.

The car was set ablaze apparently deliberately, next to the surgery at the Highway: this happened very close to the petrol station, so it had the potential to be so much worse....

A local source tells me it was allegedly a stolen car, with images of the thief caught on CCTV.

Police investigations are on-going.



# CHILDREN'S CORNER

Do you like vegetables?  
Maybe you can colour in these lovely 'one of your five a day' from the veg patch?  
They look good enough to eat!



## SOUPER LUNCH

The Souper Lunch which took place on Friday 21<sup>st</sup> June raised £80 for the Royal Cornwall Hospital Mermaid Centre which cares for people with breast disease. Thanks to all who donated.

We were joined by the Year 6 children from St Kew Academy. They were extremely helpful, very good company, and a credit to the school!



## 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
<b>St Kew Highway</b> <b>(Community Hall)</b>	<b>13.30-15.00</b>

### Thursday

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

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16 <sup>th</sup> OCT	CLARKS SHOPPING VILLAGE & WELLS *	30 <sup>th</sup> NOV	BUCKFAST ABBEY CHRISTMAS FOOD & CRAFT FAYRE
25 <sup>th</sup> OCT	HALLOWEEN SPOOKTACULAR MYSTERY TOUR	7 <sup>th</sup> DEC	BATH CHRISTMAS MARKET
26 <sup>th</sup> OCT	DISNEY ON ICE, WESTPOINT, EXETER	15 <sup>th</sup> DEC	TOUR OF CORNISH CHRISTMAS LIGHTS
2 <sup>nd</sup> NOV	BRIDGWATER CARNIVAL	21 <sup>st</sup> DEC	SNOW WHITE @ THE EXETER CORN EXCHANGE
16 <sup>th</sup> NOV	LONGLEAT FESTIVAL OF LIGHT	7 <sup>th</sup> JAN 2020	CINDERELLA @ THEATRE ROYAL, PLYMOUTH

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## St. Kew Garden Show

*Saturday September 7th  
St. Kew Parish Hall*

Local entries welcome.

All local flower, vegetable and fruit growers, especially those who have allotments, are reminded that the St. Kew Garden Show is still accepting entries for the next show up until Wednesday September 4th.

Contact e-mail: [welshdaisy1@hotmail.co.uk](mailto:welshdaisy1@hotmail.co.uk)  
Tel. for details: Sue Wilson, 01208 841058

## Our Feathered Friends

"Pieces of eight", squawks the parrot from Treasure Island. Another treasure, apart from your magazine and the book is the 'Sea Parrot', that's Puffin to you and me. The Puffin has undergone a decline around the British Isles mainly due to its food source, particularly sand eels, being eradicated! They are however more common in Northern Britain, Wales and Ireland as opposed to here in the South West. This handsome looking bird has a place in our hearts with its multi-coloured bill and comical-looking 'clown eyes'. The Puffin measures approximately 28 - 34 cm, a small upright waddling bird with bright orange webbed feet and legs. Adults look splendid in their black and white attire, a white cheek patch and triangular red, yellow and grey bill, a dark back and white front. The eyes look sad in expression to me. The plumage tones down in the winter and the bill and face is much darker.

Puffins nest in burrows or cavities in the cliff earth and they also like slopes with vegetation hiding their burrows for added protection from predators. The species is confined to the North Atlantic and is a true sea bird, only coming to land in the spring to breed. Just a single egg is produced and the birds take it in turns incubating until hatched, then one parent takes over feeding the young 'Puffling'. A Puffin's bill can hold up to 20 sand eels in the grooves of their bill so plenty to gorge on. The Puffling stays hidden underground and relies on being fed by the parents, until it is abandoned to force it to flutter down to the sea to feed itself!

Adult Puffins have a fast flight and perform circles around their breeding grounds, large rafts bob on

the sea and continue the flight to confuse predators such as Gulls and Skuas.

Nearby to our parish are popular tourist boat trips out to the Moulds at the Rumps to look for the small summer breeding colony. I prefer to watch from the cliff-tops through the spotting 'scope and have shown Puffins from a distance to delighted tourists as they walk the cliff path. The visitors are keen to see Puffins and other Auks such as Razorbills and Guillemots through the 'scope. Many walkers have commented on how the experience added extra special memories to their holiday, so yes, a popular bird is the Puffin.

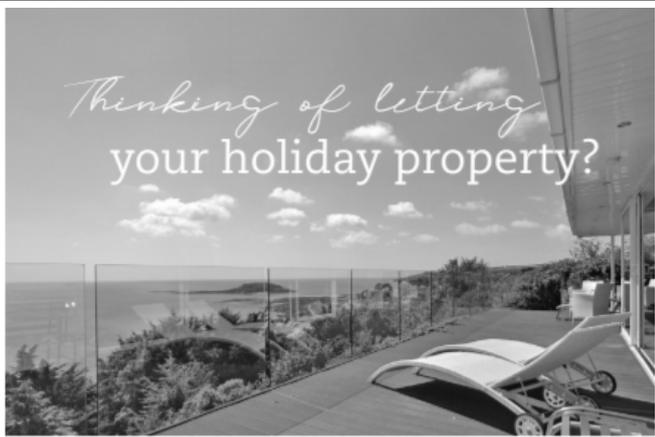
I was pleased to see my first Puffins return on April 20<sup>th</sup> - four floating on the sea. A birder group counted eight later in the year. Puffins are still clinging on in our local area it would seem.

Recently a conservation group were attempting to raise funds to purchase large buoys to keep boats at a safe distance to avoid disturbance during the breeding season. I don't think enough has been raised to date, however the boats are sensible in their approaches.

So let's toast the Puffin - Perrys of Somerset make a fine cider bearing its name. Don't drink too much as you will be 'all at sea' just like the Puffin who spends most of its life far out at sea! Well I'm all out of puff for this article....

Happy birding.

*Clutts, Pendoggett*



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### St.Tudy Historical Society

Following on from the well-received D-Day 75 Garden Party and display of 1944 military and civilian events in the Village Hall on the 22nd June, the feedback from those attending that day has been that it would be good to have the chance to spend more time viewing again and in greater detail.

Therefore, by popular request, we plan to set up the display for a repeat viewing.

We intend to run the event over two days, the Bank Holiday weekend of 24th and 25th August. The Village Hall will be open between 2pm and 5pm on both the Saturday and the Sunday.

Entrance will be by ticket that will give unlimited entry for the two days. £2 for adults and £1 for children, on the door. In addition we will offer a simple cream tea at £3 for a cup of tea/coffee with two scones, cream and jam. The bar will serve Prosecco and Cava at £3 per glass.

We look forward to welcoming everyone to view the extensive collection of information about not only D-Day but also the Battle of Kohima and the Italian Campaign.

There are also snippets of information about life in 1944 including fashion, sports, hobbies and life in Wartime. As before the cinema will be showing a footage from 1944, and the music of the 1940s will be playing.

We look forward to seeing you over the Bank Holiday weekend in St.Tudy, at the Village Hall to take tea in the garden and browse the extensive collection of research.

*Rita Westlake*  
Secretary, St.Tudy Historical Society

## St Kew Fête

The Fête took place on Saturday 20th July at Trescobel in St Kew, once again by kind permission of the Matheson family. It was a gloriously sunny afternoon.



The Fête was opened by Jill and Micky Cleave, who have lived in the Parish all their lives and were married at St Kew.

There was a very good turn-out and we were treated to fantastic stalls, raffles, games, face painting, Punch and Judy and very delicious teas - all to the melodious sound of St Minver Silver Band.



Thank you to all who contributed in so many ways. It was a lovely community event and we all had a wonderful afternoon. We also raised £2,517.00 which is a fantastic amount. Thank you all!



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 September 14<sup>th</sup>. 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!

Do follow our other children/family activities on Facebook: ChildrenandfamilyNCC,

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

[ann.sumra@btinternet.com](mailto:ann.sumra@btinternet.com)



## Trevathan Farm Shop and Restaurant

is holding a

Macmillan Cancer Support  
Big Coffee Morning

on Friday 27<sup>th</sup> September

10.00am-12 noon

Everyone welcome.

### **We hope you use our advertisers and local businesses.....**

We certainly do.

Tara at St Kew Highway for a stylish hair cut, then obviously drop by Aunt Avice's next door for a sausage roll or pasty. Then off to see Adam at Autotec with our car that was making a horrible noise a few weeks ago. I'd been shutting the windows to block out the noise.....fortunately it was a simple fix & I should have taken it in earlier. Which reminds me - the MOT and service is due soon, another job for Adam.

Then there's Logan logs for the BBQ gas, Trevathan Farm for lovely lunches with friends, and fresh fruit and veg, not to mention the rather delicious breads.

Back at home we've used Andreas Construction who replaced a few of our roof tiles after one of the many winter storms. Ken Godden cuts the hedges and our back field. Jimmy the plumber fixed a leaking hot water pump seal, not to mention Western Supply for that tool you need urgently, know you've got, but can't find.

Then there's our local pubs - always a friendly welcome from Wendy and Steve at the Red Lion (even though I nag Steve for his advert!). Not forgetting Mike and Sarah at St Kew Inn where you also receive a friendly welcome. Talking of drink, George and Angie's Rock Gin is the new favourite in our household.

Finally there is Tim Dunn, our latest advertiser, who runs a villa management company in Provence. We have have used his services many times for holidays in the south of France. Les Oliviers in Bédoin, Provence, is a villa we have rented a few times over the years. It is in a beautiful location on the edge of a small town surrounded by vineyards, and is perfect for a holiday with the family or with a group of friends. With a hire car it is easily reached from Marseille airport and Avignon TGV station. We can thoroughly recommend it and will be going back there next year. Tim and his family on the other hand always holiday in Cornwall to escape the sun and heat of summer in Provence.....

NP

## Welcome to the new Curate at St. James the Great church in St. Kew.



The Journey so far.....

The journey of faith has been very interesting and exciting, if somewhat left-field at times. Called to priesthood at 14 years old in a denomination who didn't have women priests should have sounded some alarm bells, but it didn't. I just believed God and continued my journey with Jesus. I have worked

alongside Anglicans, Methodists, Presbyterians and Pentecostals, sharing the Gospel of the love of Christ to many.

The journey has taken me to many different countries; Israel, India, Egypt, Philippines, Nepal and Romania to name but a few. Bringing medical care, food, clothes, building houses and preaching the Gospel to men, women & children in some very poor and difficult situations. This has been a great privilege and blessed me more than I ever could have blessed them.

Of course, the journey has meant a move from Stockport in Cheshire or 'up country' to lovely North Cornwall in 2002, along with my husband and two children, who are now grown and have children of their own.

The journey has included my work locally as a respiratory nurse and some of you may remember me as the local asthma nurse at the Port Isaac Practice. I now work as a locum nurse in different practices throughout Cornwall and as a respiratory care educator.

The journey has meant lots of theological study and the call to Anglican Priesthood and in June this year I was ordained deacon at Truro Cathedral and licensed by Bishop Philip to serve in the North Cornwall Cluster of Churches, with a focus on the St. Kew Parish.

A fulfilment of God's call all those years ago! My heart for St. Kew is to see the Church growing and deepening in faith and the community brought together and strengthened by God's love. Teamwork is the key, and as we get to know one another, work together and serve one another, I know God will bless St. Kew.

And so a new part of my journey begins, thank you for the welcome I have already received and I look forward to meeting everyone in the parish in due course. Stop me in the street or at the shops and let's see where God takes us as we make the journey with God together.

With Every Blessing.

*Rev'd Geraldine*

## Dear Editors

### 'Tea and Trains'

Congratulations to Bob Lanaway on the 'Tea and Trains' afternoon on Sunday 18th August.

It was a really fascinating trip back to the past. How he managed to cram so many rare and interesting items into the museum is remarkable.

The trains were a delight as was the cake!! A truly memorable afternoon - highly recommended.

*Hilary*



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# Harvest Festival

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

Service followed by Supper and Produce Auction



Sun 6<sup>th</sup> October 6pm



# St James, St Kew



## The St Kew Annual Garden Show Free Admission

Saturday the 7<sup>th</sup> September 2019  
at the St Kew Parish hall,  
Doors open at 4.00 pm raffle at  
5.00 pm.

All cup winners from last year, have you returned your cups? If not please do so without delay to Pippa Bishop  
1, Church Terrace St Kew.



01208 880007



## Bodmin Hospital Fete is ON!!! 21<sup>st</sup> September!

After having had to take the agonizing decision to postpone the Bodmin Hospital Summer Fete, which was to be held in June, due to circumstances beyond their control, the Chairman and committee of Bodmin Hospital League of Friends are delighted to announce that Cornwall Council has very kindly given permission to use the same site for the Fete on 21<sup>st</sup> September 2019 – that is, the old Rose Garden of St Lawrence, adjacent to Bodmin Hospital.

The line up will be the same as was previously planned, that is: Jill Murphy, author of the Worst Witch series of books, has very kindly agreed to open the Fete. She will be introduced by the Bodmin Town Crier. Tina Roberts will be leading the entertainment with her music and her amazing miniature performing stallion, masquerading as a Unicorn. Adie Dove and her performing arts group KBSK will be part of the line up as will Bodmin Musical Theatre Company and Friends. Future Youth Dance will again be displaying the talents of their many young dancers.

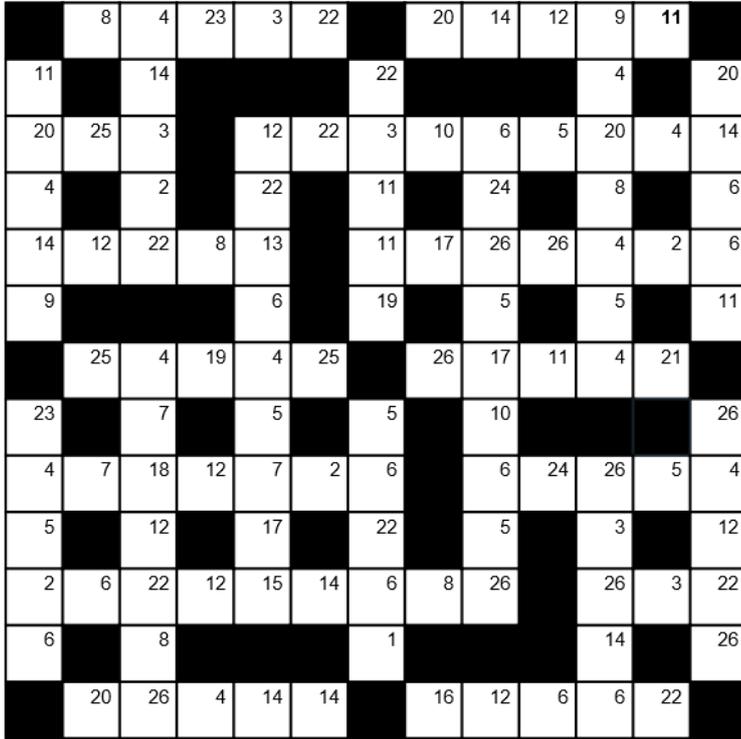
Over all this will be the mellifluous tones of Bodmin Town Youth Band setting the scene with their wonderful selection of Brass Band music.

There will be a Family Dog Show and Kernow Party Karts will be there with their Go Karts, Wipe Out, Toddler Playzone and Bouncy Castle; and, hopefully a Fire Engine and crew. In addition to this there will be all the usual stalls and games - candy floss, face painting, ice cream, plants, bric-a-brac, refreshments, cream teas and much, much more. Also a Grand Draw with £200 worth of cash prizes – it's going to be a great afternoon for all the family.

Said Fete organisers: "We are so relieved the Fete is able to go ahead and that all the participants, performers, helpers and everyone involved are able to be there on 21<sup>st</sup> September. It was a great worry as the Fete is our biggest fund raiser of the year, the loss to our funds would have been immense, funds which supply services and equipment for the staff and patients at the hospital which is not supplied by the NHS."

# The Puzzle Page

## Codeword



18

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
					Y		Z			X		

## Sudoku

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

M4

## Word Square

T	M	E
O	L	N
E	I	S

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 67 words listed in the solution, which includes **2 nine letter** words to find.

## Reader's Photographs



This month: A Woodpecker on Pippa Bishop's bird feeders.

## Bell Ringing News



Please note that there are no more evening bell ringing practices until October.

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



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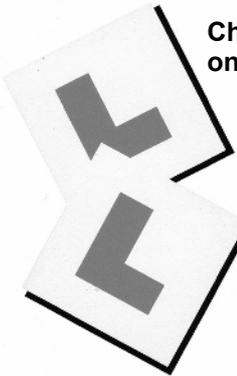
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# GILL'S RECIPE OF THE MONTH

## Chocolate fridge cakes

Just a very simple recipe to make with the children on a wet, wet holiday day.

### Ingredients

- 225g (8 oz) plain biscuits
- 75g (3 oz) caster sugar
- 50g (2 oz) chopped walnuts
- 50g (2 oz) glacé cherries, chopped
- 2 level tsp instant coffee powder
- 50g (2oz) butter
- 1 small tin evaporated milk
- 2 medium eggs, beaten

### Method

- Butter a cake tin or baking tray.
- Crush the biscuits finely in a plastic bag with a rolling pin.
- Mix the biscuits in a bowl with the sugar, cherries, walnuts and coffee powder.

- Break up the chocolate and slowly melt in a bowl suspended above simmering water.
- Slowly heat the butter and evaporated milk together, taking care not to let the mixture burn.
- Combine the milk and butter mixture with the chocolate, then gradually stir in the eggs and mix well.
- Pour onto the biscuit mixture and mix thoroughly. Transfer to the prepared tin, smooth the top and refrigerate overnight.
- Keep in the fridge and cut as you wish.

Great with ice cream as a tea time treat.

## ***'Do Amazing Things in Samos with Hand Luggage Only' (other travel companies are available)***

On this shore they take selfies with a  
difference  
give you a number  
for an over-crowded camp  
where the children are malnourished

no three-star hotel with a pool  
but there is a view of Mount Mycale  
and the road to Anatolia.

As you fled you struggled to carry it all,  
a lifetime of memories as  
hand-luggage only

then jetsam became flotsam  
in the drowning sea  
(your recurring nightmare:  
one breath  
one handhold  
one grasp for rescue)

'O, Hera, hear us  
great goddess of this island,  
of women, the family and childbirth

grant sanctuary along your Sacred Way

as you deal divine justice  
to those mortals who would cross you'.

*David Penhale  
August 2019*

## Pilates Classes in North Cornwall

St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30



### What does Pilates do?

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

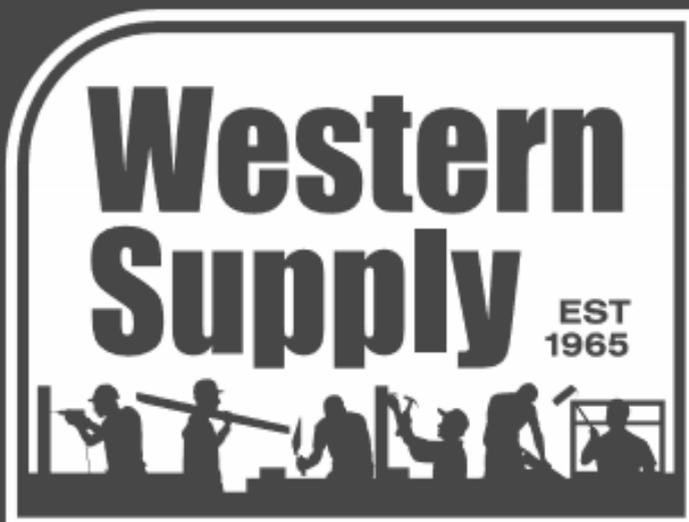
### How do the classes work?

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



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

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## New 'foodie fundraiser' for Children's Hospice South West

Children's Hospice South West (CHSW) is asking people to get creative in the kitchen and take part in a month of foodie fundraising this October.

The charity is urging supporters to host a Cook Eat Give event for friends and family and ask guests to make a donation in return.

The new fundraising initiative will help CHSW support more than 500 children with life-limiting conditions and their families at its three children's hospices across the South West, including at Little Harbour in St Austell.

Sarah Stott, Fundraising Manager at Little Harbour, said: "Cook Eat Give is a really easy way for people to get involved in fundraising for Children's Hospice South West. Everyone loves a foodie get together – whether it's a barbeque, pizza night or themed dinner party, the choice is yours and you can enjoy your food with the knowledge that you are helping us to support local children and families."

"We hope people will join us this October but if that date isn't suitable, people can host a Cook Eat Give anytime. Every meal, however large or small, will make a big difference."

Mealtimes are a big part of life at the charity's three children's hospices. During their short stays at the hospice, all families eat lunch and dinner together around a large dining table alongside hospice staff.

For many families, eating a hot, home cooked meal together is a rarity due to the care demands on parents alongside their hectic routines. During mealtimes families forge relationships with staff and other families also supported by the hospice, while siblings also make long-lasting friendships.

Kerry Hollingsworth, Cook at Little Harbour, said: "The word hospice initially for families is very scary, so when they are here and they come for their first visit it's really lovely for them all to come to the kitchen and dining room, its where everyone sits down and eats together, and they can form some really good friendships and share experiences with one and other."

If you would like to find out more information about CHSW's new Cook Eat Give foodie fundraiser, visit [www.chsw.org.uk/cook](http://www.chsw.org.uk/cook) or call Little Harbour on 01726 871800 to speak to a member of the fundraising team.



## Home-made Damson Gin

Damsons are in season now and this damson gin recipe makes the most of their tart plum-like flavours. It is incredibly simple and takes just a few minutes to make. The result is a deliciously heady fruity nectar that you'll love. The only downside is that you need to leave it for at least 3 months before drinking.

All you need is:

- 500g of damsons (if you don't have a friend with a damson tree The Vine greengrocers in Wadebridge has them now, but hurry as the season is short).
- 70cl bottle of gin - fancy or expensive is a total waste of money (and good gin), cheap supermarket own label is perfectly fine.
- 100g caster sugar.
- A clean 1l Kilner jar.

Roughly halve or quarter the washed fruit with a knife - don't faff about pricking the fruit or removing the stones as some recipes suggest. Bung the fruit in the Kilner jar with the sugar and gin. Shake well every couple of days until the sugar has dissolved.

Leave for 3 - 4 months in a cool and, above all, dark cupboard. Using a funnel, strain the liquor through 3 or 4 layers of clean muslin into a sterilised bottle - the bottle the original gin came in is perfect. That's it - job done, but whatever you do don't throw the damsons away. Simmer them gently for 15 minutes or so with a couple of tablespoons of sugar, fish as many of the stones out as you can and finish off with your favourite crumble topping. Divine as a Boxing Day pud with clotted cream.

If you prefer a sweeter, more liqueur-like style by all means add more sugar - after a month or two simply taste occasionally and add a tablespoon of sugar each time until you get the right balance for you.

It is delicious as a winter warmer by the fire after a long bracing walk on the coast path, perfect on its own over ice, or with a quality tonic. My favourite is a chilled glass with a plate of Cornish cheeses, much better than port.

Cheers!

'Old Soak'

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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](mailto:nickdpickles@googlemail.com)

Beach Care South West SHARPS KEEP BRITAIN TIDY.

## Events outside our Parish

### August

22<sup>nd</sup> - 26<sup>th</sup> Cornwall Folk Festival, Wadebridge.  
24<sup>th</sup>- 28<sup>th</sup> AFC Fairs, Wadebridge Showground.

### September

26<sup>th</sup> August - 4<sup>th</sup> October, Cornwall Motor Sport month. [www.motorsportmonth.com](http://www.motorsportmonth.com)  
5<sup>th</sup> -7<sup>th</sup> Cornwall Home Show Interiors Market, Truro.  
7<sup>th</sup> Rattler Ride 2019, [www.rattlerproride.co.uk](http://www.rattlerproride.co.uk)  
8<sup>th</sup> World Belly Boarding Championships, Perranporth.  
13<sup>th</sup>-14<sup>th</sup> The Little Orchard Cider & Music Festival at Healeys Cyder farm.  
14<sup>th</sup>-22<sup>nd</sup> Eden Arts Festival. Eden Project.  
20<sup>th</sup>-22<sup>nd</sup> Newquay Beer Festival at Hendra Holiday Park.  
27<sup>th</sup> Macmillan Coffee Morning at Trevathan Farm, 10am -12 noon.  
27<sup>th</sup>-29<sup>th</sup> Truro Food Festival, Lemon Quay.  
28<sup>th</sup>-29<sup>th</sup> Grandparents' weekend at Lappa Valley Steam Railway.  
28<sup>th</sup> - 23<sup>rd</sup> November. Events at Carnglaze Caverns, live music underground.

## 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](http://Edenproject.com)      [endelienta.org.uk](http://endelienta.org.uk)  
[pencarrow.co.uk](http://pencarrow.co.uk)      [bodminrailway.co.uk](http://bodminrailway.co.uk)  
[facebook.com/YHATreyarnon/](https://facebook.com/YHATreyarnon/)  
[Intobodmin.co.uk](http://Intobodmin.co.uk)      [Cornwall365.com](http://Cornwall365.com)

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

## St Kew Garden Association



The Annual Garden Show will be held on the 7<sup>th</sup> of September.

The schedules are out and in the pubs and Aunt Avicé's.

If you cannot get one please phone 01208 880007.



**ST KEW HIGHWAY  
METHODIST CHURCH**

Services held in the Community Hall at 9.30am.

**Preachers for September**

1<sup>st</sup> Rod Harrison  
 8<sup>th</sup> Rev Sally Long  
 15<sup>th</sup> No morning service, Harvest Festival 4.00pm with Rev Sally Long, followed by tea. Everyone welcome.  
 22<sup>nd</sup> Rev Alistair Sharp, Communion  
 29<sup>th</sup> Rev Michael White

**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](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**

**Marcus Jones**, children & Family worker, North Cornwall cluster of churches.

In Northern Ireland we have this delightful phrase "Catch yourself on," which is roughly translated as "don't be so ridiculous" but could be used to say "stop taking yourself too seriously" or as an interjector to bring reality and grounding to whatever a person is trying to communicate. I've always thought of it as a saying that can only be used between friends and doesn't intend to offend or hurt unlike its cousin "Wise up will ya?" that often stung as much as if you had been called a fool, idiot or "Ejit".

At home group we start with a prayer that includes the words "We are entering a special time... where we can be serious and stop taking ourselves too seriously... a time to be close to God." Getting close to God is serious business and a lifelong pursuit for many of us. However if we are too serious in our endeavours, and if we take ourselves too seriously we are at great risk of missing out on the life and joy promises by Jesus and worse still we may overshoot the mark and find ourselves at Jesus' displeasure!

**St James the Great  
at St Kew**



**Calendar for September**

Sun 1<sup>st</sup> *Trinity 11.* 9.30am, Holy Communion with Rev Dr Elizabeth Wild and Rev Geraldine Ashton preaching.  
 Sun 8<sup>th</sup> *Trinity 12.* 9.30am, All Age Service with Rev Geraldine Ashton and Rob Soley.  
 Sun 15<sup>th</sup> *Trinity 13.* 9.30am, Holy Communion with Rev Dr Elizabeth Wild with David Elliot preaching.  
 Sun 22<sup>nd</sup> *Trinity 14.* 9.30am. All Age Service with Rev Geraldine Ashton.  
 Sat 28<sup>th</sup> 1.00pm, Wedding, Cannon Judith Pollinger.  
 Sun 29<sup>th</sup> *St Michael & All Angels.* 9.30am, Holy Communion with Preb Prof Andrew Lewis.

**Calendar for October**

Sun 6<sup>th</sup> *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.

I can quite imagine Jesus saying "Catch yourself on Martha, Mary's chosen the right thing to do and I won't be taking it away from her," or "Catch yourself on Zacchaeus, come down from that tree and we'll have tea at yours". I can also imagine Jesus saying to Simon the Pharisee "Wise up Simon will ya, and don't be so judgemental, let me tell you a wee story..." In different places and different guises this past month, I have heard the invitation to carry the phrase "Catch yourself on Marcus" around with me which I must admit has been very helpful when I can remember to use it before I say or do something.

In the North Cornwall Cluster of churches we will be looking at "Eating Together" as a Holy Habit. By it we are entering into a special time to be with God in all the seriousness of Christian discipleship and as we share in eating together we can begin to stop taking ourselves too seriously, we begin to catch ourselves on and we might even wise up a wee bit too. The great thing in all of this is discovering the life and joy just as Jesus has promised.

Facebook: [childrenandfamilyNCC](https://www.facebook.com/childrenandfamilyNCC)  
[ncc.childrenfamily@gmx.com](mailto:ncc.childrenfamily@gmx.com)  
[www.northcornwallclusterofchurches.org.uk](http://www.northcornwallclusterofchurches.org.uk)



## How our Foodbank helps our community

**September 2019**

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

Huge thanks to the **Rotary Club of Wadebridge** who continue to support us and kindly gave us a donation from their Wadebridge Wheels event.

It costs over £1,500 per month to run our Foodbanks in Wadebridge, Bodmin and Camelford and we rely on donations and funding to sustain the work we do. There is constant demand for emergency food in our community and we have fed equivalent to 841 local people in crisis since April and on average we provide approximately 1,800 meals per week.

It's not just food we provide, we also give out toiletries and household items and our volunteers sit and chat to anyone who is referred to us. We offer a free hot drink, a listening ear and additional support where needed to help break the cycle of poverty. We recently received a generous donation from the set of Doc Martin and we are regularly given items from Farm Foods. We are so grateful to everyone

who donates to our Foodbanks, we couldn't provide our service without you. If you would like to donate to us this Harvest time, please do get in touch by calling us on 01208 815374.

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 - 3.00pm.

Thanks to everyone who donated at our Tesco Collection, the items given will help to replenish our stocks in time for the colder months ahead.

**Do you need help with budgeting?** If you are worried about money and would like some support with managing your finances, come and join our FREE and FRIENDLY **Moneybox Course**. Available for anyone unemployed and aged 16+. Our next course starts in Bodmin on September 13<sup>th</sup> at the Chestnuts Centre, if you'd like further information please contact us on 01208 815374 or email [contact@wadebridgefoodbank.org](mailto:contact@wadebridgefoodbank.org). It's a great way to learn in a relaxed environment (with tea, coffee and biscuits).

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)



In July we had a really interesting meeting with two ladies from Trading Standards, their presentation was entitled "Don't let your Gran be Scammed" .

They gave us ideas for passwords - for example, rather than using something obvious like your maiden name, the name of your house or perhaps one of your children, instead take the first letter of each word of a song or book title eg We All Live In a Yellow Submarine could be WALIAYS then perhaps add a number at the front and at the end. No-one would guess which your favourite song was, so much more secure than something familiar.

We were also told about a call blocker system that Cornwall Council have, they bring a box to your house which connects to your phone line. My parents have been getting 2 or 3 nuisance calls an hour. On the day I made arrangements to have the box installed, Dad had been asked to put £367 in cash into an envelope and send recorded delivery, when he refused he was told that he would be prosecuted by the police and probably imprisoned.

Dad took their number and called the police himself. It was a scam! Just last week within our family I found out that someone had received a phone call saying that they were from the Fraud Team from their Bank, he was asked to confirm his address and they subsequently took out a bank loan in his name for £18,500, fortunately this has been dealt with by the Bank and they have stopped the re-payments for £505 each month. Again another scam. Please be careful and talk to someone from the WI if you would like any further information.

In September, we have a guided walk to Fowey with Lynne Gould who came to talk to us last year. It was such a wonderful evening, we are going to Fowey to explore with Lynne. If anyone would be interested in joining us then please give us a call.

Just in case the magazine comes out in time, we are holding a fundraising cake stall at the Garage on 24<sup>th</sup> August, with the funds being split between our group and Cornwall Hospice Care. Please support us come along, buy a cake or join in with our raffle!

*Alison, 01208 841469*

## Events Diary

### September

- 7<sup>th</sup> St Kew Garden Show, Parish Hall, from 4.00pm.  
11<sup>th</sup> 'Good Morning Cafe', St Kew Ace Academy, 8.45 -11.00am.  
12<sup>th</sup> Chair Aerobics, Community Hall, 2.00pm.  
18<sup>th</sup> 'Good Morning Cafe', St Kew Ace Academy, 8.45 -11.00am.  
19<sup>th</sup> Chair Aerobics, Community Hall, 2.00pm.  
20<sup>th</sup> Souper Lunch, Community Hall, 12.30pm.  
25<sup>th</sup> 'Good Morning Cafe', St Kew Ace Academy, 8.45 -11.00am.  
26<sup>th</sup> Chair Aerobics, Community Hall, 2.00pm.  
28<sup>th</sup> Macmillan Coffee morning, Community Hall, 10.30am.

### News from St Kew Parish Hall

Our next fundraising event is a Quiz and Curry night on 28th September starting at 7.30pm. Our newly installed dishwasher makes the hall a suitable venue for larger parties and gatherings.

A gold wedding ring has been found in the kitchen of the Parish Hall. Please contact Kathy (880278) or Lianne (841808) for details.

*Kathy*

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

## The Regal in Wadebridge

Tel: 01208 812791

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### September

- 6<sup>th</sup> It: Chapter 2  
13<sup>th</sup> Downton Abbey  
20<sup>th</sup> Ad Astra

**Live Screenings:** Book on-line or contact cinema

- Tues 10<sup>th</sup> Margaret Atwood - Live in Cinemas - 7.30pm  
Thurs 12<sup>th</sup> 'Fleabag' - NT Live - 7.30pm  
Tues. 17<sup>th</sup> 'Rigoletto' On the Lake - 7.45pm  
Thurs 26<sup>th</sup> 'One Man, Two Guvnors' - NT Encore - 7.00pm

### Recycling

Recycling takes place on a variety of days in the same week within the parish. Recycling collections are in the weeks beginning 9<sup>th</sup> & 23<sup>rd</sup> September.

**Please see the Cornwall Council 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 10.30am  | Fiona Crompton  | 01208 851735             |
|               | Pilates 2.30pm - 5.15pm   | Martin Brooks   | 07812 959 879            |
| <b>Tue</b>    | Pilates 1.15pm-2.30pm   | Martin Brooks   | 07812 959 879            |
| <b>Wed:</b>   | 1st, 3rd and 5th in month -<br>West Country Embroiderers 10am - 3pm | Pat Scarborough | 01841 521323             |
|               | 1st in month - St Kew Playing Field Trust                           |                 | 7.00pm                   |
|               | 2nd in month - St Kew WI  | 7pm             | Becky Allen 01208 841798 |
|               | 3rd in month- Gardening Club  | 7.30pm          | Richard Godden           |
| <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**

### SOUPER LUNCH

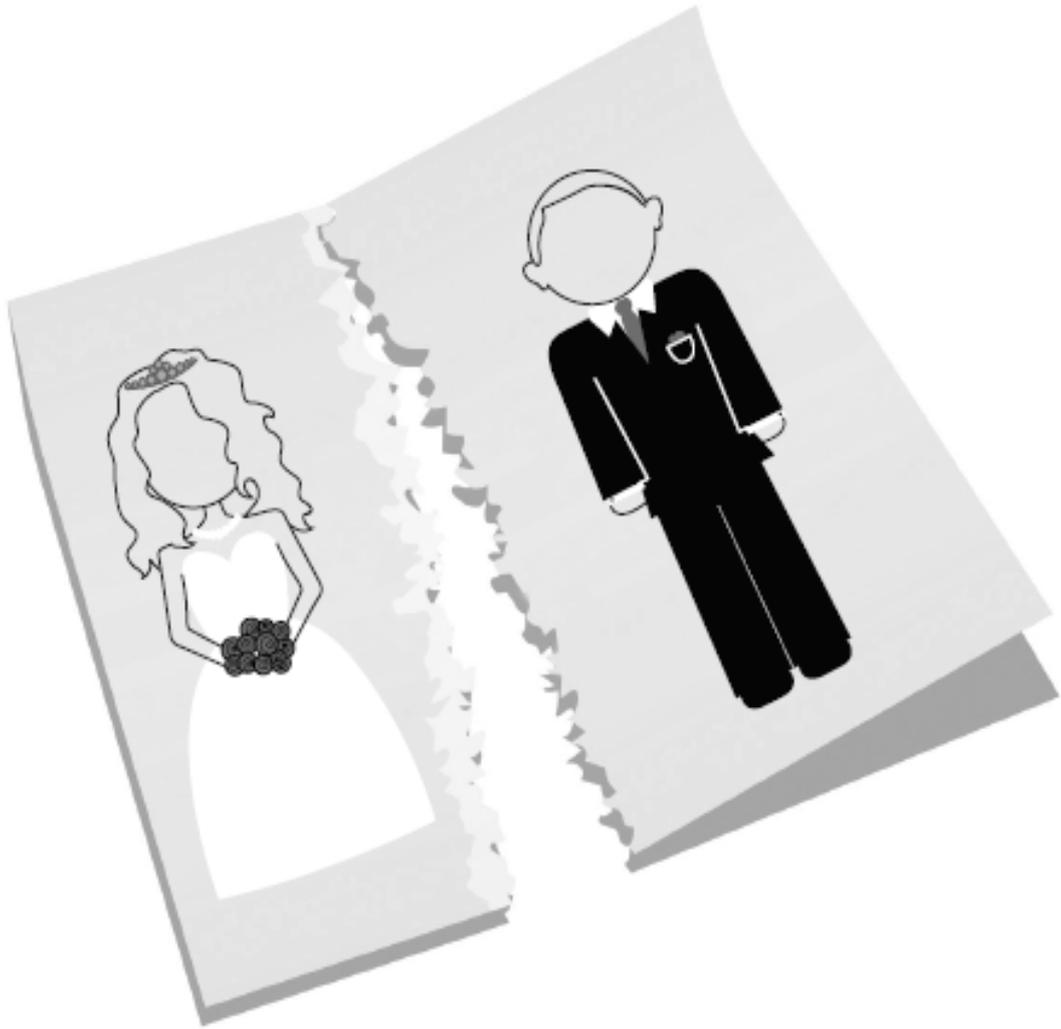
Our next Souper Lunch will take place on Friday 20<sup>th</sup> September at 12.30 in the St Kew Highway Community Centre.



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

All are welcome to join this jolly get-together.

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.

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SOLICITORS

01208 72328

[www.sproulllp.co.uk](http://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](mailto:stkewparish@gmail.com)



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

### St Kew Parish Council Meeting Held on Tuesday 9<sup>th</sup> July 2019 at 7.00 pm in the Parish Hall.

Present: Chairman A Godden, Councillors J Rickard, T Mott, P Bishop, R Godden and J Lethbridge, Cornwall Councillor S Knightly and 3 members of the public.

After receiving reports of helicopters flying around the parish, the council has made enquires and found that a training school has been opened at St Mawgan to train overseas pilots in search and rescue. Considerable annoyance had been caused and the enquires are ongoing to see what can be done.

The council had decided to call an "Environmental Emergency". A sub-committee has been formed to look at ways of reducing the amount of resources we all use, also to look at how we can improve the environment around us and reduce plastic waste. Anyone interested in being a member of the committee, please contact the clerk.

Parking on common land has reared its head again and we would like to remind everyone that parking or depositing items on common land is an offence under the Common land/Highways Act.

No planning applications.

### Meeting held on the 13<sup>th</sup> August 2019 at 7.00pm in the Parish Hall

Present: Chairman A Godden, Councillors B Finnemore, J Lethbridge, P Bishop, T Mott, R Godden and 2 members of the public. Apologies were received from J Rowe and Councillor S Knightly.

The Chairman announced that John Rickard had resigned from the council, no reason was given, but he would be missed as a councillor.

The council were notified that the telephone box at St Kew Highway is going to be removed. The council will object to this, as it feels one is needed at the location. If you wish to object you have 60 days to contact BT by email to: [btp.authorisation.team@bt.com](mailto:btp.authorisation.team@bt.com)

The Wren Community Fund at Trewarder is open for requests for grants for organisations and individuals for community projects. Details at [communityfunds@wren.uk.com](mailto:communityfunds@wren.uk.com). There is a pot of £10k to be awarded.

There have been reports of speeding cars through St Kew Highway, hopefully the measures that will be introduced soon will make them slow down. Unfortunately most of the offenders are local to the area.

### Planning Applications

#### PA19/06085

Mr H Briscoe, Lenore, Chapel Amble. Extension and re-ordering of existing house and outbuildings. Replacement of single story store to a garage with a studio above.

**Recommend approval.**

### Planning Decisions

#### PA19/04451

Mr & Mrs W Harkness. The Barn, Trewane Manor, Trelill. Removal of modern conservatory and replacement with single-storey stone extension.

**Approved**

RG



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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



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Contact Tim for further details

[timothy.dunn@orange.fr](mailto:timothy.dunn@orange.fr) +33 647 662 593

