

# THE OLD SCHOOL NEWS

Issue 232  
May 2022



## A 'Cafe for Ukraine' (Bijou setting with full waiter service)

is to be held at

Rilla Mill Retreat Centre  
(Former Methodist Chapel)

starting Friday 22nd April  
from 2.00pm until 4.00pm  
(with optional prayer in the chapel  
from 2.45pm to 3.15pm)  
and weekly thereafter  
for as long as necessary.

For more information or to volunteer to help please contact Keith on keith.browne@aol.com or call 01579 362611.

Funds raised will go to the DEC's Ukraine appeal.

PASTIME WITH GOOD COMPANY  
Music for the Tudors



THE CALLINGTON SINGERS

with guests

TIME & TIDE WAITS

Renaissance Musical Ensemble

COTHELE BARN RESTAURANT

Saturday 28th May at 7.30pm.

Refreshments on sale

TICKETS: £10 Leader of the Pack

Available from Freshlife:

Pastime with Good Company - Music for the Tudors

Mental Health Action Week 2022

Music Director Andrew Williams Accompanist Mark Smith

## FRIDAY LUNCH at THE OLD SCHOOL

Why not come along  
and join us



All freshly cooked by Edah and her dedicated team of helpers.



This Month's Film is:  
'Mothering Sunday', staring Colin Firth and Olivia Coleman.

A British romantic drama following the life of an orphaned maid who, in 1924, spent Mothering Sunday with her wealthy lover.

Covid-19 precautions mean that seating will be spaced out, restricting numbers.

If you intend to come you should call the office, in advance at:

The Old School Office (01579 370493)

NEW MEMBERS ARE ALWAYS WELCOME

12 Noon - All Welcome  
**MAY MENUS**

Booking is essential, contact  
The Old School on 01579 370493

**6th May**

Cottage Pie

Orange Sponge Pudding and custard

**13th May**

Rainbow Trout

Chocolate Brownie with Berries and Ice Cream

**20th May**

Chicken Pie

Mincemeat Sponge

**27th May**

Mediterranean Pork

Apple Dapple



**Friday May 13th 2022**

Doors open at 7pm  
for Refreshments  
Film starts 7:30pm

This News Sheet has been produced by the Trustees of The Old School, Stoke Climsland, Callington PL17 8NY. All enquiries should be made to the office at The Old School, tel 01579 370493 or by email at [theoldschool78@gmail.com](mailto:theoldschool78@gmail.com)

The News Sheet can be viewed on The Old School Facebook page and is available for download at  
[www.theoldschoolnews.co.uk](http://www.theoldschoolnews.co.uk)

For more information about The Old School go to [www.oldschoolstokeclimsland.co.uk](http://www.oldschoolstokeclimsland.co.uk)

© Stoke Climsland Community Project

## OSTEOPATHY

at The Old School

Experienced Osteopath  
Marina Urquhart-Pullen working on  
Thursdays 8am to 6pm.



All ages - children to centenarians; including pregnant women.

"My aim is to relieve your pain and discomfort quickly, effectively and gently and to help you recover your health and maintain fitness."

Book online, or phone for an appointment  
**07930 728485**  
[marina@e2h-osteopathy.uk](mailto:marina@e2h-osteopathy.uk)  
[www.e2h-osteopathy.uk](http://www.e2h-osteopathy.uk)

### BookBusters

Contact Clive, Sarah or Zoe to discuss your requirements  
Accounts, Corporation Tax, Income Tax PAYE, VAT, Consultancy and Training

Eureka House  
Higher Downgate  
Callington  
PL17 8HL

Tel/Fax: 01579 370297  
Email: [bookbusters@btinternet.com](mailto:bookbusters@btinternet.com)  
[www.bookbustersaccounts.co.uk](http://www.bookbustersaccounts.co.uk)



## RS GARDEN SERVICES

Lawn Cutting / Strimming  
Hedge cutting  
Pruning  
Weeding  
Clearing Overgrown Gardens  
General Tidying  
Maintenance

Call Richard:  
**07770 624195**  
**01579 371264**

### Family

A strong connection  
A space of protection  
Love is the only thing  
That makes your heart sing  
Take us to the zoo  
We're on a roller coaster woohoo!  
Back at home again  
Your siblings are your friends  
Babies are cuddling  
Mum and dad are loving  
Your pets are special too  
And so are your family it's true

Merryn aged 11



## Junior Corner

### GIST (INSURANCE BROKERS) LTD

Estd 1952

#### IS YOUR HOME IN SAFE HANDS?

WE HAVE BEEN INSURING OUR CLIENTS HOMES AND GIVING LOCAL SERVICE THROUGHOUT HER MAJESTY'S REIGN

CALL OR POP IN AND SEE WHAT WE OFFER YOU



Telephone: **01579 383 456**

E-Mail: [insure@hotmail.co.uk](mailto:insure@hotmail.co.uk)  
[www.gistinsurance.co.uk](http://www.gistinsurance.co.uk)

## Traditional Acupuncture

The Old School Therapy Room, Stoke Climsland & The Castle Street Clinic, Launceston

**07711 834845**

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

Michael Clements MA Lic Ac  
Member British Acupuncture Council 金木水火土

### PARISH HALL DIARY

MAY 2022

#### Regular Events:

Monday	7 pm	1st week only	GARDENING CLUB
	6 - 7 pm	Weekly	Prayers SC Parish Church Group
	6 - 7 pm	Weekly	ADULT BALLET (Main Hall)
Tuesday	9 am - noon	Weekly	POP-UP CAFÉ
	1:15 - 2:15 pm	Weekly	LATINO DANCE
	7:30 pm	2nd week only	W.I.
	7 pm	Weekly except 2nd week	BOWLS
Wednesday	9 - 12:30 pm	Weekly	LOVE TO MOVE
	2 - 8:30 pm	Weekly	SJS DANCE ACADEMY
Thursday	9 - 11 am	Weekly	KEEP ACTIVE
	4 - 7:30 pm	Weekly	SJS DANCE ACADEMY
	8 - 10 pm	Weekly	CALLINGTON GOSPEL CHOIR
Friday	10am - 11am	Weekly	PILATES
	7 - 10:30 pm	Weekly	BRIDGE

For further information regarding bookings please contact Sue Watts 07836 202212 or email [sue-watts@btconnect.com](mailto:sue-watts@btconnect.com)

### METHODIST CHURCH SERVICES

MAY 2022

May 1	No Service - Joining with Circuit Service at Callington Methodist Church 10:30am	
May 8	11 am	Mark Pellow
May 15	11 am	Revd. David Moss
May 22	11 am	Mark Pellow
May 29	11 am	Alison Moss

"Tea In The Afternoon" on the last Wednesday of each month 3.30 pm to 5.00 pm.  
Come and have a chat and enjoy some tea and cake.

### SUMMER IS ON ITS WAY

ENJOY OUR WONDERFUL COUNTRYSIDE  
ENJOY OUR LOVELY COMMUNITY  
SUPPORT THE EVENTS  
THAT ARE ON OFFER BROUGHT TO YOU BY SO MANY VOLUNTEERS

### FROM THE EDITOR

There isn't much to say except to echo Keith Browne's sentiments on the spirit which prompts communities to reach out to others in a crisis whether it is donating balls of wool or starting up a cafe to help the Ukrainian refugees. I am sure local people will support his new venture at Rilla Mill, whether religious or not and we wish him success.

As a community too, we will be affected by the rising cost of living so the sensible advice would be to shop as locally as you can and save your car fuel as well as supporting local businesses and helping to keep them afloat. We would hate to lose our Post Office and stores wouldn't we? It'll be too late if they close down. Also, as always, I urge you to use the services of all our advertisers. Without them The Old School News would be just a memory.

Gill Hiscott [gillhiscott@hotmail.com](mailto:gillhiscott@hotmail.com)

### PARTH CHURCH SERVICES

MAY 2022

May 1	8 am	Reflective Prayer - Barbara Bennett
	10 am	Morning Worship - Alan Bruce
May 8	8 am	Holy Communion - Joe Lannon
	10 am	All age worship - Dominic Nelson
May 15	8 am	Reflective Prayer - Barbara Bennett
	10 am	Holy Communion - Rev Joe Lannon Followed by church Annual Meeting
May 22	8 am	BCP - Dominic Nelson
	10 am	Family Service - Ryan and Jane
May 29	10 am	Cluster Service - details to be announced

Until further notice, all services will be held in the Old School Hall.

### OLD SCHOOL DIARY

MAY 2022

Weekly Events:		
Mondays	9 am	ACUPUNCTURE (by appt)
	9 am onwards	PILATES
	7:30 pm	SCOTTISH DANCING
Tuesdays	10 am - 1 pm	RAGS ART GROUP
	10 am	CROSS BOARDER ARTS
Wednesdays	9 am Onwards	OSTEOPATH (by appt)
	11 am	KEEP FIT
Thursdays	7 pm	BAND PRACTICE
	9.30 am	FRIDAY MUSIC GROUP
Fridays	12 noon	FRIDAY LUNCH (all welcome)
	8 am - 11:30 am	CHURCH SERVICES
Together with:		
May 4	10 - 11:30 am	PARISH COUNCIL SURGERY
	No Afternoon Tea	
May 7	9.30 am - Noon	VILLAGE MARKET
	1 pm	CALLINGTON U3A
May 12	7 pm	FILM CLUB
	6.30 pm	RUTH'S FOOD GROUP
May 20	7 - 8.30 pm	CLIMATE CHANGE TALK
	7.30 - 9 pm	PARISH COUNCIL JUBILEE
May 26	9 - 4 pm	CHIROPODIST
	1 - 4 pm	CALLINGTON U3A
May 28	7 pm	LOUISE COURTNELL on ROBERT LENKIEWICZ

News, diary and other information should be sent directly to Gill Hiscott at [gillhiscott@hotmail.com](mailto:gillhiscott@hotmail.com)



Reiki Master Reflexologist

Helen Webb

07765 893841 [helenholistics99@gmail.com](mailto:helenholistics99@gmail.com)



**PROFESSIONALLY REGISTERED,  
RELIABLE CHIMNEY SWEEP**

- \* Excellent Service
- \* 'Mess free' work
- \* Roof and Chimney Drone Inspection Service
- \* Cowls & Bird Guard Fitting

Appliance and Chimney safety advice  
HETAS Registered Sweep and Member of APICS

**Call us now**

**01579 351478 / 07768 750669**

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



**STEVE'S HOME  
& GARDEN  
MAINTENANCE**

Handyman services

[steveshagm@gmail.com](mailto:steveshagm@gmail.com)

01579 384204  
07512772845



**Available now for:**

- Custom built and ready-made fitted cupboards and wardrobes.
- Doors and panelling.
- Flooring and skirting.
- Household and kitchen furniture.
- Garden decking, gates and sheds.
- Cut roofs, alterations and repairs.

**All home and garden carpentry**

'World of wood'. Call Duncan Haig,  
tel: 07743 305466, or 01579 208374  
email: [duncanhaig@hotmail.co.uk](mailto:duncanhaig@hotmail.co.uk)

**Tom Brittan**  
Building and Landscaping



Local, friendly and reliable builder who is fully insured.

- \* House Maintenance & Renovations
- \* General Building
- \* Roofing
- \* Masonry
- \* American Barns & Stable Blocks
- \* Groundworks
- \* Landscaping
- \* Fencing
- \* Digger work and hire

*Call to discuss any work you require!*  
**Tel. 01822 833803** [www.tombrittan.co.uk](http://www.tombrittan.co.uk) **Mob. 07968 839708**

**All Aspects of Arboriculture**

**TPO / Conservation Work**

**Woodland Management**

**Steep Hillside Scrub Clearance**

**Seasoned Hardwood Firewood**

**Orchard Pruning**

**Grass Topping**

**City  
Guilds  
NPTC**



07813 797299

[www.rootandbranchtrees.com](http://www.rootandbranchtrees.com)

f /rootandbranchtreeservices



**Call us now**

**01579 351478 / 07768 750669**

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



**MARTINE COX**

*ITEC Diplomas in Anatomy, Physiology & Body Massage  
and Sports Massage*



**THERAPY ROOM**

*Therapeutic, Sports and Remedial Massage*

Tel: 0780 7777 173

Email: [therapyroom1@outlook.com](mailto:therapyroom1@outlook.com)

11 Kyl Cober Parc, Stoke Climsland PL178PH



## Stoke Climsland Sports & Social Club

Follow us on Facebook

MEMBERS ARE ALWAYS WELCOME

We are open Wednesday to Friday 8.00pm to 11pm, and when there is an event on Saturday from 7.30 to 12pm.

If you want to know more, come to the bar to find out. Alternatively you can telephone the secretary: Louise Power on 01579 370819 or email [louisepoweraok@msn.com](mailto:louisepoweraok@msn.com).

The quiz in March was very good. Luke was quiz-master and had some interesting questions for us. As always, he was heckled slightly about the answers and points awarded. The winning team was 'Bar Stools' but only by a slim margin. Quiz nights are always good fun so come along and join in. The quiz is held on the 3rd Saturday of the month.

Thank you to all who attended the AGM. Tim and Clare were re-elected to their posts as everyone else did fine imitations of tortoises and disappeared into their shells. The Club membership fees remain the same as last year. This is good value and they have not changed for about 20 years. The committee remains the same as it is only 6 months since we held out last AGM. We are now back on track.

You may have noticed that there is work going on at the Sports Field. We are having the pot holes and edges of the road repaired. We are intending to do repairs work on the club as well. In particular, the roof on the snooker room needs to be replaced as it has been a long time since it was last done. The windows in the club were repaired last year.

We will be involved with the Jubilee celebrations (June 3 - 5th) and the Village show (Aug 13th). In addition we are hoping to hold the popular Fish and Chip Night on the field on July 1st. In addition we are planning an 80's Disco hopefully on 16th July. Please check our Facebook page and keep an eye on the notice boards for any new events coming up.

Louise Power



## Luckett Social Club

The first event in March saw the return after a one year absence of the Audrey Pellow Darts Night on Friday 4th March. Ten members competed over four rounds of a round robin style format throughout the evening with two dartboards in action. Some games took a lot longer than others, mentioning no names! With two players winning all four games there was a throw off to see who would be the top seed. Geoff Howlett was the third seed with three wins out of four. There was a three way play off between Danny Hobbs, David Bricknel and John Williams all with two wins, with David taking the leg and the last semi-final spot. Tim Selwood beat David to reach the final, but there was a major upset in the other semi when defending champion and multiple winner Mac

McLeod was beaten by Geoff who finished with a 62 check out. In the final best of three legs 501 Tim triumphed two nil to take the trophy and the cash prize of £12. A good fun evening all round.

The following Friday 11th March it was "Eye's Down Let's Play Cash Bingo". With regular caller Geoff back with his bag of balls the prize money seemed to be shared out fairly evenly with only a couple of people not winning anything. Pete took home the top end game prize of £6.

On Friday 25th March twelve eager members took part in a Beetle Drive. Again played at high speed over 12 rounds each game didn't take long to play. Bridget collected the booby prize for the lowest overall score and got her £2 back. There was a tie at the top with both Sheila Hobbs and David Bricknel drawing 141 body parts each and then shared the £22 prize money between them.

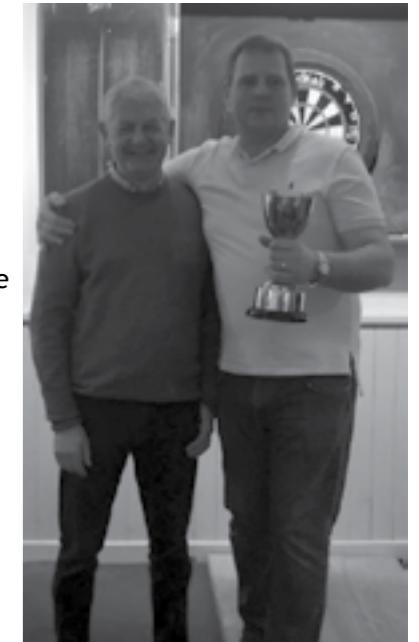
Future dates for your diary:

Saturday 30th July - Skittles Evening at Deer Park Farm, Luckett.

Teams of 6 to register at 6.30 for a 7.00pm start. All welcome.

Saturday 6th August - Provisionally A walk to a pub for an evening meal. Date and times to be confirmed.

For more information visit our Facebook page The-Luckett-Social-Club  
Geoff Howlett (Hon. Sec.)



## AN IMPORTANT PARTICIPATORY TALK AT THE OLD SCHOOL

"Climate Change Talk and what we can do"  
Friday 20th May 2022  
7.00 to 8.30pm  
With guest speaker  
**FREE**



"40 years studying this conundrum"

In the 1970's, options in our small cottage garden in Beals Mill were limited. Firstly, if we wanted a vegetable patch it would need maximum sunshine and free air movement. Only the north boundary could have a tree or two but not a hedge. There still remained a semi-mature Douglas-fir and a yellow bark willow on the north boundary.

Later, in the '80's we moved to Climson where we had nearly an acre to develop for sustainable land management - for nature.

On the lowest, wettest areas of the land we dug big ponds for wildlife. Further up, we created a vegetable garden to feed our growing family. On the remaining half acre we planted a small copse of oak maidens in blocks of nine. These were under planted with 'nurse' trees - wild cherry, black alder, Italian alder, ash, birch, sweet and horse chestnut, wild service, alder buckthorn, spindle and a few conifers. The three boundary hedges also had some trees added and were left to grow.

Now 35 years later - the ponded area has had fruit and nut trees added, Tamar Valley apples and cherries, almonds and walnuts. The ponds are a wildlife haven of tranquillity. The small copse of oak has matured sufficiently to allow the nurse trees to be thinned out or removed and some nurse logs have added hugely to increasing the biodiversity.

The trees that we've thinned out have provided us with the fuel to heat our home. It's the only source of heating that we have used. Ash dieback disease has also provided the opportunity for us to develop the concept of a forest garden in a nursery bed in the wood. So we've planted - apples and pears, cherries, walnuts, almonds, Kentish cobnuts and two medlars.

The boundary hedges are a mixture of mature oaks, semi mature beech and hornbeam under planted with hazel, alder, sweet chestnut, wild cherry and goat willow. With the exception of the oaks all the young trees are coppiced to provide fire wood fuel for heating the house. The coppicing is done using electric chainsaws, bill hooks and bow saws, thus providing us with wood fuel which has a very low carbon footprint.

Hedgerows are a most valuable and vital resource. Hedgerows are one of Nature's most enduring miracles. The mature trees on a hedge give us the oxygen that keeps us alive and they sequester carbon in the process. The whole hedgerow allows a vast number of different species to thrive and grow, all part of an amazing balance of Nature. They suck up rain in vast quantities, helping to prevent run off and flooding and can be sustainably managed to supply timber for our human needs and comfort, not least as a renewable energy source.

Alistair Guy

## JAZZ at The Old School

### Cornish Armada Jazz Band



The evenings will take the usual form, doors open at 7.00pm for a 7.30pm start, with a two-course dinner in the interval and a well-stocked bar.

FOR BOOKINGS contact The Old School Office (01579 370493) or the organiser Vivienne Davis (on 01579 383819 or 07798 751337) or visit: [www.oldschoolstokeclimsland.co.uk/jazz](http://www.oldschoolstokeclimsland.co.uk/jazz)

## Out an About in May!

If you're feeling out-doorsy in the lovely May weather we hope will be on its way this month, Come along for some sociable activity - May 1st Kit Hill - NE side, from the Incline car park - Spring Blossom Meet 10.30 am at Kit Hill Incline car park (or 10.00 from The Old School if you'd like a lift) to enjoy the amazing blossom which absolutely covers that part of the hill at this time of year! Expect rowan, hawthorn and bluebells for a start - May 8th East Kit Hill Mine - workparty !! Meet 10.30 am at the old entrance lane to Kitter Kennels, Sevenstones (or phone us on 07976 727618 if you'd like a lift or more detail) - park opposite on the Hingston Down Quarry turning. PL17 8HX Bring your thick gloves, secateurs or other tools you may have (and picnic lunch - we'll bring the cake!). Watch this space for more dates later in the year (and look in the Old School Newsletter for April 2021) Look forward to seeing you!!



## Exciting 'green growth project' set to revive Tamar Valley Market Garden industry

The Tamar Valley's Market Garden industry is set to be revitalised thanks to a new project launched today by the Tamara Landscape Partnership Scheme and Tamar Grow Local, funded by The National Lottery Heritage Fund.

The Promoting our Produce project aims to rejuvenate the industry by supporting existing and new market gardening enterprises and community groups in a number of ways. This includes the creation of new community allotments; specialised training and demonstration sites; a network of local food ambassadors, and a new 'brand' to market the produce will also be explored.

**Dan Cooke, Tamar Valley AONB Manager says:**

*"This is an exciting and important project for the Tamar Valley and its communities. The Tamar Valley, until relatively recently, supported a significant market gardening industry and this project will not only help to preserve the character of this special place, but will also support and grow the number of local enterprises."*

Tamar Grow Local has been commissioned by the Tamara Landscape Partnership Scheme to lead the Promoting our Produce project, which will see over 200 people complete one of the new husbandry courses; 180 people take part in a demonstration at one of the 3 new demonstration allotment plots and over 20 volunteers sign up as ambassadors.

**Rachael Forster from Tamar Grow Local says:**

*"Along with other partners in the scheme we are delighted to be bringing a raft of opportunities for local people to get out and about in the valley. The Promoting our Produce project will offer opportunities for people to share knowledge, get involved in growing food and develop new skills for recreational and commercial growing. We'll also be providing a signposting service for local people wanting to find local food, or to get involved with volunteering and community projects."*

Produce from the Tamar Valley helped to feed a growing population around the country in the 19th and 20th centuries. Before the 1950s the Valley's market gardens, many now reverted back to fields, woodland and scrub, supported up to 10,000 workers. The Valley's food also supplied the vessels docking at Plymouth who stocked-up before their long voyages.

The Tamara Landscape Partnership Scheme aims to work with farmers, landowners and communities to manage and enhance landscapes that are rich in wildlife, as well as cultural and historic heritage; With match-funding commitments from other partners, the total to be invested across the Tamar Valley landscape until 2025 will be £3.2 million.

Tamar Grow Local is a Community Interest Company founded on co-operative principles and established in 2007. Over the last 15 years it has become an umbrella organisation that supports a family of land-based community projects and enterprises which promote local food and produce in the Tamar River catchment.



## Stoke Climsland Gardening Club

(April 2022 meeting)



"Caring for Hedgehogs" - a lively and entertaining talk by Karen Lang from Launceston, but unfortunately without the anticipated creatures who were not well enough to attend! Karen has spent the last 4 years as a volunteer rescuing hedgehogs. This can be very time-consuming, especially with baby 'hoglets' which require two-hourly feeds. One winter she was caring for 15 hedgehogs.

In 2020 hedgehogs were added to the "red list" of species vulnerable to extinction. Numbers have been in decline since the 1950's especially in rural areas. They are predated by badgers. The UK is the most depleted country in Europe.

Hedgehogs love a "not-too-neat" garden or allotment, hedgerows, scrub land and woodpiles so you should check before strimming or having a bonfire. If your garden is fenced in, you might need to provide 5"x5" access through the fence. They are solitary, nocturnal animals and can travel up to 2 miles in a night. They can also swim across rivers - Karen has them swimming up and down her bath for exercise! They have poor eye sight but a good sense of smell. They breed up to 3 times a year and hibernate in the winter, though with warmer winters this may be reduced.

A busy and grumpy hedgehog is probably a healthy one. A lethargic one is probably ill or infested with ticks. If it quacks like a duck it's in pain. If it's injured, take it to a vet who will treat it for free.

They eat beetles, worms, dead birds, slugs - so it's better not to use slug pellets. Feed hedgehogs with meaty cat or dog food, with water to drink. Do not give them fish or bread and milk - they are lactose intolerant. The British Hedgehog Preservation Society can give further information and advice.

Mike Casebow



Calstock Footpath Society invite you to join them on their monthly walks in and around Calstock and the local area including Dartmoor and sometimes further afield.

Most walks are described as not too strenuous, are circular routes following mostly footpaths, off road and quiet lanes around 5 miles in length. Bring your own coffee and snacks to enjoy when there is a scheduled break. Group members are always full of good humour and share their knowledge of history, plant and wildlife, you are sure to learn something new on every walk. All walks are dog-free unless registered assistance dogs on leads.

Details of the walks including a description of number of stiles, inclines, parking and toilets, are emailed to members. Car sharing is also encouraged. To cover insurance and costs there is a yearly membership of just £6 or £3 per walk. There is more information on the web site <https://calstockfootpathsoc.org.uk/>.

You can also email [calstockfootpath@gmail.com](mailto:calstockfootpath@gmail.com)

We are currently looking for a volunteer for people to call/text maybe that's you!

MAY 29<sup>th</sup> we are heading to Brentor, we look forward to walking with you soon.

## South West Coast Path Association

The South West Coast Path (SWCP) runs for 630 miles from Minehead to South Haven Point (near Poole), around the coast of Somerset, Devon, Cornwall and the Jurassic coast. The Tamara trail is a coast to coast route from South to North Cornwall, which will link into the SWCP at either end. The South West Coast Path Association charity have partnered with the Tamara project in order to assist with the consultations for what will be a fantastic new trail, however, this inland trail is not an extension of the South West Coast Path.

Vickie Smith

# Stoke Climsland Parish Council News

## Platinum Jubilee -



preparations and meetings continue. There will be a full programme of events for the Celebratory weekend in June starting with the Church Choir Concert and BBQ on the Thursday evening and running through to the Presentation of Medallions to Children and the Prize Draw on the Sunday. First prize in the draw is a guided tour of Highgrove Gardens followed by a champagne tea for up to 4 people generously donated by HRH Prince Charles. Tickets will be on sale at the Jubilee events and proceeds will fund the Celebration expenses. If there should be a surplus then the excess will go into the refurbishment of the play areas within the Parish.

Speedwatch - The group of volunteers continues to grow and training is also in progress.

Annual Parish Meeting - will be held on Monday May 30th and all Parish organisations are invited to give their reports.

Council Surgeries - continue on the first Wednesday of the month and we are pleased that residents have attended each one to date. The concerns raised are being addressed in various ways. As long as people who engage with the surgeries find them useful they will continue.

## Saturday July 30th

**Save the date.** Look out for the St Sampson's monks. They are likely to be popping up everywhere! Entry forms will be available soon for teams to create a decorated barrow and be able to win and display for a year the coveted trophy made from the old bell headstocks. All followed by a knees up at the church.



## Down on the Farm

Weather lore predicts 'April Showers bring forth May Flowers'. Indeed we will all welcome and be ready for a riot of patriotic and appropriate colours of red, white and blue (campion, stitch-wort and bluebells) to adorn our country lanes just in time for HM Queen Elizabeth Platinum Jubilee Celebrations at the start of June.

We too in farming also await in anticipation a rapid growth of both cereal crops and grassland in the coming weeks to kick-start the summer season of grazing and first cut silage harvesting. However after what has proven to be a relatively mild winter without any real cold weather challenge to either nature or ourselves, we have in recent weeks seen the spring time growth completely stall after much promise earlier in March.

How vital is the wake-up call for nature and farmland crops, both triggered by available moisture and soil temperatures - an average 8 degree C stimulates new growth. A late spring for many cereal crops of wheat, barley, oats and varieties of particular ryegrasses, may result in restricted growth and lower yields, as the plant body clock set to develop and send up a seed head has a fixed timeline date set in its DNA- for multiplication and survival in its own mind and not necessarily for our own human benefit. For early Italian ryegrasses this is from May 4th with other early headers in the teens along with winter barley leading the way of the cereal crops from mid-May onwards. As this natural process unfolds the knock-on effect of yield development, potential and feeding quality is determined accordingly.

So reliance upon home-grown forage (grazing) and fodder (harvested grass), grain and protein to keep control of supply and lower costs of production in a self-sufficient manner is a key role of both dairy, beef and sheep livestock farms here in the South West Region. Remaining ever optimistic and in the full knowledge that weather patterns usually balance themselves out we each remain hopeful that the force of nature will be with us and not let us down in May and as always Down on the Farm.

Martin Howlett



## St Sampson's Church South Hill

### What a relief!

You may have noticed a shed appear in St Sampson's Churchyard. This is our Compost Toilet. Anyone visiting the church, or walkers caught short, need not keep their legs crossed any longer!

### Recycling at its best

With many thanks to David Trewin, we now have some beautiful wooden objects to sell, made from the oak bell headstocks of St Sampson's bells. You may also like to purchase a bag of metal work taken from the wood - I'm sure anyone with a creative mind can think of many things to do with the nuts and bolts. There will be a coffee morning and chance to buy a bit of history on Saturday 28th May at 10am with proceeds going to the bell restoration fund. Please come along and help get St Sampson's historic bells back in the tower.

### Bat walk

As part of the South Hill Bat Project there will be a free (donations welcome), evening bat walk on Saturday May 21st at 8pm led by Bat expert Tony Atkinson and ecologist Polly Couldrick. Come and see the bats emerge at St Sampson's church and surrounding area. Followed by tea coffee and maybe hot chocolate! Suitable for all ages.



## 'May the Force be with you!

Weather lore predicts 'April Showers bring forth May Flowers'. Indeed we will all welcome and be ready for a riot of patriotic and appropriate colours of red, white and blue (campion, stitch-wort and bluebells) to adorn our country

lanes just in time for HM Queen Elizabeth Platinum Jubilee Celebrations at the start of June.

We too in farming also await in anticipation a rapid growth of both cereal crops and grassland in the coming weeks to kick-start the summer season of grazing and first cut silage harvesting. However after what has proven to be a relatively mild winter without any real cold weather challenge to either nature or ourselves, we have in recent weeks seen the spring time growth completely stall after much promise earlier in March.

How vital is the wake-up call for nature and farmland crops, both triggered by available moisture and soil temperatures - an average 8 degree C stimulates new growth. A late spring for many cereal crops of wheat, barley, oats and varieties of particular ryegrasses, may result in restricted growth and lower yields, as the plant body clock set to develop and send up a seed head has a fixed timeline date set in its DNA- for multiplication and survival in its own mind and not necessarily for our own human benefit. For early Italian ryegrasses this is from May 4th with other early headers in the teens along with winter barley leading the way of the cereal crops from mid-May onwards. As this natural process unfolds the knock-on effect of yield development, potential and feeding quality is determined accordingly.

So reliance upon home-grown forage (grazing) and fodder (harvested grass), grain and protein to keep control of supply and lower costs of production in a self-sufficient manner is a key role of both dairy, beef and sheep livestock farms here in the South West Region. Remaining ever optimistic and in the full knowledge that weather patterns usually balance themselves out we each remain hopeful that the force of nature will be with us and not let us down in May and as always Down on the Farm.

Martin Howlett

## Waste Management and Recycling - Food Waste

**Food saving** is a challenge we can all tackle, in our local communities and at home.

The average person wastes around £210, the average household £500 a year. You could make a saving of around £720 a year just by making a few simple changes.

Prices are on the rise. Making better use of the food you buy will save you money and have an environmental impact...Transport, fuel, water, energy. We need to save food from the bin by changing the way we buy, store, and use it.

Hit the freeze button! It's safe to freeze food not past the use-by date. Our good intentions are wasted though if we forget it once frozen... Check this A-Z Storage tool [https://www.lovefoodhatewaste.com/article/food-storage-a-z\\_](https://www.lovefoodhatewaste.com/article/food-storage-a-z/)

- Fruit** - You can freeze almost all fruit, and simply grab a handful when needed

- Potatoes** - We waste 4.4 million potatoes every day in UK homes - and 17% because we cook too much. If you've got loads left after dinner, pop them in the freezer for another day - this works for mash, roasties, or even chips! Boil uncooked spuds for about five minutes and freeze. When you want them, thaw overnight and roast the next day!

- Milk** - Freeze as soon as possible after buying. Plastic containers are okay for freezing milk in but leave room for the milk to expand. Shake well before using.

- Bread** - You can toast bread straight from the freezer, and it tastes just as good! When you're freezing loaves, slice them first, tap to stop the frozen slices sticking together.

**Meals made with leftovers:** The internet has many ideas and recipes, start here [www.allrecipes.com/recipes/14503/everyday-cooking/everyday-leftovers/](http://www.allrecipes.com/recipes/14503/everyday-cooking/everyday-leftovers/)

**The Tamar Valley Community Food project.** Feed bellies not bins.

Saving a variety of foods from being wasted from local businesses and individuals, including Cornwall bakery, COOP, farmers, allotment holders and is redistributing for free or a small donation. They are looking for more volunteers so a permanent site can open 7-days-a-week at Drakewalls. If you can spare around 15-30 minutes a week to monitor their fridge either early morning or late-ish at night, please contact: [tamarvalleycf@gmail.com](mailto:tamarvalleycf@gmail.com)

### Composting food waste

We have been promoting the Green Johanna 'hot composter' waste bin which does more than the standard compost bin. A Green Johanna HOT COMPOSER with an open base recycles garden and food waste, even cooked food, meat and fish into rich organic compost and costs £30 plus delivery. These are also being prompted by Cornwall Council at heavily subsidised price of £30 + P&P. You can order at this link [getcomposting.com/en-gb/green-johanna-330-litre-compost-bin-grnjodxsu](http://getcomposting.com/en-gb/green-johanna-330-litre-compost-bin-grnjodxsu)

Ali Humphreys put the word out on her digital platforms and as a result she had requests to buy 21 Green Johanna's - yes that is 21!!! So she placed an order for the lot in one go and the P&P for all of them was just £6.99!!!

Well done Ali. Contact her on [iamalihumphreys@yahoo.com](mailto:iamalihumphreys@yahoo.com) to ask about joining another bulk order.

Waste Management and Recycling Team is an independent community group teaming up with Ali from South Hill to promote and encourage our joint communities to reduce waste and support our pocket costs



## THE NEXT OLD SCHOOL MARKET IS ON MAY 7th

OPENING TIME 9.30am - Noon



### STALLHOLDER LIST

Jeremy Daw - Butcher - 01579 350410

Ian MacDonald - Framing - 01579 351221

Karen Cooper - Cards - 01579 370536

Di Nash - Gift Hand Knits - 01579 84155

Derek Scofield - Fruit Juices - 01579 350594

Chris George - Wood Turner - 01579 370654

Rosemary Hamblly - Action for Children - 01579 383773

Helen Webb - Skin Care Products - 01579 683471

Linda Losty - Aprons, Masks etc. - 07494 939086

Michael Harford - Wood crafts - 01579 370663

Neil Robyns - Pies, yogurts, etc. - 07831 625159

Sandra Jane - Leather products - 01579 370966

Kendale Courts - Local Fresh Vegetables - 07813 157961

Sue Cook - Plants & Glass Ornaments - 01579 383885

Val Kidman - Preserves & Cakes - 01579 370297

Tasha Biggs - Resin Gifts & Diamond Art - 01579 389077

### Covid19 Guidelines will still be followed

Please bring a face mask and wear it when moving around the building.

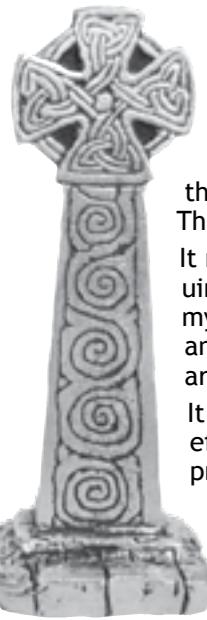
### For May through to October inclusive:

The Market will be held in the  
Old School Car Park  
with Catering inside.

**DONT FORGET:** Distancing should still be observed as a precaution.

# CHURCH MATTERS

## The British At Their Best



Oi you! Don't run off! You don't know what I'm going to say yet. No, really you don't. Please read through to the end of this article before you pre-judge what I'm going to say - it's less than 500 words (Ed. That's a promise!).

It never ceases to amaze me, the way the British public rally around to give significant help to those in genuine need. This thought is, naturally, prompted by the current humanitarian crisis in Ukraine. Once again my fellow citizens have risen to the challenge; vans and trucks filled with food, clothes, toys, pet supplies - and more - being sent out to help those Ukrainians who have already fled to neighbouring countries or who are 'soldiering' on in Ukraine.

It's not just 'goods'. Fund-raisers are being organised daily (please see separate advert for our own small effort) for various charities including the Disasters Emergency Committee (DEC) which the government has promised to match fund up to £10 million! What about that: our government doing something good! Then there are the offers of help being made to refugees seeking places to live in Britain. Here the government, or probably the civil service, appear to be tardier. Those offering accommodation have to find their own Ukrainian refugees to sponsor and only then can some progress be made. So many offers - but so little managing to be done!

This leads me neatly on to express amazement at the way that celebrities also step up to the mark at times like this. It used to be the big names and big events - Band Aid, Concert for Bangladesh, etc. - but now it's the 'new' celebrities too - the social media stars. Top of my list is the Marsh Family who, since the beginning of the first lockdown, have been amusing us with their re-written lyrics to popular songs - e.g. "Oh Corona" (Oklahoma). One of their latest - "Over the hills and far away" - addressing the Ukrainian crisis - includes, towards the end, the line: "The Borders Bill let's CHANGE today". Perhaps they will have more effect than all the politicians put together. (YouTube search 'Marsh Family').

What is it that makes the British so generous - across all divides? As a Christian and a churchgoer I would like to say our Christian heritage; but I fear that that is probably much less material now than it has ever been before - as generosity is being shown by those of all faiths and those of none. I would like to think that for some reason the character of the generous God who I believe made us 'in his image' is freer to show itself in this country than elsewhere. Despite our many failings as a country we are a largely free and tolerant society. All I can do is to thank God for what I can't explain. God bless you - and go on being generous!

Keith Brown



### STOKE CLIMSLAND METHODIST CHURCH NEWS

Platinum Jubilee Weekend Celebration Flower Festival with Morning Coffee, Lunches, Afternoon Teas and Teddy Bears Picnic. Friday & Saturday 3rd & 4th June 11am - 4.30 pm Sunday 5th June 11am -5pm, Celebration Service at 6 pm

### Where is God?

Famously the Soviets published a cartoon in the newspaper Pravda at the time of initial space exploration showing a space ship and commenting, God is not here. Both atheist and faithful believer discover the challenge of finding God a real issue.

In the resurrection stories of the Gospels we have the delightful story of a disciple, Thomas, who misses out on meeting the risen Jesus (Jesus being bodily alive after death by crucifixion) because he was in the wrong place at the wrong time. Thomas is told the story from the other disciples, he is incredulous and famously replies 'Unless I see the mark of the nails in his hands, and put my finger into the nail-marks, and my hand into his side - I'm not going to believe!' Then a week later, the disciples are all together and this time Thomas is there. The doors are shut. Jesus came and stood in the middle of them. He greets them in peace and then says to Thomas, 'bring your finger here and inspect my hand. Bring your hand here and put it in my side. Don't be faithless! Just believe!' Thomas replies: 'My Lord and my God!' Jesus comments, maybe wryly, 'God's blessing on people who don't see and yet believe'.

It is easy to hear this story and think that God is only really found in the miraculous, and those who 'locate' (not a good word, but the best for the moment) God in the miraculous often find difficulty when the miraculous doesn't happen. Miracles are by definition rare and the resurrection is by any definition 'miraculous'. However, the story of Jesus and Thomas tells us that God is to be found in the midst of genuine doubt. It is all right, God's got it covered! All this may seem far away from life in the country whether you are working with the challenges of farming, trying to enjoy retirement, or involved in the daily commute. Christians believe that the risen Jesus is not bound by time or place, but is present everywhere for all time in the midst of life, He is alive!

Revd David Moss

**HELPING YOU SAVE ENERGY AND THE ENVIRONMENT**

UK Greendeal is a company built, owned, and run by family and friends ensuring customers and their homes receive a personalised service with care and integrity at the heart of all we do.

Our aim is to improve people's quality of life and comfort in their own homes by reducing their energy consumption, whilst helping to stabilize our fragile planet. Much of our work comes from referrals from satisfied customers to friends and family, and we take great pride in the service that we provide.

UK Greendeal is an independent eco-surveying company. We look at all aspects of residential properties looking to improve their carbon footprint and reduce their energy emissions, assisting the government with the mammoth task of bringing all greenhouse gas emissions to net-zero by 2050, whilst avoiding any costs to our customers.

The core of our work is to utilise government ECO3 funding (and soon ECO4 once this is released by the government) to provide free fully funded energy-saving measures to you.

Once we identify possible improvements we will guide you through the funding process from the initial survey, to placing your work with a government-approved national award-winning installation company, to improve your property's energy efficiency, yet not costing you a penny.

Free options available include the following:

- Cavity Wall Insulation (Bonded bead insulation is used NOT blown mineral fibre that is unsuitable for Cornwall – Fully funded )
- External Wall Insulation (solid builds – Fully funded)
- Internal Insulation inc plaster boarding & skimmed finish (solid builds - Fully funded)
- Loft Insulation up to 270mm (Fully funded)
- First Time Heating Systems (Fully funded)
- Electric Heating Upgrades (Fully funded)
- Mains Gas Boiler Replacement (Funded with possible contribution on a case by case basis, boilers will be checked for eligibility during your survey/enquiry.)

**REDUCE YOUR BILLS AND WARM YOUR HOME.**

All the insulation work we provided comes at no cost to yourself (in fact you have already paid for this through your energy bills) and will come with a 25-year guarantee backed by the governing body of insulation CIGA.

It's estimated that 25% of all heat loss from an uninsulated home is through the roof which makes insulating the roof space one of the most cost-effective solutions. It can save you around £250 a year.

Cavity Wall Insulation with bonded beads is a quick, hassle-free way of insulating your home. 45% of a property's heat can escape through cavity walls and an average property will save £300 a year with cavity insulation.

If your house was built before 1919, it's likely that it was built with solid walls. Twice as much heat escapes from solid walls than cavity walls, so internally or externally insulating solid walls can considerably cut your heating bills – you could have an additional £450 per year in your pocket.

Upgrading your heating to a more modern and energy efficient system or having a first time heating system installed reduces both your energy consumption and bills. Our A-rated boilers are able to save you up to £350 annually, as heating accounts for approximately 60% of annual energy costs.

**07462 450184**

We use only the highest quality BBA products and we're a Green Deal approved installer PA42020.  \*Subject to survey - Terms & Conditions apply

<http://ukgreendeal.org.uk>

## WALTER C. PARSON

### FUNERAL DIRECTORS

#### FAMILY RUN FOR 7 GENERATIONS



Callington, The Old Police Station  
1 Saltash Road, Callington, PL17 7BB

Tel: (01579) 382 000 • [wcpltd.com](http://wcpltd.com)

**WCP** Since 1872

The Walter C. Parson Group

Crownhill • Callington • Exeter • Ivybridge • Newton Abbot  
Plympton • Plymstock • Saltash • St Judes  
• Tavistock • Torpoint • Torquay

**LET ME WRITE YOUR POWERS OF ATTORNEY**

I am a retired Solicitor so you know it will be done properly

I always come to your home so you feel more confident

I can write your Will at the same time get everything sorted out together

My prices are reasonable and there's no VAT!

**MICHAEL GRUNDY**  
Telephone 01579 351467  
A QUALITY SERVICE  
A SENSIBLE PRICE

# Cornish Makers Market

21st May 10am-4pm



Bringing together Cornish artisans

**Craft | Music | Food**

 Tre, Pol & Pen  
Lezant, Launceston



## Aid for Ukraine Thank you!



Here are some of the blankets I made so far and also some made up crochet already donated. These have gone to Poland with Darren's Cars. Thank you to all those who donated and please remember to keep sending me any wool you have lying about.  
Renee Jackaman  
[renjack@hotmail.co.uk](mailto:renjack@hotmail.co.uk)



## Nature Note

The glorious spring-like weather of the last half of March has been abruptly ended for the time being, but what a pleasure to see brimstone, peacock and other early butterflies. Bumble bees have been busy gathering pollen for their new broods and early oil beetles and even bloody-nosed beetles have been on the move.



Chiffchaffs have been calling all through March and before the end of the month blackcaps have sung from the hedgerow trees. Swallows and willow warblers will be the next birds to look out for.

The Environment Agency now say that the riverside walk up the Tamar from Calstock will be open for Easter. Here's hoping this latest promise will at last be fulfilled.

It seems an especially good year for daffodils and the lanes throughout Cornwall have been ablaze with all sorts of varieties of this cheerful flower, accompanied by our usual clumps of primroses and patches of starry celandines. By the time you read this, the bluebells will be open. It's so easy to take the splendour of our roadside flowers for granted. How many people living in the inner cities never see them?

Every year we note the progress of the rookery partway up Downgate Hill. It slowly builds in number, starting some years ago with only 2 or 3 nests. Now, so far there are 13 compared with about twenty last year. However, some have decamped and are making an 11-strong 'suburb' in a field hedge not far away. We'll continue to count!

At the time of writing (now 12th April), despite the changeable weather, Spring is advancing. Every shaft of sun brings out the foraging bumble bees; Willow warblers are singing, although sadly far less common these days: I hear the sand martins are back along the Tamar, speckled wood and orange tip butterflies have been seen and, although we had to go to the coast in South Devon, an early wall butterfly was basking in a sunny corner a couple of days ago.

Mary Atkinson



## LOUISE COURTNELL ON ROBERT LENKIEWICZ ARTIST & TEACHER

Louise Courtnell met Plymouth artist Robert Lenkiewicz in 1987. He became her mentor and teacher and there followed an intensive two year 'apprenticeship' in painting. She has also featured as a model in his paintings.

Her work includes landscape and still-life, however she has always had a passion for portraiture. She has been a regular exhibitor at the National Portrait Gallery, (BP Portrait Award) from 1991 to 2001A talk and was commended for two self-portraits. Commissions have included Dr. Rowan Williams, (2002) and Robert, Earl of Edgcumbe, (2008).

**A Talk by Louise Courtnell is at The Old School on Saturday 28th May 2022 at 7.00pm**

Tickets £5 (includes a glass of wine) available from

Jo Pescod 370200, Helen Adams 01566 782129 or from The Old School