



The **PARISH NEWS**

for Lanteglos, Lanreath, Lansallos, Pelynt & Talland

Marilyn's Musings

Who is my neighbour?

The Gospel passage for this Sunday (10th July) is the story of the Good Samaritan (Luke 25-37). A familiar story for many of an injured man helped not by those who could and should have, but rather a stranger, an alien, someone despised by those who thought themselves to be far superior to this foreigner.

Over the last few weeks our lives (well certainly mine) have been dominated by the EU referendum and it's consequences; Terrorist attacks; The Chilcot enquiry; Street violence; Paedophiles; Untimely illness and death; Shootings; Babies murdered; Abuse; and much closer to home a Polish family in Plymouth targeted by race-hate arsonists.

Someone once said to me "What is the world coming to?" My response was "It's not the world; it's the people who live in it!"

When God created the world, He created something beautiful, a place where all humanity – made in the image of God - could live in peace with their every need catered for. Sadly, it did not take long for humanity to spoil this tranquillity as they strived for superiority.

Years later humanity has not learnt lessons from the past with many still striving to be superior, boking after number one and forgetting that ALL humanity, irrespective of nationality, are made in the image of and loved by God.

Yes, we are living in changing and challenging times, none of us knows what the future holds for us locally, nationally or globally; but one thing I am certain of – abuse of any sort towards our fellow human beings is not the answer.

There is a popular song - When I needed a neighbour were you there, were you there? And the creed and the colour and the name won't matter, were you there?

Will you be there, like the Good Samaritan, for anyone in need?

Yours in Christ

Marilyn



*Polruan Carnival Queen and attendants
l-r Jasmine Carnival Queen, Mia & Amy attendants*

picture Tony Bartlett

From the Editor

We hope the change of publishing dates has not upset too many people and we would remind you that from now on the issues of The Parish News will be November/December; January/February; March/April; May/June; July/August; September/October.

The editorial team has always had trouble with working in September due to other commitments, so hopefully this will sort it once and for all. We are, after all volunteers ! Thank you for your patience.

So, all the Summer activities are upon us. Fetes, flower festivals, regattas, holiday clubs, swimming, picnics, visitors, and with it all the hard work of the local organisers, cleaners, rubbish collectors, launderers, bus drivers, Parents and Grandparents !

We wish you all well and much happiness.
What would we do without Summer.

Sue

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CHURCH DIARY

*St. Wyllow Lanteglos, St. Saviour Polruan, St. Ildierna Lansallos
St. Tallanus Talland, St. John Bodinnick, St. Marnarch Lanreath, St. Nun Pelynt*

AUGUST

Thursday 4
10.00 St. Saviour Morning Prayer

SUNDAY 7 TRINITY 11

09.00 St. Ildierna Morning Prayer
09.30 St. Marnarch Holy Communion
11.00 St. Saviour Parish Eucharist
17.00 St. Nun Songs of Praise
18.00 St. John Evening Prayer

Wednesday 10

09.30 St. Nun Holy Communion

Thursday 11

10.00 St. Saviour Morning Prayer

Saturday 13

15.00 St. Nun Wedding

SUNDAY 14 TRINITY 12

09.30 St. Marnarch Morning Prayer
11.00 St. Nun United Village Service
11.00 St. Tallanus Morning Prayer
11.00 St. Wyllow Parish Eucharist
18.30 St. Ildierna Evening Prayer

Thursday 18

10.00 St. Saviour Holy Communion

SUNDAY 21 TRINITY 13

09.00 St. Ildierna Holy Communion
11.00 St. Wyllow Morning Prayer
11.00 St. Tallanus Parish Eucharist & Baptism

17.00 St. Marnarch Holy Communion

Thursday 25

10.00 St. Saviour Morning Prayer

Saturday 27

12.30 St. Marnarch Wedding

13.00 St. Tallanus Wedding Blessing

SUNDAY 28 REGATTA SUNDAY

09.30 St. Saviour Family Service

09.30 St. Marnarch Family Service & Baptism

11.00 St. Nun Holy Communion

18.30 Coal Wharf

Polruan Songs of Praise

18.30 St. Ildierna Evening Prayer

SEPTEMBER

Thursday 1

10.00 St. Saviour Holy Communion

SUNDAY 4 TRINITY 15

09.00 St. Ildierna Morning Prayer

09.30 St. Marnarch Holy Communion

11.00 St. Saviour Parish Eucharist

11.00 St. Tallanus Morning Prayer

17.00 St. Nun Songs of Praise

Wednesday 9

09.30 St. Nun Holy Communion

Thursday 8

10.00 St. Saviour Morning Prayer

Saturday 10

13.00 St. Wyllow Wedding

SUNDAY 11 TRINITY 16

09.30 St. Marnarch Holy Communion

11.00 St. Nun United Village Service

11.00 St. Tallanus Morning Prayer

11.00 St. Wyllow Parish Eucharist & Baptism

18.30 St. Ildierna Evening Prayer

Thursday 15

10.00 St. Saviour Holy Communion

Saturday 17

13.00 St. Wyllow Wedding

SUNDAY 18 TRINITY 17

09.00 St. Ildierna Holy Communion

11.00 St. Wyllow Morning Prayer

11.00 St. Tallanus Parish Eucharist & Harvest Festival

17.00 St. Marnarch Evening Worship & Harvest Festival

Thursday 22

10.00 St. Saviour Morning Prayer

Saturday 24

14.00 St. Willow Wedding

SUNDAY 25 TRINITY 18

09.00 St. Wyllow Parish Eucharist

09.30 St. Marnarch Family Service

11.00 St. Nun Holy Communion & Baptism

18.30 St. Ildierna Evening Prayer & Harvest Festival

Wednesday 28

18.00 St. Saviour Sankey Evening

Thursday 29

10.00 St. Saviour Holy Communion

OCTOBER

The following is an approximate list of Church services for October.

These may be subject to change - there will be a finalised list on the notice boards in each Church nearer the time.

Sunday 2

09.00 St. Ildierna Morning Prayer

09.30 St. Marnarch Holy Communion

11.00 St. Saviour Harvest Eucharist

11.00 St. Tallanus Morning Prayer

17.00 St. Nun Songs of Praise

18.00 St. John Harvest Festival

Thursday 6

10.00 St. Saviour Holy Communion or Morning Prayer

Sunday 9

09.30 St. Marnarch Holy Communion

11.00 St. Nun United Village Service

11.00 St. Tallanus Morning Prayer

18.30 St. Wyllow Harvest Evensong, followed by bring & share harvest supper

18.30 St. Ildierna Evening Prayer

Thursday 13

10.00 St. Saviour Holy Communion or Morning Prayer

Sunday 16

09.00 St. Ildierna Holy Communion

11.00 St. Wyllow Morning Prayer

11.00 St. Tallanus Parish Eucharist

17.00 St. Marnarch Evening Worship

Thursday 20

10.00 St. Saviour Holy Communion or Morning Prayer

Sunday 23

09.00 St. Wyllow Parish Eucharist

09.30 St. Marnarch Family Service

11.00 St. Nun Holy Communion

18.30 St. Ildierna Evening Prayer

Thursday 27

10.00 St. Saviour Holy Communion or Morning Prayer

Sunday 30

St. Nun Benefice Eucharist

Lanteglos Churches Choir

The Choir will start singing practice again on Tuesday October 4th in readiness for the Christmas Services. Please phone Sue on 01726 870211 nearer the time if you would like to join us, or for more details.

Christmas is a good time to start singing with us as many of the carols are well known to nearly everyone. We also sing slightly less known Anthems which will challenge your expectations but increase your enjoyment - we promise.

Choir Practice is on a Tuesday night at 6pm at St. Saviour, Polruan.

From the Registers

Baptisms:

5th June Oliver Douglas Petroc Final St. John's

3rd July Zac Thomas Champion

St. Marnarch's

Luke Stephen James Davey

St. Marnarch's

24th July Lily Florence O'Keefe St. Nun's

Weddings:

2nd June Dominic Peter Laker to Miriam Rose Stewart St. Wyllow

4th June David Longden to Kimberley Baines St. Wyllow

Funerals:

28th May Violet Gwendoline Facey St. Marnarch's

13th June Alice Talling St. Ildierna

Memorial Service:

7th July Karen Summers Talland

Committal only:

8th July Albert John Dawe St. Nun

Burial of Ashes:

23rd July Jean Betty Povey St. Nun

Desmond Povey St. Nun

Colin Leslie Nelson St. Nun

28th July Phyllis Mary Bowden St. Nun

Services at the Crematorium:

20th July Samuel Peter Slade of Polruan Glyn Valley



The PARISH NEWS
for Lanteglos, Lanreath, Lansallos, Pelynt & Talland

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Talland Church Dates for your diary

Saturday 17th September at 7pm. Cheese and Wine Party in The Ebenezer Gallery The Coombes Polperro.

Cheese and Wine, also a private viewing of the Art works in the Polperro Ebenezer Gallery. Time to enjoy the skills of the artists and sculpture's

Saturday 17th September at 7:00pm Tickets £8:50 to include food and the first glass of wine. All enquiries to Jenny Hall on 01503 598267 or tickets on the door on the night.

Sunday 18th September 11am Harvest Festival in Talland Church followed by a Harvest Bring and Share Lunch in the church.

Churches Together Cornerstone HELP URGENTLY REQUIRED

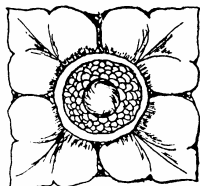
Cornerstone the Churches together Charity Shop in West Looe, would still appreciate some additional help. **If anyone feels able to help (3 hours at a time) please call Jenny Hall on 01503 598267** she would be delighted to add your name to the list of monthly volunteers or on the floating list which means help when you are able. **Also if you have any unwanted gifts or nice quality items, you no longer require, we would also be delighted to receive them.**

As it is a very small shop we are unable to take large items and clothing. It still has a full range of Christian cards. Fairtrade goods as well as books and bric a brac, and we are now able to take working electrical appliances, which we have electrically checked.

Additionally we are able to serve Fairtrade Tea and Coffee along with a nice slice of cake! The shop, which is on the corner of Quay Road in West Looe, is run by a group of Trustees under the chair of Revd. Marilyn Elliott and volunteers

RUTH ROGERS

All of us at Talland have been deeply saddened by the death of Ruth Rogers. Ruth and Graeme came to live just outside Looe a few years ago. Last year Ruth was diagnosed with cancer of the tongue. She met operations and treatment with quiet dignity and grace, never complaining. The last few weeks were spent in the peaceful surrounds of St. Luke's Hospice where she was expertly cared for. Throughout the whole time Graeme was constantly at her side, supporting and encouraging. Her funeral will take place in her home town of Manchester where she was Deputy Head in a Primary School and a leading light in the Scout movement. Ruth was a wonderfully bright spirit, full of ideas and practical wisdom. We shall miss her greatly.



EXPERIENCE

The children of Polruan and Pelynt Schools recently took part in 'Experience the Biblical Seaside' in St Saviour Church. This was written by our ecumenical and cross parish 'Experience Team' and enjoyed by the children, the staff and us!

The 'stations' remained in church until after the Sea Sunday service in St Saviour which was based around them. We then took them to Polperro School so that they too had a chance to 'Experience the Biblical Seaside'.

Kathryn Hill for the 'Experience' team

HARVEST FESTIVAL

For the last two years in Lanteglos Parish we have alternated celebrating Harvest Festival at St. Wyllow one year and St. Saviour the next year. This was done for an experimental period of two years which is now up. The PCC have decided that this year we will try a different plan.

The service in St. Saviour on Sunday October 2nd will be a Harvest themed Eucharist and the service at St. John that evening at 6pm will be a Harvest Festival.

Then on Sunday October 9th there will be no morning service at St. Wyllow but we will celebrate Harvest Evensong there at 6.30pm followed by a bring-and-share Harvest Supper.

The way we celebrate harvest at Lanteglos Parish will then be further reviewed by the PCC, so do please pass on your thoughts about this to any PCC member.

Lanteglos PCC

The Churches of Lanteglos by Fowey, Lansallos, Lanreath, Pelynt & Talland

Priest in Charge Revd. Marilyn Elliott 01503 221159

Lanteglos

Churchwarden Colin Payne 01726 870715
Treasurer Graham Tyson 01208 873750
Secretary Kathryn Hill 01726 870953

Lansallos

Churchwardens Brian Langdon 01503 272269
Margaret Phillips 01503 272430
Treasurer John Feesey 01503 220884
Secretary Glen Feesey 01503 220884

Pelynt

Churchwardens Sheila Morrell-Davies 01513 220976
Frank Edwards - Ex Directory
Treasurer Graham Whiteley 01503 220688
Secretary Sheila Morrell-Davies 01503 220976

Lanreath

Churchwardens Rose Northcott 01503 220475
Dawn White 01726 870743
Treasurer Peter Bartram 01503 220490
Secretary Jenny Bartram 01503 220490

Talland

Churchwardens David Bailey 01503 262890
Sheridan Hughes 01503 264948
Treasurer Joe Sharples 01503 273466
Secretary Jenny Hall 01503 598267

BENEFACTORS DIARY

AUGUST

Monday 1st
Lanreath Walking Group . Contact Sally
01503 220799

Saturday 6
RNLI Lifeboat Day from 10am
Polruan Coal Wharf & Town Quay

Tuesday 9
Childrens Hospice. Book Sale
Reading Room Polruan. AM

Wednesday 10
Tea Party at 2pm at Wykeham
in aid of Lanreath Shop & WI

Saturday 13
Lanteglos Church Fete
In & around St. Saviour
2-4pm

Sunday 14
Polruan Village Hall BBQ.
Polruan Coal Wharf 6pm

Tuesday 16
CHSW Book Sale
As Above

Thursday 18 - Sat 20
Regatta shop open AM
Fore St. Polruan

Saturday 20
RNLI Pig Roast
Coal Wharf Polruan 6.30pm

Tuesday 23
CHSW Book Sale
As Above

Thursday 25 - Sat 27
Regatta Shop open AM
Fore St. Polruan

Saturday 27
Crabbing Competition. Polruan

Monday 29
Polruan Regatta
(see article)

SEPTEMBER

Saturday 17
Cheese & Wine Party
Ebenezer Gallery, The Coombes,
Polperro. 7pm
(See Talland News).

Saturday 24
Age Concern Coffee Morning
WI Hall. Polruan 10.30

Sunday 25
Big Breakfast Fund Raiser
Lanreath Village Hall in
aid of village shop.

Wednesday 28
Sankey Evening and Pasty Supper
at St. Saviour with Tamsin Thomas
7.30pm

OCTOBER

Saturday 8
Childrens Hospice Little Harbour
Coffee Morning. WI Hall, Polruan
10.30am

Tuesday 11
Age Concern Outing to
Tavistock.

Saturday 22 - Tuesday 25
History of St. Saviour Church
Exhibition. 9- 4 daily.
a St. Saviour 125 event.

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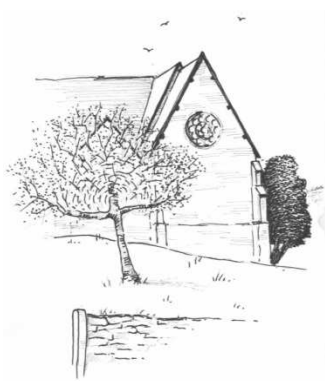
**Lanteglos Community Bus
Timetable**

	AUG	SEP	OCT
St Austell	2 & 16	6 & 20	4 & 18
Trago/Liskeard	10	14	12
Truro	24	28	26

The bus leaves the main car park at 9.25 then as requested at Furze Park, Well, Greenbank and Ferris Way

To book, please call in at The Luggar or phone 870007 (please do not phone before 9am)

'Service subject to driver availability'



St Saviour Church 125 Festival

Our Cream Tea in St Saviour on May 29th was well supported and raised nearly £160. Many thanks to all who helped and who came along and supported this event.

The next '125 Festival' event will be the **Church Fete on Saturday August 13th from 2 – 4 p.m.** It will be in and around St Saviour [inside if wet]. Items for the Fete can be left at the back of St Saviour. August 31st had been the day for '125 Quiz' sheets to be returned to Anne Allan, or placed in box in St Saviour Church BUT 30th September was accidentally printed on the Quiz Sheets so that is the deadline.

On Wednesday 28th September at 7.30 p.m. there will be a **Sankey Evening** compered by Tamsin Thomas, followed by a pasty supper. There will be a Raffle – prizes welcomed.

Then from October 22nd – 25th from 10 a.m. – 4 p.m. each day there will be a **'History of St Saviour Church' Exhibition.** Information, photographs and artefacts welcomed - please contact a '125 Festival' committee member if you have any that we can display. There will be light refreshments available and a raffle [of course!].

'125 Festival' Memorabilia will be on sale at all these events.

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Lansallos Parish News

by John Feeseey, Honorary Treasurer

An ancient building such as St Ildierna's is always needing repair and maintenance. As part of the completion of work started a couple of years ago to sort out a long term problem of damp ingress, local builder Mr R Northcott from Polperro, has recently cleaned down the internal wall at the west end of the Lady Chapel, which after the previous repairs had now dried out but was flaking and discoloured, and has given it three coats of lime paint. Mr Northcott also replaced two lengths of cast iron guttering which had fallen and broken, fixed several slipped slates in the main church roof, re-pointed sections of the porch slate floor and repaired some fallen plaster at the east end of the Lady Chapel. The total cost of this work came to £954 which was paid for out of our Church Conservation Fund.

Both the churchyard lanterns have also needed attention. The standard lamp by the gate rusted through and blew over in a winter gale and had to be completely replaced at a cost of £299, the work being kindly undertaken by churchwarden Mr Brian Langdon. Then, the top of the standard lamp by the porch was blown off in a spring storm and had also to be renewed, again by Brian, this time at a cost of £267. Both these works were again funded from the Church Conservation Fund, which fortunately is reasonably healthy.

We regularly receive comments at this time of year about our policy for cutting the churchyard grass. Some are complaints that the grass is not cut early enough and graves of ancestors and loved ones become obscured and disappear under the long spring growth. Others object that the grass is cut too soon in the year and wild flowers are unnecessarily strimmed. We do understand the good intentions of such letter writers but the PCC's policy, inevitably, has to be a compromise. The churchyard is first strimmed in mid-May, when most wild flowers have set their seed but before unpleasant plants such as the docks and hogweed become too large.

By the time this article is published the annual Lansallos Fete will have taken place, hopefully in pleasant sunny weather. The fete committee would like to thank everyone who helped to run stalls or games, made teas, donated prizes or helped in any of the myriad ways necessary to make the event happen. And, of course, our thanks go to all who came and supported the fete, which raises vital money to help pay for church heating, lighting and insurance.

The next date for your diaries is **Harvest Festival at 6.30pm on Sunday, 25th September** when we will again be supported by the delightful **Liskeard Ladies Singers**, and will be followed by light refreshments. Any donations of fruit, vegetables or flowers to decorate the church will be most welcome – please bring them to St Ildierna on the Saturday morning before the service.

Dew bos geno!
(God be with you - in Cornish)



**Polruan Regatta
and Children's Sports**
from the committee

We were blessed with one of the loveliest warm summer days at the end of May for our choosing of the Carnival Queen and Attendants event. Six girls from the Parish entered and judges from the Oxford area had the unenviable task of choosing our Queen and Attendants for 2016-2017. Jasmine was chosen as Queen with Amy and Mia as attendants, with their Mums' they are busy choosing patterns and material to be made into dresses fit for 'royalty' by our talented seamstress, Sally Tomlin.

We welcomed Professor Hargrave to present a Punch and Judy Show and our barbeque sold out. The morning was a happy occasion.

As this is written our Polruan In Bloom judges have been touring the Parish looking at the high standard of entries this year. The winners in the two categories will be announced at the prize giving on Regatta Day.

Entries for the scarecrow competition have been coming in and hopefully the weather will be kind and allow them to stay in situ for everyone to enjoy through August. Our main event of the year will take place over the August Bank Holiday weekend. Our outline planning takes place in the autumn but of course there's plenty to keep the committee busy in the last few weeks and we are so grateful for the support of and help from residents and locals.

Programmes will be available in early August at both the Winklepicker and Polruan Store, those who are patrons will get a programme delivered.

Our website will also give information at www.polruan-regatta.co.uk.

The usual favourites will be included and we welcome Le Navet Bete to entertain us; they come highly recommended, one family even booking their holiday accommodation to ensure they see them. As usual we will be selling ball roll numbers, raffle tickets, programmes and tee shirts and have entry forms for beach volley ball and sailing races on the corner of East Street on the mornings of August 18th, 19th, 20th and 25th, 26th and 27th. Raffle prizes will be displayed in the window of Sunray House, by kind permission.

As always we welcome anyone who can help with sales or other jobs over the weekend and we never ask anyone to give more than an hour. Please contact Lynn Bartlett on 870536 if you can and would like to offer help.

Our Beach Gala and Regatta will be long gone by the time the next Parish News is published but we are confident that, whatever the weather, we will have had a great time and so send our grateful thanks to everyone who makes it happen.

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News from Pelynt and Polruan Schools

It has been an action-packed last half term with all sorts of things going on at Polruan school.

Recently, years 2-5 visited Pelynt school for a sports morning led by their year 6 sports leaders. They did many activities such as: throwing bean bags as far as you can; having a proper match of basket ball and practicing our dribbling; trying to hit the targets with a bean bag; and much more. It was a fun morning and a good chance to mix with different pupils.

We've also been sailing at the Gallants Sailing Club over in Fowey. The years 3 and 4s did two afternoon sessions before half term and at the beginning of this half term the year 5 and 6s did two afternoons too. The children loved sailing and got the hang of it rather quickly.

A couple of weeks back, ten of our students performed a dance and a rap at the Hall for Cornwall in Truro. They had a very long day as the got up at 6am and came back at 11pm- in between that time they took part in two amazing performances.

At the end of the last half term, we had someone come in from a space company to set up a workshop for the whole school all about space. He told us every little detail about space and now the children are full of space facts. Also, we made spaceships with paper and card and then we launched them with a mini rocket launcher in the field next to the school. The children found it very interesting and loved the activities they got involved with.

A few weeks ago, the year 5 and 6s went to London with Pelynt school for four days. They stayed in a lovely hotel right opposite Wembley Stadium- as a result they heard Coldplay playing at 10pm from the hotel! In London they went and visited lots of amazing places such as: Madame Tussauds; The Natural History museum; the Science museum; Houses of Parliament; a boat trip on the River Thames; and much more.

We have had one of our year 6 pupils go off to Bodmin college for a transition day and the other four of the have gone off to Fowey for a week to get the feel of what a secondary school is like- they will be sad to leave Polruan but are excited about the new challenges ahead.

Very recently, Fowey library came in to introduce us to the summer reading challenge and on Friday we went to

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Fowey library and did lots of activities and came back on the Hall Walk.

Years 2-6 have been working very hard on their ukulele performance. They spent every Monday afternoon working it to get it perfect for the parents. When they performed it to the parents they all loved it!

In Canute this term they have been very busy as well. They have been down to Polruan Back Beach to look for creatures in their natural habitats. They also made sand sculptures of giant monster feet to link into our topic of journeys. After all that hard work they got rewarded with an ice-lolly!

It has been a super summer term but we are now looking forward to the holidays!!

by Jasmine Salmon (Year 6 pupil)

It has been a busy time at Pelynt School too, especially for the Year 6s who have been on an amazing induction day at Looe Community Academy. We used Bunsen burners in science, when we set fire to sticks. It was great fun! We also learnt how different metals affect the colour of the flame. It went a purple colour with iron! We made torches in technology and we learnt the names of fruit in French. Some of the Year 6s went to London with Polruan School and we had an exciting time. One of our favourite things was going to Madame Tussauds and meeting new people from Polruan. The tube was fast and furious!

In Class 3 since then, we have been busy practising the leaver's play which is called 'Pelynt's got Talent'. We are also learning about the different journeys that people go on to get to the Olympics. We organised a sports festival for Tregeagle class from Polruan and it went really well. We had a great time and everyone took part and showed great team work and sportsmanship.

In Class 2 this half term they have been learning about creatures under the sea and have learnt many new facts about sharks. They are going to Seaton Beach for a field trip at the end of term.

In Class 1 they have been learning about the seaside and are looking forward to a ferry ride to Ready money Beach where they are going to do some rock-pooling activities with the Friends of Fowey Estuary. The new Reception children have been visiting our big school every Wednesday and they are all getting on fine. The rest of the school is looking forward to seeing them in September.

We are lucky to have a summer fair soon, organised by the Friends of Pelynt School and Year 6 children are helping to run the stalls. There will be tombola, fruit kebabs, a 'fiver challenge' stall, a goal shoot out, welly wanging, bouncy castle and much more.

This is the last time that we shall write this report as head boy and head girl of Pelynt School as we are leaving to go to secondary school. We have enjoyed representing the school and hope that everyone has a good summer.

by Jowan and Annabelle, Head Boy and Head Girl

KOOL KIDZ FUN KLUB

The split into older and younger sessions is working well. Due to inclement weather the meeting on June 10th was held at the Fire Station. We are very grateful to Polruan Fire Brigade and especially to Colin Payne for his input into the evening. The meeting planned for June 24th was cancelled because of Polruan School Summer Fayre the same afternoon. By July 8th we are able to meet at the refurbished Polruan Village Hall to start our 'Summer Hike' led by Andy Simmons of the National Trust. Hot chocolate and marshmallows to toast over the fire awaited the hikers at the destination as well as the chance to use up any remaining energy with various ball games. All in all a good meeting – we are very grateful to Andy and Sophie and look forward to a 'Night Hike' in the autumn!

The dates for next term are 16th and 30th September, 14th October, 4th and 18th November and 2nd December which will be our Christmas Party. The slightly amended times are 5.30 – 6.40 for children in School Years Reception to Year 4 and 6.45 – 8.00 for youngsters in School Years 5 to 8. Subscriptions remain at £1 per meeting. New members are always welcome, contact Kathryn [870953] or Bonnie [870436] for further information.

Age Concern

A big thank you to everyone who came and supported the Age Concern Coffee Morning at Whitecross village Hall. We raised £233.00. Also thank you to Jason who drove the bus.

Our next Coffee Morning will be on Saturday 24th September at 10.30 at the WI Hall in Polruan. Also thanks to the new committee members. Lets hope we can make a new start and keep Age Concern going.



children's hospice
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Little Harbour: from Lynn Bartlett

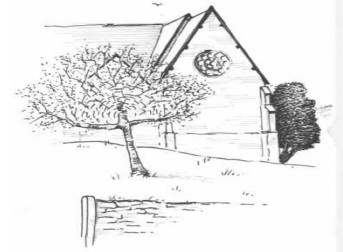
Despite the damp summer months we've been able to hold our book sales outdoors which is always an advantage and combined with the sales from our shelves in the Reading Room we average £40.00, a good steady income.

We gratefully received £300.00 from Jane Walker, our third share from sales of her prints and original art work. She continues with this generosity with a display of her art work now in Crumpets. Thank you Jane.

It seems very premature to be writing about our autumn sale but on Saturday October 8th we will be holding a coffee morning in Polruan WI Hall from 10.30-12.30. There will be refreshments, a raffle and Christmas cards on sale. We invite other individuals and charities to join us on this morning.

Sadly we are no longer able to collect printer ink cartridges as now we are charged for them to be taken away and therefore they provide no income. We do still collect used stamps, foreign and old coins, jewellery and mobile 'phones.

We are hoping that the weather will be fine for the open garden with cream tea at Puffins, Meadow Close on the 31st July between 3.00.p.m. and 5.30 p.m. and thank Ian and John for once again for their generosity in hosting this popular event that benefits not only Little Harbour but the Motor Neurone Association. For further details please contact Lynn Bartlett 870536 or Joan Simpson 870357.



The Story of St. SAVIOUR AT POLRUAN By Frances Eileen Burdett

The Mission Church of St. Saviour at Polruan by Scott L. Burdett including much early history.

The diary of Sir Richard Edgcumbe's journey to Ireland in 1488. A history of the Reformation in Cornwall.

The Rev. J. Trounwell Mugford's "diary and accounts" of the building of St. Saviour's in 1889

Frances Eileen Burdett lived at Headlands, Polruan and her book was first published on Midsummer's Day 1968. It was last reprinted in 1973.

This new and revised edition is published by the Lanteglos-by-Fowey Parochial Church Council by kind permission of the Burdett family.

Price £3 from St Saviour, St Wylow, and The Winklepicker.

By Post £4.50 from The Parish News, 1 St Saviours Hill, Polruan PL23 1PR

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LETTERS TO THE EDITOR

Sue Shakerley,
Coombeland,
Lanteglos-by-Fowey PL23 1NL.
susanshakerley@gmail.com
PHONE 870211

Or use the letterbox in the porch of
St Saviours Polruan

The Editor welcomes your letters and contributions however in fairness to others reserves the right to abbreviate owing to limited space available.

We regret that anonymous contributions are not acceptable. Please give your name & postal address: this will not be published in full unless you specifically request it.

A Letter from New South Wales

From Mary Taylor
3 Warren Street
Cootamundra
NSW 2590
Australia

The first thing I look for in the magazine are Mavis Cocks' stories, which are so much like I remember my days in Polruan.

I came to Pendriffey with my Gran & Grandad (Jane & I always called them Mum and Dad) when I was 3 years old, Dad worked for Mr. Claude Philp.

Mr. & Mrs. Philp had 3 children, David, Ruth & Stephen. They were such nice people. Dad looked after the horses, he sometimes took me with him to feed and water them, but I had to keep away from the hooves. Two of the boys and 1 girl lived there as well. The 2 boys worked for different farmers and the girl Isabel was in the land army.

We never bought a vegetable - had everything we wanted in the garden & the surplus was made into pickles or bottled. We killed a pig that we fattened once a year, the pork was salt-petered and put in big wooden barrows. Milk was got every day from the farm. Mum would skim it every day and keep the cream until Sunday tea-time - lovely it was.

Always a kettle on the boil, tea pot never empty, if anyone called like sales people or neighbours from the next farm - it was a cup of tea. No electricity, only wood stove and oil lamps. No bathroom as such, just a tin bath by the fire (the men were all sent to the front room until it was their turn).

It was a lovely sight to see man & horse ploughing a field, took much longer than now adays. The furrows were as straight as a die. It was hard going for the workers, but they liked it.

It takes a while for the magazine to get here, but I read it from beginning to end and it keeps us in touch with Polruan.

Mary would love to hear from anyone in Polruan - ED



BUNTING

Polruan Regatta and Children's Sports from the committee

For the second year we have had to seek permission from Cornwall Council Transportation Service, to put up our bunting across the highway. Streetworks have told us that we need to inform property owners that they may have our summer bunting attached to their property.

We realise that it is only courteous to make you aware of our tradition of decorating Fore Street and for a short length of West Street, with bunting, secured in zig zag fashion, across the road. This is done by people with experience of doing this for many years with due respect for property. By the time this news is printed the bunting may well be in place; it is taken down in early September.

We quite understand if you do not wish the bunting to be attached to your property and would be grateful if you would let us know if this is the case.

Please contact Mrs Lynn Bartlett: tel 01726 870536 or email lbart49738@aol.com



CLOSING DATE NOV-DEC ISSUE

COPY & LETTERS

to Sue Shakerley,
Coombeland,
Lanteglos-by-Fowey
PL23 1NL.

susanshakerley@gmail.com
PHONE 870211

Or use the letterbox in the porch of
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not later than

14th OCTOBER

Refugees

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So do not tell me
These haggard faces could belong to you or
I Should life have dealt a different hand
We need to see them for who they really are
Chancers and scroungers
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With bombs up their sleeves
Cut-throats and thieves
They are not
Welcome here
We should make them
Go back to where they came from
They cannot
Share our food
Share our homes
Share our countries
Instead let us
Build a wall to keep them out
It is not okay to say
These are people just like us
A place should only belong to those who are born there
Do not be so stupid to think that
The world can be looked at another way

(now read from bottom to top)

Brian Bilston

Parish News Subscriptions

Volunteer Wanted.

To keep the subscriber file updated every two months and print out the labels.

This is not a big job and full instructions will be given.

Contact Graham Tyson
on 01208 873750



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the worldwide web at
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The official website of
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Thank you

from Mary Goddard

I don't know how to thank you all for your letters and messages of sympathy on the death of my beloved daughter Jacque. And thank all of you who came to her beautiful funeral. We all felt much loved and cherished. Bless you.

The family of the late Alice Talling

would like to thank all our family and friends for their love, help and support when Alice was ill. Thank you too for all the beautiful cards and messages when she passed away.

Thank you to Peter Ripley for a well organised funeral service and all the people who attended.

Gill Palmer

"A Grandmother Prays"

by Rosemary Atkins

Living Each New Day

God you shape all of life
As the years pass I am getting a little slower

and I need the odd rest.
God help me today and every day
to live life to the full,
making the most of each new day
that you give me.

Inspire me to look the best in my clothes,
to wear a smile when others come,
and to do something of worth each day.
Then shall I be truly worthy of your gift to me.



Theatre Club News

A huge thank you to all those who helped with or supported Fresh Winds from the Willows. There is always a lot of work entailed in putting on this sort of show, which could not go ahead without your help.

We have had to shelve our proposed summer production as some of the cast were unable to do those dates due to other commitments. We are such busy people!! We are hoping to produce a play in October if it can be cast.

AN APPEAL for any actors, especially younger people.

Also any one who would like to help in other ways i.e. lighting, sound, costumes, backstage or general "dogsbody?"

We do have fun, rehearsals are usually twice a week, and it can be busy in the weeks running up to a show for those involved in the set or producing props or costumes, but it is worth it when you hear the audience's applause.

If interested please ring Wendy
01726 870666



Polruan Regatta Flower Pickers.

For more years than anyone can remember a group of the village men have toured the village the evening before regatta day collecting hydrangea flowers from various gardens.

Although not officially the committee they do have links to our organisation! The flowers are used to decorate the staging for the Queen crowning on Regatta day. As in other years the flower pickers do not wish to take flowers where it would cause offence.

Please contact Des Libby on 870735 if you do not wish your flowers to be used.

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Tribute to Alice Talling

from Gill Palmer

Alice Talling passed away on June 4th this year.

Mum was a Lancashire lass from Wigan. Her father was a coal miner and her grandparents ran a fish and chip shop. Alice began her working life in a factory making heavy duty work clothes, dungarees, boiler suits etc. When the war began Alice didn't want to be moved to the munitions factory so she joined the Land Army without her parents permission.. When she arrived in Lansallos she thought she was in heaven with the beautiful hills rolling down to the sea. She started work the very next day. Working with a team who went around the countryside thrashing corn for the farmers. The girls had never seen a thrashing machine before and had no idea what to do. They were put on top of the corn rick and had to throw the sheaves to the machine. Needless to say they went everywhere they shouldn't. The boss stopped them and asked if they had ever done this work before. On hearing that until the day before they had never been in the countryside he was amazed, he had been told that they were two experienced thrashers. Alice soon learnt how to milk cows, look after the animals and of course how to work with the thrashing team. Although they had numerous blisters and aching muscles they loved their work. Every evening hot, dirty and tired they ran down to Lansallos beach for a swim. Alice met our Dad Tom while working on the family farm at Trevedda. They married in 1944 and she was soon taken under the wing of Edith (her mother in law) and Elsie and Flo her new sisters-in-law. They taught her how to make a Cornish pasty and all the other skills she would need as a farmers wife. Cream and butter making and don't forget the saffron cakes. Their first seven years were spent at Coombeland Farm, then with two small daughters they moved to their dream home at Carneggan and a much bigger farm. Life was busy, another daughter arrived. There was a huge house to clean and decorate, three young children to look after, bed and breakfast with an evening meal as well, cream teas on the lawn for visitors in the afternoon. Luckily she had the help of her sister Anne, as well as sisters-in-law Flo and Alice. Alice still found time to take us all to the beach on

Sundays along with cousins and friends. Squashed tomato sandwiches with sand always tasted so good.

Alice belonged to many local organisations, helping in any way she could. She learnt to ring the Church bells but focused on hand bell ringing, winning many first prizes. She taught all the family to ring and was very proud when her great granddaughters and two of their friends were asked to ring in Truro Cathedral for a Christmas service. In later years when Alice had to rely on oxygen, she still maintained her social life, especially Lansallos Church and the whist drive at Whitecross.

Alice, our beloved Mum was taken to be reunited with Dad at Lansallos Church, travelling in style on a tractor and trailer (as she wished) guarded by her Grandsons. Wild flowers from the farm hedges decorated the church where all her family and friends waited to say goodbye to a wonderful lady who will be greatly missed.

POLRUAN VILLAGE HALL

Polruan Village Hall has now been insulated, had new heating installed and a major electrical upgrade including new consumer units and coin meters, plus it has been re-painted. This has been funded by SITA Cornwall Trust and we are very grateful to them.

We plan a Reopening Celebration' in the form of an 'Afternoon Tea' [date yet to be finalised so look out for posters]. We invite any 'crafters' who would like to have a stall at this event in exchange for a donation to PVH to get in touch with Kathryn [870953]; there will also be a free children's art competition. Do come along and enjoy afternoon tea in the improved hall. Our annual BBQ will be on the Old Coal Wharf on Sunday 14th August from 6 p.m. We look forward to seeing many of you there.

We are very grateful to Pete and Elaine and to 'Quizmaster Ray' for the quizzes held in the Luggar Inn in May and July which raised £154 & £138 respectively for Hall funds.

Kathryn Hill

AGE CONCERN

VOLUNTEER HOSPITAL DRIVERS

Should anyone need a driver to take them for a hospital appointment could they please make contact with someone from the following list.

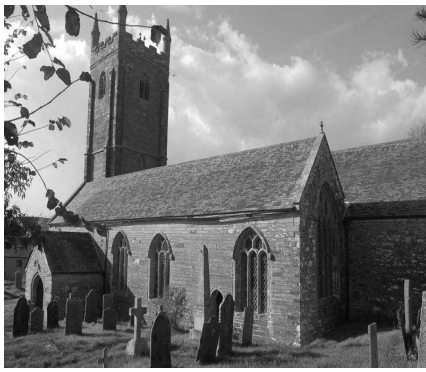
DRIVERS

Michael Davies	870246
Carol Gipton	870407
Eric & Cynthia Lockyear	870144
Charles & Lesley Steele	870452
Graham & bella Tyson	870221
Kathryn Hill	870953
Kevin & Andrea Francis	870405

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NEWS FROM LANREATH
from Jenny Bartram

The schools have broken up for the summer holidays and this also applies to a number of organisations in the village. However a few are continuing with their activities.

Bridget Clark will be holding her Annual Tea Party at 2.00pm on Wednesday 10 August at her home, Wykeham in aid of the Village Shop and the W.I. Everyone is welcome to join this popular event.

The Walking Group have arranged the following walks on Monday 1 August at 2.00pm from Lanreath Village Hall car park – A Circular Walk around Pelynt.

Two weeks later, a local walk is planned but contact Sally on 01503 220799 for full details. At the time of going to print, no further fixtures are available.

Lanreath Community Shop and Post Office offer a good range of products including wines, often with excellent promotions. With, hopefully, the warmer weather here to stay for a few weeks, the shop has stocked a choice of Callestick ice creams, also lollipops. An order service is available including magazines.

Other facilities include a watch repair service and telephone and electricity top up vouchers. During the holidays the shop opening hours have been extended, now closing at 6.00pm daily. Lunchtime closing is from 1.30pm – 3.00pm. Sunday opening times remain as at present.

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On Crumpets corner Sunday morning from
9.30 approx
Fresh milk now available at
The Winkle Picker.
Tel: 01726 870735 Mob: 07854197016
Email: deslibby@hotmail.co.uk

A Big Breakfast shop fund raiser has been arranged for Sunday 25 September at the Village Hall to enhance the shop's income and keep it a viable proposition. If we don't use the shop, we could lose it.

The Parish Council has applied and subsequently received a substantial grant from Viridor Credits towards rebuilding the crumbling wall around the Millennium Green, and replacing the existing path across the Green. A new notice board has recently been sited adjacent to the shop, if you wish to display a notice, please speak to Siobhan in the shop.

A public meeting was held on 9 June to discuss the advancement of Lanreath Neighbourhood Plan, when the results of the questionnaire together with the Plan Objectives and Policies drafted by the Steering Group were presented. It is anticipated that the plan will enter a six week consultation period towards the end of July.

After what we hope will be the unqualified success of The Flower Festival held in Church at the end of July, the PCC are looking ahead to events this autumn. Our Harvest Festival Service followed by a harvest supper, will be held on Sunday 18th September at 5.00pm.

The Soup Lunches recommence on Wednesday 28th September at noon in Church. Cost £5.00 per person. There will be an October lunch on Wednesday 26th, but no lunch in November, as we will be preparing for our Christmas Fayre. This will be held on Saturday 3rd December at 11.30am with stalls to tempt you to purchase Christmas gifts, and we will be serving refreshments and a pasty lunch.



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Fowey Readers' Group – Fridays 30th Sep & 28th Oct 10.30-11.30 (No August meeting)

Fowey History Group – Fridays 16th Sep & 21st Oct 2-4 (No August meeting)

Crafties – Tuesdays 27th Sep & 25th Oct 2-4 (No August meeting)

Sing & Sign – All mums and dads with 0-2 year olds are welcome to drop in to Sing & Sign with Caroline Oldman on Thursdays 10-10.45. (No session on August 18th)

There will be storytimes during Regatta week at Fowey Library on Tuesday, Thursday and Friday. Please check Regatta programme and/or website for times.

Do call in and have a look at Fowey River Camera Club's exhibition of photos (on display until September) – a really stunning display as usual!

Your next Mobile Library visits will be Tuesdays 9th Aug, 6th Sep & 4th Oct at 12.05-12.25 at Lanteglos Highway Old Chapel and 13.35-14.15 at Fire Station, Polruan. You can also use the Micro Library situated in the Ship Inn pub in Lerryn!

The Lego Club on Tuesday afternoons 3.30-4.30 for 5-10 year olds at Fowey Library has proved very popular and successful. It runs for 4 weeks at a time during term time so do put your name down for the sessions.

The Summer Reading Challenge started on Saturday 16th July. This year libraries are celebrating 100 years of the world's favourite storyteller – Roald Dahl. It's not too late to sign up to the Summer Reading Challenge and get a free collector folder to keep your special Big Friendly Read cards. The cards include Quentin Blake illustrations from some of Roald Dahl's best-loved stories – you can collect all six cards as you read books of your choice. It's fun, it's friendly and, best of all, it's totally FREE!

Ever found yourself trying to remember the name of a film you have seen? Well help is at hand with a search engine called "What is my movie" at www.whatismymovie.com I tried it out when my husband and I couldn't remember the name of a film about a small group in the American Embassy in Iran being rescued which we had watched some time ago. Simply type in a few keywords and the film's name will hopefully appear – in our case it was called Argo!

Bottle tops – We have been saving plastic milk bottle tops for a local charity who now have enough. Does anyone know of a charity that collects bottle tops please?

Vicky, Pauline, Helen, Ali and Tim

Our normal opening hours are: Tuesday, Thursday, Friday 9.30–5. We are closed on Monday, Wednesday and Saturday
Tel: 0300 1234111 Email: fowey.library@cornwall.gov.uk

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*Children enjoying the Punch & Judy performance by Professor Hargrave at the Carnival Queen choosing on Bank Holiday Monday May 30th—report p 5
courtesy - Paul Hupfield*



*Sue & Julian Shakerley get the barbeque ready to feed the troops
courtesy - Paul Hupfield*

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Army Benevolent Fund

The Soldiers' Charity The Big Curry Lunch - 7 April

Whitecross Village Hall

On Thursday 7th April, 70 guests sat down to a magnificent curry lunch organised and catered by Gavin and Margaret Shakerley, Geoffrey Simpson and Pat Moore, much aided and abetted by friends and neighbours, too many to list here.

The Hall had been specially decorated for the occasion with flowers, candles, banners and balloons, and guests dined on five different curries - none of which was left at the end of the day!

This really was a case of doing good and having fun at the same time. After paying for the ingredients, over £2900 had been raised for this very worthwhile Charity which helps badly injured Soldiers get back into society to restart their lives as civilians.

A profound Thank You to everyone who came on the day, to those who couldn't attend but made donations, to all the people who gave gifts for the raffle and the auction and last but not least, to all the helpers who gave unstintingly of their time and effort to make the day such a resounding success.



LADIES MOONLIGHT WALK

The Little Harbour Children's Hospice is holding its Moonlight Memory Walk in Falmouth on October 1st.

The walk is an uplifting girl's night out where women of all ages take to the moonlit streets to walk in memory and celebrate the lives of those they love.

The walk is a five mile circular route of Falmouth and is open to ladies only, aged 14 and over.

All money raised will go towards making the most of short and precious lives at Children's Hospice South West.

HOLIDAY CLUB

Polruan Holiday Club 2016 'The Cornish Culture Club' will be over by the time you read this but you may well have seen and heard us when we were out and about!

As I write a couple of weeks before Holiday Club starts our plans are well advanced. As usual we have friends from afar planning to come and help - the Mallards plan to come with a team from Sussex, plus we expect Becky from Bristol and Lyndsy from Wales. There will be crafts, games, songs, stories, dramas and the ever popular 'water fight' organised for us by the National Trust. This year we plan a Forest School Day which will involve trekking through 'The Hills' to Pont and back.

Many thanks to all who supported our fund-raising 'Cream Tea' which raised £175, who attended the final exhibition of the children's art and craft work and our 'Holiday Club Finale' on the Thursday evening and who donated items for 'junk modelling' and other activities and who helped in any way with the club.

We are also indebted to Councillor Edwina Hanniford for the grant from her 'Community Chest', to Polruan Town Trust and Polruan Regatta and Children's Sports Committee who both gave us grants towards the cost of Holiday Club and to Polruan Village Hall Committee who again only charged us half the rent for our use of Polruan Village Hall.

Holiday Club Leaders

**children's hospice
SOUTH WEST**

**moonlight
memory walk**

**Register today and raise as
much sponsorship as you can!**
The event is open to ladies only, aged 14+

Celebrate precious lives with every step!

Join us and hundreds of ladies in our 25th Anniversary year as we celebrate those we love on a five mile route of Falmouth's moonlit streets, after a very special remembering ceremony looking back at 25 years of Children's Hospice South West.

Creating memories is a big part of what we do at our hospices. By taking part in this event, you will be helping us to continue making precious memories for families across the South West.

Kindly sponsored by:

For more info:
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e: moonlight@chsw.org.uk
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Wonderful start to Whitecross Local Produce Market

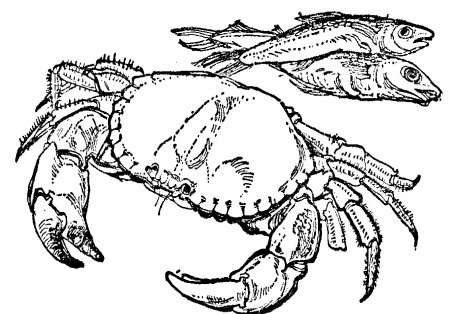
The first local produce market at Whitecross village Hall was a huge success. The hall was packed and everyone was buying and enthusiastic.

The Markets will be held on the **FIRST** Saturday of each month. So put August 6th, September 3rd & October 1st in your diaries. Doors open at 10am and the market will run until 3pm

New for the August market: delicious fresh curries and textile art. Please follow the market on Facebook, and if you want to get in touch you can email whitecrosslocalmarket@gmail.com or call Liz on 01726 870542 or 07900 668604.

Bus will run from Polruan, starting at the Car Park at 11.00 (note change of time) and pick up from The Well and then Greenbank which will give you time to browse, have a cup of coffee, and then sample a delicious freshly cooked pasty before the bus takes you home.

See you there.



SUMMER RECIPES

Smoked mackerel, spinach and spring onion tart

Serves 8

Hemsley and Hemsley's lovely savory tart uses homemade gluten-free pastry and a rich filling.

Delicious with a green leafy salad.

For the pastry:

375g/13oz ground almonds
1 tsp salt
½ tsp bicarbonate of soda
30g/1 ½ oz butter, softened, plus extra for greasing
2 free-range eggs

For the filling:

200ml/7oz full fat plain yogurt
3 free-range eggs
handful finely chopped fresh flatleaf parsley
½ lemon, zest only
pinch freshly ground black pepper
pinch salt
bunch spring onions, trimmed, finely chopped
50g/2oz spinach
150g/5 1/2oz smoked mackerel, cut into chunks
6 cherry tomatoes, halved

Preheat the oven to 200c/180c Fan/Gas 6. Grease a 10" tart tin with butter. Pulse all of the pastry ingredients together in a food processor until it resembles breadcrumbs, then add the eggs. Pulse again until the mixture starts to come together as a dough, then press the dough into a smooth ball, wrap in cling film and chill in the fridge for 10 mins.

Turn the dough into the prepared tart tin. Use the palm of your hand to squash the dough evenly over the base, then spread and smooth it into the edges and sides of the tin using your fingers. Trim away any excess using a sharp knife, then line this pastry case with a sheet of greaseproof paper and fill with baking beans. Return to the fridge for 20 mins.

Blind bake the pastry case for 10 mins, then remove the baking beans and paper and bake for a further 8-10 mins or until pale golden brown.

Meanwhile for the filling, beat together the yogurt and eggs until well combined. Stir in the parsley and lemon zest and season with plenty of pepper and a little salt. Set aside.

When the pastry case is cooked, reduce the oven temp to 190C/170CFan/Gas 5.

Arrange the spring onions in an even layer on the bottom of the pastry case. Arrange a layer of spinach on top, then place the chunks of mackerel onto the spinach leaves.

Carefully pour over the yogurt and egg mixture and dot the surface of the tart with the tomato halves cut sides upwards. Bake for 25-30 mins, or until the filling has set and the top has turned golden-brown. Serve warm or at room tempera-



Apple Fudge Cake

Serves 6

100g/3 ½ oz red apples, peeled, core removed
150g/5oz soft fudge, cut into small cubes
1 tsp mixed spice
1 tsp ground cinnamon, plus extra for dusting
175g/6oz unsalted butter, softened
150g/5oz dark soft brown sugar
2 free range eggs
250g/9oz plain flour
2 tsp baking powder
clotted cream, to serve
icing sugar, for dusting

Preheat the oven to 180C/350F/Gas 4. Grease and line a 20cm/8" loose bottomed cake tin. Slice one of the apples into 1cm/1/2 in slices and chop the remaining apples into small cubes. Sprinkle half the fudge into the bottom of the tin and arrange the apple slices on top. Place the cubed apple and spices in a bowl and mix together until the apples are coated in the spices. Add half of the apple cubes to the cake tin. Cream the butter and sugar together in a bowl until pale and fluffy. Beat in the eggs, then the flour and baking powder until well combined. Fold in the remaining apple and fudge. Bake in the oven for an hour, or until a skewer inserted into the middle of the cake comes out clean. Remove the cake from the oven and set aside to cool. To serve, remove the cake from the tin, dust with icing sugar and cinnamon and serve slices with a spoonful of clotted cream.



Blackberry Spinach Feta Salad

Serves 8

An excellent brunch salad. Tastes great without a dressing but you could add a bacon dressing or some balsamic vinegar.

3 cups baby spinach, rinsed and dried
1 pint fresh blackberries
6 oz crumbled feta cheese
1 pint cherry tomatoes, halved
1 spring onion, sliced
½ cup chopped walnuts (optional)
½ cup edible flowers (optional)

In a large bowl, toss together the spinach, feta, tomatoes, onion and walnuts. Stir in the blackberries and garnish with the flowers.

Apricot and Ginger Frangipane Tart

For the pastry:

200g plain flour
100g cold butter, cubed
50g golden caster sugar
few drops vanilla extract
1 egg yolk

Frangipane:

100g butter, softened
100g golden caster sugar
2 eggs
140g ground almonds
75g plain flour, plus extra for dusting
2 balls stem ginger in syrup, finely chopped plus 3 tbs of the syrup
8-10 apricots, stoned and quartered

Tip the flour, butter and a pinch of salt in to food processor. Pulse until resembles breadcrumbs. Add the sugar and pulse again. Add the vanilla, egg and 1-2 tbs cold water and pulse until the dough just comes together. Tip out and roll on a lightly floured surface to line a 22cm loose-bottomed tart tin, pressing it into the sides. Chill for 30 mins.

Frangipane: whisk butter and sugar until light and fluffy. Gradually add the eggs, beating well after each addition. Stir in the almonds, flour, ginger and 1 tbs of syrup.

Heat oven to 180C/160C fan/Gas 4 and put in a baking tray to heat. Spoon the frangipane into the tart case and smooth. Poke the apricots into the frangipane. Transfer to the baking tray and bake for 40-50 mins (cover with foil after 30 mins if tart getting too brown) until the fruit is tender and a skewer poked into the frangipane comes out clean.

Leave to cool for 20 mins then transfer to a wire rack. Heat remaining syrup in a pan til thickened and glaze the tart with it. Serve warm or cold, dusted with icing sugar, with a dollop of creme fraiche.

by Isabel Pickering

1804 – Cornwall Agricultural Society offers 5 gns. For the best cheese. Little cheese is eaten in Cornwall. Perhaps it won't be until beer is substituted for grog as a beverage.

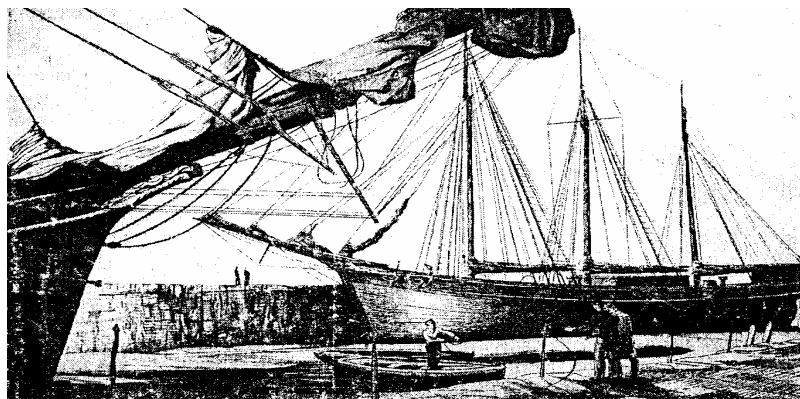
1847 Sep 3 FISHERY. Fowey.- The pilchard fishing here is very dull; our drift boats get small catches, every night, but our seans have caught nothing for the season.

1848 Sep 15 ...TO BE PEREMPTORILY SOLD at PUBLIC AUCTION ...at the SAILOR'S RETURN INN, Fowey on the 23rd Sep inst punctually at 3:00...the GOOD SLOOP "JOHN". Of the burthen of 80 tons or thereabouts, now lying at Polruan, with her Sails, Stores, and Equipments, which embrace every article necessary for the vessel's being sent to sea without outlay or loss of time. The vessel may be viewed any day previous to the sale...apply Mr Bishop, Solicitor, Fowey. All persons having any Claims or Demands in respect of the above vessel are requested to transmit the same for examination to Mr Bishop previous to the 23rd Sep.

1860 Aug 3 (WB) TRECAN GATE PETTY SESSIONS. Mr Smith was charged with laying timber on the highway at Polruan.- Case dismissed.

1874-Sep 16 – (Western Morning News) Fowey to Polruan Ferry Letter; Sir - On Thursday I had the misfortune to cross from Fowey to Polruan and back by the ferry that plies between these places, when owing to the squally nature of the weather a pretty heavy sea was running.

To those who are in the habit of crossing a description of the landing place on the Fowey side would be quite unnecessary, but for those who have hitherto been fortunate enough not to have occasion to cross I may give a few particulars. It is situate near the entrance to the harbour and through projecting slightly into it the position is rather exposed. It consists of the cliff in its primitive state, and is formed by two or three ledges of rocks, between which are narrow gullies through which the boat is brought. Where passengers are usually landed between half tide and high water the rocks rise from the sea at an angle of about 90 degree; as a natural consequence to this, if in boisterous weather the boat takes a sudden lurch whilst a person is attempting to land, the chances are that he misses his footing for the top and slides down the side, when a ducking is inevitable, as, I regret to say, was my own experience on the day mentioned. Beyond the inconvenience of being wet through, and getting everything in one's pockets more or less damaged, this may be of comparatively little consequence to those of us who are acquainted with the art of swimming, but must certainly be highly perilous to those who may not be so privileged, as was amply proved by the case of the poor girl who was drowned whilst in the act of landing there last winter. As nothing has been done since



then, my object in writing this is to again call the attention of the inhabitants of Fowey and Polruan and the parties particularly interested to it, that they may have the opportunity to make some improvements before the winter season commences, and so prevent the recurrence of loss of life.

It may be answered that people get across in all weathers safely. This I do not dispute, for I have done so in much worse weather than that of Thursday, but on such occasion I have always held myself in readiness for the emergency of "going overboard". The fact that a danger is generally escaped through excessive care is not a valid argument in favour of its retention, especially when the cause might so easily be removed; and there is no doubt that the traffic at this point warrants it, for it is almost the only point at which Polruan gains communication with the outer world.

A survey of the ground was made and plans and sections prepared for a proposed pier and landing steps, which a gentleman who resides close by would have erected on certain conditions, but I believe was prevented through some trivial reason. Cannot this or some similar scheme be still carried out by the owners of the ferry, or the inhabitants of the two places? Before concluding, I may observe that I considered no blame was attachable to the ferryman whom I have always found to be very careful attentive and obliging.- Yours faithfully, S Trevail

1894 Sep 27 – Fowey Passage Annual Regatta.....upper reaches of Fowey Harbour sailing races....Paddling Race for Ladies. The race caused great excitement. The Prizes were a silver-mounted umbrella, a lady's handbag, and a silver brooch. Five ladies started, but J Sloggett gave up on the first round. Results:- 1 Bertie, H Perry; 2 Annie, A Copplestone; 3 Sunbeam, A Lovering. The Cooleen, A McLellan, was a very close 4th. Paddling races men, swimming for boys.

1898 Oct 6- The harvest festival services in the parish of Lanteglos-by-Fowey took place last week. On Wednesday, Sep 28th, a tea was held at Lanteglos, which was very largely attended, and was followed by service in the parish church, which was nicely decorated. On Sunday last the festival service was continued at St. Saviours, Polruan. The church looked very pretty, being tastefully decorated by

many willing hands, under the guidance of Mrs and Miss Mugford. The musical portion of the service was given with much heartiness by the choir and congregation, the former being somewhat augmented at night by friends from Fowey, among them Miss Maud Bolton and Mr Joseph Denison. The anthem, "Now thank we all out God" was very well sung. The solo was taken by Miss Maud Bolton. The offertory was on behalf of the Church Fund.

1907 Sep 5 – Cornwall Sea Fisheries Committee at Truro. Warships in St Austell Bay. Mr H Dunn drew attention to the firing by warships in St Austell Bay. The – present was the pilchard fishing season in St Austell Bay. They had for the few weeks in August and September about £1000 a week earned by the fishermen at Fowey, Polperro and Mevagissey. There were ten warships in the bay, and the result was that hardly any fish were being landed over the whole area where firing had been going on. One did not wish to offend the susceptibilities of the Admiralty, from whom they were asking so much, but the presence of the gunboats in the bay for gun practice was the cause of inflicting a great hardship on the fishermen. Some steps ought to be taken to ask that the gun practice in the bay should be stopped immediately. – The Chairman asked if the firing drove the fish away. Mr H Dunn: Yes, and the concussion, I have heard it said, makes lobsters drop their shells, but I'm sure I don't know whether that is true or not. (Laughter) Mr M Dunn spoke of the hardships which were being inflicted on the fishermen of this locality. If the firing was carried on during the pilchard season, the fishermen were deprived altogether of their livelihoods. This was the crucial time of year for them...the strongest possible representation should be made to the Admiralty, asking that the firing might be carried out in the open sea, as under the present circumstances the fish were being driven off the coast, and the fishermen could not sustain themselves at all. The Chairman said the pilchard fishing was the most important taking from the sea through the year, and the effect of the firing at this period would be far more serious than at any other time. It was decided to write to the Admiralty, pointing out the serious effects arising from the firing in St Austell Bay during this season of the year.

Regatta Days by Mavis R. Cocks

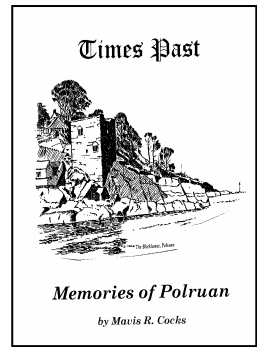
Gone are the days when each place had its own 4-oared boats and teams. Looe, Polperro, Lerryn, Fowey, Polruan all had their own regatta and oh! the rivalry between the 4 oared crews - men and women alike - and in particular between Fowey and Polruan.

The crews would practice as much as they could before the regatta and on the actual days crowds of people would line the shores both sides of the river and during the race there would be shouts of "Come on Polruan," or "Get with it Fowey". Supporting boats and onlookers would be in their own boats tied up to the Committee one - always a tug decorated with flags and bunting. How we all prayed for fine weather!

The race was a long one, one marker buoy well outside the harbour and another up near the Jetties. Besides the 4 oared race there would be a jetty man's race and the crew then used their shovels instead of oars and what hilarity that caused! There were single paddle and ran-dan races and each race ended with the band playing "Here comes the Victor". Wonderful exciting times.

The visiting fair was held on Fowey Town Quay. The same scores of boats would be tied up to Fowey and Albert Quays and in the evening everyone joined in the fun. No traffic problems back then. I can clearly recall the thrill of being in the swing boats and chair-a-planes and finding yourself way out over the water. There were hoop-las and shooting booths and coconut shies to win the coconuts and the gaily feather-dressed dolls. There was always a stall with all flavours of rock - cinnamon a great favourite. "Rocky Beef" was there with his winkles and limpets and such a lot of merriment and laughter in the tight packed crowds.

Today the rowing races have been mostly replaced by the yachts - and what a lovely sight they are when the coloured spinnakers are up! Gig races too are very popular, but to us "oldies" I don't think anything will equal the pride we felt in our wonderful 4 oared races, even though the rivalry at times caused rows that lasted quite some time after the actual regatta was over and done with.



Memories of Polruan by Mavis R. Cocks

Over the years the late Mavis Cocks provided us with a wonderful insight into life in this Parish before, during and after the second world war through her regular articles in the Lanteglos Parish News.

She contributed to practically every issue of the Lanteglos Parish News for 14 years and this 104 page book collects together her articles forming a unique record of life in this parish.

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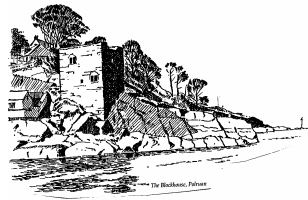
Update

Since our last report the Steering Group has now met. The present members of the group are Mr Robin Sainsbury, Miss Karen Toms, Mr Kevin Parsons, Miss Dawn Parsons, Miss Tessa Skola, Ms Liz Luck, Mr Graham Brooks, Mr Andy Simmonds, Cllrs Adrian Fisher and Cllr Pat Moore; Cllr John Adams is an ex officio member. Cllr Moore was elected as Chairman. Mrs Gillian Thompson has agreed to clerk our meetings and the minutes have been posted on the notice boards and on the website.

The grant money from Groundwork has now been paid and part of that is already being used on a more detailed analysis and report carried out by Cornwall Rural Communities Charity on the Parish Survey we launched at the beginning of the year. A dedicated website is being set up by Western Web and will eventually hold all details of meetings, members of the Steering group and Working groups as these are set up together with the Group's Terms of Reference. The Steering Group is not a public body but a group of local residents and councillors. As such it is not bound by the Code of Conduct adopted by Cornwall Councils. We will also have further surveys as these are developed, as well as reports and updates. There will be a link to this from the Parish Council website.

The Steering Group has also agreed to carry out a Housing Needs Survey commissioned from Cornwall Council. A letter will be sent out to every household in the parish which has a Council Tax Account inviting them to take part in an on-line survey. This is a much more efficient means of gathering important information and will show us where we need to focus our efforts in planning terms. We are aware that not everyone is on email or may not have access. We plan to solve this issue by inviting those residents who wish to take part to a morning at Whitecross Village Hall where laptops and assistance will be available. We hope to get as wide a response as we possibly can as the information provided is detailed, up-to-date and reliable. One has been developed for Lostwithiel and we have details of the one carried out in Carn Brea. The surveys will be completely confidential and will not be handled by the Steering Group nor Parish Council. We are not ready to do this yet as WiFi facilities are required to be set up at Whitecross. The Parish Council has made a grant to support this installation. WiFi will be of benefit not just for the purposes of the survey but will have many more applications for the benefit of the Parish.

There are several emerging themes in the report from CRCC. These include Housing, both affordable and market, Commercial development and what this might mean, Renewable energy and how relevant this is and how it might be developed without detriment to the area.



Community facilities and services are also important issues and how many of them are inter-dependent; this will need further investigation. Support for more local planning decisions is seen as important but we need to gather more evidence before developing the policies we will need to go into the Neighbourhood Plan.

At the next meeting of the Steering Group on 27th July a draft outline project plan will be discussed together with the report from CRCC. Time is relatively short but whatever goes into our plan has to be permissive and have broad community support. It will be about land use planning and be produced by members of our community. It will enable development but give us the ability to influence that development. Our plan cannot conflict with local or national policy nor propose less growth than is contained in Cornwall Council's strategic plan. We can say where we think new houses, businesses and shops should go, and what they should look like. The whole community has the right to vote on whether to accept our Neighbourhood Plan at a referendum. If accepted the plan will be adopted and will have to be referred to before planning decisions are made.

There is much to be done but also a lot of support and encouragement in doing it. Our aim is to produce a plan, derived and developed by the whole community that sets out how we wish Lanteglos-by-Fowey to develop by 2030.

P A Moore
Chairman Lanteglos-by-Fowey
Neighbourhood Plan Steering Group
July 2016

LANTEGLOS-BY-FOWEY PARISH COUNCIL

Are you looking for a new challenge? Are you organised and methodical? LANTEGLOS-BY-FOWEY PARISH COUNCIL is looking for a new Parish Clerk to work approximately 12.5 hours per week. Hours of work can be arranged to suit the right person. Professional qualification or experience as a Clerk not essential. Training and pay are commensurate with experience. General duties include:

To attend meetings as required (11 Council meetings a year)
To liaise with the Chairman, to prepare Agendas, prepare and produce Minutes and support the Council in its work.

Ensure the Council makes legal decisions
Receive and send all Parish correspondence
General Administration
Liaise with and manage local contractors

Maintain Council records and accounts in accordance with recommendation of the Internal Auditors (Experience of budgeting and accounts important and desirable).

Competent IT user, familiar with Microsoft Word, Excel, Email and Internet

If you are interested please contact the Chairman for further information or submit your CV and a covering letter to:
The Chairman, Lanteglos Parish Council,
The Eyrie, Townsend, Polruan, PL23 1QH.

Closing date for applications is
16th August 2016

Previous applicants need not apply

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WATCH MANAGER COLIN PAYNE ON 01726 870715
OR POP INTO THE STATION ON A WEDNESDAY NIGHT BETWEEN 19.00 AND 21.00 FOR A CHAT WITH THE CREW AND INFORMATION ON HOW TO JOIN.



NEWS FROM NIGERIA

A recent e-mail from Colin says:

'News continues to be both encouraging and depressing - so keep praising and praying!

The big cry now is that food and all other prices are skyrocketing. Colleagues involved in veterinary work at Vom say this is hitting their vet work as people can't afford drugs, even if they're available. Inflation is also causing an increase in kidnapping and armed robbery.

A colleague is encouraged by the progress of their group 'Disabilities Unlimited'. The group gives support to parents of severely disabled children, many with cerebral palsy. They are able to link up with Open Doors Special School in Jos and a foundation in Lagos. They are praying that the Government would pass a Disabilities Act and give help to such people.

While the cities generally have respite from Boko Haram problems, many villages are still suffering from the Fulani 'herdsmen' according to Mark. A village head and five others were killed at the end of June in Benue when their village was attacked. 500 people were displaced in a

Kaduna State village when gunmen attacked - four were killed and six injured. Two Plateau villages, Sho and Jol have had a number of attacks. People have been stopped and killed on the road. One was kidnapped and then killed. A fresh suicide bomb attack in a mosque in Damboa, Borno on 8th July claimed six lives then on Tuesday, in a violent clash between Fulani herdsmen and Gbagyi people in Niger State eleven lives were lost.'

He concludes: 'The battle belongs to the Lord so we continue to trust Him.'

Kathleen and Daniel Gula with Eli and Mark continue helping the internal refugees. The block industry set up at Vom to give employment is also affected by the rampant inflation. Kathleen is very grateful to all those sponsoring internal refugee children so that they can go to school. Gwoza [where they lived for many years] is still plagued by Bokom Haram so it is unsafe for people to return.

I hope to do a fund raising event to help the Gula's work in the autumn – watch out for posters!

Katherine Hill



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Fowey Harbour News

It has been a good start to the season for marine life sightings, a spell of good weather gave sightings of Barrel jellyfish, Sunfish and Basking Sharks along with pods of Common Dolphins.

So when you're out and about, keep a look out for marine wildlife and send the Cornwall Wildlife Trust your sightings and you can help protect these beautiful creatures. Send your ad hoc sightings to Online wildlife Recording Kernow and Scilly (ORKS) at www.ORKS.org.uk

I am sorry to report that we have recently received concerns about harassment of a basking shark and I would like to use this opportunity to remind you of the importance of respecting marine life. One of the critical issues facing Basking Sharks and other marine wildlife is disturbance and harassment by water users. In the excitement of observing these magnificent creatures there are often reports of sharks being struck by boats or jet-ski's, as well as being disturbed by swimmers and other water users. There is a Code of Conduct in place for water users which aims to ensure safe interaction between humans and wildlife which is safe for both humans and marine life! Please follow these simple guidelines:

- KEEP your distance. Never go closer than 100m (200m if another boat is present)
- NEVER drive head on to, or move between, scatter or separate groups of marine life. If you are unsure of their movements, stop and put your engine into neutral.
- PLEASE spend no longer than 15 minutes near to the animals
- SPECIAL care must be taken with mothers and young
- MAINTAIN a steady direction and slow 'no wake' speed
- DO NOT try to swim with cetaceans or sharks for your safety and theirs
- NEVER dispose of any litter or pollutants at sea

We have recently seen pictures of a stoat crossing the river at Wiseman's Reach, not your typical marine wildlife! Keep your pictures coming in to our Facebook and Twitter pages.

Claire Hoddinott



Friends of the Fowey Estuary

Are you interested in your local environment? Want to get involved in surveys, conservation work or just find out what amazing wildlife can be found around us. The Friends of the Fowey Estuary have a varied annual events programme from guided walks and talks, to practical conservation, there really is something for everyone.

Take a look at our website www.friendsofthefowey.org.uk
Or join us on Facebook

Forthcoming Events

Friday 5th August
Rockpool Ramble at Spit Beach, Par
Time: 1.30pm – 3.30pm
Meet: Spit Beach Car Park SX074523
Cost: Free to members, £1.50 for non-members (children)
All children must be accompanied by an adult.
Wear sensible footwear
Further info contact Claire 01726 833061

Tuesday 16th August
Fowey Estuary Marine Day
Marine talks and crafts in association with Cornwall Wildlife Trust
Time: 10am – 4pm
On Town Quay, Fowey
Free event
Come along and see us!

Thursday 1st September
Bat Talk & Walk using bat detectors
With Rob Wells & Cathy Shaw
Time: 7.30pm – approx. 8.30pm
Meet: Lerryn Car Park
Cost: Free for members, £2.50 for non-members
More info: Claire 01726 833061



Fowey Royal Regatta from the Harbourmaster

The highlight of Fowey's year, the Fowey Royal Regatta will soon be upon us, it is not only one of the region's premier sailing events but also full of activities ashore for locals and visitors alike.

The harbour is incredibly busy during this week and during the summer period generally so we would like to remind you of some safety messages:

Wear a lifejacket whilst on or near the water, as they say, they are 'useless unless worn'. You can also make use of the free RNLI lifejacket lockers situated at Albert Quay, Berrills Yard and Polruan to leave them whilst ashore.

Keep your kit secure, FHC do not take responsibility for your property.

Use a kill cord on your outboard engine. Keep to the harbour speed limit of 6 knots and remember to minimize your wash.

Beware of commercial ships, the harbour is a busy area and large ships are not maneuverable, so keep clear.

Listen to Harbour Patrol staff, they are there to keep us all safe.

No swimming is allowed in the harbour area, except for the designated swimming area at Readymoney Beach

We look forward to seeing you on the water and hope you have a safe and enjoyable summer

Capt. Paul Thomas
Harbour Master,
Fowey Harbour Commissioners
reception@foweyharbour.co.uk
01726 832471
www.foweyharbour.co.uk



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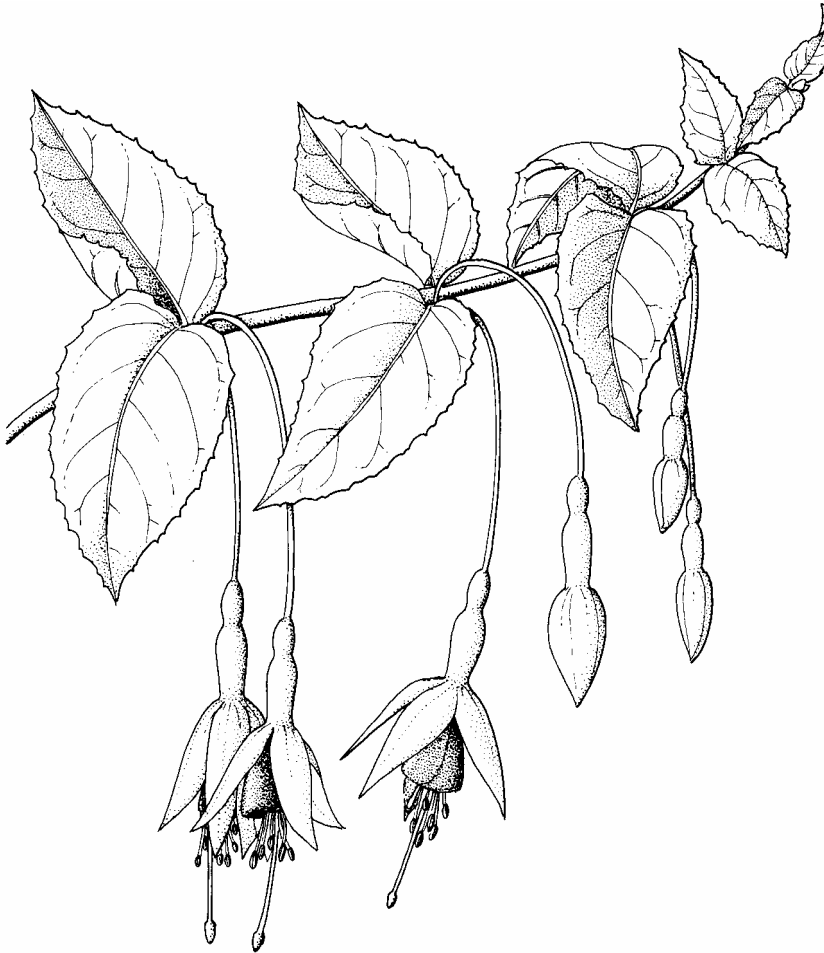
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IN THE GARDEN



Cuttings

Fuschias

Hardy fuschias respond well to hard pruning in late autumn reappearing with renewed vigour in the spring.

While pruning select some strong stems for cuttings. Cut just below a leaf joint at 50 degree angle. Remove growing tips and about half the side shoots and leaves. These will root readily overwinter in plastic pots of 40% sand 60% potting compost in a sheltered corner. By spring you will have young rooted fuschias to plant out or give to friends.

Geraniums (Pelargoniums)

For these use fat sturdy stems with three or four joints. The lower leaves are removed, together with any buds or flowers, and a straight cut is made with a razor blade or sharp knife immediately below the bottom joint.

Opinions differ as to whether the cuttings should be inserted immediately or left on a shady bench for a couple of hours for the wound to dry. Some say drying assists callusing at the cut, others that partial drying can cause cracks in the callus, allowing disease spores easy entry.

It is advantageous to root geraniums in small pots of light, friable compost (because they are intolerant of heavy, badly drained soil) where they can remain throughout the winter ideally in a greenhouse or indoors near a window.

Weather for Gardeners

August ripens, September gathers in; August bears the burden, September the fruit is a saying from Portugal, but is equally true in the British Isles.

Although August weather often follows the pattern set by July, there is always the hope that a dry spell of warm sunshine will set in.

August is a wise time to launch a major onslaught on garden weeds to prevent the threat of 'one year's seeding, seven years' weeding'.

With the nights rapidly growing longer, surface cooling in calm clear conditions can lead to heavy dewfalls, for example on 24th August: 'St Bartholomew, comes the cold dew', although the same is said of St Matthew on 21st September.

24th August may also give some useful indication of subsequent weather: *As St Bartholomew's Day, so the whole autum.* A cold misty start to this day is said to presage a hard winter.

Bamboo Garden Canes

Bundled in various lengths

Proceeds to
WHITECROSS GARDENING CLUB

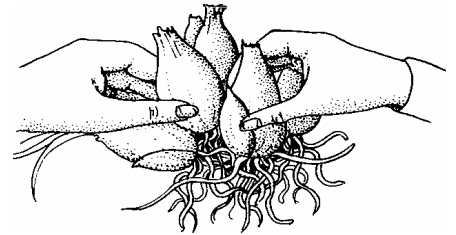
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Bulbs

Now is the time to start thinking about next spring.

Daffodils and other spring flowering bulbs which were lifted and stored earlier can be replanted towards the end of August and into September.

Any good garden soil suits narcissi, but heavy ground should be improved for tulips and bulbous irises by working sand and compost into the upper layer. It is alright to start planting most spring bulbs towards the end of September early October but tulips should be delayed until November when there is less risk of fungal infection.



Dividing daffodil bulbs before replanting

New bulbs should be ordered now for containers, for beds and for forcing. Try planting up a pot of Paper White which should be in flower in time for Christmas. Prepared Hyacinths are also worthwhile.

If you are near the coast flower height is an issue. Broken flower stems in spring gales are always a disappointment—try some of the miniature varieties of narcissi like Minnow, Tete a tete, Jetfire, and Canaliculus.

As you clear your pots and containers of their summer contents reuse them with spring bulbs. Crocus, grape hyacinth, miniature tulips and narcissi all make good subjects perhaps combined with a miniature variegated ivy.

WHITECROSS GARDENING CLUB

18th September
"Making the most of shade"
Claire Woodbine

Claire and husband Mark have created Pinstla Garden, a one and a half acre cottage and woodland garden at Cardinham. An artists garden with imaginative design, naturalistic planting and unusual plants for shade. Claire will bring plants for sale

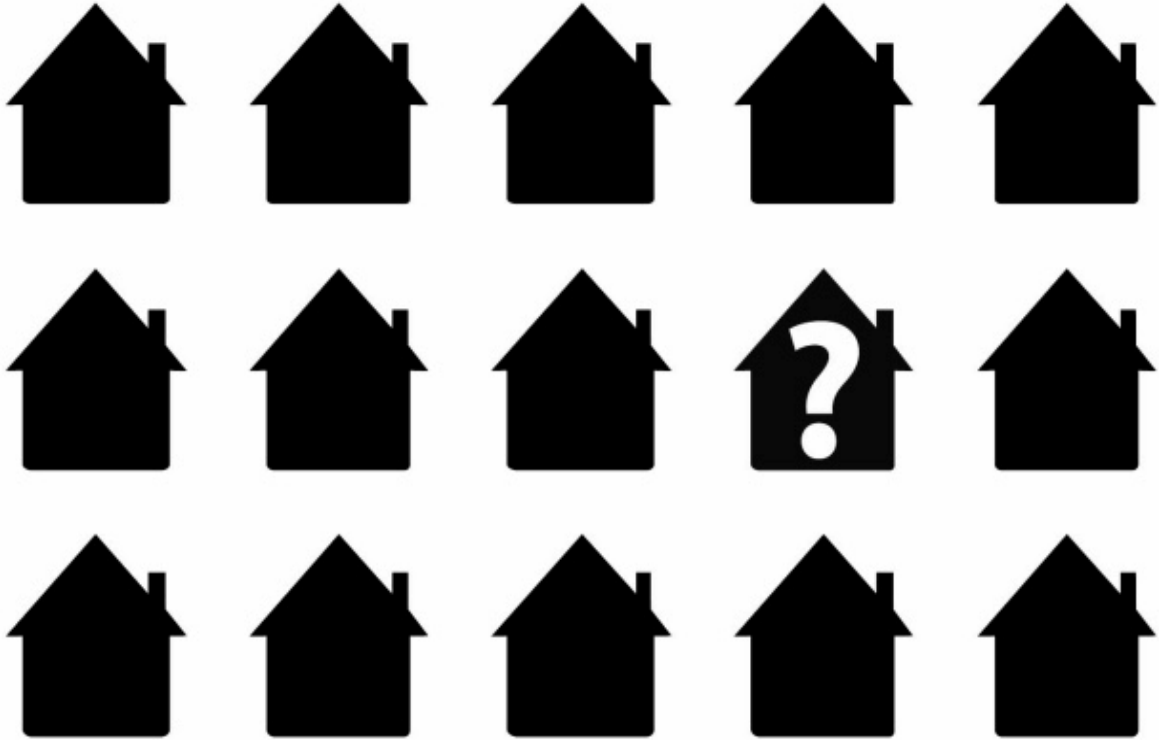
20th October
"The Arthritis Research UK Garden"
CHRIS BEARDSHAW

Renowned garden designer, plantsman and broadcaster Chris will be giving us a close-up look at the creation of this very personal garden which was awarded an RHS Gold Medal and Peoples Choice award at Chelsea 2013.

New members are always welcome.

Enquiries: Please telephone
Sue Watts on 01208 871513

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NEWS FROM THE TOWN TRUST.

We are pleased to report progress with South West Water. They have agreed to surrender the Veverly Reservoir site back to the Trust so only the fine detail of the paperwork now has to be agreed. As far as the Quay is concerned whilst SWW will be taking a lease of the Control Room building the best we can agree for the other area is that the Trust take a Licence to be able to use the surface of the extended Quay and steps - we will now negotiate the detail of this to hopefully finalise matters soon. Replacement lights to light the Quay steps have now been installed - these are part of the street lights maintained by the Parish Council. A couple of complaints were received that the lights are too bright but no action is going to be taken regarding same. The gates on the Hill have finally been installed. Our apologies for this delay but it was a series of situations which caused such delays. At the time of writing this, one further post needs to be fitted to block vehicular access at the "school" end when the gate

is shut, but this will hopefully be in place by the time you read this. Recently the exterior of the Hearse House was painted during which time it was noted that the roof was not in good order so a contract for the re-roofing of same has now been issued. A contract for replacing the ticket machines in the Car Park has also been agreed so that new coinage etc. can be accepted in same. A Listed Building application to replace the windows and door in the Reading Room has been made by the Trust as owners of the building. Several objections to this proposal have been made but we will await the formal decision by Cornwall Council planning department in due course to know whether this can go ahead or not. As usual if you have any questions, comments or requests regarding Town Trust matters please approach the Clerk or any of the Trustees.

**LANTEGLOS PARISH COUNCIL
IMPORTANT NOTICE**

As local residents know, there is a ongoing problem caused by seagulls ripping open plastic rubbish bags, strewing around the unsanitary contents and making a general mess of our village.

The Parish Council requests that home owners and holiday visitors ensure that any rubbish for collection be put out

**Early Monday morning and
NOT BEFORE!**

It is strongly recommended that householders put bin bags in a Dustbin or gullproof sack

**Owners of holiday lets are asked to
provide their tenants with dustbins**

**PLEASE DO NOT FEED
THE GULLS**



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for Lanteglos, Lanreath, Lansallos, Pelynt & Talland

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It only costs £8 (UK)
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RNLI Polruan

The good news is that 2016 has been a quiet year so far for our two lifeboats. Previous rescues have been reported already, and hopefully those who use the sea or shore are taking extra care about their personal safety.

At particular risk are visitors, perhaps from 'Up England', who either live inland or are not accustomed to our huge tides. On a Spring tide, the waters can rise over five metres in only a few hours, which can lead to shore rambblers being quickly cut off. So please do check the tide tables and plan your route to safety, if planning a picnic or stroll on the beach.

Safety equipment on board any vessel—large or small—is essential. You should wear your lifejacket: remember the old slogan that they are 'Useless unless worn!' So many lifejackets are stored safely away in a locker, deteriorating slowly, while out of reach in an emergency.

Also please bear in mind that mobile phone coverage can't be relied on, especially below high cliffs. Carry a VHF radio if you have one, and if not, think about getting one if you are a sailor, motor boater, or shore Rambler.

On a lighter note, we have two excellent events coming up in August:

Lifeboat Day

On Saturday, 6th August, this fun outing for all the family will be held on the Coal Wharf and Town Quay. (The Coal Wharf is the sitting-out area between the Quay and Tom's Boatyard). From 10 a.m., the Fowey All-weather Lifeboat will be moored on the quay, and all are welcome to climb aboard and see the capabilities of these fantastic craft. There will be a range of goodies on sale, from RNLI items, to cakes and produce. There will be a Tombola stall, as well as a sausage barbeque for all to enjoy. So please do come along!

Pig Roast

Providing a fitting finale to Polruan's involvement in Regatta Week, the Coal Wharf will see the roasting of a whole pig on Saturday 20th August. Serving will start at 6.30 p.m., with roast pork in a bun, with all the trimmings, selling for only £3.50. For non-porkers, there will also be beefburgers, as well as a vegetarian option. There will also be live music, provided by the Polperro Wreckers. So come along for a fine evening for all the family, and stay on to watch the Fowey Regatta Week Fireworks from the Town Quay or other nearby vantage point.



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