



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

Marilyn's Musings

The Easter season is coming to a close. Soon we shall celebrate Ascension Day, followed by the Day of Pentecost (or Whit Sunday) and then Trinity Sunday – a trinity of celebrations in fact. These Feast days are the launch pad into the rest of the year – the ‘green season’ – that time which seems to stretch away into the distant days of summer.

The Trinity, which to my mind, is a ‘delicious mystery’ and a very real sense of the ultimate Community of Love, Unity and Harmony.

From the ideal of One God in Trinity we ought to take our own aim for life, not only in the church, but in the wider world as well.

We all know that the world needs to take on board these ideals, but sometimes we look, wait, complain and then do nothing.

There is a wonderful hymn which contains the words – ‘Let there be peace on earth and let it begin with me’.

Love, unity and harmony will not just appear out of thin air, these ideals have to be worked at with patience, endurance, kindness and sometimes suffering. Yet they are good aims and ideals, they are God given and worth striving for.

If we as a people of God make our way within our own homes and communities with these three things in mind we will be able to watch as God does things with us and through us and be amazed at the results.

So what are we waiting for?

Yours in Christ



The Red Arrows return to Fowey Royal Regatta Thursday 17th August

From the Editor

So much sun recently. Can hardly believe it. We all seem to become plant fanatics at this time of year. Planning, analysing, looking up what grows well where, buying and mulching. I found John's Lansallos piece about the wild garlic very interesting and then of course there is the curse of the Spanish bluebells which seem to be murdering our native ones.

There's lots here for gardeners. check out 'In the Garden', and 'Polruan in Bloom' for starters.

Happy gardening, happy Spring and happy sunshine.

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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*

MAY

Thursday 4th

10.00 St. Saviour Holy Communion

Saturday 8th

14.00 St. Wyllow Wedding

Sunday 7th GODPARENTS SUNDAY

09.30 St. Ildierna Morning Prayer

09.30 St. Marnarch Holy Communion

11.00 St. Saviour Morning Prayer

11.00 St. Tallanus Parish Eucharist

17.00 St. Nun Songs of Praise

Wednesday 10th

09.30 St. Nun Holy Communion

Thursday 11th

10.00 St. Saviour Morning Prayer

Sunday 14th EASTER 5

11.00 St. Tallanus Morning Prayer

11.00 St. Wyllow Parish Eucharist

11.00 St. Nun United Village Service
with Baptism

17.00 St. Marnarch Evening Worship

18.30 St. Ildierna Evening Prayer

Thursday 18th

10.00 St. Saviour Holy Communion

Saturday 20th

14.00 St. Ildierna Wedding

Sunday 21st ROGATION SUNDAY

09.30 St. Ildierna Holy Communion

09.30 St. Marnarch Holy Communion

11.00 St. Wyllow Morning Prayer (BCP)

11.00 St. Tallanus Holy Communion

Thursday 25th ASCENSION

10.00 St. Saviour Holy Communion

Sunday 28th

Sunday after ASCENSION

09.30 St. Marnarch Family Service

11.00 St. Wyllow Parish Eucharist

11.00 St. Nun Holy Communion

15.00 St. Marnarch Baptism

18.30 St. Ildierna Evening Prayer

JUNE

Thursday 1st

10.00 St. Saviour Holy Communion

Saturday 3rd

13.00 St. Wyllow Wedding

Sunday 4th PENTECOST

09.30 St. Ildierna Holy Communion

09.30 St. Marnarch Holy Communion

11.00 St. Saviour Parish Eucharist

11.00 St. Tallanus Holy Communion

15.00 St. Saviour Pentecost Praise

17.00 St. Nun Songs of Praise

18.00 St. John Evening Prayer

Wednesday 7th

09.30 St. Nun Holy Communion

Thursday 8th

10.00 St. Saviour Morning Prayer

Sunday 11th TRINITY SUNDAY

11.00 St. Tallanus Morning Prayer

11.00 St. Wyllow Parish Eucharist

11.00 St. Nun United Village Service

17.00 St. Marnarch Evening Worship

18.30 St. Ildierna Evening Prayer

Thursday 15th Corpus Christi

10.00 St. Saviour Holy Communion

Sunday 18th TRINITY 1

09.30 St. Marnarch Morning Prayer

09.30 St. Ildierna Holy Communion *

11.00 St. Wyllow Morning Prayer

11.00 Polperro

Big Green, Festival Service

Thursday 22nd

10.00 St. Saviour Morning Prayer

Saturday 24th

11.00 St. Tallanus Wedding

Sunday 26th TRINITY 2

09.30 St. Marnarch Family Service &

Baptism

11.00 St. Wyllow Parish Eucharist

11.00 St. Nun Holy Communion

18.30 St. Ildierna Evening Prayer

Thursday 29th

10.00 St. Saviour Morning Prayer

GODPARENTS SUNDAY

Last year we celebrated the first 'Godparents Sunday' in St Saviour Church on 1st May with a Family Communion service. This year we will be celebrating Godparents and all they mean to us on Sunday May 7th with a Family Service at 11 a.m. If you are a Godparent, or have Godparents, do come along to this family friendly service. If you can bring your Godparent or your Godchild with you that will be great, but that is not essential as all are welcome. Last year we enjoyed a special celebration cake with our drinks after the service and we plan to do the same this year. Do come along and join us.

Kathryn Hill

CHRISTIAN AID WEEK

Christian Aid Week this year is 14th to 20th May. Those of us who usually do the house to house collection in Polruan are no longer able to do this so, unless some younger, fitter folk can take it on there will not be a house to house collection this year [offers to Mary Goddard, Carol Gripton or Kathryn Hill please]. However there will be envelopes available for gifts in St Saviour, St Wyllow and St John and hopefully in shops and pubs as well. There might also be a fundraising event on the afternoon of Sunday 14th May so look out for posters nearer the time.



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MUSICAL TALENT NEEDED

It is with much regret that we say goodbye to our dear friend Phil Carrigan who has loyally supported our worship for so many years with his organ playing, and who leaves us at the end of May. His contribution has been invaluable and he will be much missed. We thank him from the bottom of our hearts for his generosity in sharing his musical gifts through organ playing and through his role as choir master for festive services.

Good Luck in your future Phil and come back often to visit us there will always be a hot seat at the organ for you!

NOW we have an opportunity CALLING ALL MUSICAL TALENT IN POLRUAN Please consider coming together regularly or occasionally to contribute to worship. While a regular organist would be much appreciated this role could be shared by several people. We do not always need to rely on the organ. If you love singing, playing guitar, woodwind, string instruments, or even trumpets and percussion, we would love to hear from you.

Contact Kathryn Hill or any member of the PCC to express an interest .

So many people have told me how much they enjoy the Lanteglos Churches Choir when they sing at Christmas and Easter. We desperately need support to continue. Without Phil our days could be numbered, so please help if you can.

Contact Sue 870211

MESSY CHURCH

On Sunday 19th February, a few days after Valentine's Day, we held a Messy Church on the theme of love. God's love for us and ours for him; family love, romantic love and the love of friends were all celebrated with a variety of crafts and then in hymns, a Bible reading and prayers before we enjoyed afternoon tea in loving fellowship with family and friends. By the time you read this we will have enjoyed Easter Messy Church including the ever popular Easter Egg Hunt. The next Messy Church will be our Pentecost Praise Party on Sunday 4th June at 3 p.m. in St Saviour Church. Messy Church is a different way of 'doing church', it is family friendly and open to all ages. If you have never attended a Messy Church event why not come along on June 4th and try it out? *Kathryn Hill*

From the Registers

Funerals:

27th February

Rev'd Peter Skellern St. Wyllow

20th March

Dulcie Sophie Chapman (Penny) St. Nun

Baptisms:

11th April Sarah Tucker Bodinnick

16th April Poppy Suki Manning Lanteglos

Services at Glyn Valley Crematorium:

7th April Sylvia Joyce Engeseth - Joy of Polruan

21st April Betty Libby (Penmount)

24th April Ken Gibson *

Burial of Ashes:

29th April John Bainbridge Talland

* Ken Gibson's Thanksgiving Service will be at St. Wyllow on May 13th

TALLAND CHURCH NEWS

Dates for your diary

Sunday 21st May Bishop Tim at
St Tallanus

Saturday 8th July Garden Party and lunch
at Porthallow End

TALLAND CHURCH POLPERRO FETE DAY TUESDAY 13th JUNE

Talland church will once again be supporting Polperro festival as part of the fete day on Tuesday 13th June. The Fete will be opened by the new Lord Mayor of Polperro at 11am. The ever popular bar-b-q will be offering food throughout the day, starting the day early with all day breakfast baps, followed by burgers, hot dogs, strawberries and cream and hot & cold drinks, which will all be available throughout the day after the opening. There are numerous stalls raising funds for the church. Cake stall, chocolate tombola, bric a brac etc along with stalls from other churches and organisations.

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.

POLRUAN VILLAGE HALL

We had an excellent Quiz and Raffle in the Luggie on the evening of Saturday 11th February and raised £187. It was a lovely evening, with a full house and great entertainment from Question Master Ray and special thanks to our hosts, Elaine and Pete.

Those of you who have been in the hall recently will have noticed how much warmer it is, the heating system really does do a great job! We are still awaiting feed-back on our latest grant application but if we are fortunate enough to get a grant to complete the double glazing it will be even warmer!

Bookings are 'up' with the new Youth Club meeting on alternate Friday evenings to Kidz Klub and the school having a regular session too. Both the visiting Art Group and the Vintage Fair have made new bookings for later in the year.

Kathryn Hill for PVH Committee



Lansallos Parish News

by John Feesey,
Honorary Treasurer

The churchyard at Lansallos is looking resplendent at this time of year with spring blossoms bursting forth as the temperature rises and frequent rain showers keep the ground moist. Many of the flowers are beautiful and to be welcomed; primroses, bluebells, and violets for instance. Some have less pleasant characteristics, such as hogweed, which grows very tall and when strimmed can spray sap on unprotected skin which causes a nasty rash or even blistering.

Other flowers are garden escapes like primulas and daffodils, which add a nice splash of colour. But by far the most common plant in the churchyard in May is another introduced plant known as Three-cornered Garlic. This is an invasive weed, an alien from the western Mediterranean, which is now common in south west England, and in Cornwall in particular with our mild climate. (It should not be confused with Ramsons, or Wild Garlic, a native to Britain and which is also flowering at the moment).

The flowers of Three-cornered Garlic are white and bell-shaped, like those of bluebells, with a green stripe running along the length of each "petal". Actually, the plant doesn't have true petals but flower segments called "tepals", which are part petal and part sepal. The "three cornered" part of its name is a very obvious characteristic; in cross section its stems are sharply triangular.

Planted originally with good intent by grieving relatives to brighten up graves, this pernicious weed has now spread to cover almost the entire churchyard and is suppressing our attractive native flowers. Three-cornered Garlic does have one good feature though: a member of the onion family, every bit of the plant is edible! The egg-shaped bulb and the narrow leaves can be used in salads or stir-fries to give a slightly stronger flavour than spring onions but milder than garlic. The flowers can be eaten, too, and may be fried or used to decorate salads. So, consuming this invasive alien is one environmentally-friendly way to help control its spread – bon appetit!!

The next big event at Lansallos is the **Annual Fete at 2.30pm on Saturday, 29th July in the Old Rectory Garden** (next to the church). Put it in your diaries now, because this traditional style fete is lots of fun and not to be missed! We do need help with unwanted gifts as raffle and tombola prizes, small items of bric-a-brac for the white elephant stall and cakes for the cake stall. Please contact John or Glenda Feesey on 01503 220884 if you can help with any of these.

Benatugana! (God bless! - in Cornish)

PARISH DIARY

MAY

Wednesday 3rd
Octaves 12.30 870439

Thursday 4th
Poetry 2.30 870217

Saturday 6th
Whitecross Market
10 - 2 Whitecross Village Hall

Sunday 7th
Godparents Sunday
11.00 St. Saviour

Sunday 14th -
Sunday 20th
CHRISTIAN AID WEEK

Sunday 21st
Bishop Tim at St. Tallanus Church

Tuesday 23rd
Women's Hour Outing

Sunday 28th
Cream Teas in aid of Holiday Club
Polruan Village Hall

Monday 29th
Polruan Regatta & Childrens Sports
Choosing of the Queen & Attendants
Punch and Judy Show
BBQ. Coal Wharf

JUNE

Saturday 3rd
Whitecross Market 10-2
Whitecross Village Hall

Saturday 10th
Age Concern Coffee Morning
Polruan 10.30

Tuesday 13th
Talland Church Fete Day

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

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Little Harbour

We were delighted to receive some Cornwall based books for our Reading Room book shelves and monthly sales, they always sell well. Visitors especially like reading about our county or enjoy stories with Cornwall as a setting. Poldark and Daphne du Maurier books fly off the shelves.

Our next sales are on May 2nd & June 6th.

At Little Harbour families continue to have all important respite breaks and support. Statistics show there are 94 life limited children, 145 siblings and 183 parents who are cared for. 24 bereaved families also receive support. This vital care comes at a cost and this year it is anticipated that just under £2m will be needed. A considerable amount of this comes from fundraising by generous supporters.

Two events which will bring in essential costs happen in June. On June 3rd, a new event, Bubble Rush, will take place at Newham Park Plymouth. It's a family event where participants can run, jog or walk through colourful bubble stations where foam cannons will shower frothy bubbles.

Two of our village residents are signed up to take part in the Rainbow Run which takes place on 25th June at St. Mawgan where, as the participants run, jog or walk the 5K course they are showered with coloured powdered paint. Details of both events can be found in the web site www.chsw.org.uk.

Thank you for your continued support.
Lynn Bartlett 870536.



AGE CONCERN

VOLUNTEER HOSPITAL DRIVER

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

DRIVERS

Carol Gripton	870407
Eric & Cynthia Lockyear	870144
Kevin & Andrea Francis	870405

CHARGES

Bodmin	£10.00
Plymouth	£16.00
Fowey	£ 4.00
Penrice	£ 8.00
Hayle	£ 25.00
Truro	£16.00
Liskeard	£10.00

Plus – Ferry fares, bridge tolls and parking costs

Polruan In Bloom

from Polruan Regatta and Children's Sports.

After a relatively mild winter and dry early spring, it's time to get planting ready for the annual Polruan In Bloom competition. We would like to see a bumper entry again this year. There are two perpetual trophies to win and will be awarded on Regatta Day: The Mulready Trophy:- Window boxes, containers and pots. The Millennium Trophy:- Front gardens and borders. Entry forms will be available from The Winklepicker from June 6th Judging will take place week beginning 2nd July.

Bingo at The Russell

Everyone who attended would like to say a big thank you to Steve and Karen at The Russell Pub for the wonderful Bingo they put on , on Wednesday March 29th.

The prizes were really good, both the Bingo prizes and the raffle, and we all hope this is something they can do on a regular basis. It was such great fun for all who enjoy Bingo.

Lanteglos Age Concern

We would like to say thank you to all that came to the Coffee Morning at Whitecross.

Special thanks to all the helpers, to Mandy & Ivan for the cakes, Diana for her very good Tombola stall, Carol for her nearly new goods and for doing the teas & coffees, and Dawn for helping with the raffle. A total of £221.60 was made.

The next Coffee Morning is on June 10th at Polruan 10.30 - 12.00

Polruan Theatre Club

Our Pantomime in February was a big success. Some saying the best ever! Thank you all for your support with particular thanks to those who helped in any way. Without your goodwill "The show would not go on!" The charity day raised £405.66 for The British Heart Foundation who were very grateful for the donation.

Sadly there will not be a production in May, due to some of our actors being unavailable.

There will, however, be a Summer show which will be performed on Tuesdays throughout the Summer holidays. The chosen play is **Inspector Drake and the Perfekt Crime** by David Tristram. This is a hilarious comedy and we are looking forward to starting rehearsals shortly.

By the time you read this we will have had, hopefully, a successful Coffee Morning on Saturday 29th April. This is to raise funds towards a much needed new carpet and a de-humidifier for our dressing room .

KIDZ KLUB

The new age groups for Kidz Klub are working out well. Club nights have included a variety of activities including cooking [muffins and pancakes], art and craft, table games, gymnastics and playing with the Wii. We have also enjoyed a Night Hike organised by Andy Simmonds of the National Trust and finished the term with a disco organised by Danny Vassallo.

Dates for next term are April 28th, May 12th and 26th, June 16th and 30th, and July 14th. Meetings are in Polruan Village Hall from 5.30 to 6.40 for children in School Years Reception to Year 2 and 6.45 to 8 for children in School Years 3 to 6. Subs continue at £1 per session. Contact Kathryn 870953 or Bonnie 870436 for more details.

YOUTH CLUB

The new Youth Club for young people in Year 7 and above has got off to a good start. We are grateful to Polruan Town Trust for a grant to stock our tuck shop which is proving popular. We have invested in bean bags, floor cushions and throws to make a popular 'chill-out' area. Activities on offer during club nights include Wii, X-box, darts, table tennis, snooker, table football and cooking. Youth Club, like Kidz Klub, is underpinned by Christian Values and we end the evening by gathering in the 'chill out' area for a 'thought for the day'. We also went on a longer Night Hike led by Andy Simmonds of the National Trust and ended the term with a disco organised by Danny Vassallo. Next term we hope to be out and about including an outing to 'I-bounce' and, hopefully, an overnight camp with Andy Simmonds's help. We meet in Polruan Village Hall on the alternate Fridays to Kids Klub, subs are £1 per week and new members are welcome. Dates for next term are May 5th and 19th, June 9th and 23rd and July 7th and 21st. Contact Kathryn 870953 or Bonnie 870436 for more details.

HOLIDAY CLUB

Holiday Club 2017 will be 'A Life on the Ocean Wave!' and will be from Monday July 31st to Thursday August 3rd from 10 a.m. to 3.30 p.m. each day in St Saviour Church, Polruan Village Hall and 'out and about' in the village. It will be for Kidz Klub and Youth Club members plus any visiting children and young people who would like to join in. As always there will be an exhibition of the art and craft work in Polruan Village Hall followed by 'Holiday Club Finale' in St Saviour Church on the Thursday evening. On the afternoon of Sunday 28th May we plan a Cream Tea in Polruan Village Hall to raise funds for Holiday Club – do come along and help us to keep Holiday Club affordable. Contact Kathryn 870953 or Bonnie 870436 for more details.



Polruan Regatta and Children's Sports

from the committee.

Disappointingly there were no members of the public attending our AGM but positively we feel that we must be providing the right events and activities for the children and families and summer visitors.

Carol has now retired from work and therefore decided to retire as Patron's secretary; thank you Carol for your discretion and hard work in this role. Treasurer Malcolm will combine the position of Treasurer with Patron's Secretary.

We are grateful to the Rev. Marilyn and the PCC for allowing us to enclose our Patron's forms within this issue. We sincerely thank those who support us in this way and in anticipation of those who become first time Patron's this year. Our events would be seriously compromised without your generous support.

We are looking forward to taking the children to Camel Creek Adventure Park on the spring trip at the end of April.

We will be choosing the Carnival Queen and Attendants for 2017-2018 on May Bank Holiday Monday, May 29th. There will be a few stalls and a return visit from by Prof Hargreaves with his Punch and Judy Show before the choosing this will be followed by a barbecue; hopefully the weather will allow us to use the Old Coal Wharf. Please see posters for more details in mid-May.

Elsewhere there are details of our Polruan in Bloom and Scarecrow competitions, please consider joining in. The scarecrow trophies are fiercely competed for!

Planning is well underway for all our summer events and whether you are resident in the Parish or a visitor you are always welcome to join in.

Charity Garden Open Afternoon
for Little Harbour Children's Hospice & the Motor Neurone Disease Association.

Advance notice. The lovely garden at Puffins, 12 Meadow Close will be open for all to enjoy on Sunday 30th July. Cream teas will be available. The gardens will be open between 3.00 p.m. and 5.30 p.m. Regrettably the terraced garden has no wheelchair access.

For further information please contact Lynn Bartlett (870536) or Joan Simpson (870357)

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Pelynt and Polruan Academy News

From the head boy and head girl at Pelynt Academy - Jack and Erynn

This half term has been busy at Pelynt Academy. We all took part in a whole school day to celebrate St Piran. Class 4 took part in a parade at Polperro, while everyone else at school entered into poetry writing, art and music activities. Class 1 also visited Tesco and made pasty shaped loaves of bread.

In Class 4 the older children's topic has been 'Through the lens.' We have been learning about a local legend called 'St Nun's Well.' The legend is that if you visit the well, you must leave money or a gift there. If you move the well's bowl or drink the water you will drop down dead! A farmer once moved it twice for his cows. He used his oxen to pull it but the ropes snapped and the bowl rolled down the hill and landed in the exact same place. The second time it rolled to a man's house and he heard bad pixies laughing at him all night! We wrote our own legends about a well. They included 'The Lady in Red' and 'A Spooky Island.'

We went to Carnglaze Caverns and did a dance performance with Polruan, Polperro and Duloe schools, based on the legend of the well. At the end we sang a finale sea shanty song with the other schools. We also went to Looe Primary Academy and took part in a day of Tudor activities - we went in the stocks and got wet! Back in class we have recently finished our independent writes and in maths we have been learning about sequences, ratio and algebra. We have also solved scaling up and down problems and challenges.

The topic in Class 3 this half term has been 'The Terrible Tudors' and they have been learning to write instructions about a game called 'Chase the Ace.' They also wrote book reviews for their favourite books on World Book Day and have been learning to write different types of sentence openers. In maths they have been learning about money, mass and time. They went on a forest school trip to Miss Edward's family house, where they worked together to make shelters and dens. They also went on rope swings, bridges and saw wild rabbits.

In Class 2 the topic has been 'Nature Past'. They have learnt about dinosaurs and other extinct things and have had lots of animals visit them in class, including a dog, hens, a lamb, three tortoises, a rabbit and two guinea pigs. A vet also came to tell them about her job caring for animals. They also went on a trip to Dartmoor Zoo, where they learnt about many different animals and where they come from and how to care for them. In class they have been learning different strategies to help them read, such as using the pictures, breaking words into syllables and sounding out the words. In maths they have been using the less than and more than symbols.

Class 1 has been full of pirates this half term! They went to Pirate Quest in Newquay on the train from Par. They took

part in a quest to find other pirates and a workshop when they were there. On the way back to the station they visited Towan Beach and made a pirate ship out of stones. They have been learning about some famous pirates such as Black Beard, Black Bart, Calico Jack, William Kidd and Anne Bonney. Everyone liked the fact that Black Beard's favourite drink was rum and gunpowder! They also learnt about different pirate ships such as a square rigger and a sloop and they labelled the parts of the ships, as well as building their own during outdoor learning. In maths they used different coins to buy things from a pirate shop and have done lots of ordering of numbers. In literacy they read lots of pirate stories and wrote character descriptions using their own sentences. We are looking forward to sunshine and the Year 6 leaver's assembly next term.

From Polruan Academy

Over this half term, there have been lots of performances by both classes which have helped us develop our confidence of working in front of an audience.

Both Canute and Tregeagle class have performed for their mums at the Mother's Day service at the church. Canute class and Tregeagle class also performed for the older members of the community at the Easter Tea Party.

Tregeagle's curriculum work this half term has been based around a local boat from the nineteenth century called the Jane Slade and also a diary entry from a local cobbler leaving Polruan to set up life in Canada in 1851. All of this work built towards a performance at the Carn Glaze Caverns with other schools- the theme was around stories local to each school. We've been writing diary entries, creating willow boat artwork, writing and performing our own sea shanties and creating a dance imagining life on board the Jane Slade. We were all really proud of our performance at the caverns. We all learned so much from the performance and developed in confidence as a result of performing.

Canute class have enjoyed learning about the 'Good Old Days.' Mrs Dean shared stories and photos of Polruan school when she was a pupil when there were outdoor toilets and with spiders in and a swimming pool! She also told the children that her father learned to swim at Blockhouse when he was a child. Canute also experimented to find the best conditions for growing cress seeds. Canute have also been busy planting vegetable seeds and are hoping for potatoes, beans, peas, lettuce and carrots in the summer! We have had a super half term and are looking forward to the summer term after Easter.



Peter Skellern

Memories from Tony Cottrell

When I first came to Polruan, it was whispered that the pop star, Peter Skellern, had a holiday home in the same street- East Street- the only one! How things change! He and Diana eventually bought the old sailing club on the waterside and came to live here.

In 1999, the town of Nantwich, like every other community was given a considerable sum of money to commemorate the Millennium and, luckily for me, had decided to have a community play and I was commissioned to research, write, create a company, convert the church into a performance area and stage this play. I had a bit of money to play with and so, one day, on the ferry, I plucked up courage to ask Diana if she thought Peter might be prepared to write the music. Happily, he said yes and there started the occasional collaboration which wrote six shows, right up to 'Fresh Winds from the Willows' which finally saw the light of day last year. It was an ideal way of working- given the miracles of e-mail and the proximity of our homes, I would send him a lyric in the morning and, by mid-afternoon, I'd get a call and the invitation to go down to listen to what he had composed. When they moved out to the mill, it would be less easy but even so, in his studio, I used to delight and despair at what he had written. No matter what, everything he wrote sounded better with him singing it!

'Out of the Ashes' was the Nantwich play; in 2001 there followed 'East and West side story' for the twin towns of Looe, a musical romp through the history with dozens of local singers queuing up for a chance to work with Peter. He wrote the music for 'One and All', for the Polruan Theatre Club .

We wrote a children's show, a musical Western, on spec. for the National Youth Music Theatre but sadly it was never produced, so Peter vowed only to work if we had a definite commission. The next came in the shape of a request from Taunton School for an original school play and so 'From the Summerlands'- a dramatised history of Somerset- came to be, although it was three years in the producing. 'Fresh Winds from the Willows' had a similar prolonged history, originally intended for four years ago but postponed, for various reasons, until 2016. In a way it was lucky that we managed to get both these last shows written when we did, as after his heart attack, Peter found it difficult to write new music- I think he was more involved in his painting- but the basic tunes had been written and he took on the fairly monumental task of scoring *the Summerlands* show for a full band- including harp!

None of the songs that we wrote will live on in the way that his own love songs will but I feel privileged to have worked with him and to see dozens of scores with my name written alongside of his.



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LETTERS TO THE EDITOR

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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.

from Margaret Owens
'Tremenna'
8 Saffron Close
Fowey PL23 1EU

The Closure of the Polruan Bakery!

*Our master baker is no more
He finally decided to close his door
Some will say how very sad
There is not a decent loaf to be had !
Others will take it in their stride
as a sign of the times.
Never appreciating good quality until it
ceases.*

*We will miss him such a lot,
Truly the best I have ever bought.
I have sampled bread from far and wide
Even the soggy blotting paper called
'Mothers Pride'
For me quality counts high on my list
Travelling by Ferry sometimes through the
mist.
I have been fortunate to have a brother
named Roy
who has collected and delivered my bread
to Fowey*

This is all a long time ago now, but I still look back with nostalgia at how very lucky we were. My first memories of the Bakery was 1930 of Mr. Hunt and his scrumptious cream splits, beautifully displayed in his shop window. Polruan was blessed with such excellent bakers producing and selling delicious pastries. Other villages, without a doubt, experienced similar shops but Polruan was always special to me. I sincerely hope that Tony and his charming wife Rose are enjoying their retirement and I wish them both good health and happiness.

I was so privileged to have lived my first 21 years in such a wonderful loving, caring and friendly village as Polruan. My husband William after our marriage, whisked me away to other interesting places for 15 years. We finally returned to Fowey where we have lived for almost 48 years. Now every day I can enjoy the beautiful view of Polruan. Some of my dearest friends still live there and a few, like myself live in Fowey.

What wonderful cherished memories.



From Rev & Mrs. David Woods
7 Richmond Road,
Pelynt, Looe,
PL13 2NH

USED STAMPS

Thank you very much for the used stamps which you have continued to give us. The money from the sale of the stamps pays for life-transforming surgery so lepers can walk again or hold their child's hand as their hands are freed from 'clawing' caused by leprosy. The Leprosy Mission provides the tablets which are able to stop the disease in its tracks. Please continue to help.

Rev. Woods says a particular thank you to the many who have already responded through The Lanteglos Parish News.

*This is wonderful - keep up the good work !
Ed*



CLOSING DATE JULY-AUGUST 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
St Saviours Polruan

not later than
14th JUNE

from John Adams
Chairman Lanteglos by Fowey Parish
Council

On behalf of the Parish Council I would like to give a sincere thank you to all the parishioners for your wholehearted support during the past four years of office.

To all Councillors past and present for their hard work to enable the council to achieve successful opening and managing our Public Toilets, Street Cleaning, Waste Collection, Parking Signage/illegal parking and finally weedspraying streets were Cornwall Council have withdrawn payments for several of these mentioned services.

As for the future council that will take office in May after the elections I hope that you the public will provide the same most welcome advice and assistance in their endeavours.

Looking forward to meeting everybody at their first meeting of the newly elected councillors.

Annual Parish Council MeetingMay
22nd 7pm Polruan WI Hall

Many Thanks

Alan Shakerley would like to say a huge thank you to the Polruan Rapid Response team for their highly skilled and reassuring help and support following his recent health hiccup.

What a enormous contribution this service is to our community.

From Mary Taylor in Australia

Summer was here with a vengeance.. It is March 20th and we are still getting temperatures in the 30s and hot winds. Some days in Summer you can cook eggs on the cement. There have been bush fires in New South Wales and other places which burnt out 1000s of acres and several houses. It looks terrible on TV. You have to feel sorry for people. All their photos and memories all gone up in smoke- but they seem to build in the same place and start all over again. They say it has been the hottest summer for 157 years

We had a terrorist scare 40 kms away at Young. but they caught the culprit and he is now in jail.

I do hear from one of my old school friends and she wrote that several school friends have passed away. Well I suppose we are all getting older. We have a Medical Centre here with 7 Doctors and 6 Sisters, but you still have to travel 100ks to Wagga-Wagga to see a specialist. Most have waiting lists of 2 or 3 months and you have to pay to see them.

I wouldn't know many people in Polruan now although I miss England a lot, but we have a good life here. I must get this off or I will miss the next magazine. My sister in Redcar says it is what her family looks for first !

Best wishes for Easter to everyone.

Thank you

From Carol Gripton

A massive thank you for all the cards and messages I received whilst recovering in Kent. It really made a huge difference to know people were thinking of me.

Special thanks to Kathryn Hill who did so much.

From Zoe Dolphin

Alan and I would like to say a massive thank you to everyone in the Parish for all the lovely cards, gifts and comments we have received over the past couple of weeks on the arrival of our beautiful baby girl Ava Nichola McCarthy.

From Jean Jensen

Jean, Benny, Maria & Adrian would like to thank everyone for their lovely cards, messages and phone calls on the loss of our dear Joy. They mean such a lot to help us carry on without her. Bless you all.

Many thanks also to Polruan FirstResponse team and the lovely lady carers from Restgarth for their love and support to our family.

From Kath Wilson

£515 was collected and shared between The Stoke Association and Diabetes UK after the funeral of Peter Wilson. Kath and family wish to thank everyone who contributed. They would also like to thank Mr. & Mrs. Ripley, Kate Ward and the Emergency Services for their help and support.



We're heading towards the bounteous summer season at Whitecross Market, which will see even more choice of lovely local fruit, veg, flowers and fish available. New for the May market is the 'Cornish Potting Shed' from Trewoon, a brilliant local plant nursery who'll be bringing along a selection of home-grown perennials, shrubs and herbs ready for sale. Later on, we're hoping to be able to squeeze in some other new stalls selling such locally made delicacies as ice-creams, goats cheese and fudge.

So don't forget to come along to **Whitecross village hall on the first Saturday of every month** between 10am and 2pm to stock up on the best of our wonderful local produce – including these regulars:

- Free-range meat including pork, lamb, chickens, goat, bacon, sausages, and rare-breed Dexter beef from Pencarrow Head.
- Fresh fish from Looe
- Cider and beer (Lostwithiel's Castle Brewery is celebrating 'Mild May' at the May market with a special brewing of mild
- Cheese, dairy produce and eggs
- Bread, cakes, scones, pies and puddings
- Cut flowers, seasonal vegetables
- Honey and preserves

· Handmade cards, jewellery and crafts
You can buy the ever-popular pasties (made by Liddicoats the butchers in Lostwithiel), freshly baked in the kitchen, along with tea and filter coffee – and it's a great place to meet up with friends.

Why not leave the car at home and come by bus?

· The Fowey Community Bus leaves the pretty bus stop by Lankelly Lane at 10am, and goes through the town and on the Bodinnick ferry on the way to the market. To arrange a pick-up from anywhere along the route, phone Sue on 07737 000714. It returns to Fowey at around 11.30.

· The Lanteglos Community Bus leaves Polruan main car park at 11am, picking up at Well and Greenbank. It returns to Polruan at around 12.30.

Market days for your calendar:
Saturday 6th May, Saturday 3rd June, Saturday 1st July, Saturday 5th August

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The very popular **Guided Town Walks**
are already underway in Fowey on Tues-
days and shortly to re-start in Polruan on
Thursdays, both running from 11.00am
until approx. 1.00pm from Town Quay,
Fowey and the Coal Wharf, Polruan.

NEWS FROM LANREATH

Preparations are well in hand for the May Day celebrations which are to be staged on 30 April!! The team have organised a multitude of activities to suit all ages including the May Day procession, and Maypole dancing on the Millennium Green. If the weather is inclement, then alternative arrangements have been scheduled. You may possibly be reading this after the event but so much hard work and organising goes into the event it is good to be able to acknowledge and thank the efforts of Lanreath Community Spirit committee publicly.

Thanks to the support of the parish and its neighbours, the Community Shop and Post Office continues to flourish. They have recently welcomed a new volunteer and would be happy to welcome anyone who has time to spare to help behind the counter, particularly the 7.30am – 10.30am and 2.30pm – 5.30pm slots.

The Mini Bus committee has recently enrolled new members and are now able to offer additional excursions apart from the regular Monday Liskeard Shopper Bus and the Truro Shopper which runs on the last Friday of every second month. There is a trip to Heligan Gardens on 22nd May and Caerhays Castle Summer Charity Fete and Gardens on 18th June. If you are interested in any of these outings please contact Derek Stephenson on 01503 22056 for more details.

Neighbourhood Development Plan - the consultation period has now finished and the documents have been submitted to the authorities to await their comments and approval.

The Parish Council reported it was very aware of public concern over the deteriorating state of The Punch Bowl Inn and it is doing everything within its power to try and improve the situation.

The Church is holding a fund raising Safari Supper on Saturday 20 May commencing at the Village Hall at 7.00pm. Tickets are available from either Mary tel: 01503 264403 or Jenny tel: 01503 220490 at £15.

The Easter Sunday Family Communion Service followed by an egg hunt for the children, was enjoyed by a full church.

Jenny Bartram

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Based in Polruan

Lanteglos-by-Fowey Neighbourhood Plan Update

Housing Needs Survey

We now have the results of this on-line survey, administered for us by Cornwall Council, and these show that 37 residents have identified themselves as being in housing need. This is high for a rural community. The greatest need is for one bedroom properties with the next category as two bed properties. All of these are looking for social or affordable housing. No-one asked for private rentals and comparison of what people would be able to afford to buy does not equate with what is currently available in Polruan on the open market. The analysis and results are posted on the website.

Meeting with Andrew Pengelly, Cornwall Housing & Cllr Edwina Hannaford, CC.

We know that the Cornwall Council property in West Street is shown on their website as being for sale at £175,000, but currently withdrawn. We understand there are legal issues over possession to be resolved. An option for the Parish Council is to consider buying this property to refurbish and relet to a local resident. A question to be asked is whether this would be a good use of public monies when there is other pressing need. At a meeting in February we agreed that one option would be to consult with other organisations whose business may be more suited to the buying and leasing of property. Another option explored at this meeting is that when the West Street property is sold that any monies are ring-fenced and that another, former Council owned property coming back onto the market should be purchased and let through Cornwall Housing.

This does not resolve the issue of another second home, because almost inevitably what it would be, being created in Polruan, but it does mean that this like-for-like transaction would have the effect of not losing a property from the village. There is such a property for sale at the moment.

There is also the prospect of what should be done with the s.106 monies accruing from the development and sale of the Bones Meadow properties. That money comes back to the Parish and has to be spent within three years on social/affordable housing. This would mean that more houses will be built locally and we would wish these to go to people who have identified themselves as being in need. We are keen that properties should be sold/allocated to families with local connections.

Local Landscape Character Assessment Survey

We are about to commission Cornwall Council to conduct this survey for us. As at least two thirds of the Parish is in the AONB and so many of you have told us that you value and are sensitive to the environment we are fortunate to live in we will need to take notice of the results of this in drawing up policies for our Neighbourhood Plan. At the time of inspection and referendum we would need to show that we have taken our environment into account.

Detailed Questionnaire and Survey

We are also commissioning a more in-depth survey from Cornwall Rural Communities Charity. This will enable you to have your say on where you think development should take place in the Parish up until 2030. It is our intention that this will go to every household and include everyone in that household, include any under-18s. It is your future we are considering. We have large-scale maps of the Parish available and will ask you to point out on these where you think development, both residential and commercial would be appropriate. We have already collected quite detailed information as a result of the initial survey and at the "street stalls" held at Whitecross Village Hall. These comments will underpin some of the questions to be asked.

Grant Funding

The cost of these surveys will not come out of your Council Tax. We are eligible for £9000 of grant funding, £2400 of which we have already been granted, spent and accounted for. This has been signed off by Groundwork/Locality funding. Our next application will be made shortly.

Other Organisations with an interest in Lanteglos

We have copies of the Fowey Estuary Management Plan and the Area of Outstanding Natural Beauty Policies for the South East Coast which includes Lanteglos. Both of these will have a bearing on any plan and policies that are developed.

Once the Neighbourhood Plan is written it then has to be agreed through a local referendum. If the vote is in favour the Plan is 'made', becomes part of the Cornwall Local Plan and cannot be ignored when planning applications are decided.

Finally a gentle reminder that we have a Parish Council Election, along with Cornwall County elections on 4th May. Please remember to use your vote and have your say in how you see the future shape of our Parish and County.

P A Moore, Cllr

Chairman, Lanteglos-by-Fowey Neighbourhood Plan Steering Group
April 2017



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ITHAKA - RIO TO THE CAPE VERDES ISLANDS

On 16th March Colin and Ana onboard Ithaka headed out from Rio across the Atlantic bound for the Cape Verdes. Here are excerpts from their Yachts in Transit reports on the passage.

YIT Update: Ithaka - March 19, 2017
Location: 23 00.700s 041 39.230w

On passage from Brazil We were hit by a thunderbolt last night during a massive electrical storm. I was steering. Enormous woosh then bang. Felt like someone had hit me on the head and my hands flew off the wheel. Then the great roar of thunder. I think there was a bit of the strike that jumped from the bimini frame onto me and into the wheel. Electronics and electrics all survived thankfully. I understand aluminium boats are very good for this as they are a perfect faraday cage conducting the electricity around the occupants and into the sea...if you are inside of course! Anyway we are on our way from Rio Province and have left Cabo Frio astern as we head due east into the ocean. Annoying swell is stopping us a little but generally all well.

YIT Update: Ithaka - March 23, 2017
Location: 20 45.490s 032 43.360w

On passage from Brazil towards Cape Verdes Another lovely sunny day with the light wind on the starboard beam. We are making our way through the vegetables and fruit in order of their decline. Tonight we are having Oven Roasted Root Frittata, a recipe our niece, Lucy gave us.



Last night I looked to the North and saw a familiar shape, albeit upside down. The Plough is back with us again, the Pole Star, for which it is the pointer, still way over the horizon, but positive proof that we are moving North in what is a watery desert. We see no birds, no whales or dolphins, no life of any kind. However, there was some death on the deck this morning in the form of a small flying fish. We have also noted that the sun is moving forward setting and rising earlier each day. We will put the ships clock forward soon, and be an hour closer to UTC.

IT Update: Ithaka - March 29, 2017
Location: 11 13.810s 028 40.63w

On passage from Brazil towards Cape Verdes There is no life on this ocean except us. We have not seen a bird for over a week. We saw flying fish in the 20s but even they have disappeared now. Is this what we should expect? I do not remember the ocean being so sterile when I crossed it in the 70s.

We are making fairly slow progress because we are hard on the wind. If we could free the sheets and sail 10 degrees lower we would probably do 20 more miles per day. However, the key to getting to the Cape Verdes is easting so we must keep plodding along for now. We are heading for a waypoint on the equator at 22degrees west.

We continue to eat things "just in time", sometimes "just too late"! Today we had oranges and grapes which had seen better days. However, on the whole we eat very well and do not want for anything yet. The power generating systems are doing very well, solar and wind keeping the fridge cool enough to make ice for drinks.

YIT Update: Ithaka - April 3, 2017
Location: 03 10.40s 019 53.97w

On passage from Brazil towards Cape Verdes. Stormy place. Not much time for r and r. Plenty of wind, no wind, lightning, torrential rain, very hot, very wet, don't recommend this place for your next holiday!

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YIT Update: Ithaka - April 5, 2017
Location: 00 12.29n 017 48.77w

On passage from Brazil towards Cape Verdes Ithaka crossed the equator this evening at 1745 local, 2045 UTC. We crossed the line under a deep orange waxing moon suspended above us like a cup, half full, and shedding a ruddy glow across the smooth sea. With Handel's Water Music and Caipirinhas, we remembered the last 4 years in the southern hemisphere, the people, the places, the animals, the birds, the laughs, the sad times, and we look forward to the northern hemisphere, and to the future.

YIT Update: Ithaka - April 7, 2017
Location: 04 49.08n 017 25.97w

On passage from Brazil towards Cape Verde We are just passing through another line of thunderstorms. It is odd that there is lots of lightning, but very little thunder, even though the clouds we are trying to dodge are very close to us. As we approached this latest band in the dusk it looked like a line of ferocious dogs, their heads all growling and spittle dripping from their mouths. Then as we passed under their heads they melted into dull grey fluff. All bark and no bite.

We've been motor sailing all day in very light winds, trying to go north as quickly as possible. We know we will have head winds soon, and the rodeo will start again.

YIT Update: Ithaka - April 8, 2017
Location: 06 52.40n 017 39.20w

On passage from Brazil towards Cape Verde ..and now we have what cruisers dread, the bloody wind, it's gone ahead! And it did have to happen in the end, and we have been very fortunate to have passed through the doldrums and managed to get this far North without a head wind, and it's been forecast for the last few days, but it's still hard to accept that now we have to sail so much further to get to the Cape Verdes. But that's why we are here. Because we like sailing and an essential part of this pastime is that you have to zig-zag to go towards the wind.

Having reminded ourselves of the above we had a glass of chilled red wine and some brazil nuts while having a grandstand view of another electrical storm occurring about 3 miles astern.

Incidentally, we noted that we often didn't hear any thunder with the very dramatic lightning. We asked Bruce-the-weather and this is the reason: In answer to your question concerning the lack of thunder, you are in the equatorial region where the freezing level within the clouds is at the highest point anywhere in the world. Typically 5-6km up inside the thunderstorms. It is the hail within the thunderstorms that generates the charge separation that then produces the lightning. Much of this activity is occurring quite high in the clouds - 8-10km up, compared to 1-2km in the mid-latitudes (30-40 degrees North and South). So the sound has further to travel for you to hear it while the lightning is readily seen at the extra distance.

YIT Update: Ithaka - April 11, 2017
Location: 12 08.72n 020 04.43w

On passage from Brazil towards Cape Verde Still hard on the wind on starboard tack. It will be very odd to stand on a level floor again. Today started rough with the wind strong and the 3m waves, short and steep. We struggled to keep ourselves going and the boat. Ana gave me a good long sleep while she dealt with matters marine, and I am doing the same for her now. We are tired, both physically and mentally, but a cool beer under a tree, and then perhaps another, followed by an ice cream, will probably sort the problem. According to the forecast we are due one more punch tomorrow but hopefully, not for too long.

YIT Update: Ithaka - April 13, 2017
Location: 14 54.690n 023 30.24w

At anchor, Porto Praia, Ilha de Santiago, Cabo Verde.
Listening to Louis Armstrong singing "Let's fall in love" after horizontal dinner, the first in 27 days. All well. Not rushing anywhere for a while. Will clear in to Cape Verdes tomorrow, perhaps get a beer under a tree.
Thanks for all your YIT comments, e mails and support on what has been quite a hard passage. Ana says it was 3500 nautical miles from Brazil the way we came and it took 27 days. I found her with the calculator trying to work out the average miles per day but the G and T and the sunset became more important.



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St Austell	9&16	6&20
Trago	10	14
Truro	24	28

Change possible subject to passenger demand and driver availability

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'



Lanteglos Parish Reporting back



I'm delighted to have supported a number of local groups and organisations with grants from my community chest including Polruan Coastwatch - awning blinds and binoculars.

Battery Park access road

I recently distributed a flyer door to door outlining the legal rights of residents in this private road and a survey asking if they would be interested in me coordinating a meeting to discuss coming together to contribute to resurfacing the road. Unfortunately the response has not been as comprehensive as I had hoped. I will however try again now that a resident has kindly supplied me with a data base of residents. contact details. I have been successful taking this approach in West Looe so I will persevere.



Survey results

I'm grateful to residents for filling in the 60 second survey form I recently distributed around the division, there has been a great response. Your answers are helping me to concentrate the focus of my efforts. The top three issues raised were;

- Litter and dog fouling - Traffic & parking - Surgery & Health Development proposals and the Cleanliness of the streets following up closely. Case work is an essential part of a councillors duties. My regular surgeries at the Community Fire Station in Polruan and Whitecross Produce Market has helped me meet lots of interesting people and offer my help and assistance.

Edwina Hannaford - Liberal Democrat candidate Looe West, Lansallos & Lanteglos Division Cornwall Council Penwyn, Barbican Hill, Looe, Cornwall PL13 1BQ Tel 01503 264160/07717203725

Email edwinahannaford@btconnect.com www.twitter.com/edwinahannaford www.facebook.com/edwinahannaford

Promoted by N Alatorsev on behalf of E Hannaford (Liberal Democrats), at The Liberal Building, Barras Street, Liskeard PL14 6AD

Pont flooding update

Despite Cornwall Council digging out the channel upstream and clearing the pipe under the road at Pont, the road was still flooding in heavy rain.

Thanks to a resident, the sump was also cleared which has helped and Cormac has now dug an improved drainage ditch on the lower side of the road and fitted an overflow pipe. I hope this will see an end to the road flooding.



Polruan Parking enforcement

Many residents, especially the elderly have been complaining to me about the number of cars parked on Fore Street, Polruan in the restricted zone. They tell me they cannot always use the pavement so are pushed into the road. I can confirm that after much campaigning and with the assistance of the Parish councils financial contribution, the missing and old signage had been replaced and the zone is now enforceable.

Civil enforcement officers have been active in the area so you have been warned!

Rural broadband survey results

I have recently conducting a survey into the broadband service in the rural parts of the division. The results show that residents are experiencing very slow speeds with less than 2mbps being common place and intermittent service quality. This is inhibiting rural businesses and everyday life. Alongside the procurement for the next Superfast programme, Cornwall Council has made a commitment to provide a total of £2m of capital funds so businesses and communities can apply for funding to access faster broadband, which may be through alternative technologies.

I am working with the Programme Manager at Superfast Cornwall and other local stakeholders to ensure the more rural parts of the Parishes get improved coverage.

Planning Applications

PA17/00372/PREAPP, Lantivet House, Frogmore – pre-application advice for replacement dwelling with garage and possible holiday letting annexe. Members would SUPPORT like for like, but not with a possible holiday annexe. Cllr. Fisher voted against this resolution.

PA17/00381, 8 St Saviours Hill, Polruan – to revert the property from a single dwelling back into two dwellings as previously existed. SUPPORT.

PA17/00708, Seaways, Cliff Rise, Polruan – alterations to dwelling, namely re-cladding of dormers and garage. Change of window to small balcony with associated works. SUPPORT.

PA17/01469, Street Record, East Street, Polruan – Marine Management Organization (MMO) consultation for construction of a boat hoist. Members had NO COMMENT to make.

PA17/01994, The Swallows, Battery Lane, Polruan – alterations to roof shape; raising ridge by 1.2m; addition of balcony and minor alterations. SUPPORT.

PA17/02174, Coombeland, Lanteglos Highway – change of use of agricultural land to form an extension to a domestic amenity space. Cllr. Talling left the meeting whilst this was discussed. SUPPORT.

Planning Applications Withdrawn – information only.

PA16/09817, Trecoombe, Lanteglos Highway – outline application for erection of one dwelling.

Planning Applications Approved by CC – information only.

PA16/11816 & PA16/11817, The Cider House, Yeate Farm, Fowey – replacement windows and doors to property as shown. PA17/00036, and PA17/00037, Yeate Barn, New Road, Fowey – replacement of windows and doors.

PA17/00146, The Secret House, 57 Fore Street, Polruan – remove a large multi-stem sycamore tree in a Conservation Area.

PA17/00273, The Moorings, Old Road, Bodinnick – notification of proposed works to a tree in a conservation area.

PA17/00381, 8 St Saviours Hill, Polruan – to revert the property from a single dwelling back into two dwellings as previously existed.

PA17/00670, Pont Pill Quay, Lanteglos – application for LBC for proposed replacement to footbridge using English oak and traditional carpentry methods.

PA17/00708, Seaways, Cliff Rise, Polruan – alterations to dwelling, namely re-cladding of dormers and garage. Change of window to small balcony with associated works.

Times Past



Memories of Polruan

by Mavis R. Cocks

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.

The perfect gift for anyone who loves Polruan

The last few copies of Memories of Polruan are available- £5.00 incl p&p UK

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Some of you will have seen the town of Gwoza on BBC News a few weeks ago. This is where Daniel and Kathleen lived for many years and where I stayed with them several times. Boko Haram made it the capital of their 'caliphate' but they have now been driven out although they are still active in the surrounding countryside. Kathleen and Daniel's March update follows:

It is turning warm 90c but much cooler at night. I expect you wish you had some of our heat!!*

The Block Industry is going on fairly well and we are trying to make a lot of blocks so we won't need to make them once the rains start. This will enable the IDP's to have time to farm, and leave just one or two at the site. We praise the Lord we have been able to rent a few plots of land and one of our colleagues from Pastors College, who lives nearby, has given us a few plots so this should help the situation. We hope next year they won't need help with food, only school fees and any medical treatment that is expensive and building houses as we can. Of course this year, until they harvest in December, we will still have to supply some food. When grain was cheap we bought a few sacks so this will help. The corn on the cob, when ground to flour makes their basic diet.*

Things are fairly busy in the Hospital, with lots of accidents and the usual malaras, births etc. Let's hope this means more income but unfortunately so many patients can't pay. The price of food has almost doubled this year, and many are suffering. My ankle is slowly healing and Daniel has had physio for arthritis of the spine, and now wears a brace for his back which is helping. It is handy being on the Hospital Compound, 3 mins walk to Out Patients.

This week is a week of prayer and fasting for the Hospital. This is held 3 monthly and staff pray at home or at work at 6am, 1pm and 9pm I think this is held 3 monthly. The Vom Churches hold 40 days of prayer and some fasting every year. They go into a nearby mountain and many sleep there, but others come home at night. This is the 5th year of 7 years. God has kept the place safe and we pray that God would send revival and many would be saved. One of the big problems here is beer drinking, especially amongst the youth and this is why there are so many accidents because many of the drivers of cars or motor bikes are drunk.

The North still has Boko Haram and especially in the Gwoza area. People are still being killed and property destroyed. They have new tactics. Those who fled the Sambisa Forest are now all over Nigeria and many posing as IDP'S. Recently in Kano 800 suspected Boko Haram, who were posing as IDP's, were arrested. 111 were foreigners, 53 from NE, 112 prostitutes, 67 underage, 544 all from the local Governments within Kano State Others were arrested in Minna, and Lagos saw the arrest of some custom officers and others who had cleared a 40 feet container with 661 pump action rifles and other merchandize, brought in illegally from China. The CID are working hard but many get away with it. We still need a lot of prayer.

We do appreciate your concern for us and when we get cards or emails to say we pray for you it means a lot to us. Without your prayer we would not be able to help so many people. But we praise God we can.

May God bless you and encourage you.

With our love and prayers

Daniel and Kathleen

*IDP is short for Internally Displaced Person i.e. someone who is a refugee in their own country having fled from a dangerous part of the country to a safer part.

Fowey Library & One Stop Shop

Fowey Readers' Group – Fridays 26th May & 30th June 10.30-11.30

Fowey History Group – Friday 19th May & 23rd June 2-4

Crafties – Tuesdays 30th May and 27th June 2-4

Fowey Poetry & Writing Group – 1st Tuesday of every month 2-4

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.

Lego Club – Tuesday afternoons 3.30-4.30 for 5-10 year olds during term time.

Mobile Library - Tuesdays 16th May & 13th June at 12.05-12.25 at Lanteglos Highway Old Chapel and 13.35-14.15 at Polruan Fire Station. You can also use the Micro Library situated in the Ship Inn pub in Lerryn!

HOME LIBRARY SERVICE - If you know of anyone who can no longer get to the library, but would appreciate still being able to borrow books please get in touch. We have a number of Royal Voluntary Service volunteers who can choose items, deliver the books, stop for a chat and cuppa if clients would like then return the books to the library for them at their convenience – ALL FREE OF CHARGE!

Do call in and see paintings by Cora Woodside on display in the library when you are passing.

We have started Family History Research sessions at Fowey Library alternate Friday afternoons 2-4pm (next sessions will be 5th & 19th May and 2nd, 16th & 30th June). We'll be available to help you get started or undertake further research or break down brick walls (success not guaranteed!). Please remember anyone can use the Find My Past website, also the British Library Newspaper Archive in the library free of charge any time that the library is open.

We have supplies of recycling bags and boxes at Fowey OSS (all free) and seagull sacks (capacity for 3 black sacks) at a cost of £3.50 each.

We are sorry but we are unable to process initial subscriptions or renewals of Garden waste bins and permits at the One Stop Shop as these can now be done online or over the phone (see Council website for further details). We are also no longer able to issue Weekly Rover tickets for car parks but these can now be applied for online (again see Council website for details).

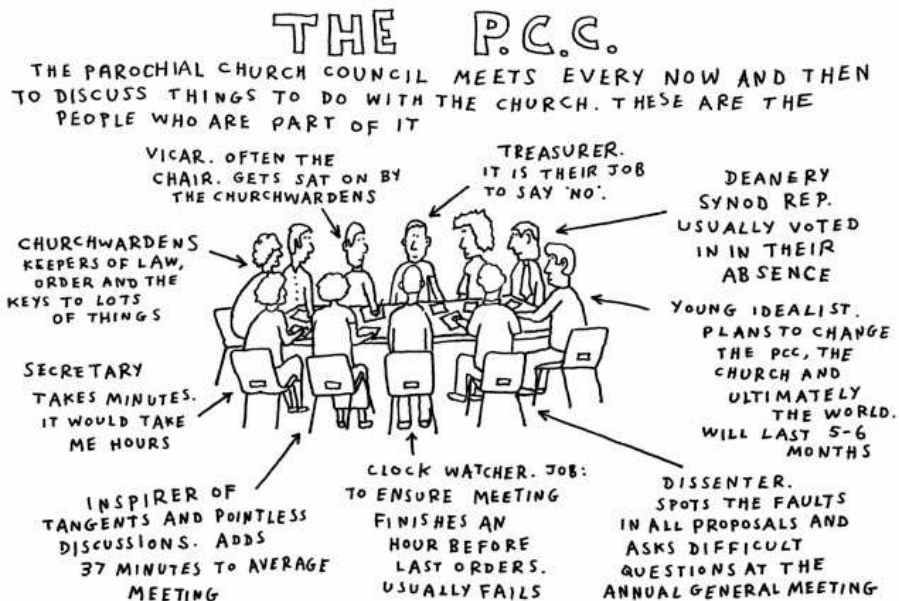
We sadly said goodbye to our Senior Library and Information Assistant, Vicky, on March 25th and wish her well in her new post as Area Cleaning Manager with Cormac. A big welcome to new members of the team - Darren Holland and Steph Housman.

Darren, Steph, Alli and Pauline

Our normal opening hours are: Tuesday, Thursday, Friday 9.30-5.

We are closed on Monday, Wednesday and Saturday Tel: 03001234111

Email: fowey.library@cornwall.gov.uk



CartoonChurch.com

Frogmore Farm

The first swallows arrived and the skylarks are singing so Summer is on the way. The dawn chorus is wonderful. The hedges are lined with primroses violets and bluebells and look stunning, We see lots of visitors taking photos and videos as they drive along.

We had an exciting day yesterday. It was turn out day for the cattle. They have been shut in the sheds all Winter. The smell of the new grass makes them over excited.

They jump and skip and race around. Even the pregnant cows were jumping all four feet off the ground, I hope their unborn calves haven't been tangled up too much.

The younger calves have never been out in the fields before, they looked a bit bewildered at first but they were soon running around madly too. The trouble is they didn't know what the electric fences were. They raced into them and broke the wire, so Simon had to drive around and fix them again.

I know it's the thing for fathers to attend the birth of their babies but when the Dad weighs a ton and is a bull it can be problem. Simon and Ben were helping a cow to give birth. She just needed a little help because she was getting a bit tired. She was standing by a gate and Frank the bull was standing on the other side. As they were fitting the calving aid a huge head appeared over the gate. Simon tried to push him away but he was

determined to be involved in the birth. He was such a nuisance but the calf was born safely and was soon standing up having a drink from Mum. We are now waiting for Rosie to have her baby. She normally wants us to help her. She is too posh to push. I don't think she has ever managed to give birth on her own. Her main interest in life is eating. As long as she has food in front of her she is a happy cow.

The Spring corn is all tilled. The sprouting shoots are turning the fields green again, a shower of rain and the warm sunshine will make it grow tall and strong. We can never predict what sort of harvest we will get, It will all depend on the Summer weather.

We have had some losses with our ewes this year. One was attacked by a dog on the coast path, (Owner unknown). Ravens and black back gulls have killed both sheep and lambs. The poor animals were lying enjoying the sunshine when a raven or gull swooped down and pecked their eye out. The beak goes into the brain and they die. The lucky ones spend the rest of their lives with one eye . It's very upsetting to find them in the fields and of course it's a big loss to us as well.

Our next job will be planting the vegetable seeds in the garden so hopefully there will be some for sale in the Summer.

The hens are allowed to roam free again so there should be more eggs for sale soon and the yolks will be back to the lovely yellow colour again.



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FOWEY ESTUARY NEWS



the Red Arrows
Royal Air Force Aerobatic Team



Breaking News.... As we go to print we have just received confirmation that the Red Arrows RAF Aerobatics display team will again be flying in support of the Royal Fowey Regatta this year. Although it is back in its old slot in Regatta Week at 6pm on Thursday 17th August it will be a totally new display situated outside the Harbour. The best viewing point will be from the coast path between Gribbin Head, Harbour Mouth and Pencarrow Head or even better from a boat.

Work can now begin in earnest to raise the money needed to pay for the event and we kindly ask local businesses or individuals who can help with donations or sponsorship to come forward.

Capt. Paul Thomas
Chief Executive & Harbour Master
Fowey Harbour Commissioners

01726 832471
reception@foweyharbour.co.uk



Become a Citizen Scientist - We need you to help us help our rivers

At the Westcountry Rivers Trust we are passionate about our rivers and we know that you share that passion. We need your help to monitor our rivers in order to see which areas need our attention. With our Westcountry CSI (Citizen Science Investigations) scheme we will give you the tools needed to detect signs of healthy – or unhealthy – rivers and streams. By sending us your observations, photos, wildlife sightings and evidence of pollution, we can build up a picture of what's going on in our rivers.

Westcountry CSI can be tailored to match your specific interests. Initially a water quality programme, we've now included habitat, wildlife sightings and invasive plants sections as well as pollution sources and water quality measurements but each survey should only take a few minutes. As long as you record a time and location of the survey, you can fill in as much or as little of the rest of the survey form as you like.

Once you're up and running with the observational measurements, there is also the option to take some water quality measurements too - using some simple equipment that we can provide. At the moment we are using turbidity tubes to measure how murky the water is, and pocket sized probes for dissolved solids. We are also assessing some chemical test kits for things like phosphate, nitrate and ammonia. When you're ready for that we can send out the kit and/or arrange a training session.

When you've done your survey by the river you can enter the data onto a website and

you'll then be able to see it on an interactive map alongside everybody else's surveys. We can be very flexible over how many surveys you do and where you do them, the idea is that everyone just does as many as they are comfortable with. If you need any suggestions of where to do your testing then let me know and we can give you some pointers.

The main aims of the project are: to get as many surveys as we can recorded from across the region to use the data to flag up persistent, low level pollution problems or areas where we can improve habitat - this will help us develop future projects and volunteer events to give people or volunteer groups an easy way of recording their local river or stream including good things (wildlife sightings) and bad (pollution, litter and invasive plants).

If that sounds like the sort of thing you'd be interested in then let me know, and I'll get you signed up. I just need your full name and email address, postcode is useful if you don't mind but not essential.

Visit the website for more information
www.wrt.org.uk/project/become-a-citizen-scientist
Simon Browning
Westcountry Rivers Trust
Email: simon@wrt.org.uk
Tel: 01579 37214



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

Thursday 11th May
Talk - 'Wildlife Gardening - Dispelling the Myths'
By Cheryl Marriott, Cornwall Wildlife Trust
Time: 7.30pm
Meet: Trenythron Manor Hotel
Cost: Free to members, £2.50 for non-members
Further info contact Peter 01726 833141

Sunday 21st May
Walk - Circular walk - Lerryn to St Winnow
Joint event with Looe Marine Conservation Group
Where our experts will guide you through the wildlife.
Time: 10.30am
Meet: Lerryn Car Park
Bring sensible footwear and picnic

Sunday 11th June
Garden visit to 'YY' Milltown
Tessa & David Guiterman's garden
Time: 2.00pm - 4.00pm
Meet 'YY' Milltown SX102578, PL22 0JL

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IN THE GARDEN

Attract insects as pollinators

The spring weather has brought on many flowering plants, some earlier in the season than expected, giving a delightful display of colour and, sometimes, scents for us to enjoy. But all this beauty, as we know, is not for our benefit but to attract various insects to act as pollinators in the cycle of life and thus ensure the survival of that particular species of plant.

Perhaps surprising to many, insects do not see the colours as we do. The nectar they seek for food is often deeply hidden within the flower and lines of pigment which reflect the sun's ultraviolet light provide guidelines for them to follow thus, en route, transferring pollen grains from the anther of one flower to the stigma of the same or allied species. In this way ensuring pollination and the production of fertile seeds.

The warm weather has also meant that many flowers have given profusely of their scent, to attract passing insects and we have, incidentally, enjoyed this often heady perfume. The plant's production of odorous molecules are spread with air movement over considerable distances as a signal, often to specific insects (some 20 thousand species in Britain) where the plant is to be found with its supply of nectar. Some species of honeysuckle, jasmines, tobacco and brugmansia (formerly datura) depend for pollination on night flying insects, particularly the hawkmoth and emit very strong scents to attract them, as their colours are unseen in the dark.

Watering

It is important to water the garden if there are many fine days in a row. Plants take up and transpire great quantities of water through their leaves at this time of year, and if you wait until the plants start to flag you can give them a nasty check.

Even the smallest garden brightened by standing containers full of showy annuals or bedding plants at strategic points; window boxes and hanging baskets also bring colour to the scene - sometimes serving a double purpose if they can be viewed from the house as well as the garden.

They be put outside early in the month and if watered by the automatic drip device, will grow in beauty, yet demand little further attention until summer's end.



Weather for Gardeners

'Before St John's Day (24th June), we pray for rain; After that we get it anyhow' is an old saying which neatly expresses the average distribution of summer rainfall in the British Isles - the earlier months of April, May and June are generally drier than the following July, August and September - and also emphasizes that garden plants need frequent rain (or watering) in their early stages of development.

'A good leak in June, sets all things in tune'. The rate at which fully growing gardens extract moisture from the soil and transpire it into the atmosphere is far greater than most people realize. In June and July it amounts to some four to five gallons per square yard (eighteen to twenty-three litres per square metre) per week.

Although June brings the longest days and the strongest sunshine, it is not often the warmest month of the summer, because the soil and surrounding seas are still cool and do not reach their annual maximum until July.

If winds frequently blow from a northerly quarter, the weather can be both cool and wet with frequent showers, and 'A cold and wet June spoils the rest of the year'. A south-westerly wind is more welcome, bringing both warmth and occasional refreshing rain which is kinder to gardens than heavy showers.

The type of summer weather that a gardener would prefer is not always the first choice of others: 'The peasant longs for rain, the traveller longs for sunshine, but God gives each what is best'.

There are very few years when Britain has to endure long dry spells: 'such arid months as only exiles know, with longing for the smell of English rains'.

Bamboo Garden Canes

Ideal for beans, sweet peas etc., Bundled in various lengths

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WHITECROSS GARDENING CLUB

New members are always welcome.

May 27th Plant Sale and Cream Teas
2.30pm - 4pm

Wed 7th June Club outing (afternoon)
Lethytop, Penadlake.

Philip and Faith Hambly's stunning 52 acre wildlife haven with woodland, meadows, lakes and ponds. In June we should see butterflies, dragonflies and wildflowers in abundance. Visit includes an introductory talk, guided walk and tea and cake to close.

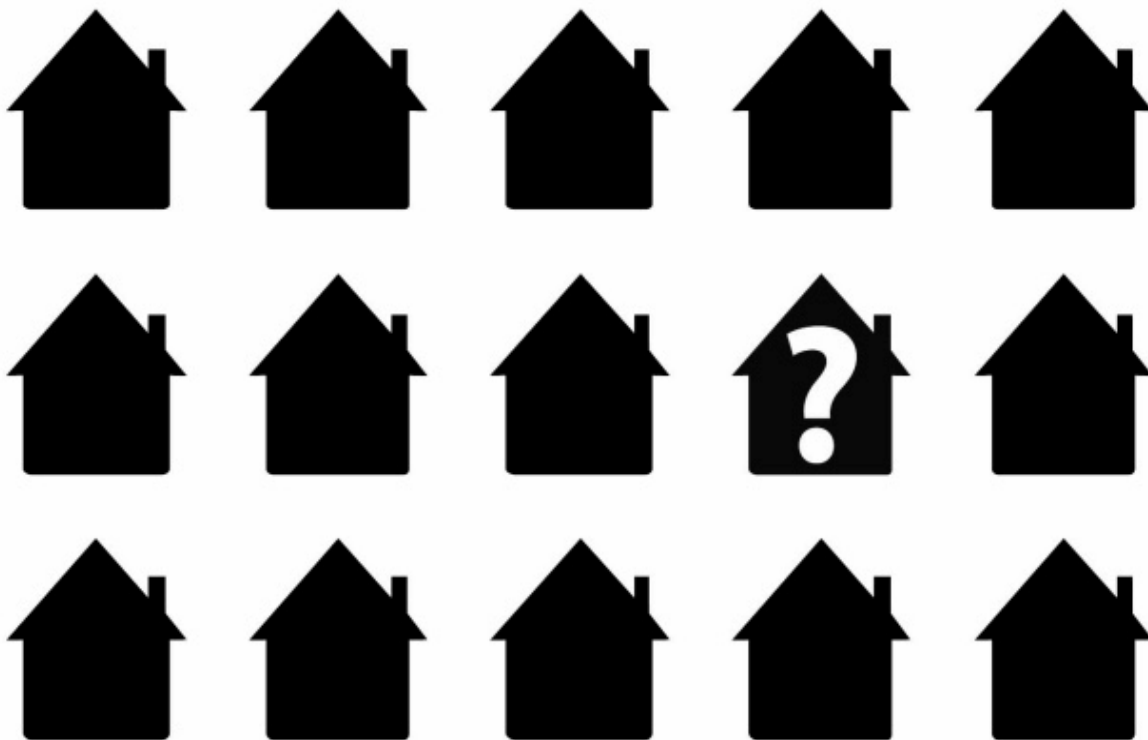
Thursday 6th July
All day Group Visit to St Michael's Mount

By popular request and following his inspirational talk to us we have a unique opportunity to visit the recently redesigned terraced gardens guided by American garden and landscape designer Michael Paul Harvey who has worked with the St Aubyn family and the National Trust to enhance the experience for visitors and the family. There will be time to explore the historic priory church and enjoy lunch in the Island Cafe or Sail Loft before heading home possibly via an interesting nursery. Times and dates available soon but we shall need to make an early start and car-share.

19th July 2017
Afternoon visit to Higher Trededden
- a local garden

Enquiries: Please telephone
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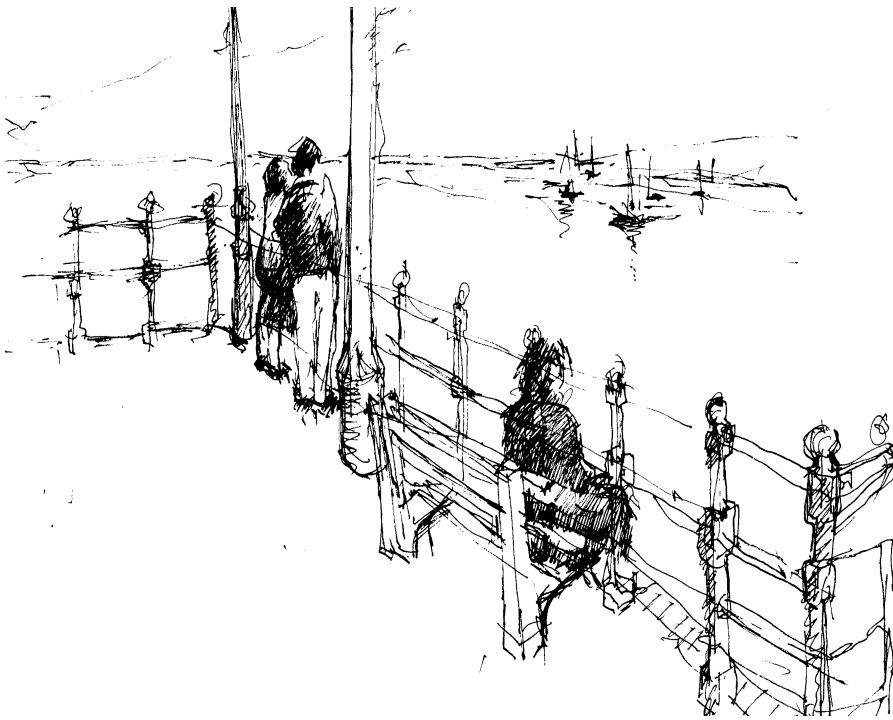
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NEWS FROM THE TOWN TRUST.

The Trust is operated by six Trustees with two being appointed at each AGM for a term of three years. At the recent AGM on 10th April the situation was that we were looking for two new Trustees as previously Eddie Tueton had moved to Fowey meaning he was no longer eligible to be a Trustee and Philip Toms did not seek re-election. We thank both of them for their period serving as a Trustee particularly Philip who served for many years including several as Chairman.

At the appropriate point in the AGM nominations for the vacancies were requested and Edgar Goddard volunteered and was proposed and seconded. There being no other nominations Mr Goddard was duly elected which leaves one Vacancy for the Trustees to co-opt.

The new ticket machines have now been installed in the St Saviour's Hill Car Park. This includes one [which is sited adjoining the Office] which can take notes as well as coins. We are still awaiting a response from South West Water to progress matters regarding the Quay leases and the surrender back to the Trust of the Vevrey Reservoir. The date for white-lining the Quay Car Park is still awaited.

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



SUBSCRIPTIONS

Keep in touch with the village by having the Parish News sent to friends and relations and yourselves when away.

It only costs £8 (UK) (£18 Europe / £24 overseas) to have the Lanteglos Parish News sent by post on publication for a year.

To Graham Tyson, The Old Barn, Polscoe, Lostwithiel, PL22 0HS

Please send me the the next 6 issues of the Parish News by post on publication.
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Kenneth Gibson and his wife Moira

Kenneth Gibson

Long time member of Royal Fowey Yacht Club Kenneth Gibson passed away peacefully on April 6th, just ahead of his 91st birthday.

Kenneth's family would like to invite friends and fellow sailors to his memorial service at St. Wyllow Church, Lanteglos at 12:00 noon on Saturday May 13th, followed by a wake at the Polruan WI hall, next to St. Saviour Church in Polruan village.

Kenneth's ashes will be scattered from his boat *Siliwen* just outside the mouth of the

Fowey on the morning of Sunday 14th, *Siliwen* leaving her mooring at 10:30. Flotilla welcome, but the family will also ensure it is visible from both Polruan and Fowey cliffs.

Kenneth caught the sailing bug as an 11 year old boy on the Penryn River, and discovered the thrill of the sea in his teens. Wartime and with strict regulations, he nevertheless found a friendly naval officer who recognised a young lad's passion and let him slip out when no one was looking.

As a young man he sailed all around Britain, to Ireland and France and competitively for a Royal Ocean Racing Club team. Spending most of his working life in America he sailed the Hudson, the

Great Lakes, New York's Finger Lakes, up and down the East Coast, to Bermuda, the Bahamas and all around the Caribbean.

Retiring to Cornwall he faced the challenge of getting his 30 foot sloop, *Siliwen*, over here, so decided to sail her himself, becoming in 2002, aged 76, the third oldest person to sail the Atlantic singlehandedly.

From his home in Polruan he was a frequent visitor to the Azores, France, Ireland and various points along the South Coast. He was very happy and at home at the Royal Fowey Yacht Club, and among the Cornish boat community at large.



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FEEDING THE TROOPS

Five Spice Duck with Wild Rice

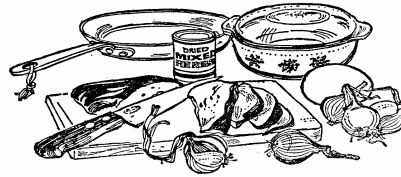
Serves 2

Useful one pot recipe. Smells and tastes wonderful.

200g mixed basmati and wild rice
350ml water
5cm ginger, grated (or chopped fine)
2 cloves of garlic, whole
2 tsp sea salt
1 star anise
100g kale
1 tbs sesame oil
2 duck breasts (about 340g)
2 tsp Chinese five-spice
½ red chilli, finely sliced
2 spring onions, finely sliced

Preheat the oven to 180C/ gas 4.
Mix the rice, water, ginger, garlic and 1 teaspoon sea salt in a roasting tin and add the star anise.
Mix the kale with the sesame oil, then scatter it over the rice.
Slash the skin on the duck breasts with a sharp knife, then rub them all over with the remaining teaspoon of sea salt and the five spice. Place on top of the kale, cover the roasting tin tightly with foil, then transfer to the oven and roast for 40 minutes.

Remove the foil and cook uncovered for a further 10 minutes to allow the kale to crisp up. Allow the duck to rest for 5 minutes out of the oven, then thinly slice it and return it to the roasting tin. Scatter over the red chilli and spring onions and serve hot.



Citrus Spiced Salmon

Serves 6

6 skinless salmon fillets, about 100g each
3 tbs dried edible rose petals, finely ground
3 tsp sumac
1 tsp ground cumin
1 tsp ground cinnamon
Finely grated rind of 1 orange
Finely grated rind of 1 lime
3-6 tbs olive oil
sea salt flakes and freshly ground black pepper
lemon wedges, to serve

Preheat oven to 200C/ fan 180C /Gas 6
Line a baking sheet with non stick baking paper
Combine the rose petals, spices and grated orange and lime rind in a small bowl, add the olive oil and stir well to form a wet marinade.
Rub each salmon fillet well with the spice marinade and place it on the prepared baking sheet. (At this stage you can cover with clingfilm and leave overnight in the fridge if you wish.) Once all the salmon is well coated with the marinade, season well with sea salt and black pepper and bake for 10-12 minutes until the fish is cooked through.
Serve with lemon wedges and a crunchy salad. And chips?

The Weaver's Carrot Cake

An easygoing sort of cake which I first met on Ithaka, and which gives you lots of energy. I've tried substituting similar ingredients where I was short of something and it doesn't seem to mind. Very useful recipe if you need cake but have no eggs!

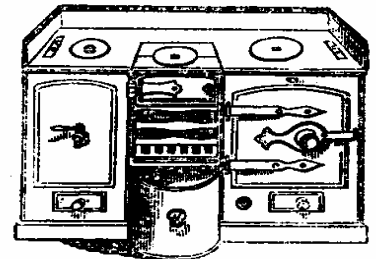
10oz demerara sugar
4oz grated carrot
4oz butter
4oz raisins or sultanas or chopped prunes
4oz chopped dates
8fl oz water
2 tsp cinnamon
½ tsp grated nutmeg
½ tsp ground cloves

Bring these ingredients gently to the boil in a saucepan. Allow to simmer for 3 minutes. Then add

4oz plain flour
4oz wholewheat flour
4oz chopped walnuts
2 tsp bicarbonate of soda

Mix well. Transfer to a greased and lined 8" loose bottomed cake tin.

Bake at 350 F for 40 +minutes.



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