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Autumn 2017

HAMROWBARROW & METHERELL

NEWS LETTER

DESIGN: See March 4

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.....

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AUTUMN DIARY 2017

Events held at Village Hall unless otherwise stated



OCTOBER

Mon 02	Village Hall Management Committee meeting	7.30pm
Mon 02, 16 & 30	Luncheon Club	12 for 12.30pm
Tue 03	SHAME monthly meeting	7.30pm
Wed 04	All Saints Church Community Coffee Morning	10am-12noon
Wed 04	Callington Honey Fair (see ad.)	
Wed 04 to Sat 07	Tamar Grow Local 10th Anniversary events see p. 22	
Sat 07	Concert - Vince Hall 'Crooner by Candle Light' (see ad)	7.30pm
Wed 11	Guided Walk with Jean	2pm
Tue 17	T. V. Flower Club - demonstration	1.45pm
Tue 17	Film Club 'I Daniel Blake' '	7 for 7.30pm
Wed 18	W.I. 'Gardens from Kent to Cornwall' Keith Mason	7.30pm
Sat 21	C.R.U.K. Pink Coffee Morning (see ad.)	10.30 to 12 noon
Thu 26	Chiropody Clinic	1.30pm onward
Sat 28	'YORKIE' Dance , Country, Rock, Middle of the Road (BYO)	8-11pm

NOVEMBER

Wed 01	All Saints Church Community Coffee Morning	10am-12noon
Tue 07	SHAME monthly meeting	7.30pm
Wed 08	Guided Walk with Jean	2pm
Fri 10 & Sat 11	S.H.A.M.E. presents 'NEVER AGAIN'	7 for 7.30pm
Mon 13 & 27	Luncheon Club	12 for 12.30pm
Sat 18	Children's Hospice South West Coffee Morning (see ad)	10-12noon
Tue 21	T.V. Flower Club 'Jingle all the Way' Elaine Reynolds	1.45pm
Tue 21	Film Club 'Miss Peregrine's Home for Peculiar Children'	7 for 7.30pm

DECEMBER

Sat 02	'YORKIE' Dance , Country, Rock, Middle of the Road (BYO)	8-11pm
Mon 04	W.I. Programme Planning, Festive Bring & Buy, Wine & Mince Pies	7.30pm
Tue 05	SHAME monthly meeting	7.30pm
Wed 06	All Saints Church Community Coffee Morning	10am-12noon
Thu 07	Chiropody Clinic	1.30pm onward
Fri 08 - Sun 10	Christmas Tree Festival, St Andrew's Church Calstock	11am-5pm
Sat 09	Social Committee Christmas Coffee Morning	10-12 noon
Sun 10	Christmas Market (see ad.)	11am-4pm
Mon 11	Luncheon Club	12 for 12.30pm
Wed 13	Guided Walk with Jean	2pm
Tue 19	Film Club - 'A Street Cat named Bob' and AGM	7 for 7.30pm



Village Hall Bookings Secretary
Lorraine Palmer, 2, School Lane, Harrowbarrow PL17 8BS
tel: 01579 350911 e-mail: lorriepalmer44@btinternet.com
PLEASE contact Lorraine during reasonable hours,
preferably not at weekends.

Deadline for next Hamlet (Winter) contributions : BEFORE 15 December

Dates of events etc. for Jan, Feb and March 2018

Sally Eccles, Wallcroft, Coombe, Harrowbarrow, PL17 8JH
01579 350329 sallyeccles1@gmail.com



Community Association meetings 2018

Quarterly Monday, 29 January

AGM Tuesday 29 May

Saturday, 07 October 7.30pm

Harrowbarrow and Metherell Social Committee
proudly present

Vince Hall as a 'Crooner by Candle Light'



A Little about Vince... He sings songs by Frank Sinatra, Nat King Cole and Matt Monroe. He is putting together a local **Village Hall Tour** of Cornwall and would like to count our venue as part of this. You can hear him sing through link <http://m.westbriton.co.uk/8203-redruth-welcome-cornwall-8217-s/story-25862056-details/story.html>

Please come along to support him and also have a 'Musical Interlude' of an evening.

Tickets £6 at the Post Office or from Lorraine (350911) or £7 on the door
Entrance fee includes a drink (Bucks fizz or fruit juice).

Please bring any extra drinks and nibbles you require.

There will be a raffle.

All proceeds will go towards the continuing refurbishment of the hall, including the new **production events lighting system** which will be installed shortly.



VILLAGE HALL's ANNUAL DEEP CLEAN

On behalf of the Hall Management Committee, a big thank you to all those community spirited people who helped with the 'deep clean' one morning in August. It is much appreciated and contributes to promoting the facilities of our highly valued village hall.

Thanks also to Denise Parker for the very high standard of hygiene and cleanliness she maintains in the hall throughout the year.

Saturday 21 October 10.30am to 12 noon at the Village Hall

C.R.U.K. Pink Coffee Morning
for Breastcare Awareness Month

Social Committee Events this Winter

November: Autumn Bingo. (Date to be arranged)



December 09 : Social Committee Coffee Morning...
Special Guest Appearance of Father Christmas

2018

January 20 : "Deal or no Deal " (remember the Pig Racing ??)

February 24 : Social Committee Quiz Night (with Pasty)

March 02 : St Piran's Eve - "a proper Cornish evening me 'ansome"

Please support your local Harrowbarrow and Metherell Social Committee

Harrowbarrow & Metherell Community Association Rainbow 200Club

Thank you to all who support the 200 Club, a great way for members to contribute to the running of the village hall. For each number you pay £15 p.a. With one prize of **£50 per month** and one of **£10 each week** members are more likely to get a break than in the National Lottery! If you would like to join or buy extra numbers please see Mandy in the Post Office or email **mandylouise.parkes@tiscali.co.uk** | **phone 01579-350241** Congratulations to all the winners this year. Remember you have to be in it to win it!



Annual Show report



Another year, another show and celebration of all the produce, culinary skills and creativity of our villagers on display in the village hall. The show brought forth a fine display with many entries, and in particular the welcome return of the children's excellent work from Harrowbarrow School. Most growers would agree that it was not the easiest of growing seasons and hence the numbers in some produce classes were down on last year but that was more than made up for by the quality and size of exhibits - astonishing! Special mention is made of a certain celebration cake - a foaming can of beer pouring with no visible means of support - a culinary work of art which would have been a prize winner on GBBO.

In an age when many activities at the root and heart of village life are under pressure, it is no exaggeration to say that the annual village show enjoys continued strong and fine support and, most importantly, no sooner is the hall cleared and swept and the tent and tables packed away, than the committee are already turning their collective mind to next year. We are always looking to strengthen the entries and support in all classes, especially art and handicrafts, children's art and photography and (here I hold up my hands to admit my own guilt) men's cakes.

For this year, we thank all entrants, judges and stewards, the school, and all who attended without whose continued support there would be no show! The date to put in your calendar is Saturday 14th July 2018 with the Schedule being put out via Hamlet in due course.

We know it feels a long way off but please turn your mind to what YOU might be able to enter next year - fruit and vegetables, paintings, handicraft, photos, cakes, bread and home made drinks and ciders as well as all the other exciting classes. And please do attend the show which is a vital part of the annual life of the villages and has been for over 60 years.

Let's make the 2018 Show the biggest and best yet! **Steve Matcham**

2017 Annual Show CUP WINNERS

OUTDOOR FLOWERS	Tony Dwelly
FLOWER ARRANGEMENT	Jenny Snuggs
COOKERY	Kathy Thomas
GODFREY SMALE CUP- men's cake class	Andy Walton
PRESERVES	Kathy Thomas
ALL SAINTS CUP for ALCOHOLIC DRINKS	Dave Hansford
POT PLANTS	Mavis Tancock
CACTUS CUP	Stuart Southam
BURGOIGNE CUP – fruit and vegetables	Simon Stidwell
JOYNSON CUP – a selection of vegetables	Simon Stidwell
LUCAS CUP – JUNIORS	Millie Wilde
TERRY GIMBLETT AWARD – children's photos	Luc Wilkinson
STEER SHIELD- most points in children's classes	Lowenna Walton
ALL SAINTS' CUP – adult handicraft	Mavis Tancock
MORRIS CUP – adult art	Christine Hart
TREHORNER SHIELD – adult photography	Eileen Sturt
FRED OUGH SHIELD – best photo of a pet	Amanda Southam
WESLEY WILTON CUP – person with entries in most classes	Simon Stidwell
MILLENNIUM CUP – most points in the show	Simon Stidwell
LANE CUP – best exhibit chosen by the public	Jenny Snuggs
(Flower arrangement 'A Day in the Life of Mary Martin')	
H & M WI Golden Anniversary Cup – most points for a WI member	Kathy Thomas
NUMBER OF ENTRIES - 369 plus SCHOOL's - 86	

Report on Open Gardens for St Luke's Hospice



The Open Gardens on Sunday 23 July this year was a tremendous success raising £2382.40 for St Luke's. The weather was kind and the sun shone as the visitors walked around the gardens and enjoyed refreshments at Concordia.

Many thanks to all involved in making this event such a success. A special thanks to Sue and John who, though new to the village, opened their garden and provided a beautiful setting for the refreshments which Jo and Jill efficiently organised.

Thank you to everyone who opened their gardens, Jim Flashman for the use of his field as a car park, the Community Orchard and all those kind people who donated cakes.

Next year the Open Gardens will be on Sunday 10 June. If you would like to join in this community event please get in touch, every garden has something for people to enjoy and the funds raised help the continued good work of this worthwhile charity.

Norma and Graham tel: 01579 351981

Hamlet Film Club

The Hamlet Film Club is beginning its third year of screenings which take place on the third Tuesday of every month. C-Fylm, our parent organisation, covers the cost of licensing and provides the list of available films from which we democratically choose the ones we wish to see. Until now, we have had a rolling membership as people joined, but for the future C-Fylm has asked that all memberships should be from 01 January to 31 December. Members' first film will still be free, as before, but membership will be £6 instead of £5. Renewals due from now until December will not become due again until January 2019 and will cost the new rate of £6 – a bargain! There are members who have missed their renewal date this year so will need to re-join. Why not do it now, to take advantage of the extended membership? Remember that your membership covers all the C-Fylm venues in Cornwall. The Club does not keep any of the membership fees so we need you to keep coming with your £4s to keep the Club afloat! In January, new cards and numbers will be issued to all paid up members. Old cards will not then be valid.

Tuesday October 17
Tuesday November 21
Tuesday December 19

I Daniel Blake
Miss Peregrine's Home for Peculiar Children
A Street Cat named Bob



Harrowbarrow Art Group

2 - 4 p.m. in the Games Room
of the Village Hall

Mondays: 25 Sept, 09 & 23 Oct,
06 & 20 Nov, 04 Dec

Cost this term £12

Watercolour, pastels, ink, acrylics,
water based oils & mixed media

Enjoy a special time set aside to
paint or sketch over a cup of tea.

Newcomers very welcome

Contact: **Christine Hart 350909**

Short Mat Bowls

The Short Mat Bowls Club meets every Wednesday evening at the village hall from 6.30 to 8.30 pm plus an extra 30 minutes for the energetic! Our Thursday afternoon session is under review at the end of September and will re-commence subject to there being enough members who wish to play at this time. For newcomers to the sport, no knowledge of the game or special skills are needed, these being acquired with practice and concentration - plus help and instruction from experienced members of the club. Spare 'woods' (bowls) are available. Special footwear is not essential initially though flats or just socks must be worn to keep the mat clean and smooth. Bowling shoes can readily be obtained from sports shops if you wish to play regularly.



There is a very amicable atmosphere in the club which welcomes new members, experienced or not. Young people of 12 or over are welcome if accompanied by a responsible adult. Come and join us for a taster session to see if you enjoy it! Just turn up on Wednesday evening. And let us know if Thursday afternoon would be your preferred option.

Annual Membership £15 plus £1 per session
contact David Coles (Captain) 01579 350962
or Lawrence Parker (Chair) 01579 351952

Hamlet Family History Group

The meetings began with Wi Fi problems, closure of the Hall for outside electrical work and also polling Day! Hardly an auspicious start. However those who have been able to attend regularly since then are beginning to manage their research and make sense of it, continuing the work at home. If the group continues next year it will have to be on a "Research" basis rather than on "seminars" as was originally intended because a missed lesson is impossible to catch up with when the rest of the group has moved on to the next. For the future of this group, watch this space, look out for posters around the villages and see the village website.

Friday 10 November & Saturday 11 November

S.H.A.M.E. presents

'NEVER AGAIN'

at the Village Hall

A three play Theatre Night with a Light Bite

Doors open 7pm.

Tickets £7

available from Mal 01579 351656 Joan 01579 350120

or from the Post Office, Harrowbarrow.



Saturday 18 November 10 am - 12 noon

at the Village Hall

Children's Hospice South West Coffee Morning

£1.50 entrance includes coffee & mince pie

Craft stalls, Christmas cards, Cakes & much more

Grand Christmas Draw at 11.45

All welcome!



Introducing a LOWER INTENSITY CLASS!

This class is suitable for all adults wanting to boogie but with a little less impact on joints! Perfect exercise! We dance to world, laugh lots and noticing! What's not to

Every Friday 9.15 –
Village Hall

(£5 a class - after 10



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An update on the WORLD FAMOUS ARROWBARROWS

The season started as it always does with Saltash May Fair. This year the Red Barrow was caught and imprisoned but predictably escapes and once again causes mayhem. The display was well received and enjoyed by the crowd. We then performed at home at the May Day celebrations, just managing to avoid the rain. Since then we have been performing at Dawlish, Mount Edgecombe, Teignmouth, Fowey, Sticker, Wadebridge Carnival and, as I write, we have a display booked for 10th September at Lanlivery steam fair. After that there will be a Fund Raiser on 23 Sept at the village hall in aid of the Air Ambulance and Bristol Children's Intensive Care Unit (PICU) - see thank you letter below for more details. For further details of the mad antics of our wacky ARROWBARROWS please visit www.arrowbarrows.co.uk. I thank everybody for their support and especially the squadron who commit their weekends to entertain and raise money for local causes.

Top Gun Squadron Leader

Letter of Thanks from Graham Carter

On the 05 July, my wife Carole and grandson Talan were involved in a nasty head on collision on the Callington bypass. I was 230 miles away when I got the call. The local emergency services were quick on the scene, helped by some very kind people who happened to be there to witness the accident. If it were not for these people's acts of kindness the outcome could have been so different. Our friends rallied around, picking up the other children from schools, and helping my daughters and son-in-law to cope. Talan was airlifted to Bristol PICU with head injuries and Carole was taken to Derriford A&E with broken bones and cuts. I am happy and relieved to report Talan was discharged a week later, is doing very well and expected to make a full recovery. Carole was discharged the same evening and continues to make good progress. I would like to thank all who sent kind thoughts, cards, flowers, and offers of help. We very much appreciate them all. They really helped. Living in a village like ours brings many benefits and at time like this you know you are not alone. With this in mind the Arrowbarrows decided to organise a fund raising afternoon on 23 September at the village hall in aid of the Cornwall Air Ambulance and the Bristol Paediatric Intensive Care Unit.(both Carole and Talan being members of the Arrowbarrows).

W.I. Scarecrows Trail and Vintage Tea Report

There are cream teas and there are afternoon teas. The difference being that afternoon tea includes sandwiches and cakes as well as scones, jam and cream. On Saturday 29 August the WI hosted an afternoon tea in the village hall, raising the level a few more notches.

When people arrived they were welcomed and (after paying 20p to pick a name for the scruffy scarecrow!) were led to a table laid with a pretty cloth and napkins, dainty china, sugar and jam. Once ensconced, a tiered cake stand appeared laden with an assortment of sandwiches, home-made cakes and scones. Cream for the scones followed and finally our guests were given their own teapot and jug of milk. If and when they ran out, replacements were brought.



Bunting decorated the hall, there was a bric-a-brac stall where one could find that very thing to fit a long-felt need or which could prove useful one day, and the inevitable raffle had an appropriate garden theme.

Why appropriate? Because the tea marked the culmination of the Scarecrow Trail. Fifteen wonderful scarecrows had appeared in the villages of Harrowbarrow and Metherell during the week, representing 'Inspiring Women - fact or fiction'. Trail sheets with clues as to the identity of the scarecrows were filled in and, during the afternoon, a winning entry was picked from the box, with the prize going to the Springbett family.

The winning scarecrow was made by Paul Thomas. One genuinely felt that his Amy Johnson and aeroplane 'Jason' could actually fly. Amelda Searle and family came second with astronaut Helen Sharman, followed by Jean Miller's Native American Sacagawea and a 'highly commended' certificate going to the Partridges' Vera Lynn.

Congratulations to the winners but also to all the other scarecrow makers. Thanks also to Mandy and Adrian at the Post Office for selling the tickets and trails, to the judges, to James Tancock for straw and to everyone else who supported this lively event, not least the W.I. tea providers and servers.



Proceeds are shared between W.I. and Front Line Emergency Equipment Trust (FLEET) which raises money for local defibrillators.

JR

People.....People.....People

Congratulations to: Jean and Vivian Nelson who, having married at St Andrew's Parish Church, Calstock, on 16 September 1967, have just celebrated their Golden Wedding Anniversary. A well respected and much loved couple who have lived in the parish all this time - we wish them all good health and happiness!

Also to: Ruby Ditcher who was awarded the British Empire Medal in June. Ruby and her family have led a checkered and varied life. In particular, her husband Stuart's posting in the 1960s to Singapore provided them with many rich and interesting experiences, including fund raising for charity. On their return to England, Ruby became involved in further fund-raising, joining the WRVS and the Red Cross. In 1970 she started Tavistock's St. Eustachius Church Christmas Bazaar and organised this for 28 years. She was also involved in the 1970s in helping make Ugandan refugees comfortable at the Horrabridge and Honiton welcome camps. In 1973 Ruby worked for Social Services as a typist. Then, in 1983, Stuart was posted to Germany for four and a half years, when Ruby was appointed to a prestigious position as PA to the Director of Children's Schools in NW Germany. On returning to England in 1987 when Stuart retired she took a part-time post as School Secretary at a Special Needs School, finally retiring in 1997.

In October 2016, Tavistock Rotary celebrated their 70th Anniversary with dinner at the Bedford Hotel when Ruby was presented with their Paul Harris Award for Service.

Ruby's story in more detail will be presented at a future W.I. meeting.

Well done to all those young people who achieved satisfactory results in the recent exams and good luck to those who are about to embark on chosen courses or careers post school.

Congratulations to Jay and Jamie Jacketts of 1, Callington Road, Harrowbarrow, on the birth of their baby Joey John on 24 June.

Also to:

Jaime and Tom Perkins at 2, Sunnyside, on the birth of their son Logan Mark who was born on 14 July. Though seven weeks early and weighing just 3lbs 14ozs Logan continues to thrive.

People.....People.....People

A big thank you to Ken Woolcocks who regularly does a litter pick-up along Fullaford Road with his dog Ruby. It really is greatly appreciated. What a shame the people who drop the litter don't have the same care and respect for our lovely countryside. **from Adrian and Pam Sanders**

Welcome to new residents: Mandy and Robert with Toby and Lizzy from Chilsworthy who have moved into Bridge House, Metherell

and to

Angela and Paul Bushell, William and Sophie Bushell-Crane, Matthew, William, Joshua and Annabelle at Wheal Fortune, School Road, who moved here from London.

Sincere condolences to Pat, family and friends on the sudden death of Bob Peck of Honicombe Park. Bob's friendly and outgoing presence will be much missed at both Luncheon Club and Short Mat Bowls.



Kate's Russian Trip

It was fascinating, the architecture, people and food wonderful. The area around and in the Kremlin was amazing. With such a short summer, the streets were thronged with locals and tourists and the evenings felt like a large party. Red Square is a Unesco site and many of the older buildings are museums reflecting and acknowledging Russia's darker past.

A major contrast to the affluence of Moscow and St Petersburg, we travelled 600 miles through the countryside where whole families may reside in one room.

The Winter Palace in St Petersburg was stunning and it was by the Gulf of Finland where cruise ships call in. The highlight of the trip for me was watching Swan Lake performed at the Hermitage.

The hardest part was getting a visa. Travelling to London 2 weeks before the journey and paying £180 for it.

The Russian guides explained that St Petersburg has 150 days of snow, which this year finished at the end of June and would begin again in October. We have much to be thankful for in Cornwall with the effect of the Gulf Stream seemingly envied by those we met in Russia. **KJ**

Christmas Tree Festival 2017

Friday 08 – Sunday 10 December (11am-5pm)

This year the 'Friends of Calstock Parish Churches' annual Christmas Tree Festival will take place at St Andrew's Church, Calstock

The Big Sing will take place on Saturday 09th at 3pm and there will be a 'Christmas Tree Praise' service on the Sunday evening at 6.30.

If your organisation would like to have a tree at this year's festival please contact Kathy for more details: kathy.tigerella@gmail.com



Harrowbarrow and Metherell W.I. Report

The June meeting featured a talk by Fire Safety and Investigation Officer, Mark Smith. It was well received, especially in light of the Grenfell Tower tragedy. Mark demonstrated how his 'fire' dogs, a Cocker and a Springer spaniel, have been trained to sniff out agents that might have been at the heart of a fire.

In a twist to the usual monthly meeting format, July saw members become 'hands on'. Led by speaker Pat Mallett, the group were invited to make their own necklaces from colourful scraps of material and beads. A member of Coads Green WI, Pat is a keen quilter and was first inspired to craft her own necklaces after buying a Liberty-print creation. She now collects pretty fabrics and buys beads in bulk on eBay. Under the tutelage of Pat and her assistant Alison, and with a plentiful choice of materials, members were encouraged to have a go themselves.

Continuing the creative theme, the Harrowbarrow and Metherell WI team took first prize at the Latchley, Chilsworthy and Cox Park Show.

The August meeting saw a welcome return of Janet Cowlard who on this occasion gave a talk entitled 'Royal jewellery alphabet'. Janet told her audience the incredible tale of the basement at Buckingham Palace, the size of a skating rink and home to the royal tiaras. She shared slides of some of the jewellery that had been gifted to Camilla, Duchess of Cornwall, and Kate, Duchess of Cambridge. As well as jewels from Queen Mary's substantial collection, altered for our Queen.



The Harrowbarrow & Metherell WI Scarecrow Trail in August was a huge success, rounded off with an afternoon tea at the Village Hall. August also saw the WI 'Four Corner Day' on 11 August at the Village Hall. Finally the annual summer trip to Sterts took place on 24 August, to see 'Arsenic and Old Lace' preceded by a delicious meal.

The Harvest Supper and Auction is set for 20 September, to raise funds for the Denman bursary.

The Harrowbarrow & Metherell WI meet at the village hall at 7.30pm on the third Wednesday of each month with new members always very welcome.

Sam Kirton

Flu Jab Clinics

Callington Surgery and Gunnislake Surgery
Saturday Morning Clinics - 8.30am to 12.30pm, 30 September

Harrowbarrow Village Hall
Friday Morning Clinic - 8.30am to 12.30pm, 20 October

Contact your surgery after 10am Monday to Friday
to book an appointment

Callington - 01579 382666 Gunnislake - 01822 832641

Children's Sessions and Evening Clinics to be arranged



Sunday 10 December 11am - 4pm at the Village Hall
Harrowbarrow and Metherell Christmas Market

On sale a wide range of local craft ware and foods, with stalls by Tamar Grow Local and other producers from the Tamar Valley. The funds raised will go towards developing the community orchard - opposite St Dominick Park - a community space where a range of events takes place to encourage learning about and involvement in the Tamar Valley's horticultural heritage.

**October - Booking opened in September**

Date	Destination	Cost plus cost of entry	Depart	Home
Mon 2nd	U3A Callington	£2.90	9.30	12.30
Tue 3rd	Afternoon Tea	£4	1.30	4.00
Thu 5th	Callington/Library	£3	2.00	4.00
Mon 9th	Friendship Club			
Tue 10th	Trago Mills Liskeard***	£5	10.00	4.00
Mon 16th	Truro***	£8	9.30	5.00
Tue 17th	St Ives	£8	9.30	5.00
Mon 23rd	Exeter	£6	9.30	4.00
Tue 24th	Tamar Otter Wildlife Centre	£4	9.30	4.00
	North Petherton (entry £7.50)			
Thu 26th	Callington/Library*	£3	2.00	4.00
Mon 30th	Homeleigh Garden Centre	£4	10.00	4.00
	Launceston			
Tue 31st	Pub Lunch	£4	11.00	4.00

November – Booking opens Wednesday 11th October

Mon 6th	U3A Callington	£2.90	9.30	12.30
Tue 7th	Afternoon Tea	£5	1.30	4.00
Mon 13th	Friendship Club			
Tue 14th	Trago Mills Liskeard ***	£5	10.00	4.00
Thu 16th	Callington /Library*	£3	2.00	4.00
Mon 20th	Truro***	£8	9.30	5.00
Tue 21st	Endsleigh Gdn Centre	£6	9.30	5.00
Sat 25th	Westpoint Christmas Fayre	£8	9.00	6.00
Mon 27th	Green lanes Barnstable	£8	9.30	5.30
Tue 28th	Pub lunch	£5	11.00	4.00

December – Booking opens Wednesday 8th November

Fri 1st (date tbc)	Tavistock Dickensian Evening	£3	6.00	9.00
Mon 4th	U3A Callington	£2.90	9.30	12.30
Tue 5th Xmas Lunch at Engine House Callington details available on booking				
Thur 7th	Callington /Library*	£3	2.00	4.00
Mon 11th	Friendship Club			
Tue 12th	Trago Mills Liskeard***	£5	10.00	4.00
Mon 18th	Truro***	£8	9.30	5.00
Tue 19th	Flower Garland, Cotehele	£3	10.30	4.00
Thur 28th	Callington /Library*	£3	2.00	4.00

*** TRAGO and TRURO free to concessionary pass holders *50p to concess.

WEDNESDAYS 9.30 - 1.30 – Callington/Co-op/Tesco - £3 return

THURSDAYS 9:45-12:15 - Post Office Gunnislake /Coffee morning

FRIDAYS 9.30 – 2.30 (approx) – Tavistock/Morrisons - £2.90 return

New! BOOK with Mavis 01822 833412 Monday to Friday 10.00am to 5.00pm

Calstock Parish Local History Group

www.calstockhistory.org.uk

Meetings 7.30pm at the new Methodist Church, Albaston
followed by light refreshments

Saturday 30 September

AGM followed by

‘I’ll teach you how to talk proper’ by group member Mark Pellow on
Cornish Dialect.

Saturday 28 October

‘Southwark to Calstock - a personal journey’

(Rearranged from earlier in the year) Ann Sutcliffe, a group member,
will talk about her ancestor Hilaria Cotehele.

Saturday 25 November

‘Immigration and Newcomers’ by Kevin Dickens on immigration
in the Westcountry from prehistoric times to the 21st Century.

For more information contact **Lorna Potter - 01579 350776**

TAMAR VALLEY HEALTH PATIENTS' GROUP NEEDS VOLUNTEERS

Your Patients' Group has lost several key members so has virtually ceased to exist with useful projects dropped through lack of support. You will know the pressure that GP services are under with it becoming difficult to maintain the high standard of care we have come to expect. Also major changes are being planned as to how primary health and social care services are provided in Cornwall. It is important therefore that patients have an effective way of expressing their views on these issues and thus contribute to their solution.

Some of the key things that Practice Patient Groups do:

- * Collect feedback from patients on their experience of the care provided, both by survey & direct contact.
- * Make suggestions for changes & improvements to the services provided.
- * Advise & comment on changes & developments planned by the Practice.
- * Support the Practice by helping to publicise important issues that affect their patients.
- * Sponsor & publicise campaigns for healthier living.
- * Monitor official NHS & other surveys to compare Practices.

Overall, you could say that the Patients' Group acts as a "Critical Friend" of the Practice.

Could you spare some time? Volunteers are needed for roles such as officers or members of the committee and people able to offer occasional help with individual projects. If you are interested or would like more information, please contact **nhskernowccg.tvh.ppg@nhs.net** or leave your name and contact details at your practice reception.

Bird report July to Sept by Geoff Roberts

I have this uncanny knack of telling you all in this column that I have not seen a certain bird for a while and as soon as this goes to print, like London buses, they turn up in numbers.

The bad news is that the Great Tit nest failed but my grandchildren were thrilled at seeing the nest with the eggs in and could not get over how small the eggs were (they looked bigger on TV). Better luck next year. Even though the nest failed there seemed to be success in many birds, Long Tailed Tits, Chaffinch, Bullfinch, Greenfinch and especially Goldfinch. To date, the last Swallow I saw was on the 10th September. I am sure that they are well prepared for their long and hazardous flight to South Africa. "See you next year!"

In late summer you may notice that the birds are looking ragged and not as colourful. This is because they are moulting, getting rid of the



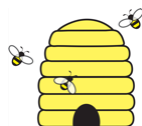
old and growing new so that they will be well insulated for the winter. I am sure you have all noticed the difference when the birds reappear in their glamorous new feather coats.

Are we the only ones that have not seen wasps in the garden? This year is the first year we have got to eat pears, as normally the wasps get there first. It is quite worrying that we have not had the normal plaguing of redundant workers looking for something to do. Maybe someone else got pestered. Let's hope they return next year as these underrated insects do a lot of good in gardens.



CALLINGTON HONEY FAIR WED 04 OCTOBER

Callington's Honey Fair always has something for everyone with street stalls displaying local and national produce. This year are animals to pet, a fairground organ, face painting, live music on a bigger stage and more. In the evening is street entertainment with Rowland's Fun Fair. 'Bee-sides' is the favourite of the Cornwall Bee Keepers displays, with live bees and honey products, 'Teas with the Bees' and Children's Art Competition. Follow the trail of the Honey Fair Shop window displays, the theme this year 'My Favourite Book'.



<http://www.callingtonlions.org.uk/honeyfair.html>
telephone: 0844 963 2446

Butterflies Report by Jean Miller

The season began well with good spells of sunshine which is when we are most likely to see butterflies emerge early. The Small Heath, Large White and Holly Blue were all reported a month earlier than in 2016. But, when the rain set in, heralding the 9th wettest summer since 1910, sightings took a dive. The Butterfly Conservation charity says you should visit each site at least 4 times a year, preferably early May, mid-June and July, & the second half of August, to catch the flight periods of all possible species. Warm sunshine between mid-morning and afternoon is ideal but some species may fly earlier and later in hot weather. In overcast conditions you are unlikely to see butterflies in flight but you may spot them resting. Revisits to sites are invaluable to record species whose populations vary annually. Many species are still on the wing and could have time to recover in autumn. It is likely that, with their early start this year, some will be able to fit in an extra generation. Hopes are high for an autumnal emergence of species like the Comma, Red Admiral and Speckled Wood. Exciting for me was to see 6 Heath Fritillaries feeding together in June in

Greenscombe Wood whilst with my Out & About walking group. Encouraging too has been the increase of Peacock and Red Admiral. Worrying is the almost total absence of Tortoiseshell.

P.S. (from Ed.)15 Sept : Tucking into the nectar of ivy flowers on our neglected wall, in the mid morning sunshine, are myriads of Red Admiral, side by side with swarms of bees & other insects.



Tamar Grow Local celebrates 10 yrs with 4 days of food events

To showcase Tamar Valley food projects & welcome others working on local food projects & short supply chains systems.

Wed 04 Oct Honey Fair - Honey Extraction - Callington Pannier Market

Thur 05 Oct Heralds of Spring Daffodil Conference - Drakewalls Tamar Valley Centre with N.T. John Lanyon, RHS judge Gwynne Davies and Ron Scamp from Falmouth R.A. Quality Daffodils.

8pm Pub Quiz at the Carpenters Arms, Metherell, with questions on food, farming and the Tamar Valley.

Fri 06 Oct Conference Day at the Tamar Valley Centre with talks and discussions from innovative food projects across the UK including the Real Farming Trust, Open Food Network UK, Food Plymouth & Plymouth City Council. Tamar Grow Local will speak about resilience in local supply chains & how the organisation has developed over the past 10 yrs.

Sat 07 Oct Community Apple Pressing at the Carpenters Arms, Metherell and the **Apple and Chilli festival** when local grower Merritts presents over 20 varieties of chillies. The Carpenters Arms opens at 11am for brunch. At 2pm the **Foraging Walk** (£9) starts at the pub .

Music by Robin Roper plus the regular local produce market. All welcome to attend the events. To book tickets for any of the conferences visit **www.eventbrite.co.uk** and search 'Tamar Grow Local' or 'Heralds of Spring'. For full details of other events, visit **www.tamargrowlocal.org** or the **Tamar Grow Local Facebook** page



Cornwall Council's latest update on 'Double White Rise' traffic calming measure on the road out of Harrowbarrow to St Ann's Chapel

"The developer has cut back the hedge in preparation for the Road Safety Audit which is programmed for mid September. I had hoped the audit would have already been completed but there have been some delays due to workloads and annual leave commitments during the school holidays. I will be happy to provide a further update after I have received the audit report."

Kate Venner kvenner@cornwall.gov.uk



All Saints church, Harrowbarrow.

Services continue to be held at 10.30 am every Sunday, apart from the first Sunday in each month when a Together at Ten service is held at one of our 3 parish churches. A list of services is available on the church noticeboard.

Christmas services will be as follows:

Carol service December 18 at 7pm

Crib service. December 23 at 4 pm

Christmas Day service at St Andrews, Calstock at 10am

Local Business Success : Caleb Allington, Painter and Decorator

About 4 years ago, whilst in his early 30s, Caleb, bought a van, the necessary equipment and put out his details (including in Hamlet) to encourage prospective clients. Caleb, who attended schools at Harrowbarrow and Callington, had already completed a 2 year Art based course at Plymouth which led to a job print labelling with a local firm. He had also tried building site work, been on the line at Ginsters, and was employed as Head Porter for eight years at Hotel Endsleigh, Milton Abbot. Once there, his boss found out that he had been a National Trust trainee in painting and decorating at Bodmin which had included learning the trade at Lanhydrock House. So he was asked to help out with doing up the newly renovated stable yard buildings at Endsleigh. Realising he really preferred this work for its variety, challenge and job satisfaction, and having often been called on to decorate for friends and family, Caleb decided to bite the bullet and go it alone. Since then he has built up his business and become well established with a steady clientele.

contact details: 07712727773 caleb8888@hotmail.co.uk

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