

## Andy Partridge

Carpenter & Joiner All aspects of quality carpentry work including repairs & renovations kitchens - bedrooms - bathrooms cupboards - bookcases - shelving

> Pre-school Monday: 8:45 - 2:45

> Tuesday: 8:45 - 2:45

Wednesday: 8:45 - 2:45

Thursday: 8:45 - 2:45

Friday: 8:45 - 2:45

Call: 0777 3640139

staff@harrowbarrowpreschool.co.uk

www.harrowbarrowpreschool.co.uk

\* Funding for 30 hours and 2 year olds subject to status

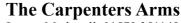


Custom-built to your requirements No job too small. For a clean and courteous service. free estimates and advice: tel (01579) 350754 mob 07967 208685

# **PAUL THORNTON General Builder**

32 years Construction Experience All Aspects of plastering & rendering painting-tiling-slab laying-driveways extensions - loft conversions all general building works **FREE ESTIMATES** 

Call Paul on 07966407019 or 01579 351651 **Nothing yet?** Why not keep my number for future reference?



Lower Metherell, 01579 351148 Charming 15<sup>th</sup> Century Pub.

Superb Selection of Delicious, Homemade Food Freshly Prepared In Our Premises. Traditional Sunday Roast. Stone Baked Pizzas Families Welcome Three Rotating excellently kept Real Ales, Wines, Spirits &Soft Drinks.

Live Music-Open Mic nights-Special Events- Discos Restaurant available for private hire. Free Wi-Fi Join us for an afternoon & evening of fun.



Harrowbarrow Post Office & Shop (Adrian & Mandy : 01579 350241) Open: Mon,Wed,Thur,Fri, 8am - 1pm & 2 - 5.30pm; Tue & Sat 8 - 1pm We look forward to serving you with: general groceries, fresh bread & milk, cakes, local pasties, fresh fruit & vegetables. From the chilled cabinet: bacon, pâté, cream & cheeses, chilled drinks & ice creams. Also a selection

of cards & stationery. Post Office services: foreign currency, bill payments, cash withdrawals & deposits etc

We also supply items from:

Trehill Farm, St Dominic: home-reared traditional meat & sausages inc. 'the Sunday Roast'

Delectable Collectable Antiques: from the 'in store' cabinet "Something for Everyone" Items include jewelry, silver & unusual items of interest

Purchase from the eBay shop **delcolantiques** for delivery & payment in the shop, saving on postage! 

Kit Hill Alpacas: "All our Alpaca products are made using our own fleece." See items in store.

.....



C.W.Cosgrove General Builder Over 30 years

experience For all your building requirements. Free estimates. All works fully guaranteed. Complete professional service from a local builder. telephone : 01579 350064 mobile : 07866989200

## **Tamar Valley Food Hubs**

Your local, not-for-profit grocer delivering the best of Tamar Valley food and drink from over 40 local producers.

Fruit, veg, fresh fish, artisan bread, meat, cheeses, store cupboard goods & whole foods With free delivery to Harrowbarrow & Metherell www.tamarvalleyfoodhubs.org.uk (01579) 208412



Rising Sun Plant & Garden Centre Harrowbarrow **Open Mon to Sat 9 - 5, Sun 10 - 4** Wide selection of patio, basket & bedding plants. Fuchsias, geraniums, herbaceous border & rockery. Climbing & bush roses, shrubs, fruit bushes & trees (ornamental & native). Dwarf conifers, heathers & herbs. Large selection of bulbs (spring & summer). Holly wreaths & Christmas trees. Fresh vegetables & cut flowers. National Garden gift vouchers. ample parking - coffee shop. tel. 01579 351231 www.risingsun.nurseries.co.uk Master Card, Visa & Switch

#### THE GREEN GARDEN COMPANY

Let's Make Your Garden Special! Professional, Reliable, Friendly, Fully Insured & Local Specialising in: Complete Garden Maintenance Service Landscaping, Borders & Planting Patios/Paths/Decks constructed & maintained New Lawns - Seeded or Turfed Grass Cutting - One Off or Regular Cuts Hedge Cutting & Pruning Garden Clearance & Restoration Pressure washing

01579 350851 or 07941 639907 mike@greengardencompany.co.uk A cared for Garden is an Enjoyable Garden

#### WINTER DIARY 2019



#### January

<b>j</b>	
Wed 02 All Saints Church Community Coffee Morning	10am-12noon
Wed 09 Guided Walk with Jean	2pm
Mon 14 & 28 Lunch Club	12 for 12.30pm
Mon 14 Community Association meeting (quarterly)	7pm
Tue 15 Tamar Valley Flower Club - Members Demonstrat	tion 1.45pm
Tue 15 Film Club 'Philomena'	7 for 7.30pm
Wed 16 W.I. Members Evening	7.30pm
Mon 28 Kit Hill Beekeepers AGM	7.30pm
Thu 31 Chiropody Clinic	1.30pm onward
	=

#### February

Sat 02 Christian Aid Quiz	7 for 7.30pm
Tue 05 SHAME monthly meeting	7pm
Wed 06 All Saints Church Community Coffee Morning	g 10am-12noon
Mon 11 & 25 Lunch Club	12 for 12.30pm
Wed 13 Guided Walk with Jean	2pm
Tue 19 Film Club - 'The Greatest Showman'	7 for 7.30pm
Wed 20 W.I. Annual Meeting	7.30pm
Fri 22 SHAME's panto ALADDIN	7.30pm
Sat 23 SHAME's panto ALADDIN	2pm AND 7.30pm

### March

Tue 05 SHAME monthly meeting	7pm
Wed 06 All Saints Church Community Coffee Morning	10am-12noon
Thu 07 Chiropody Clinic	1.30pm onward
Sat 09 Social Committee QUIZ NIGHT	7 for 7.30pm
Mon 11 & 25 Lunch Club	12 for 12.30pm
Wed 13 Guided Walk with Jean	2pm
Tue 19 Tamar Valley Flower Club 'Mix and Match' Fiona H	Hammond 1.45pm
Tue 19 Film Club - 'My name is Khan'	7 for 7.30pm
Wed 20 W.I. 'Huskies in the Antarctic' John Killingbeck	7.30pm
Sat 23 Annual Sale and Auction for Cancer Research UK	1.45pm



#### 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.

For details of charges, facilities etc. see the village website



# Village Website

Please contact Karen Ward if you wish to post news of village events on the website: <u>karen.willowview@btinternet.com</u>/ tel no: 01579 351971

WELCOME to the Villages

Please contact Jean if you are new to the area and would like a WELCOME PACK with information on local businesses, groups you can join and other useful information.

Jean Miller : 01579 351081 E-mail: jean.g.miller@btinternet.com

Deadline for next Hamlet (Winter) contributions : BEFORE 15 March Diary dates and events etc. for April May June 2019 01579 350329 sallyeccles1@gmail.com

Luncheon Club

The Club meets fortnightly on Mondays at the Village Hall. To join, members must be over 60. Members meet from 12 noon with lunch served at 12.30 p.m.

The lunch consists of a main course, dessert and tea or coffee. The cost of the meal is £5.

At each lunch a raffle is held and also a book swap.

In December members are served a full Christmas Lunch, preceded by sherry and seasonal singing by the school children.

The Club is affiliated to Age Concern and is run totally by volunteer staff.

At present there a few vacancies so, if anyone would like to become a member (or indeed a volunteer helper), please contact Jenny Snuggs on 01579 350546.



Harrowbarrow and Metherell Social Committee Report

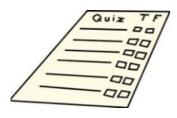
On 17th November we had a fun evening with Byng Pig Racing and our special raffle raised £229 for the Chestnut Appeal.

------

We held our Christmas Coffee Morning on Saturday 1st December. It was well attended and even Father Christmas paid us a visit. The mince pies and coffee were a lovely treat.

The Social Committee Village Party held on Friday 7th December was a great success. The Rubber Band Played. We danced and sang the night away and the surprise appearance of the ' obby oss ' was enjoyed by all.

# 2019



The first event of the New Year will be the **Annual Quiz Night** which will be held in the hall on Saturday March 9th. It has been put back to March because of SHAME's Panto in February. So you will have more time to brush up your knowledge and gather your team together.

The committee will be meeting soon to discuss ideas for future events. More details later.

On behalf of the committee I would like to extend our thanks for all the help and support given to us for the different events. We cannot do it without your help.

> Lorraine Palmer, Chair Harrowbarrow & Metherell Social Committee.

A Story of Village Life with a Plea for a **Happy** Ending Once upon a time, there were two small adjacent villages in East Cornwall. They shared a small green tin hut in the grounds of a beautiful old church, for concerts, dances, parties, W.I. meetings, Scouts, Guides, Brownies, Cubs, wakes and lots more. The villages

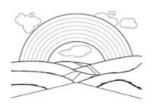
grew larger as more houses were built and more people moved in. Eventually, the old tin hut was outgrown.

A working party was formed to raise funds for a bigger and better hall for the villages. Volunteers came forward to offer their skills for building, plumbing, carpentry, roofing, tiling, electrical installations, painting and decorating and all things between. The villagers had a common aim and in due course a beautiful new village hall was built and opened with much pomp and circumstance by the Lord Lieutenant of Cornwall. It was a credit to those who had worked so hard for its creation.

Over the following years, the old tin hut became a fond memory, its place taken by a car parking space for the grateful church and the new hall became the hub of the villages. More volunteers gave freely of their time for taking bookings, opening up the hall, setting it up for the hirers with tables and chairs, locking it up afterwards, cleaning, making curtains, cooking a fortnightly lunch for the elderly of the villages and even running a playgroup. Three committees were formed, one basically to take care of the finances, one to organise the day to day maintenance and one to provide the fun. All three were made up of volunteers, some of whom had been there from the start.

A need for child play facilities was realised and the fundraising began again - by the same old volunteers! Helped by lottery funding, a lovely play park with zip wire, slides, climbing frames and swing, a shelter, a multipurpose enclosed area, toddlers' section and skate park, appeared. It soon became in almost constant use and, thanks to the volunteers, will remain a 'Field in Trust' in perpetuity.

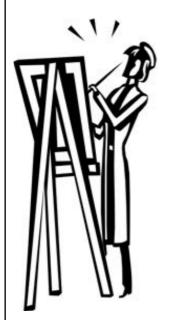
The original volunteers were young (ish) men and women when the hall was built but when some departed to their workshops in the sky, they left hard-to-fill gaps.



There are two possible endings to this story. In the first, as the hard working and dedicated volunteer workforce either retires or leaves this mortal coil, there will be no bookings taken, no maintenance of the building and grounds and the hall will pass into disrepair. There will be no wedding receptions, children's parties, concerts, films, clubs, no charity coffee mornings or Cancer Sale or lunches for the old folk.

In the second, new volunteers will join the committees or at least attend the Community Association's quarterly meetings. They will want to make sure they have a say in the future of the hall and ensure it actually has a future! They will bring in fresh ideas and expertise. More villagers will be keen to attend the exciting functions arranged by their 'new' Social Committee if they have said what they would like those functions to be.

A boules court, an outdoor table tennis table and picnic area are proposed for the vacated playgroup area but will there be volunteer tradespeople around as there were 24 years ago to help bring the project to fruition? Will there be willing fundraisers? Will there be people ready and willing to play and organise teams, possibly a league with other groups?



Art for all Monday afternoons 2 till 4pm Come and join our friendly group in the Village Hall.

We meet more or less fortnightly, helping and encouraging each other and, as we are all still learning, we enjoy having occasional workshops run by invited local artists. Drawing, pastels, ink, acrylics, watercolours, water based oils, charcoal and mixed media. We are all trying some new skill and enjoy having a go! A special time set aside to paint or sketch in company and enjoy a chat and cup of tea.

Spring term dates: 21 Jan, 04 & 18 Feb, 04 & 18 Mar, 01 Apr Cost £12 for the term Beginners are most welcome.

Why not arrange to come and visit the group? Please contact Jean Miller on 01579 351081 for more information.



**Children's Hospice South West Coffee Morning November 2018** Hilary Dent is delighted to report that the event raised the grand sum of £520 and thanks all those who supported this charity.

# Hamlet Film Club

The Hamlet Film Club begins its fourth year in January when memberships are due to be renewed. It costs £6 for membership, regardless of whether you join in January or later in the year but your first film is always free! Members then pay just £4 for each screening. A bargain, saving you a trip to Plymouth and the price of a bucket of popcorn!

The Club's AGM will take place before the screening of the February film, in order to comply with the constitution, but it shouldn't take more than a few minutes. If you have any nominations for committee members please submit them to a present member beforehand if possible. Many thanks.

christia



### Saturday 02 February 7 for 7.30pm at the Village Hall Christian Aid QUIZ Quiz master - Ken Aspinall

teams of 6 maximum £3 pp - bring own drinks - glasses and nibbles provided, raffle contact **Ian Courtis - 01822 832370** 

Trade Craft stall selling fairly traded goods



#### People.....People.....People

**Condolences to** Mary and family of Alan Parsley who has died after being cared for at home all through his long illness. All those who knew Alan and benefited from his many contributions to village life will always remember him with fondness.



Mary and Hayley wrote the following tribute: Alan often said, "You have no say on where you were born." He was born in St Pancras but, when the family moved to the outskirts of Watford, became a true countryman. Aged 14 he had to go to work, becoming a butcher's boy who worked his way up to shop manager. Then National Service and three years in the

jungles of Malaysia as signaller in the Suffolk Regiment. Back home he worked hard to buy a small-holding then moved on to Dorset as farm manager of the country's biggest pig farm, which was where he and Mary met. In 1972 they moved to Caddapit, a Cornish Long House in the Lynher Valley in need of complete restoration. Alan started a sawmill to provide the timber and, as well as keeping 2000 pigs, made sheds and garden furniture. The timber business later moved with them to Harrowbarrow where Alan restored Mulberry Cottage and worked as a stone waller and landscape gardener. Aged 73 he built the big training school at Camelot Kennels.

Alan was a kind, honest, fun-loving, true countryman with a great sense of humour. He loved his family, dogs, pigs and Cornwall. He will be greatly missed for his great sense of fun at our local gatherings over the years.

**Rex Snuggs** would like to thank everyone who attended his surprise 90th birthday celebration in September. It was a memorable occasion. Thanks to your generosity £400 has been donated to Cancer Research UK.



**Condolences to** son Stuart and the many family members, friends and neighbours of Sheila Johnston who died in September after a short illness. A Londoner who, as a youngster, had been evacuated to Wales, Sheila later did clerical work and in her spare time, with husband Bob's encouragement, enjoyed walking, ski-ing and cycling. They moved to Cornwall on retirement where they continued to lead a very active life though sadly Bob died some

years ago. Nature lover, longtime National Trust volunteer at Cotehele and Church member, Sheila was also Higher Metherell Hamlet deliverer right up to her illness. She will be remembered by all those who knew her with great affection and respect.

~~~~~

**Thank you to** Christina Myers and Carolyn Vine who, after eleven years teaching members of the village line dancing group, have decided to call it a day. Christina and Carolyn always gave a warm and friendly welcome to new and old members alike, providing lively music and free tuition, with all proceeds going to the charity Children's Hospice South West. A good workout and fun were the order of the evening. We wish them both a happy retirement and Christina and her husband a contented return to Kent to be near their family.

**Condolences to** Ivan James, family, friends and neighbours on the death in October of Gillian after a long illness. Ivan and Gillian lived in Norris Green for 19 years.

**Jenny Snugg**s would like to thank everyone who helped at the Pink Coffee morning in October. While recovering in hospital at the time, it was wonderful to know that her friends were keeping everything on track and raising money for Breastcare Awareness. People.....People.....People

**Welcome to** Will and Sian who have moved into 1 Rising Sun Cottages from Exeter.

#### and also to

Mrs. Rose Claxton and cat Poppy at 13, St Dominick Park, from Cox Park

### and

Lucy Bryant at 1, Callington Road from Kelly Bray



**Condolences to** Kathleen and family, friends and neighbours on the death of Patrick Brady aged 97. Patrick served in the navy whilst later in life learned to fly and became an instructor.

~~~~~~~~~~~~~~~

~~~~~~~~~~~

**Condolences to** Viv, Claire, David and family and all her many friends on the

sudden death of Jean Nelson. Jean was born into the Barrett family in Albaston and lived there until her marriage to Viv with whom she raised a close and loving family, first at Cotehele then in their new build bungalow in Harrowbarrow. Her talent for music was fostered from a young age by family and friends whilst her dedicated playing at All Saints Church,

Harrowbarrow School and beyond earned her a huge amount of respect locally. Jean also taught piano to many pupils, with all of those she prepared for examinations succeeding, often with merits or distinctions.

Latterly Jean was seen regularly in the village walking the family terrier with always a friendly smile and greeting. The community will really miss her and her generosity of spirit.



**Condolences to** Peter, Christopher and family on the death of Marian Mayall aged 87 of St Dominick Park. The couple retired here from Accrington in Lancashire where Marian worked in Local Government in the Planning Department. A keen gardener and flower arranger she was especially talented at growing roses.

It was just last year that Marian and Peter celebrated their 65th wedding anniversary.

**Condolences to** Doreen and Alison, family and friends on the sudden death of Graham Walker. Doreen wishes to thank all the many friends who have sent cards and letters of support and in fond memory of her husband whose kindness and enduring work in the medical and care sector will be much missed.

**Sally & John Eccles** thank all the good friends and neighbours who have helped them to settle into their new home at Cedar End, Harrowbarrow, with offers of help and good wishes. A small move distance-wise but a hurdle all the same! Contact us 01579 350329 if you are perhaps moving house in the near future and are in need of one-use only made-up cardboard boxes!



S.H.A.M.E. Presents their Winter Pantomime Tickets available from Post Office or Malcolm Rowe 351656 Adults £7 - Under 16s £4 Friday 22nd Feb 7.30pm Saturday 23rd Feb 2pm & 7.30pm Oh yes you can.....

## Saturday 23 March - Annual Sale and Auction 1.45pm Stalls and 3pm Auction

All types of saleable goods accepted, including books, as long as they are in reasonably good condition, and working order electrical



goods (**please bring appropriate cables for these**), but **not** large items of furniture etc. or furniture that contains foam - unless with a fireproof certificate. The village hall will be open to receive goods on

Friday 22 March (6pm to 9pm) and Saturday 23 (9am to 11am) Offers of help always welcome **Contact Jenny Snuggs 01579 350546** 

# W.I. Report



As the year continued to fly by, our September meeting was the Harvest Supper when a wonderful spread of food was shared and there was an auction of donated goods, with proceeds to Denman Bursary. A Sterts visit to 'Steel Magnolias ' was

enjoyed. Thanks was received from Melanoma research and Val Budgeon Cawsey for our fundraising donation.

October's speaker was Iris Marriott on 'Costumes for the theatre'. We also had a fundraising treasure hunt which was greatly enjoyed.

In November there was a trip to the 'Waste to energy plant' which was very interesting. The November speaker was Pam Kemp on 'Hidden Lives, Tibet, Ladakh and Bhutan '. Ruby Ditcher



celebrated her 90th birthday and received flowers and congratulations. Kathy Thomas laid a poppy wreath at Albaston on behalf of the WI for Remembrance Day.

The red telephone box in Metherell has been started with progress made. Tim Macdonald very kindly helped by strimming the area around it and the bridge, making it look tidier. The weather has stopped work for the time being. Updates and news can be found on the Facebook page -Harrowbarrow and Metherell Women's Institute. Meetings are held on the 3rd Wednesday of every month, 7.30pm, in the games room of the village hall. New members are welcome. *Nicki Thornton* 

**Thank you to** Mary Davies who was inspired to write the below poem below after the W.I. talk on Tibet in November:

Ode to Distant Lands What are distant lands? I ask. To define them is a difficult task. When Man can speak from Outer Space, And we, on earth, can see his face, Then distance really has no place. With global travel here today, What lands are really 'far away'? Are they where no man has been? And pictures of them never seen? Places that are still unknown Where no-one's been to claim and own. Wherever they are, "Oh! Let them be left" Long live their natural beauty yet. I think they are only found in a book Where historians know just where to look. And children's books have tales to tell, Where giants and fairies are known to dwell. Long may these fascinations last In imagination and the past.



Calstock Parish Local History Group 7.30pm at the Methodist Chapel in Albaston followed by refreshments More information from Lorna Potter 01579 350776 Entry £1 members, £2 non-members

Saturday 26th January 2019 The History of Forensics by Simon Dell From Roman times to DNA, forensic science has been used to detect crime. Simon looks at the development of forensic in the hunt for the offender.

Saturday 23rd February The History of Coinage by Bryan Short Coins have been in use for over 2,500 years. This talk spans the entire history highlighting important events and changes that had major effects on society.

Saturday 30th March Wars of the Roses by Mark Smith Whilst the group meets at the chapel on the last Saturday of the month during autumn & winter during the summer months outdoor walks are arranged.

Birds Report

Hope you all had a Merry Christmas and Happy New Year. Many thanks to those of you that comment on how much you enjoy reading this article as I do enjoy writing it. I need more time to get around the villages to see which birds are using the area for wintering but time seems to be at a premium.

The British Trust for Ornithology (BTO) has published a report recently that some species of birds in the countryside are declining and going on the red list (rare) which is a pity.

I am helping by listening for Tawny Owl calls. I should sit out for twenty minutes a week and listen for their calls and report back on the BTO website my recordings. Nine times out of ten I do not hear anything in my twenty minutes but, on the record, it gives me the option to report calls outside of the twenty-minute session, which gets a tick most weeks as the Owls are around and about the villages which is nice to know though I very rarely hear a female Tawny Owl.

The frequent visitors to my garden over the past months have been Robin, Blackbird, Dunnock, Greater Spotted Woodpecker, Jay, Magpie, Jackdaw, Rook, Crow, Tits - Great, Coal, and Blue, Chaffinch, Bullfinch, Greenfinch, Goldfinch, House Sparrow, Nuthatch, Wren, Wood pigeons a plenty, Song Thrush and Sparrowhawk.

Overhead Buzzards, Starlings, Gulls, Crows and Jackdaws have been giving a spectacular aerobatic display in the high winds we have been experiencing recently.

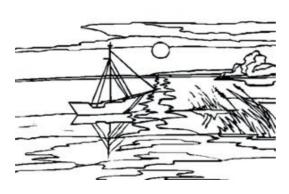
Spring is on its way so let's hope for plenty of bird activity and further success in my bird boxes.

geoffreyhroberts@btinternet for any sightings to report or questions.

## December Dawn and "Water, Water Everywhere"

Before dawn, at high tide, clouds momentarily part to reveal Venus shining above woods opposite Cotehele Quay on the Tamar. Torch beam illuminates water lapping the top of the dock where the motor sailing barge (Little Charlie) floats almost level with the quay. From a higher vantage, by the deep ferny wells or shafts of old lime-kilns, the river appears as a lake, pale like the sky. Hoots of tawny owls echo from Cornish to Devon bank but, soon after 7am, rooks begin to caw and the faint quacking of mallards carries from the temporarily stilled and flooded millstream. Debris of driftwood, rotten leaves and reeds on the quayside indicate previous higher tides when the river was even more swollen with muddy run-off from its extensive catchment, extending towards Bude on the north coast and the foothills of Dartmoor and Bodmin Moor. Throughout the parish, on these wet days, rutted gateways shed surface water from sodden pastures and compacted arable land. Risen water-tables drip from moss-covered rocky cuttings and ooze

from woodland floored in leaf-mould and clumps of ferns. Puddles accumulate on minor roads and rivulets flow down narrow Bury Hill, Vogus Lane, Shottaford and Peppers Hill, washing shoals of fallen leaves and mud into streams and increasing the flow of tributaries that originate from Kit Hill, the outskirts of Callington, and mine adits in Silver Valley and Harrowbarrow below Hingston Down. Turbulent water joins up to race through derelict ponds and leats that used to power water-wheels geared to grindstones in corn mills. Downstream from Barretts, Radland and Glamorgan, Cotehele is the mill closest to the tidal river; water roars over the weir below Boar's Bridge and the confluence with yet another fast flowing stream (from Metherell and the local sewage works). Up on the highest land of the parish, vacated but still verdant fields on Viverdon Down remain shrouded in drizzling cloud. The suckler



herd of South Devons has been moved downhill to winter in straw-bedded covered yards and feed on this summer's precious hay and silage. Meanwhile, in a fridge trailer, sides of beef from slaughtered mature bullocks are boned and jointed, destined for Christmas sale in the farmer's butcher shop.

Virginia Spiers (who writes her Country Diary for the Guardian)

Something to get the grey cells working after the Christmas excesses. Find the musical instruments in these jumbled words:

1. bent room 2. in cartel 3. canton rice 4. no rag 5. tuba in Rome 1 6. il vino 7. luke leu 8. saxon hope 9. almond in 10. horrid chaps 11. integral 12. pert mut 13. calm by Answers towards the end of the newsletter



Harrowbarrow Open Gardens in aid of St Luke's Hospice The Open Gardens will take place on Sunday 14th July. It will be the fourth year of this great community event which is an enjoyable and interesting way to support St Luke's.



We are always looking for new participants to add to the diversity of the walkabout. If you are interested in joining us please come along to our meeting with Wayne Marshall, Open Gardens' Coordinator for St Luke's, on Sunday 3rd February. The meeting will be held in the games room of the Village Hall at 2.30pm.

If you would like any more information please contact Norma & Graham. Tel: 01579 351981

TAMAR AREA PROSTATE SUPPORT (TAPS)

NEXT MEETING: WED 6th FEBRUARY 2019

AT 6.30 PM AT CALLINGTON HEALTH CENTRE Whether you have just been diagnosed, are in the middle of treatment, or have come out on the other side, we'd like to invite you to join this new support group. The group meetings will provide relevant information on prostate cancer, encourage supportive discussion with others in the same boat, and provide advice and support from those who have been there before you.

The Group is very informal and its meetings are open to men and their partners/friends. Although TAPS was established by the TVH Practice and its Patient Group, the aim is for TAPS to be selfsufficient in its organisation and funding. TAPS itself decides how it wishes to develop in the future. It meets on the first Wednesday of the month (except January).

For some monthly meetings a specialist speaker may be arranged, such as a urology consultant, or an oncology practice nurse, who would speak briefly followed by a general discussion. On other occasions, the organiser would just start a conversation/ discussion.

Anyone worried about prostate cancer or interested will be made welcome. Contact: Chris Greensted 01822 834797 email c.greensted@plymouth.ac.uk

| Tamar Valley Community Bus trips & outings for all ages                                                                                               |    |    |       |       |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|-------|-------|--|
| BOOK with Mavis 01822 833412 Mon-Fri 10am-5pm                                                                                                         |    |    |       |       |  |
| EVERY WEEKWed9.30 - 1.30Callington / Co-op / Tesco - £3Thur9.45 -12.15Post Office Gunnislake / Coffee morningFri9.30 - 2.30Tavistock / Morrisons - £3 |    |    |       |       |  |
| MONTHLY Depart Home                                                                                                                                   |    |    | ne    |       |  |
| 1st Mon U3A Callington                                                                                                                                |    | £3 | 9.30  | 12.30 |  |
| 2nd Mon Friendship Club                                                                                                                               |    |    |       |       |  |
| 2nd Tue Trago Mills(free to c                                                                                                                         |    | ·  | 10.00 | 4.00  |  |
| 3rd Mon Truro(free to conces                                                                                                                          | s) | £8 | 9.30  | 5.00  |  |
| January- booking already open                                                                                                                         |    |    |       |       |  |
| Tue 08 Afternoon Tea                                                                                                                                  | £4 |    | 1.30  | 4.00  |  |
| Thu 10 Callington / Library                                                                                                                           | £3 |    | 1.30  | 3.30  |  |
| Tue 22 Exmouth                                                                                                                                        | £6 |    | 9.30  | 5.00  |  |
| Mon 28 The Willows, Torquay                                                                                                                           | £6 |    | 9.30  | 5.00  |  |
| Mon 29 Falmouth                                                                                                                                       | £8 |    | 9.30  | 5.00  |  |
| Tue 29 Pub Lunch                                                                                                                                      | £5 |    | 11.00 | 4.00  |  |
| Thu 31 Callington / Library                                                                                                                           | £3 |    | 1.30  | 3.30  |  |
|                                                                                                                                                       |    |    |       |       |  |
| February – booking opens 16 January                                                                                                                   |    |    |       |       |  |
| Tue 05 Afternoon Tea                                                                                                                                  | £4 |    | 1.30  | 4.00  |  |
| Tue 19 Dartington                                                                                                                                     | £5 |    | 9.30  | 5.00  |  |
| Thu 21 Callington / Library                                                                                                                           | £3 |    | 1.30  | 3.30  |  |
| Mon 25 Trelawney Garden Centre £6 9.30 5.00                                                                                                           |    |    | 5.00  |       |  |
| Tue 26 Pub Lunch                                                                                                                                      | £5 |    | 11.00 | 4.00  |  |



I was going to quit all my bad habits for the New Year, but then I remembered that nobody likes a quitter.

A New Year's resolution is something that goes in one year and out the other.

*My New Year's resolution is to get better at pretending to know the words to Auld Lang Syne.* 



 Trombone 2. Clarinet 3. Concertina 4. Organ 5. Tambourine 6. Violin 7. Ukelele 8. Saxophone 9. Mandolin 10. Harpsichord 11.Triangle 12. Trumpet 13. Cymbal



# Harrowbarrow and Metherell Annual Show Schedule Saturday 13th July 2019

#### To encourage early preparation. Please notice changes to classes.

#### **OUTDOOR FLOWERS**

- 1 Sweet Peas - 6 stems
- **2** Pansies or Violas 4 stems
- 3 Marigolds (Calendula) 4 stems
- 4 Alliums 3 stems
- 5 4 Different stems of foliage not grasses 10 1 Specimen bloom not hydrangea
- 6 Vase of grasses
- 7 Vase of mixed garden flowers
- 8 Hydrangea single head
- 9 Dahlia single head

  - 11 Rose Cup for the best Roses -3 stems

#### FLOWER ARRANGEMENTS (ADULT OVER 16)

#### Exhibitors in Classes 12, 13 & 15 must notify Lynda Harman 01579 351413 of the number of entries by 9th July. Only fresh plant material to be used.

- 12 Age of Elegance 60 x 60 cms any height
- 13 Rags to Riches 60 x 60 cms any height
- 14 Arrangement in a wine glass 25x25 cms any height
- 15 Novice Class anyone who never won a 1st prize
  - Arrangement in a shoe or boot 30 x 30 cms any height

#### COOKERY

- 16 A Loaf of bread
- 17 3 Bread rolls
- **18** 4 Sausage rolls
- **19** 4 Savoury tartlets
- **20** 4 Flapjacks **21** 4 Fruit scones

#### PRESERVES

 Jar of jam Jar of lemon curd 28 Jar of jelly Jar of chutnev Jar of marmalade

#### HOMEMADE DRINKS

#### Classes 33-36 not to be made from a kit. Clear bottle with cork or screw top **33** Homemade cider in 75cl bottle

- 34 Homemade wine any variety in 75cl bottle
- 35 Any homemade alcoholic drink any size bottle
- 36 Any homemade non alcoholic drink any size bottle

#### POT PLANTS

- **37** Foliage plant
- **38** Flowering plant
- 39 Succulent

#### 40 A herb in a pot 41 Cactus - Cup for the best Cactus

- **GARDEN PRODUCE**
- 42 3 Carrots leaves cut to 3 ins
- 43 3 Onions from sets

- 53 An arrangement of named herbs
- 54 6 raspberries with stalks
- 44 3 Beetroot-leaves twisted off at 3 ins 55 6 bunches of currants with stalks any variety

- 22 Ginger cake
- **23** Gluten free cake
- 24 4 pieces of Shortbread
- 25 WOMEN ONLY Victoria Sandwich Jam filling
  - 26 MEN ONLY Victoria Sandwich Jam filling
    - - 32 Jar of pickled vegetables

- 45 3 Potatoes any variety
- 46 3 Broad beans
- 47 4 Peas standard
- 48 3 Stems of parsley
- 49 3 Courgettes not more than 6ins
- **50** 1 Lettuce with roots
- **51** 4 French beans
- 52 1 Cucumber

#### **CHILDREN'S CLASSES PRE-SCHOOL**

#### **63** A paper plate animal

### **INFANTS 5-7 years**

**65** A4 collage or painting - any subject **66** 4 decorated digestive biscuits

## **JUNIOR 8-11 years**

- 69 Handwriting 2 verses of a poem State Age
- 70 A4 collage or painting any subject
- 71 Any handicraft

## JUNIOR PHOTOGRAPHY - Any Age under 16

- 74 Photograph of a holiday or school trip State Age
- 75 Photograph of an animal State Age
- 76 A Selfie bring phone and USB cable State Age

#### HANDICRAFT

- 77 Embroidery
- 78 Cross stitch
- **79** A sewn article
- 80 A hand knitted article
- 81 A Celebration card

# ART

#### Max 4 entries per class per exhibitor

- **87** An oil painting 88 An acrylic painting
- **89** A water colour painting
- **90** A pastel drawing
- 91 A pen or pencil drawing
- 92 A mixed media image

# PHOTOGRAPHY

# Unframed & un-mounted photographs size 6x4" or 7x5" except for classes 102 & 103

- 93 A landscape, seascape or sky-scape photograph 99 A photograph of Industrial Heritage 100 A macro photograph - close up of anything
- 94 A nature photograph
- 95 A portrait photograph head & shoulders only 101 Architecture
- 96 A humorous photograph with caption 102 Coloured Photo up to 10" x 8"
- **97** A photograph of any sport
- 98 A photograph of a flower
- 103 Black and white photo up to 10" x 8"
- 104 Fred Ough Shield Photograph of a pet

- 56 3 Sticks of rhubarb leaves cut to 3ins
- 57 Any vegetable other than in Classes 42 52
- 58 Any other fruit
- 59 An animal made from vegetables
- 60 Joynson Cup Selection of any 5 vegetables - display tray provided
- 61 3 Chicken eggs
- 62 3 Duck eggs
- 64 An A4 nature collage
- **67** Flower arrangement
- 68 Handwriting a Nursery Rhyme State Age
  - 72 Model made from junk (individual or team effort)

  - - - 73 4 Iced Funny Faced buns
- 82 A handmade stuffed toy or doll
  - 83 A guilted article
  - 84 A cushion
  - **85** Any wooden article
  - 86 Any other handicraft

Many thanks to all those who help to make this newsletter possible and worthwhile : they are those who contribute copy, the committee that meets quarterly with ideas, advice, news and encouragement to the editor, the Community Association treasurer, the Welcome Pack group, the advertisers and fundraisers, those who deliver it and also, of course, those who read it! Dear readers, please tell any advertisers that you use, that you saw their advert in Hamlet. And if you are interested in joining the Hamlet committee, contact Sally - 01579 350329 / sallyeccles1@gmail.com



Make-up, clothes, jewellery, underwear, nightwear. Children's, men's and women's gifts, for you and your home. Why not request a brochure and see what Avon has to offer? For Sale Handmade Wooden Bowls, Boxes and Egg cups: David Adams :

01579 350097



#### HALFPENNY COTTAGE HARROWBARROW

A luxurious Self-Catering property Sleeps 6

Solar heated Swimming Pool in High Season Short Breaks available in Low Season

Special Rates for local enquiries

Alan & Verona Davis 01579 351034 www.halfpennycottage.net

#### Honicombe Manor

See Facebook Page or call for opening times 'Live Local' Loyalty cards offering Freebies and Special Offers Pool and Gym open to the public Comedy club is coming to Honicombe, Buble Tribute, Rock & Roll outlaws Introducing our over 25s Disco nights and more ! Hire a room for functions, meetings or to catch up with friends -For more info. **01822 258090** enquiries@honicombemanor.co.uk



Home and Garden Maintenance

Tavistock / Callington Area Call Barry Mobile: 07867 671509

Home: 01579 350463



Property Maintenance Man & Van Hire Service

**Obligation Free Quotes** 

Home: 01579 384696 Mobile: 07961 555761 oddjobjohn@btinternet.com

# **R Mears & Sons** Chimney Sweeps & Stove Installation

Established over 30 years Vac Brush. Full CCTV investigations. Pots, Cowlings & Bird Protection fitted. Chimneys Lined. Solid Fuel Appliances, Rayburns, Woodburners, Stoves, etc serviced. Fully Insured.

Tel: 01840 261221 Tavistock: 01822 664554 Mob: 07737 533392 www.sweepdevon.com



# Need more space?



### Container Hire and Sales

- Secure units
- Competitive prices
- Easy access

# Tamar Valley Transport Limited

Harrowbarrow, Nr Callington, Cornwall PL17 8JG

# 01579 351050

## Williams Window Cleaners

(est. 1990) window cleaning, gutter unblocking, gutter and fascia cleaning

01579384435/07990996886

#### rob381970@hotmail.co.uk

Quality work – regular service excellent value no job too large or small for our family business





A Home From Home Boarding Cattery Netley Farm, Harrowbarrow

Enquiries Welcome 01579 350887 07933 085171

Fully Licensed & Insured



#### LIBRA HAIRDRESSERS & ADAM'S <u>Original</u> BARBER SHOP, 01822 833800

#### Drakewalls, Gunnislake

 (opposite Delaware Primary School!)

 Ladies
 Barbershop

 Tue
 10 - 5pm
 Wed 9.30 - 4pm

 Wed
 10 - 5pm
 Fri
 9.30 - 5pm

 Fri
 10 - 5pm
 Sat 9.30 - 12.30pm

 Sat
 10 - 12.30pm

easy parking, small family run salon

## PERMANENT MAKEUP

by Daphne J Smith of **Cosmetic Contour** 

Cryopen treatments for the permanent removal of skin Tags, Pigmentation/Sun Damage spots, Milia, Warts and verrucae.

> 15 Years Experience and a member of the SPCP Clinic at Blue Mist Lower Metherell PL17 8BJ 01822 610404 / 0800 0820852

#### www.cosmetic-contour.com

Follow us on FACEBOOK & TWITTER for all our current offers & photographs.



ONE-to-ONE SUPPORT WEEKLY APPOINTMENTS MOBILE VISITS TO YOUR HOME East Cornwall Chiropody & Podiatry

Neil Oliver - HPC Registered Chiropodist & Podiatrist

Home visits in East Cornwall, including Harrowbarrow & Metherell

01822 258604 / 07828 737814

www.cornwall-podiatry.50webs.com

### ARCHWAY DENTAL SURGERY

Experience dentistry in a relaxed and caring environment

Email us at

reception@archwaydentalsurgery.co.uk

#### Check out our website at www.archwaydentalsurgery.co.uk 01579 383300

5-6 Well Street, Callington, Cwll, PL17 7AU

Find us just off Fore Street in Callington FELICITY BENDER BDS MFDS RCS (Ed)

# Acupuncture

## Lai Chee Choy-Ryves BSc Hons

Member of British Acupuncture Council

A Natural way to restore & maintain Health

For a wide range of Health issues Chronic or acute

www.laicheeacupuncture.com laichee@laicheeacupuncture.com

> 01579 350740 Gift Vouchers

#### **Colin Chadwick - Tree Specialist**



B. Sc (Hons) Forestry, NPTC Qualified

Felling, crown reduction, pruning, planting, hedge work.

Free & friendly advice. Fully insured.

Tel. 01579 351282 www.colinchadwickcornwall.co.uk LET ME WRITE YOUR WILL I am a retired Solicitor so you know it will be done properly. I always come to your home so you feel more confident. Couples can protect their home from residential care fees. Let me tell you how. I also cover Powers of Attorney - Living Wills. My prices are reasonable and there's no VAT! MICHAEL GRUNDY Tel 01579 351467 A QUALITY SERVICE -A SENSIBLE PRICE

# **Pridhams Electrical Centre**

Your local Euronics store LCD Digital TV, Domestic Appliances, Small Appliances and much more Bosch Electrolux Beko Toshiba Humax Samsung We deliver, we install, we care, always at competitive prices 14 Fore Street, Callington, 01579 383527

# **Richard Marshall-Evans**

Upholstery & Repair of antique & modern furniture Wide range of fabrics available Restoration of antique furniture & clocks etc. Canework – chairs re-seated. Furniture made to measure: sofas, dressers, tables.

Free estimates tel : 01822 834911 mob : 07720096917 www.marshallevansrestorations.co.uk



All year round quality care from 7am to 6pm For children aged 1 to 4 years & up to 11 years for after school club & school holidays. Exciting activities on offer, forest school area & so much more! We only close for 2 weeks at Christmas! Separate room for our babies & toddlers. Prices from £3.80 per hour, funded places also available. Give us a call, visit our website or email for more info. 01822 832093 <u>delaware.preschool@tiscali.co.uk</u> www.delawarepreschool.co.uk