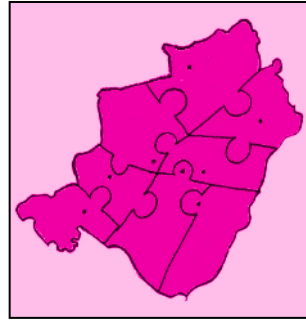


# Pieces of Eight

March



March 2020, Issue 257

News, views and issues from: Chapel Amble, Pendoggett, St Kew, St Kew Highway, Trelill, Tregellist, Trequite, Trewethern

Email: [stkewmag@gmail.com](mailto:stkewmag@gmail.com)



**A Camellia in February. Is that really blue sky?**

*Photograph kindly sent in by David Balmford.*

**Your free guide to news and events within and around St Kew Parish**

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Sunset at Polzeath

*Photograph by William Harkness*

# Welcome to Pieces of Eight

We are a free independent community magazine, published ten times a year (not January and August) covering local news, views and events in the St Kew parish area. Volunteers produce, edit and distribute the magazine to every household in the area, and to all the local churches, shops and pubs. We do hope you enjoy reading it.

We would love to hear from our readers - articles, letters, suggestions and other contributions are always welcome. Please see our contact details below.

There is also an on-line edition hosted by the Parish Council which can be found at [www.stkewparish.org.uk/PO8.html](http://www.stkewparish.org.uk/PO8.html). (*We are very grateful to the Parish Council for allowing us to use their website*).

## EDITORIAL

Hello and welcome to the March 2020 edition of our parish magazine, we hope that you continue to find the magazine informative and useful.

What's in a name some may ask, Atiyah, Brendan, Ciara, Dennis? As we are all probably aware these are the names that were given to the first four storms of late 2019 and early 2020. I don't remember too much about Atiyah and Brendan other than the high winds. Storm Ciara features more clearly in my memory, it came following a lull in the wintry weather that really did indicate an early spring may be upon us, the ground seemed dry, indeed it was dry enough for the first cut of the grass. Ciara came in with powerful gusts and a lot more wet weather, this time causing flooding and a lot of disruption. A number of trees fell locally, some closing roads, many of us experienced powers cuts, losing roof tiles and fence panels. Yesterday (12/2) Ciara had cleared the UK allowing many to deal with the devastation it had caused.

This morning, I thought that I had better get on with writing the editorial, unfortunately I was joined by what I can only think is storm Dennis as it blew the rain and sleet against the windows in a brief break in the winds I have spotted a large tree in an adjacent field that I'm sure used to be upright that is now leaning at 30 degrees. I will try to establish who the owner is and let them know. I hope storm Dennis and any following storms (Ellen, Kitty, Liam and Willow to name a few) don't cause too many problems.

Following on from the March editorial, we now know that heavy rains have extinguished a number of the fires in Australia (although a large number are still burning) and that Wendy and Steve in the Red Lion are doing well in raising funds for Australian wildlife charities.

On a lighter note did any of the eagle-eyed amongst you notice a local connection with the recent headline:

"Government to pledge £5bn for bus services and cycle routes"? If you did, and you are the first one to notify us (please use contacts highlighted on this page), we will publish your name and the answer in the next magazine.

Best wishes  
Steve

The Editorial Team are:

Philippa Harkness - Children's page & History  
Steve Liddiard - Advertising Manager & Treasurer  
David Penhale - Events & Poet in Residence  
Nicky Pickard - Main editor who puts the magazine together, assisted by husband Mike.

## Contacting the Editorial Team

We can be contacted by email at [stkewmag@gmail.com](mailto:stkewmag@gmail.com). Please use this address for **ALL** correspondence, the in-box is checked regularly.

Alternatively you can phone Nicky's mobile - **07813 603776**. Leave a message if you can't get through and she will phone you back.

Advertisers should contact Steve, our Advertising Manager via this email address, putting 'Advertisement' in the subject line. Steve can provide information on advertising costs, space availability, formats, etc.

## Copy date for the April issue is:

**Friday 13<sup>th</sup> March**

We aim to get the printed magazine out to our distributors before the beginning of the month of issue. **Please could all contributors send us copy or advertisements as soon as possible, and before the copy deadline.** If your article or advert is going to be late it would be very helpful if you could let us know in advance.

## Note to Readers

When responding to an advertisement, **please** mention that you saw it in Pieces of Eight. This shows our advertisers that the magazine is **the** place to reach local customers.

The magazine does not accept any responsibility for any issues arising from advertisements.

Views expressed in this publication are those of its contributors and do not necessarily reflect those of the Publishers (the management committee) who reserve the right to refuse or alter any material supplied.

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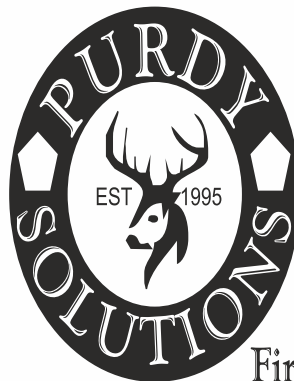


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## **St. Kew Community Gardens Association**

**The View from the Allotments....** and the weather is getting seriously boring. And I can't think of anything to write about except the amount of work I need to get on with but can't!

We've had so few days on which we could do any meaningful work. I've dug over a small patch, where we had the sweetcorn last year, but the rain has reduced it to a quagmire, with standing water in pools. Then I had a stab at clearing the strawberry patch and sorting out which of the runners might be transplanted to give a good crop this year. But then the weather closed in again and I've done nothing more.

We nearly had a disaster this week but thank goodness managed to save the situation. Do you remember the awful squalls we had on 10 and 11 February? Well, one of these actually snapped in half the "bungee" which was holding the greenhouse door in place. Then it whipped the door open and took out two large and two small panes of glass. It also ripped the side of the compost heap, leaving veg waste, leek trimmings and earth all over the place.

However ..... when Tony bought the greenhouse, he paid an extra £50 to get toughened glass and not a pane was broken, not even chipped! So it was just a question of reinstating the glass and replacing the bungee before the next storm. Which we did

during a brief dry spell and finished the work just as the rain and hail started again. But it is sturdy now and I have just been round to check on our handiwork and it is all ROCK SOLID. So don't do it again!!

The wind had also torn the padlock and hasp off the shed door but although some of the tools inside were lying on the floor, nothing much seems to have happened there. Be thankful for small mercies.

Meanwhile we have both been through the Marshall's Seed Catalogue and ordered what we think we need for the plot and all the seeds arrived safely. We are still waiting for the onion sets – 80 each of red and white varieties – but I usually get to plant these during the last week in March, so we have plenty of time. I must say, I have been very pleased with last year's crop and we still have three nets hanging in the greenhouse which will probably last us until the end of April or May.

For the first time in ages, we have every plot occupied, with the last two being let at the beginning of February. These two are a bit neglected and overgrown but our new residents/tenants don't look daunted and have started sorting them out with a will.

There – I promised I would be a bit more positive this month. Will that do? And surely in a month's time I shall be able to describe putting growing things in the ground? Sure hope so!

Judith Mott, [judithmott@btinternet.com](mailto:judithmott@btinternet.com)  
Tel.: 01208 841312

## **ST JAMES THE GREAT AT ST KEW CHURCH**

### **ELECTORAL ROLL 2020 - 2021**

The Church Electoral Roll is the church's register of electors, which is the list of those qualified to attend and to vote at the Annual Parochial Church Meeting (APCM) where elections take place for the Parochial Church Council (PCC) and the parish's representatives on the deanery synod. The system is intended to enable parishioners at every level to be in touch with the church as a whole and to play their part in decision-making.

Briefly, to be eligible to be placed on the roll, the applicant should be: baptised, at least 16 years old, a member of the Church of England (CE), or of a church in communion with the CE therewith residence in the parish, or not being resident in the parish to have habitually attended public worship in

the parish during a period during a period of 6 months prior to enrolment.

Those parishioners who are on the current list will be accepted for the 2020 list unless they have not habitually attended worship as described above. If there is anyone in the Parish who wishes to be placed on the Church Electoral Roll for the first time should contact William Garland for a registration form. It would be appreciated if all completed forms be returned, or left in the church, as soon as possible - certainly before the date of the APCM, which is on Thursday 27<sup>th</sup> April at 7.30 pm in the Parish Hall.

William Garland

Church Electoral Roll Officer  
01208 881134, or [w.garland@outlook.com](mailto:w.garland@outlook.com)

## Questions from a Grumpy Old Woman....(2)

Judith Mott's article last month obviously struck a chord with a number of readers. Here's a selection of your complaints about the abuse of the English language:

Dear Editor,

How long have you got ? Which, of course, should be "How long do you have?" 'Got' is an unnecessary word in our vocabulary.

Using the word 'either' when meaning 'each'. Each is both, either implies a choice. (BBC reporting snowdrifts on either side of the road .... Well, BBC, .... which side was it?)

Using 'imply' when 'infer' would be correct (and vice versa).

Chris Packham speaking of falcons 'predating' when he, presumably, means preying (unless, of course, the falcons were there first!)

Frequently heard: 'Me and my girlfriend/wife' instead of 'My girlfriend/wife and me' (if the object of the sentence) or 'My girlfriend and I' (if the subject of the sentence).

'Would of ....' and 'Could of ....' It's 'have', not 'of' Using 'less' when 'fewer' would be correct.

Sign outside a café ..... 'Panini's'. Panini is plural so no need for the 's', and what is the apostrophe about anyway?

I will enjoy reading the complaints and my very best wishes to Judith.

Yours sincerely  
David

I loved Judith Mott's irritated article in February's PoE, which leads nicely into another area that infuriates me: confusion over to, too and two!

I'll not judge anybody for poor spelling in general - have a go phonetically rather than not use those words on the edge of one's peripheral (and I did just ask Google for the spelling of two words); and I embrace text-speak as a form of modern dialect - so long as I can follow the conversation.

I do, however, take issue with the misspelling of common homophones. I'm not at all convinced that this is due to modern forms of communication (although this medium has allowed incorrect usage to become acceptable), as the words I'm talking about should have been firmly embedded in fun lessons at primary school.

Is it right to write to the dear deer? I hear he's been here - I'm guessing he is male and not been posted through the mail. I pray he's not the hunted prey, he doesn't meet his end as meat, or pair up with a pear in the orchard! That, of course, may be where you'll find a flower growing, but no flour being ground. Plain to most of us, but others would rather get on a plane & sit for hours with their genes in their jeans;

till they're there (wherever that may be!) It's all too much for me, to understand what's difficult about two or more spellings of the same sounding word. All nonsense of course, but what a lot of us spent time doing at primary school: making up sentences so words could be put into context.

I'd love to drone on about homographs (swinging the lead as one leads the way) and homonyms (I never lie when I lie down); but they're the headache for language students to master. Surely, people that speak English as their first language, should know their tail from a tale like this!

Regards  
Juliet Cleave

Hi Nicky,

I'm really pleased that you printed Judith's very valid whinges about the changes of use in our wonderful English language (especially 'so') I thought that it was just me!

I would like to know why the word 'an' is no longer used in front of words beginning with a vowel and some beginning with 'h' (pronounced aitch and not haitch) as we were taught at school?

My pet hate however, if I'm allowed to air it, is that we are often told that various objects are equivalent to so many Olympic-sized swimming pools, London buses, football pitches etc., or that they weigh the equivalent of so many freight locomotives, Indian elephants (the ones with small ears) or Jumbo jets, or are the height of the Eiffel Tower or other constructions. Why wasn't I taught these crucial facts when I was at school and do today's pupils have the relevant conversion charts printed on the back of their exercise books, or should that be an app on their mobile phones?

As it happens I'm still grappling with the change from imperial to metric measures and I would be quite happy if they told me that items were gigantic, tiny or any adjective in between.

Regards,  
Hilary Fairman

PS. I feel much better now!! I'd better leave 'thinking outside the box' and 'elephants in the room' until another time.

*Editor's note: Keep them coming! There is still time to feel better by getting your pet hates off your chest. The editors won't get bored with (never 'bored of please) your examples of dodgy neologisms, iffy grammar and egregious use of apostrophes, not to mention modified absolutes - a rare object cannot be 'almost unique'. I'll shut up now.*

# CHILDREN'S CORNER

How many Monsters can you find in the Word search below?



G	H	F	B	Y	W	E	R	T	Y	G	F	D	S	Q	W	S	D	F	V
S	D	D	V	E	C	W	E	R	E	W	O	L	F	W	R	F	Q	B	A
C	X	R	Q	T	G	H	J	U	L	K	M	O	N	S	T	E	R	N	M
A	S	A	D	I	F	G	H	J	Z	M	J	K	C	E	R	A	Q	M	P
L	O	C	H	N	E	S	S	M	O	N	S	T	E	R	Y	X	Z	K	I
X	C	U	C	V	B	N	M	K	M	G	B	B	N	X	Y	U	A	L	R
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Q	W	A	R	L	O	C	K	L	K	S	V	N	D	E	R	L	E	U	C
F	R	A	N	K	E	N	S	T	E	I	N	T	N	M	G	L	F	J	H
W	J	H	F	D	Z	X	C	V	B	N	M	S	A	W	I	T	C	H	B

LOCH NESS MONSTER DRACULA ZOMBIE GHOST OGRE GIANT WEREWOLF  
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### Monday

**St Kew Highway**                      **13.30-15.00**  
**(Community Hall)**

### Thursday

**St Kew Highway**                      **14.00-15.00**  
**(Community Hall)**

## St Kew Historical Society

All talks and meetings are held at St Kew Parish Hall on the second Thursday of each month, from 7.30pm.

Please come along to our next meeting.

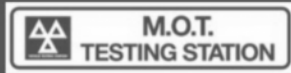
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*John Raybould - Secretary.*

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## St Kew Playing Field Trust

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Trelill Road

St Kew Highway

### Notice of Annual General Meeting

The AGM of St Kew Playing Field Trust will take place

Wednesday 29<sup>th</sup> April 2020

Venue- New Pavilion- St Kew Playing Field 7.30pm

All Holding Trustees, Managing Trustees and Committee Members Should Attend

All Facility Users, Partners, Associates and interested parties along with any members of the public, local parish and surrounding area invited to attend

The Purpose of this AGM is to re-establish all trustees, elect managing committee, present annual accounts and to receive and give feedback of the last 12 months.

The future of the Playing Field Trust and all it means to the local community, suggestions for future development and the future proofing of the St Kew Playing Field is important to us all.

So: pay a visit, have your say, join us and contribute to our aspirations

ALL ARE WELCOME

## The Tour of Britain 2020 comes to Cornwall

Great news for local cycling fans!

The UK's largest professional cycling event will visit Cornwall for the first time ever this year. The County is hosting the 2020 'Grand Depart' with the first stage of the 8 day race starting on 6<sup>th</sup> September in Penzance.

The peloton will then ride around 170km through many towns and villages before reaching the finishing line in Bodmin. The route criss-crosses Cornwall taking in St Just, St Ives, Hayle, Camborne, Pool, Redruth, Falmouth, Penryn, Truro, Newquay, St Austell and the Eden Project.

Routes for subsequent stages have yet to be announced, other than stage 2 which takes place in Devon on 7<sup>th</sup> September, finishing in Exeter city centre.

There will be plenty of places to view the race. Apart from the start and finish lines, where you can get right up close to the action, any roadside verge on the route will do, and its all free!

Whilst the Tour of Britain can't compete with the likes of the Tour de France, it is a UCI Pro-Series race and attracts a number of the top professional cycling teams and some their star riders. It will also be broadcast live in the UK on ITV4, and around the world.

It promises to be an exciting stage of the race and well worth finding a viewing spot, or watching on TV. Lets hope the weather is better than today - storm Dennis is howling across the valley as I write.

Keep an eye on [www.tourofbritain.co.uk](http://www.tourofbritain.co.uk) over the next few months for details of all the stages.



Mike

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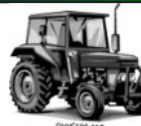
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All the news and highlights from the top of the hill! Don't forget, you can keep up with all the school antics in our monthly newsletters, published on our website: [www.st-kew.cornwall.sch.uk](http://www.st-kew.cornwall.sch.uk)

We have had a great first half of the Spring Term and the weather hasn't put us off getting out into the great outdoors! We look forward to the weather improving in March when our youngest class of children will be investigating the local area. Watch out for them on their explorations of the village.

### Ofsted Inspection

Since the last edition, we have received the Ofsted Inspection report and are delighted to be able to let everyone know that we are (still) a 'Good' school in their inspection framework. The inspectors spent a day in the school looking at lessons, workbooks, listening to readers and discussing the work we do at St Kew with all members of staff, and at the end of the day were able to tell us that we are a Good school that has a 'transformative effect on the children you teach'! Even though we knew this already, you can imagine how pleased we were to hear this from the inspection team and we have been delighted to publish the full report on the school website. If you would like to find out more about what a good school we are, please go to the Key Info tab at: [www.st-kew.cornwall.sch.uk](http://www.st-kew.cornwall.sch.uk)



*Our children with their 'Small School League Winners' cup.*

### Feel Good Friday

On a Friday afternoons our children have been taking part in a 'Health & Wellbeing' session with a focus on enjoying both indoor and outdoor activities. The whole school mixes together for the last hour of the school day to engage in 'Outdoor Learning', 'Team Building', 'Healthy Cookery', 'Conservation', 'Yoga' or 'Arts & Crafts'. All children choose their preferred activity and thoroughly enjoy their time together – a great way to set them up for the weekend.



### Swimming Festival Winners!

Once again our pupils did a fantastic job at representing our school at the local swim festival last month. Everyone put in a fantastic effort and we had many strong performances, retaining the trophy for the small school's competition and scoring a grand total of 57 points overall, several points clear of all of the other competing schools including the much larger local schools. Well done everyone – we are very proud of you all!



### Outdoor Spaces Project

We are currently waiting for the groundworks to begin on this project so that we can begin to further develop the outdoor spaces at St Kew. We are looking forward to seeing the plans for the 'Meadow' (below) come to fruition.



**Exciting Times for our pupils ahead!**

## Souper Lunches



### What is a 'Souper' lunch?

The 'Souper' lunch is a community lunch held each month at the community hall at St. Kew Highway. It is open to people of all ages and a very warm welcome is extended to all. A choice of homemade soup & bread, followed by a range of puddings and coffee or tea is available. The atmosphere is friend-

ly, and we all have a lovely time. There is no charge as such, but donations are collected and each month the group decide which charities to send to. In 2019 we collected almost £1000 and contributed to the work of Dreadnought, Sowenna Appeal, Shelter Box, Carrick Mind, Mermaid Centre and Children in Need to name but a few. The 'souper' lunch will be held on Fridays: 20<sup>th</sup> March, 17<sup>th</sup> April, 15<sup>th</sup> May and 19<sup>th</sup> June. We invite you to come along and see for yourself that the 'souper' lunch is indeed super! We look forward to welcoming you.

*Rev'd Geraldine*



### What is Alpha?

The Alpha Course is a series of sessions that explore the Christian faith. The North Cornwall Cluster of Churches will be running 6 sessions of Alpha throughout March and April 2020. Each session looks at different questions around faith that are thought-provoking and designed to create conversation.

For those who already have a Christian faith it is an opportunity to learn and share with others. For those who are interested in learning more about the Christian faith it is an opportunity to ask questions and explore Christianity in a safe, non-judgemental way.

Here are what past attendees think:

*"Alpha changed my life 25 years ago.....loved the course so much have done it 12 times..... such a great time of making good friends and learning so much." (Meg)*

*"A safe and supportive place to explore my spirituality." (Nicky)*

*"A good place to learn why you call yourself a Christian. Friendly people who do not mind stupid questions! I learned a lot about my faith from lovely people." (Pip)*

*"I joined an Alpha course with trepidation. I'm 74 years old, what had I let myself in for? It wasn't an easy journey to start but helped me to understand the Christian faith which has been the greatest influence in my life. A bonus was that the food was great and the companionship even better." (John)*

*"Alpha is a caring and sharing community, where all can make life-long friends" (Cherrel)*

Alpha begins with a meal together at 7.00pm, and a DVD presentation to promote discussion. The sessions finish at 9.00pm. They will be held at the St. Kew Highway Community Hall every Tuesday throughout March, and Tuesday 14<sup>th</sup> April.

Alpha is for everyone and everyone is welcome. Contact Rev'd Geraldine Ashton on 07957 609085 if you are interested.

## Lent Course

Studying and discussing 'Being Christian' by Rowan Williams. This will take place on Thursday evenings at 7.00pm on 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> March, and 2<sup>nd</sup>

April in the Endellion Hall, except for 12<sup>th</sup> March when it will be held in the Stone Barn.

Further details from Judith Pollinger on 01208 880181.



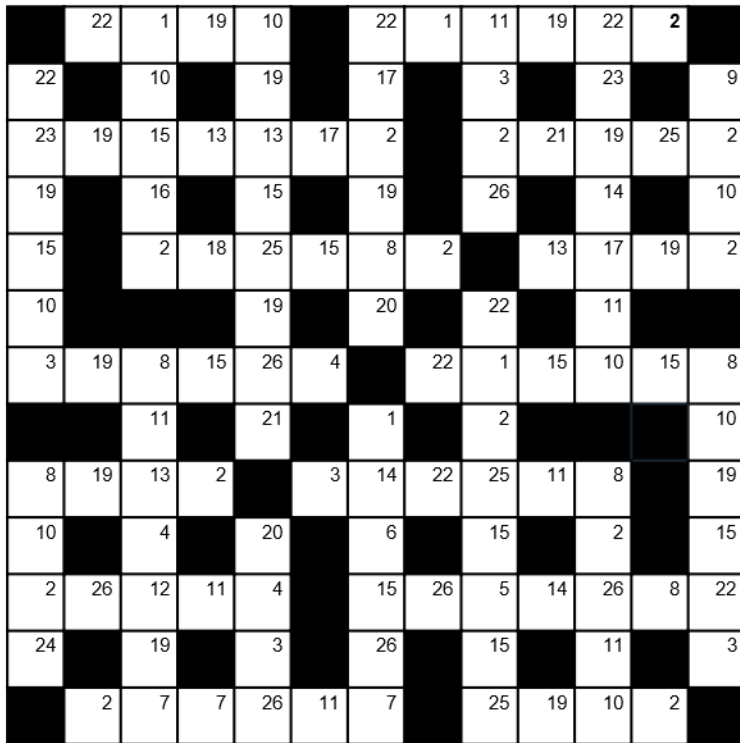
## Bell Ringing

For any enquiries please phone Ken Godden on 07968 481520, or message us on our Facebook page.

Please note, evening bell ringing practices have started again. These are held every Wednesday evening from 7.30 - 9.00pm.

# The Puzzle Page

## Codeword



23

1	2	3	4	5	6	7	8	9	10	11	12	13
								<b>G</b>				
14	15	16	17	18	19	20	21	22	23	24	25	26
											<b>C</b>	

## Sudoku

			1		6			
2								5
		4		2		8		
	4	5		8		7	1	
	2						3	
	7	6		3		5	2	
		9		5		1		
5								6
			9	7				

H7

## Word Square

<b>A</b>	<b>R</b>	<b>T</b>
<b>E</b>	<b>G</b>	<b>K</b>
<b>M</b>	<b>N</b>	<b>I</b>

How many words of 4 letters or more can you find? No proper nouns or plurals are allowed, and the centre letter must be used in each word. There are a bumper 70 words listed in the solution this month, which includes **1 nine letter** word to find.



We were all impressed with our speaker, Diane, from Prickles and Paws, the hedgehog refuge from Cubert.

Last year they had 731 hedgehogs in their care. Some were hoglets, whose mothers had died, some had come in as pregnant females and needed help, others were fully grown hedgehogs that were found injured or dehydrated and may stay for a long period. Watch out for hedgehogs in our village and we will try to work out how many are around - it may be that we have lots currently. There is a fear that hedgehogs are endangered, for a number of reasons. Perhaps it may be possible for you to create

a 'hedgehog highway' between you and your neighbour? It only needs to be the size of a CD in the fence. Put down dishes of water near bushes in your garden as after hibernation hedgehogs are very thirsty. Watch out for additional information and a competition later on in the year about hedgehogs.

**DO NOT FEED THEM BREAD, MILK OR MEALWORMS. INSTEAD USE CAT, OR DOG FOOD AND WATER.**

This is the link to find out additional information about Prickles and Paws, in case you should to get hold of them: [pricklesandpaws.org/contact](http://pricklesandpaws.org/contact), or telephone 01637 831299 or 07926 576164.

Our next meeting will be on Wednesday 11 March at 7.00pm, this will be our Annual General Meeting.

Alison  
01208 841469



BREAKFAST, LUNCH, SUNDAY ROAST, CREAM TEAS, HOME-MADE CAKES,  
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**Bookings now being taken for**  
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**22<sup>nd</sup> March.**



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followed by a selection of homemade desserts. Booking  
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## HELP NEEDED!

We urgently need someone to take over  
delivery of the Pendoggett Pieces of Eight  
round for us. We also need someone to  
deliver the magazines to the shop in Chapel  
Amble.

Please either email, or contact Nicky in the  
first instance.

Many thanks!

## St Gennys in March

Here I go, harping on again,  
as crocuses usher my path to the porch  
and daffodils nod like confessional priests.

I wrap my scarf to stave off the cold,  
open the door and enter the nave.

Incised on a slab of Delabole slate,  
'Here lyeth the Body',  
like a crime-scene from 'Morse'.

The saints are too busy to be interviewed,  
hauling their nets and counting the catch.  
Locked in bars of lapis lazuli, ruby and gold,  
each is prepared to swear on the gospel  
they've a cast-iron alibi for the time in question.

It's only when I'm down on my knees  
looking for clues at the misericord  
that I find a trail of yellow *post-its*,  
written in a familiar hand:

one's in the pulpit, in the black Cornish Bible;  
and one's in the bell-tower  
quoting old changes.

I write it all down on the back of my hand,  
then beat a retreat, bowing by habit.

Back at the office my secretary tells me  
a new client called: thirty, scruffy, a bearded beat,  
left me a message:

he'd be in touch  
he had information  
that '*all of a sudden*'  
we were bound to meet.

*David Penhale*



## Pilates Classes in North Cornwall

St Kew Community Hall

Mondays 14.30 & 16.00 - Tuesdays - 13.15 - 14.30



### What does Pilates do?

- Targets the deep core stabilising muscles, improving balance and co-ordination
- Improves muscle tone, strength and joint mobility
- Improves posture, alignment and overall body awareness
- Corrects muscle imbalances and encourages pain-free movement

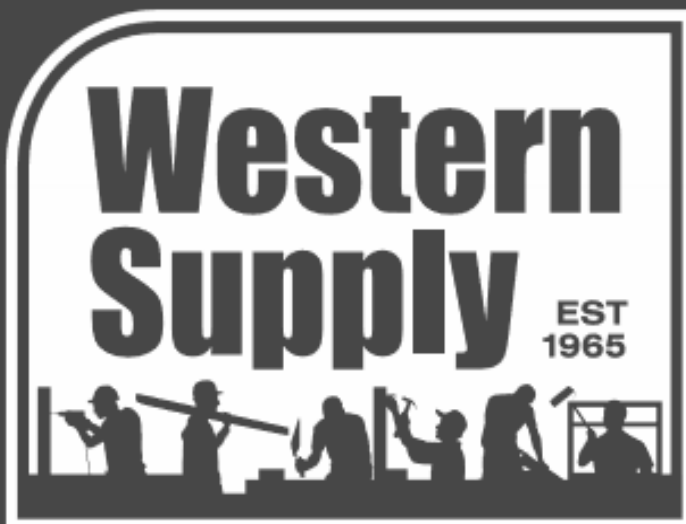
### How do the classes work?

- Classes are limited to a maximum of 12 people. Small classes mean you receive good personal attention and ensure you are performing the exercises safely, and correctly.
- Classes are progressive and operate on a school term basis
- All equipment required is provided.



Martin Brooks - 07812 959 879  
martin@northcornwallpilates.co.uk  
www.northcornwallpilates.co.uk

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# Cynthia Cooks

## Turkish-Style Baked Eggs & Zhoug

This month we have a simple yet tasty vegetarian lunch or light supper dish that is very loosely based on the Turkish street-food classic Menemen. It's one of those dishes you can customise to your own tastes – for example use green instead of red peppers, or add diced cooked new potatoes to make a more substantial meal. The zhoug dressing really lifts the dish but a dollop or two of natural yoghurt also works well. Make a vegan version by gently warming cubes of firm tofu in the sauce instead of the eggs and serve with a vegan plain yoghurt. Serves 4.

### Ingredients

- 3 tbsp olive oil
- 2 large red peppers, seeds and pith removed, and finely sliced lengthways
- 2 medium onions, halved and finely sliced
- 1 red chilli, finely sliced (remove the seeds if you prefer a milder heat)
- 2 or 3 cloves of garlic, crushed
- 400g can of chopped tomatoes
- 1 level tsp sugar
- 4 large eggs

### For the zhoug:

- A pack each of coriander and parsley, roughly chopped, stalks included
- Zest and juice of half a lemon
- 1 green chilli, de-seeded and roughly chopped
- 1 tsp of ground cumin
- A large pinch each of sugar and sea salt
- 1 garlic clove, roughly chopped
- 2-3 tbsp olive oil.

In a deep frying pan, heat the oil and gently fry the onions, peppers, chilli and garlic for around 20 - 30 minutes. The idea is to stew them to softness without browning. A lid on the pan helps. Next add the tomatoes and sugar and mix well. Continue heating gently with the lid off until the liquid has reduced (about 20 minutes). Season to taste with salt and black pepper. Stir well and with a wooden spoon make 4 small craters in the pepper and tomato mix and crack an egg into each. Cover the pan and continue to cook gently on a low heat until the eggs are just set.

While the eggs are cooking, blitz all the zhoug ingredients except the olive oil in a processor until you have a fairly smooth paste. Continue to process while adding the olive oil in a steady stream until thickened. Carefully portion the egg and pepper mix between 4 bowls and spoon over the zhoug or yoghurt, or indeed both. Serve with flatbreads, and a refreshing green salad.

*Cynthia's tips:* Make double the quantity of the pepper and tomato mix and freeze half for a really quick meal next time round.

Zhoug is a great way to use up limp left-over herbs and that elderly lemon hiding at the back of the fridge. It keeps for a week or so in a sealed jar in the fridge, and is great as a sauce for a steak, pork chop or salmon, or simply spooned over chunky toast or stirred through pasta.

## Popularity of Wadebridge Festival of Music & Speech Continues

2020 looks like being another bumper year for this popular festival. It takes place from 2<sup>nd</sup> to the 7<sup>th</sup> March and will feature its usual wide range of classes for all ages and abilities, with over 340 entries in 87 classes.

'Entries have been flooding in as usual, so it looks like it's going to be busy week for us all.' said Phil Blake, President of the Festival.

This year's adjudicators are Bryan Husband FISM, GRSM, AWCMD, for the music classes. He will be making a welcome return to the Festival and Helen Grady BA (Hons) Bristol, who recently performed with the Royal Shakespeare Company, who will be adjudicating our 2020 Speech Classes.

During the Festival, classes will be taking place every day at the Town Hall in Wadebridge and the

general public are very welcome to pop in and enjoy the performances.

The Festival features classes including school and adult choirs and choral groups, poetry, solo singers of all ages, barber shop and poetry as well as piano, stringed instruments, guitar, brass, woodwind and recorder.

There is something for everyone to enjoy and it's only £1 per day to come in. Audience members are always surprised at the high standard of performance and some have been inspired to take part the following year, so put the date in your diary and come and support these local performers – we look forward to seeing you!

Contact: Philip Blake 01208 813583  
email: phil.blake54@gmail.com

*Morwenna Vernon*

## Revised dates for Beachcare 2020

Saturday 14<sup>th</sup> March, 3.30pm, **Mega Clean**. Meet at the Marine Centre.

Wednesday 15<sup>th</sup> April

Friday 22<sup>nd</sup> May

Saturday 27<sup>th</sup> June

Wednesday 22<sup>nd</sup> July

Friday 21<sup>st</sup> August

Saturday 19<sup>th</sup> September, 3.30pm, **Mega Clean**. Meet at the Marine Centre.

Wednesday 21<sup>st</sup> October

Friday 20<sup>th</sup> November

Saturday 19<sup>th</sup> December

Apart from the 2 Mega beach cleans please meet at the beach car park at 9.30am.

## STOP PRESS

The winner of our Poetry competition will be announced in our April Magazine.

## Events outside our Parish

### Other places to visit:

Bodmin Folk Club, every Friday, 8pm, The Old Library, Lower Bore Street - all welcome.

Wadebridge Folk Club, (second Thursday every month), Churchill Bars, Molesworth Street. (Tel: Mike Walford 01637 880604)

Tintagel Old Post Office (National Trust) has various events on during the month.

YHA, Treyarnon Bay, hosts live music events on most Fridays and Saturdays.

Bodmin and Wenford Railway have a number of themed events through the holiday period.

Check out Cornish Riviera box office for various productions around the County.

Eden Project

Old Town Hall, Bodmin, has various theatre & music events on.

More information about these events can be found on the following websites:

*Edenproject.com*      *endelienta.org.uk*  
*pencarrow.co.uk*      *bodminrailway.co.uk*  
*facebook.com/YHATreyarnon/*  
*Intobodmin.co.uk*      *Cornwall365.com*

*Please let us know about any events you are aware of outside our area that our readers might be interested in.*

## Events outside our Parish

### March

28<sup>th</sup> Feb -8<sup>th</sup> Mar      Newquay St Pirans Day Festival

See [www.newquaystpiransfestival.org](http://www.newquaystpiransfestival.org) for details

14<sup>th</sup>-15<sup>th</sup>      Eden project. Very Hungry Caterpillar. See their web site for details.

20<sup>th</sup>-22<sup>nd</sup>      Looe Blues, Rhythm and Rock festival.

20<sup>th</sup>      Hawaiian Heli Ball in St Ives

*If anyone sees something advertised that they think our readers would be interested in please let us know.*

## Did You Know?

Walkers offers a simple and free crisp packet recycling scheme, **which accepts all brands**. Our local public recycling point is:

### Wadebridge Community Fire Station.

Please leave outside but please don't block the entrance.

See [www.terracycle.com](http://www.terracycle.com) for full details.

## February's Beachcare

Firstly many thanks for an excellent turn-out for the Valentine's Day Polzeath Beachcare, and a warm welcome to newcomers turning up. Also many thanks to Vickie for supplying Valentine biscuits for all!

Well, a cloudy but pleasant day on the beach in a quiet interlude before Storm Dennis, but the previous heavy weather had swept a lot of litter up to the top of the beach. Nothing unusual to report but By-the-Wind Sailors, and a couple of Portuguese Man-of-War were noticed on the upper strand line. 6 sacks were collected, with 6 reported elsewhere since last month, so grand total for the year is 11 sacks on Beachcare dates and 20 reported in total.

Kind regards and thanks.



Nick



## ST KEW HIGHWAY METHODIST CHURCH

Services held in the Community Hall at 9.30am.

### Preachers for March

1<sup>st</sup> Gordon Rowe  
8<sup>th</sup> Church Fellowship  
15<sup>th</sup> J Phipps  
22<sup>nd</sup> Rev'd Sally Long  
29<sup>th</sup> Rev'd Alistair Sharp, Communion

### Catholic Church Services

#### Wadebridge

St Michael's Church  
Tel:01208 72833  
Mass Sundays 8.30am  
Confessions  
Friday 10.30-11.00am

#### Tintagel

St Paul The Apostle  
Tel:01840 770663  
Mass Mon-Thur 10am  
Fri & Sat 6pm  
Sunday 10.00am  
Confessions:  
Before/after Mass.  
Other times on request.

### Wadebridge Christian Centre

Molesworth Street, Wadebridge. Tel 01208 813110,  
wadebridgechristiancentre.org

We are a lively, active, family church where everyone is welcome. We have a crèche and Sunday school, and all our children's workers are DBS checked.

### Reflections

I am writing this before the season of Lent begins although Christmas is now long past and we shall soon be turning to look forward to the time of Our Lord's Passion and Resurrection at Easter. During Lent some of us will be reading Rowan Williams' book *Being Christian*. The former archbishop of Canterbury is now a prebendary of St Endellion which makes the choice particularly appropriate.

In the book bishop Rowan focuses on four elements of the Christian life, Baptism, the Bible, the Eucharist and Prayer. Each of these topics is a fundamental part of every Christian's life, irrespective of the particular church to which they belong. The rite of baptism, which we are told was performed by John the Baptist for Jesus himself, is simultaneously a way into faith, a means of washing away our old selves but also a way of reaffirming our being in the world; not a means of separation from but of establishing our belonging in. To further this we read the bible – or more likely in church listen to its being read. In doing so we realise that the bible is not a set of instructions but rather the record of a series of encounters with God, some revealing the best of

## St James the Great Church at St Kew



Services are held at 9.30am unless otherwise shown.

### Calendar for March

Sun 1<sup>st</sup> *Lent 1.* Holy Communion with Rev Dr Elizabeth Wild and Rev Geraldine Ashton, with Henry Gompertz preaching.  
Sun 8<sup>th</sup> *Lent 2.* All Age service with Rev Geraldine Ashton and Rob Soley.  
Sun 15<sup>th</sup> *Lent 3.* Holy Communion with Rev Dr Elizabeth Wild preaching, and Rev Geraldine Ashton.  
Sun 22<sup>nd</sup> *Mothering Sunday.* All Age service with Marcus Jones.  
Sun 29<sup>th</sup> *Lent 5.* Holy Communion with Preb Prof Andrew Lewis.

### Calendar for April

Sun 5<sup>th</sup> *Palm Sunday.* All Age service with Rev Geraldine Ashton, Rob Soley with Mick Sumra preaching.

human nature, some the worst. As bishop Williams says, "reading the bible is about listening to God in Jesus".

The Eucharist, or Communion, is the central act of Christian worship, whether we engage with it weekly, daily or less frequently. It is not something we can do individually, we have to share in it and to learn that as Christ welcomes us to himself within the sacrament so we also should welcome others to ourselves. This brings us to bishop Williams' final topic, Prayer. Prayer is not something we do apart from the world, rather it is a part of our worldly life. Above all it is in the repetition of the Lord's Prayer that we can become more attuned to God's will for us.

*Andrew Lewis  
Prebendary of Marnays*



## How our Foodbank helps our community

### Come & grab a bargain at our Nearly New/Gift Sale

We will have lots of lovely items, gifts and books available at our sale.

Come along to Wadebridge Town Hall on Saturday 28<sup>th</sup> March from 10am-12 midday.

There will also be refreshments and a raffle.

### Tonne of Tins

We are so grateful to Pirate FM who are re-launching their Tonne of Tins campaign this March. Every donation we receive makes a big difference to someone who is struggling through a crisis.

We currently have plenty of soup, beans and spaghetti but we are currently in need of tinned potatoes, tinned meat/fish, rice, toiletries and household items (without bleach).

### \*\*SAVE THE DATE\*\*

If you're already thinking of warmer weather and a weekend away this Summer, we have the perfect holiday destination! We will be holding our Fun Camping Weekend at Mother Ivey's Bay Holiday Park from the 12<sup>th</sup>-14<sup>th</sup> June 2020. More details to follow...



Wadebridge Foodbank, Unit 2 Trevanson Street, Wadebridge PL27 7AR Tel. 01208 815374  
Registered Charity No. 1166301  
Email: [contact@wadebridgefoodbank.org](mailto:contact@wadebridgefoodbank.org)  
Website: [www.wadebridgefoodbank.org](http://www.wadebridgefoodbank.org)



### Souper Lunch

Our February Souper Lunch will take place on Friday 20<sup>th</sup> March at 12.30 in the St Kew Highway Community Hall. We will have home-made soup, rolls and various puddings.

**Do come and join in!**

### Farmer Jules Returns!

After a few years' break Farmer Jules is picking up her pen again to bring her much-loved farming column back to Pieces of Eight! Look out for the first article in April's edition.

Farmer Jules has also offered to answer your farming-related questions too. If there's something you always wanted to know about farming but were afraid to ask, just email your question to Jules at [stkevmag@gmail.com](mailto:stkevmag@gmail.com) and we'll forward them on.

*Nicky*



### Events at St Endellion March 2020

**Friday 13<sup>th</sup> March, 7.30pm**  
**Balagan Café Band**

Ranging from Parisian and American Jazz and the Chalabi music of Algeria to Argentine Tango and Balkan folk melodies, the band fuses these threads into an energizing and evocative sound. £10

**Sunday 22<sup>nd</sup> March, 3.00pm**  
**Cornwall County Youth Choir**

The 14-18 year olds who form Cornwall County Youth Choir, one of the family of choirs managed and funded by the Cornwall Music Education Hub, raise the roof in a gorgeous concert. £8

Tickets from [www.endelienta.org.uk](http://www.endelienta.org.uk) or 07787 944935. Accompanied under 16s free to many events – check website for details.

### Endelienta Open Exhibition

Saturday 29 February to Sunday 29 March, weekends 11.00am - 4.00pm. A wide variety of work by artists from Cornwall and Devon. Entry free.

## Events Diary March

- 4<sup>th</sup> 'Good Morning Cafe', St Kew Ace Academy, 8.45 - 11.00am.  
Bell ringing practice, 7.30 - 9.00pm.
- 5<sup>th</sup> **St Pirans Day**  
Chair Aerobics, Community Hall, 2.00pm.
- 6<sup>th</sup> Quiz and curry, Parish Hall, 7.30pm.
- 11<sup>th</sup> 'Good Morning Cafe', St Kew Ace Academy, 8.45 - 11.00am.  
WI, Community Hall, 7.00pm.  
Bell ringing practice, 7.30 - 9.00pm.
- 12<sup>th</sup> Chair Aerobics, Community Hall, 2.00pm.  
History Society, Parish Hall, 7.30pm.
- 13<sup>th</sup> \*\*\* Copy Date \*\*\***
- 18<sup>th</sup> Bell ringing practice, 7.30 - 9.00pm.
- 20<sup>th</sup> Souper Lunch, Community Hall, 12.30pm.
- 25<sup>th</sup> 'Good Morning Cafe', St Kew Ace Academy, 8.45 - 11.00am.  
Bell ringing practice, 7.30 - 9.00pm.
- 26<sup>th</sup> Chair Aerobics, Community Hall, 2.00pm.
- 29<sup>th</sup> British Summer Time begins**

### News from St Kew Parish Hall

We are holding a quiz and curry evening on Saturday 7th March starting at 7.30 pm in the Parish Hall. Make a reservation with Nicky on 841353 soon.

All are welcome at the AGM of the Parish Hall on 19th March at 7.30pm. Do come and see the facilities available at the hall and find out about our plans for the next year.

*Kathy*

To book the hall, please contact Lianne Sproull on 01208 841808.

### The Regal in Wadebridge

Tel: 01208 812791

www.wtwcinemas.co.uk



### MARCH

- 6<sup>th</sup> 'Military Wives'  
'Onward'
- 20<sup>th</sup> 'A Quiet Place, Part II'  
'Trolls World Tour'
- 27<sup>th</sup> 'Mulan'  
'Peter Rabbit 2: The Runaway'

**Live Screenings:** Book on-line or contact cinema

- Tues 3<sup>rd</sup> 'Riverdance - 25<sup>th</sup> Anniversary Show'  
8.00pm and:  
Sun 8<sup>th</sup> 3.00pm.
- Thurs 17<sup>th</sup> 'Fidelio' – Royal Opera Live - 7.15pm
- Tues 24<sup>th</sup> Jonas Kaufmann: My Vienna - 6.15pm
- Sat 28<sup>th</sup> Michael Ball & Alfie Boe: Back Together - 7.45pm, and:  
Sun 29<sup>th</sup> 2.30pm.

### Recycling

Recycling takes place on a variety of days in the same week within the parish.

**Recycling collections are in the weeks beginning 9<sup>th</sup> & 23<sup>rd</sup> March.**

*Please see Cornwall Council's website for full details.*

# ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

Registered Charity No 294140

<b>Sun</b>	Methodist Church Service	Marion Dingle	01208 841388
<b>Mon</b>	Yoga 10.30 am	Fiona Crompton	01208 851735
	Pilates 2.30-5.15 pm	Martin Brooks	07812 959879
<b>Tue</b>	Pilates 1.15-2.30pm	Martin Brooks	07812 959879
<b>Wed</b>	1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> in a month	West Country Embroiderers	
	10am-3.00 pm	Pat Scarborough	01841 521323
	2 <sup>nd</sup> in month St Kew WI 7.00 pm	Alison	01208 841469
<b>Thurs</b>	Chair Aerobics 2pm	Pat	01208 841260

**IMPORTANT : BEFORE ARRANGING YOUR EVENT AT THE HALL  
CHECK AVAILABILITY AND BOOK WITH SHIRLEY ROWE 01208 841257**

Don't leave behind a tangled mess



Many people are reluctant to make wills. It is a common mistake to think your nearest and dearest will "get it all." We are here to help, talk to Sproull.

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01208 72328

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

Disputes | Family | Property | Wills

## Parish Council News

**Chairman:** Cllr A Godden

**Clerk:** Mrs Stephanie Tiplady

The Barn, Kitts Hill, Chapel Amble

07789 953677. [stkewparish@gmail.com](mailto:stkewparish@gmail.com)



The Parish Council meets in the Parish Hall, St Kew Churchtown at 7.00pm on the second Tuesday of each month. Members of the public are welcome to attend and address the meeting on any subject of concern.

## St Kew Parish Council Meeting

Present Chairman: A Godden, Councillors B Finne-  
more, R Godden, P Bishop, Cornwall councillors  
Stephen Knightly & Mr Moorcroft and 2 members of  
the public.

A meeting was held between Councillor R Godden,  
Cornwall Councillor S Knightly and the head of  
Cormac Highways, Oliver Jones, to look at the roads  
in St Kew. After a tour of the parish and all the  
defects including blocked drains and gullies were  
noted. The council has since been notified of a work  
schedule order for all the work to be carried out.

A new prospective Parish Councillor Mr Adian  
McMahon gave a presentation on why he wanted to  
be a member of the council.

The council's contractor has finished an excellent  
job of clearing the back of the lower churchyard in St  
Kew. The work has uncovered many graves  
previously hidden by the vegetation and is well worth  
a walk around and note the age of some of the  
graves.

Cornwall Councillor Mr S Knightly gave an outline of  
the Forest for Cornwall project and asked if anyone  
knew of land where trees could be planted to contact

Cornwall Council or himself. The aim is to plant as  
many trees as possible for the well-being of Cornwall  
for years to come.

### Planning Applications

**PA19/10466** - Mr Parkingson, Trewethen Cottage,  
Trewethen Lane, Trelill.

To convert existing outbuilding into en-suite bed-  
rooms, pitched roof to be extended to meet major  
dwelling.

**No comment.**

**PA19/11056** - Mr & Mrs P Plant, Pencreege, Trelill.  
Conversion of barn to form new dwelling.

**Recommend approval.**

### Planning Decisions

**PA19/08173** - Mr & Mrs Coster, land north of China  
Meadow, Pendoggett.

**Application withdrawn.**

**PA19/09421** - Mr R Harris, land east of Pendethys,  
Trelill. Outline planning for two dwellings.

**Refused.**

RG



## St Kew Garden Association

The Garden Club's plant sale is to be held on the  
**Saturday the 2<sup>nd</sup> May**. This sale raises funds to  
stage the annual garden show so we need a good  
stock of plants to sell on the day.

Anyone who has surplus plants or feel they can  
donate some bedding plants to help the cause  
please contact either Richard Godden on 01208  
880007 or Shelia Shergold on 01208 851241.

*Collection of plants can be arranged.*

ST KEW HISTORICAL SOCIETY

### Notification of

**Annual General Meeting**

**St Kew Historical Society**

**ST KEW HISTORICAL SOCIETY**

**AGM**

You are cordially invited to the  
**Eleventh Annual General Meeting Of**

The St Kew Historical Society

Thursday 12th March 2020

Venue St Kew Parish Hall,

7.30 pm

Light refreshments will be provided

RSVP to Secretary John Raybould  
01208 841682

Committee Members  
Chairman - Sandy Chadwick, Acting Treasurers - Secretary, John Raybould  
And Archivist, Kim Appleby, Vice Chairman - James Godden  
Thom Chadwick, June Bentley, Barry Cuff, Judy Gray  
President - James Godden



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St Kew Inn, Church Town, St Kew, Wadebridge. Tel: 01208 841259  
email: [stkewinn@btconnect.com](mailto:stkewinn@btconnect.com)






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## Les Oliviers

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- UK Freesat • 10x4m heated pool
- Short walk to village

With heated swimming pool, air conditioning and a gentle stroll from the popular village of Bédoin, Les Oliviers is so much more than a holiday rental. Owners Susan & Oliver have spent the last 18 years improving this idyllic edge-of-village property, creating what is now a veritable 'home away from home'.

Les Oliviers is ideal for family holidays as the pool area is enclosed for the safety of small children, as is the lower lawn. Guest enjoy wifi broadband internet, a 65" curved screen TV with UK Freesat and a good selection of English books.

We'd love to help you plan your next holiday in Provence !

Contact Tim for the further details

See lots more photos and video on  
[provence.emotional-escapes.com](http://provence.emotional-escapes.com)

[timothy.dunn@orange.fr](mailto:timothy.dunn@orange.fr)  
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