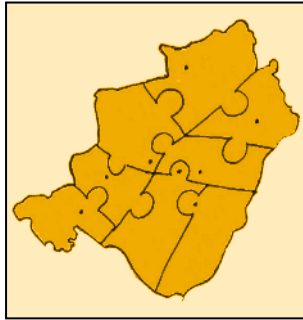


Pieces of Eight

OCTOBER



Oct 2018, Issue 243

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

Email: stkewmag@gmail.com

The St Kew Gardening Club Annual Show



*Cohen with his hoard of prizes.
Well done Cohen!*



A fine display of vegetables and children's pictures.



Steve Howard clearly knows his onions!

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

NEWS LETTER Red Lion St Kew



Takeaway Fish and Chips now available from the Red Lion Inn St Kew Highway

Yet another local facility is closing in our village (the fishy) but not to worry you can still get your takeaway fish and chips, burgers, curries and pizza from us just phone 01208841271 and pre-order or just come in order and have a quite pint, our full takeaway menu is on our website

CHRISTMAS DAY LUNCH BOOKING'S ARE NOW BEING TAKEN

We are now taking bookings for Christmas Day Lunch (limited numbers available)

And for your Christmas works or just friends party lunch or dinner, just pop in to pick up our festive season brochure and design a menu to suit your needs

NEW YEARS EVE DINNER DANCE

We are lucky to have the fantastic Steve Winchester returning to play and get you up on the dance floor this new years eve so hurry and book your table

Steve and Wendy hope you all had a wonderful Summer, we now look forward to the Festive Winter season

Diary Dates to remember

October 3rd OPEN MIC

October 18th SUPPER CLUB

October 28th QUIZ (riding for the disabled)

November 8th OPEN MIC

November 15th SUPPER CLUB

November 25th QUIZ (foodbank christmas)

DECEMBER 2nd LIGHTS GO ON

December 16th CANAPE PARTY

December 20th SUPPER CLUB

December 25th CHRISTMAS DAY LUNCH

December 26th BOXING DAY QUIZ

December 31st NEW YEARS EVE DANCE

LOTS MORE TO ADD KEEP AN EYE ON OUR WEB SITE

www.redlionstkew.com

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'PIECES OF EIGHT' POETRY COMPETITION

(Kindly sponsored by Wadebridge Bookshop)

Ever fancied trying your hand at poetry?

We **know** there are other writers out there, so here's **your chance to be published** in the magazine **and win a prize!**

Wadebridge Bookshop are sponsoring us with a **Prize of a £15 book voucher**, redeemable at their bookshop.

Simply follow the rules below and submit your poem to us:
either at stkewmag@gmail.com
or by post to:

'Po8' Poetry Competition,
Old Court
Trellill Road
ST. KEW HIGHWAY
PL30 3DP

Nothing could be simpler.

The Competition will be judged by myself and members of the Wadebridge Bookshop team.

Rules

1. Entries are to be in English: no limit to style or form.
2. Entrants need to be resident within the parish of St.Kew.
3. Each entry should be on **A4 paper** with the **author's name and details attached.**
4. Limit of two poems per entrant.
5. Line limit: 20 lines.
6. **Optional** prompt as a theme: 'Arrivals and Departures'.
7. **Deadline** for entries: **Saturday 15th December 2018.**
8. The judges' decision is final.

The winning entry will be published in the February edition of the magazine.

So get writing – we look forward to reading your poems.

Good luck!

David Penhale

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. (*We are very grateful to the Parish Council for allowing us to use their site*).

EDITORIAL

The autumnal equinox has passed and the days will continue to get shorter until the winter solstice in December. The days are drawing in, the children have gone back to school, the visitors are departing and the clocks will change soon, but there is still plenty to be thankful for and plenty to look forward to in the month ahead.

Harvest Festivals remind us of the bounty of nature and this year in particular we have enjoyed the most amazing summer weather. Although some crops have struggled with the heat and the drought, others have been amazingly abundant like our fig tree which has provided fruit for us (and the birds and bees and our dog!) for about 6 weeks now. Not sure I can face another fig for a while though!

As we put away our flip flops and shorts for another year and turn up the heating or light a fire, we should spare a thought for those who are homeless or hungry and for the wonderful work done by so many people to help them out. There are collection points at the back of St Kew Church for St Petroc's Society who help the homeless, and the Wadebridge food bank has a collection box in Tesco's. If you are able, please remember to buy a bit extra to contribute to those in need.

Kev and Laura of Nice Baps are grateful for the support of Cornwall Council and the Parish Councils, and have decided to stay put and not sell out to a major chain – a heart-warming story.

We hope you enjoy the magazine, the autumn colours, the falling leaves, the conkers, the bonfires, and the company of those around you!

Philippa Harkness

The Editorial Team:

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. 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 November issue is:

Monday 15th October

We aim to get the printed magazine out to our distributors before the beginning of the month of issue. Could all contributors please send us your copy or advertisement as soon as possible, ideally **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.

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

PoE is printed by Parish Magazine Printing, Northmoor, Whitstone, Holsworthy, Devon, EX22 6TD.
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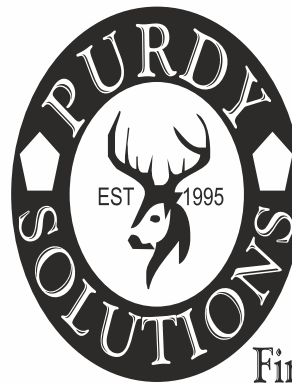
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All the news and highlights from the top of the hill! Don't forget, you can keep up with all the school antics in our monthly newsletters, published on our website: www.st-kew.cornwall.sch.uk.

A delightful start to the 2018-2019 term has been enjoyed by all pupils at St Kew. Keep on reading to find out what's been going on!

We're ready for School!!!!

It has been lovely to see so many happy, smiling



faces returning to St Kew at the beginning of the month and to new faces joining us on the start of their school career! Into Reception we welcomed Thomas, Gracie, Katelyn, Joshua, Hollis, Fraser, Eli and Natalia to their first taste of 'big school' and the start of their school career. In other year groups, we are delighted to have Amélie in Year 1, Logan in Year 2, Ella in Year 4, Izzie in Year 5 and Brodie in Year 6.

Fire Doors, System and Emergency Lighting



Over the Summer Holidays, we have been fortunate enough to have had an upgrade to our fire and emergency lighting system throughout the whole

school, including replacement fire doors for all internal doors in the building. The successful CIF funding bid, obtained by our Multi-Academy Trust, The Atlantic Centre of Excellence, means we have had the 'full works' during the summer and the school is looking like a brand new building!

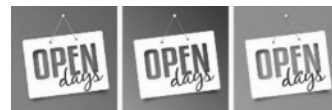
BikeLights 2018

We are so excited to be part of this project this year and are eagerly awaiting our workshops with Reg Payne and Janie MacDonald, this month! The theme for the parade this year is 'FLYING CIRCUS' and the children in Class 3



will be creating innovative design ideas to transform our bike to illustrate this theme! The Year 4, 5 & 6 pupils are delighted to be supported by The Wadebridge Bike Shop, who have helped us with the supply of the bicycle and they are beginning to 'Think BOLD, FUN and QUITE SIMPLE' as instructed by the artists involved! Children will be using basic tools and materials like willow, bamboo, wire, tape, tissue & glue to adorn the bicycle! Come and see us parading on Saturday 13th October 'at twilight' in Wadebridge. We'll see you there ☺

Open Days



If you'd like to come and see for yourselves what makes us ACE at St Kew, please come and

join us on one of our Open Days this term: Friday 28th September and Wednesday 7th November from 9.30am until 12pm. We look forward to showing you all we enjoy at school!

Little Kews

We are looking forward to these sessions beginning again on 5th October from 1.30 – 3pm and we warmly invite you and your toddler to attend. If you know of anyone in the local area with children aged 0 to 4, please invite them along to join us too! Please let the school office know if you would like to join us.



RM

Tea & Toast



For all parents, carers & the community.

Includes a Toddler play Area

8.45-11am
Wednesday Mornings
St Kew Parish Hall

Knitting for others: novices and masters of knitting are invited to join us in making baby beanie hats for premature baby units and squares for blankets to give to those in need.



The Souper Lunch on 21st September raised £80 for CLIC Sargent - Cancer and Leukemia in Children.
PH

Our Feathered Friends

August a time for our garden birds to relax and enjoy the weather? Not so, as eager pale plumaged fledglings demand to be fed food into noisy hungry mouths. A lot of people don't start feeding birds until the autumn through to winter, however parent birds take advantage of gardeners who put out fat balls, different types of seed and mealworms. This helps birds to conserve energy in seeking out extra food for themselves. Please remember to provide clean water too.

Overhead, acrobatic swallows feed up, putting on weight for their September & October journeys back to Africa. Look out for flocks on wires near your home gathering together ready for the off.

The 'Clutts' garden which backs onto fields has been host to a large number of house sparrows. A count of over 45 were feeding on seed put down for a pair of very tame pheasants throughout August. Very encouraging as this is a species in decline.

Bird counts in our garden throughout August & September have included 5 dunnock, 9 blue tit, 7 collared doves with a single greenfinch and smaller numbers of chaffinch, great tit and robin (feeding 2 young), a great spotted woodpecker and flock of 40 goldfinch feeding on seed heads.

It's a good idea to list the maximum number of each species weekly whatever garden you have or even wasteland or parks. By doing so you gather comparison counts that can be useful to the BTO or RSPB. It's fun too. How does your garden compare?

Bell Ringing News



A busy summer for the bellringers ringing for several weddings, and at St James Fete.

Practice nights will begin again on Wednesday evenings 7.30 pm - 9.00 pm this month onwards. We are in desperate need of new recruits. If anyone would be interested to learn to ring the bells then please pop down on a Wednesday evening, message us on our Facebook page or phone Ken Godden on 07968 481520. October also sees the start of 'The East Cornwall Ringing League' competition, starting at Pelynt Tower on the 19th. We will give you results in future editions.

Bellringing is a fun, free activity. You don't have to be musical or religious to join us. This is a dying local tradition which needs new blood. The bellringers give their time to teach people, ring for weddings, funerals and church events. Most of all it's a great social activity, meeting local characters.

Gemma

Autumn migration movement through the Parish is well under way, swifts have long gone but rarer birds on migration can turn up anywhere, indeed even in your garden, such as black redstarts, and small warblers.

Last September we enjoyed seeing a wryneck briefly, with 3 firecrest, and a spotted flycatcher all in one morning - all grounded thanks to the sea mist.

Finally, into October & November our starling flocks will be swelled by thousands arriving from northern Europe for the winter. How many of you have visited the starling murmuration at Roughtor? Thousands of starlings create a swirling mass of patterns in the sky during the winter, or wondered at the huge noisy flock in flight over your garden in the morning and again in the evening? Winter thrushes will also be arriving from northern Europe, both redwings and fieldfares.

Listen out at night when the clocks go back for the 'tsweep' noise of migrating redwings, or the 'chack-chack' call of fieldfares during the day.

Happy Birding!

Clutts – Pendoggett

Tell us about your St Kew Parish birding experiences, especially any unusual species you spot.

Please make sure you regularly clean your bird feeding stations and surrounding areas to stop disease and vermin.

CHILDREN'S CORNER

OCTOBER

From green to yellow,
to gold to brown,
October leaves
are swirling, twisting,
drifting to the ground.

Use Autumn shades to
COLOUR ME IN !!

I won't be green again -
Sniff!

Until next Spring!!



Defibrillator installed in Pendoggett

From an idea by Phil Roose & Rob Kitcher a new Defibrillator has been sited in the entrance to the Cornish Arms, Pendoggett, providing 24-hour access to all.

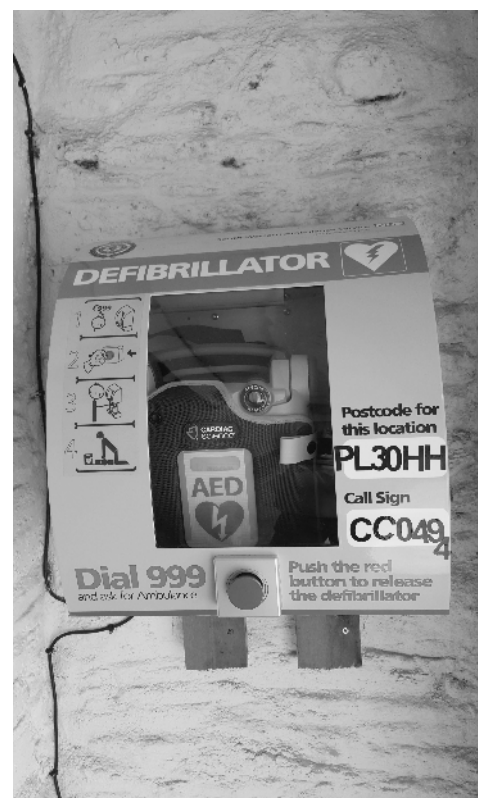
It was paid for by a number of fund-raising events and donations from the people of Pendoggett, and customers and visitors to the Cornish Arms.

The equipment has been purchased from South West Ambulance Service, with the help of electrical services kindly donated by Steve Hewitt & Son.

If you would like to know how to use the equipment a free training session is being held by South West Ambulance at the Cornish Arms on Thursday October 4th at 11:00 am.

All are welcome, after all you never know when you may need to use it.

Geoff



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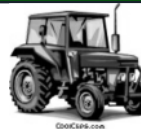
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A weekend of talks, readings and workshops from some of the country's leading writers including Anne Enright, Joanna Trollope, Patrick Gale and Nina Stibbe, preceded by two days of events for young readers. Café, bar, bookshop, exhibitions and concerts. Tickets from £6. Book online at www.ncornbookfest.org or phone 07787 944935.

Thursday 4th 7.30pm Uprooted – Liberated Words

Liberated Words screen a series of short poetry films from their Home from Home project exploring the effects of war in the Middle East, the refugee crisis, and interpretations of home, interspersed with poetry readings. £6.

Friday 5th 7.30pm Kit & McConnel

An evening of unbridled cabaret from ferociously witty Kit Hesketh-Harvey (formerly of Kit and the Widow) and pianistic sparring partner James McCo-

nnel. No foible of modern life will go unmocked. **Contains adult material.** £12.

Saturday 6th 7.30pm India Electric Co.

Sometimes folk, sometimes not.... The band use traditional instruments in contemporary styles to explore diverse themes from Eastern Europe, Irish traditions and urban alienation. They wowed audiences at Glastonbury – now it's our turn. £10.

COMING SOON IN NOVEMBER Friday 2nd 7.30pm Baka Beyond – 25th anniversary tour

The Afro-Celtic dance band celebrate 25 years of ground-breaking music. The band uses the rhythms of the Baka people of the Cameroon rain forest to fuse their Celtic and African roots. A highly infectious and joyous celebration. £12. Standing event.

Book tickets online at www.endelienta.org.uk; by email tickets@endelienta.org.uk; by phone 07787 944935; or from the Wadebridge Bookshop. Accompanied under 16s are at most events – please check the website.

St James the Great Church
at St Kew

HARVEST THANKSGIVING

Sunday

September 30th at 6 pm



HARVEST SERVICE
with Ordinand Geraldine Ashton
and Marcus Jones



**HARVEST SUPPER
&
CHARITY AUCTION OF PRODUCE**

Donations of flowers, fruit & vegetables for
decoration and auction would be most welcome!



Could you please bring them
along to the church on the
morning of Saturday 29th
September.

St Kew Historical Society

Forthcoming Event

Something completely different:

“The Wild and Woolly West”

An illustrated talk by Rick Gould using extracts from his ancestor's journal: Driving 2,000 sheep and 400 cattle 2,131 miles across America from the east coast in Massachusetts to the west coast of California in 1853.

Come along, be surprised and entertained.

Thursday 8th November 2018

from 7.30 pm
St Kew Parish Hall

As usual, members entrance is free, visitors and guests £2.50 per person.

Refreshments will be provided, any donations are gratefully received.

John Raybould, Secretary

St. Kew Community Gardens Association

The View from the Allotments

..... and after my dire prognostications, we did actually get a few sustificates!

In the end, I decided to bite the bullet and enter six classes at the show, if only to support local efforts, and we were rewarded with a few of the coveted certificates.

I had a first for my bouquet of herbs (but since it was the only one in the class, I can't really boast about that!!), seconds for our beeyootiful runner beans and deep red apples, a third for our lovely little yellow courgettes and a highly commended for my pen-and-ink sketch of trees at Blisland (though here again, there were only four entries so I came fourth anyway!!)

My only disappointment was with my lovely red onions. Last year I got a first and a second for the onions and this year nuffink! I don't know what went wrong. I still think they looked beautiful but maybe I took too many outer leaves off or something esoteric like that. Never mind – they taste fantastic, so who cares?

What we're looking forward to now are the corn-cobs. The plants have done better than ever before and are simply laden with cobs. About a month ago, when our grand-daughters were with us, the wind was very strong one day and half the stand of corn went over to a seriously dangerous angle. I spent two hours with bamboo canes, propping each plant up individually and it has certainly rewarded me for

the effort. I have opened up a couple of cobs and they look pretty much ready to me so we are going to try some at the weekend.

We are slightly disappointed with our "other" runner beans this year – the ones with white flowers which cover Tony's patent wire edifice. There have been masses of flowers, covered with masses of bees but very few beans. Perhaps we covered the edifice too densely and all the veg. will be found on the inside when we finally take it down! But it's very attractive to look at so again, who cares!!

We have lifted all the onions now and laid them up against the shed. So of course it's raining now, isn't it and I shall have to bring them home to dry out here in the back greenhouse. Not such a prolific crop as last year, but very tasty. Actually I had to throw quite a few away back in April or so, as they had gone soft and nasty. Perhaps with fewer onions, we shan't have any leftovers next Spring.

We had the first parsnips at the weekend and though they look good and went well roasted with a good beef joint, they were a bit lacking in flavour. My father always said they needed the first frost to make them taste good. Not that I'm hoping for cold weather, you understand!

We shall have our AGM in the Red Lion on Thursday 25 October – 7.00 pm. for a 7.30 start, so if anyone is interested to come along and talk to us about taking on a plot, do give me a ring and I can give you details.

Judith Mott, judithmott@btinternet.com
Tel: 01208 841312



ST KEW GARDENING CLUB

Owing to circumstances beyond our control, a report on the show will be included in next month's magazine.

Please call 01208 880007 for more information.



You are invited to: The Alpha Course

A friendly and informal chance to explore the Christian faith, ask questions and share your point of view. Each evening starts with supper, and includes a short film and time for discussion.
All are welcome.

1st October-26th November, 7pm starting with supper
St Kew Parish Hall

Contact: Geraldine Ashton: 07957 609085
email: Gezzalou@aol.com

Nice Baps, national news....

The news that Nice Baps roadside cafe has been rated as the best restaurant in Cornwall on TripAdvisor made national headlines this month, including the BBC news website, Radio 5 Live and several national dailies. Reviewers say they love the warm welcome of the owners as much as the food (although we think the bacon baps are the best anywhere).

The cafe in the lay-by on the A39 near Wadebridge, was voted No. 1 out of 2,215 Cornwall eateries, including Nathan Outlaw's restaurants. On top of that the owners, Kevin and Laura Baker have turned down an offer for their cafe from a large coffee shop chain.

Kevin said: "We're giving customers a little bit of what people need these days: Comfort and a friendly face."

Read the full story on cornwalllive.com.

Good for you Kev & Laura!



Allen Valley Singers

We were driving to our Hall for the first choir practice of the Autumn session. Carol, driving without looking round, said musingly, 'This August has just flown by, where has that time gone?'

Later when our MD mentioned the words 'Christmas music', we did give a minute's shocked silence to the passing of the year so far and knew that we were now embarking on the programmes for the remainder of 2018. However, we are starting well in that our first event has been a welcome christening. We were invited to sing at the baptism of a lovely little girl, named Sophie Margaux Helena, at St. Merryn's church on Sunday 9th September. Alongside her parents, Jenny and George Pask, a full congregation under the splendid guidance of the vicar, Rev. Andrew Turner, enjoyed a beautiful service and I have to say that the little girl was impeccably behaved throughout. All best wishes to you Sophie for your life ahead. Under the direction of our MD, Janette Man, and accompanied by Steve Tyrrell, we sang a Brazilian lullaby, 'TutuMaramba' arranged by James Erb and 'Psalm 23', arranged by Howard Goodall.

Seventy nine years ago in this early part of September, the population were just realising that their country was at war. Children went to school with a gas mask strapped across their shoulders and windows were blacked out. All activities were curtailed drastically, so the teenage years for many young-

sters was lost and never regained. Food began to be severely rationed. It was a different world. One area that thrived was in music.

Music Festivals, concerts, singing competitions all carried on locally and countrywide and gave delight and often real meaning to the whole population. Choirs remained part of life throughout the war years. These days computers, TV, mobile phones, tablets etc., can give so much with little effort and choirs are sadly closing here and there. However, for those of us who are members of a choir and those in our appreciative audiences, singing together regularly and enjoying the benefits of music and especially in the production of delightful sounds ourselves, being members of a choir enhances and enriches our lives as no computer and TV can.

Think about it – there will be a choir near your locality. The Allen Valley Singers welcome newcomers and we invite you to join us any Tuesday to hear our music and have a chat with Jan, our Musical Director. We meet at the St.Kew Highway Community Hall from 7.15-8.45 pm.

Contact Jan also (01208 841784) if you would like to book us for any important occasion in your life, or of course, a concert.

All best wishes to all readers.

Joyce Hargrave-Wright (Dr.), Publicity

Open Studio

Tuesday October 23rd - Tuesday 30th:

Paintings by David Penhale

Open daily from 10.00am.

Old Court, Trelill Road,
St. Kew Highway, PL30 3DP.

All welcome.

Pipistrelles

are
 scything the light into
half-light
crepuscular creatures
nature's late chancers
 slicing the air above our garden
darting between
 twilight's gleam
 then gone –

but no!

all ears and taut wings
they pirouette and flicker
in a black and white movie

Nosferatu!

then vanish again
into the trees

to hang upside down
in our dream

David Penhale



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reception.lh@chsw.org.uk or call 01726 871 800

Puzzle Page

Codeword

	13	26	22	1	25	24		24	7	3	24	2
22		17		22		19		17		15		22
26	17	13	22	6		16	2	13	23	1		7
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12		9				24		2				24
	3	24	25	8	19		20	4	23	5	3	
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U	9	3		8						1		
	5		4		7	3						

nonogram

A	R	T
A	U	N
G	E	E

How many words of 4 letters or more can you find? You must use the centre letter in each word.

No plurals or proper nouns are allowed. There are 32 listed in the solution which includes **1 nine letter** word to find.

Events outside our Parish

Regular events at St Endellion

Endelienta Poetry Group, Book Club and Family Make Club. Please visit the website, or phone or email for details. For September's events at St Endellion please see separate advertisement.

September

28th Macmillan Big Coffee Morning, Trevathan Farm Shop, 10.00am - 12.00.

October

6th-7th British National Surf Championships, Fistral Beach, Newquay.

12th Gilbert and Sullivan evening, with the Wandering Minstrels at Pencarrow House.

17th Beach clean, Polzeath, 9.30am.

21st 'The History of St Tudy', Exhibition and guided walk, St Tudy Village Hall, 12 noon - 4.00pm. Contact Pam on 01208 850450 for more details.

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

endelienta.org.uk
pencarrow.co.uk
polzeathmarineconservation.com
trevathanfarm.com

Please email details of any events you know about in the local area to the usual address: st.kewmag@gmail.com



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MIKE'S RECIPE OF THE MONTH

Provençal-style chicken

A delicious quick and easy supper dish, perfect for an early Autumn evening. *Serves 4.*

Ingredients

- 4 large or 8 small chicken thighs (bone in, skin on).
- 1 large onion, cut lengthways into 8 segments.
- 4 medium tomatoes, quartered.
- 2 garlic cloves, finely sliced.
- 1 medium-sized courgette, cut in half lengthways and then into 2 cm chunks.
- 1 red pepper, sliced lengthways into 8 segments.
- A good handful of pitted green olives.
- 200ml dry white wine (or chicken stock if preferred).
- 2 10cm sprigs of rosemary.
- 1 tsp herbes de Provence or dried mixed herbs.
- Sea salt & black pepper.
- 30g butter, plus a little more for greasing.
- 1 tbsp olive oil.
- Small handful of parsley, roughly chopped.

Method

- Pre-heat the oven to 180 °c, and butter a large rectangular oven-proof dish - large enough hold the chicken thighs and vegetables in one layer.

- Brown the chicken thighs all over in batches in a frying pan with the olive oil, and transfer to the oven dish skin side up, pouring any pan juices over the top.
- Tuck all the vegetables around and in between the chicken thighs, along with the olives, garlic and rosemary sprigs.
- Sprinkle over the dried herbs and season well.
- Pour over the wine (or stock if using).
- Bake uncovered in the oven for around 30-40 minutes, or until the chicken is thoroughly cooked through and the juices run clear.
- Remove the chicken pieces to a warmed plate, and carefully transfer the vegetables to a warmed dish with a slotted spoon, discarding the rosemary. Strain the cooking juices into a saucepan and boil rapidly to reduce by about half. Stir in the butter and adjust the seasoning if needed.
- Return the vegetables to the cooking dish, place the chicken thighs on top, pour over the thickened sauce and sprinkle with the parsley.

Serve with steamed green beans, and some crusty bread or creamy mashed potato to mop up the juices.

Gill is on holiday.

Group Travel

Enterprise Park, Midway Road, Bodmin
Cornwall PL31 2FQ. Tel: 01208 77989



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2018 COACH EXCURSIONS

3rd NOV - BRIDGWATER CARNIVAL

17th NOV - FESTIVAL OF LIGHT @ LONGLEAT

23rd - 26th NOV - TURKEY & TINSEL @ BOURNEMOUTH

24th NOV - CLARKS SHOPPING VILLAGE, STREET

8th DEC - BATH CHRISTMAS MARKET

16th DEC - MOUSEHOLE & ANGARRACK LIGHTS
2019

26th APR - 1st MAY - ISLE OF MAN SPRING TOUR

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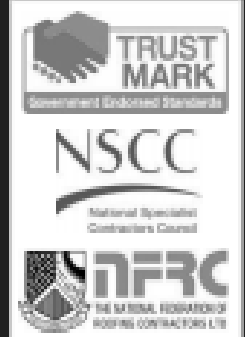
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St Kew Community Hall

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12/18

ANNIVERSARY OF THE FIRST WORLD WAR (LEST WE FORGET)

From the Parish Magazine

October

'War Notes'

Palestine. – The wonderful good news from the several seats of war has taken precedence over everything. The dramatic events in Palestine and Macedonia have completely changed the complexion of the war in these districts. The Turks have been broken up, and over 60,000 prisoners taken, with hundreds of guns. Palestine is delivered from the Turks, and is now under Christian rule.

Bulgaria. – The Franco-Serbian have gained a notable success. They have broken the resistance of the Bulgarians, having cut off their line of retreat, and have taken thousands of prisoners, and advanced on a wide front into the enemy's country. All the allied contingents seem to have fought superbly; but the Serbians, nerved by patriotism and righteous anger at their oppressors, have shown a superhuman courage.

On the Western Front. – There has been heavy fighting all along the Hindenburg Line. The British and French troops have occupied one after another of the Hindenburg defences, which the Germans considered impregnable. Soon we hope to hear of the whole of this line to have been broken. How long after the Germans may hold out is not of course known; but already the war tone of the Germans is changing – dramatic events are happening there, and it is quite possible a 'real' peace offer may come from Germany before Christmas.

The Coming Pinch. – With the approach of the Fifth War Winter we may have to suffer some of the privations already experienced by all the continental belligerents. We shall have less meat, and must pay more. But the great shortage will be in fuel and the products of fuel, light. Our coal supplies are almost unable to bear the strain placed upon them. This is due to the needs of our allies, and the shorthandedness of our mines. We shall have to economise every minute of light and every pound of coal. This shortage of coal and paraffin may need the altering of the hour of evening service. It has been suggested that evensong be held in the afternoon instead of the evening. However, this will not be done without first consulting the question at a public meeting.

British Red Cross Society and Order of St. John.
Mrs Braddon,
Skisdon, Wadebridge, Cornwall. 11th September, 1918.

Dear Madam, - The Air Board has decided not to open the hospital under Lady Rachel Byng, for which you so kindly sent up 2 pillow and 4 slips received to-day, so I have taken the liberty of presenting the lot to the British Red Cross Society who are very grateful indeed.

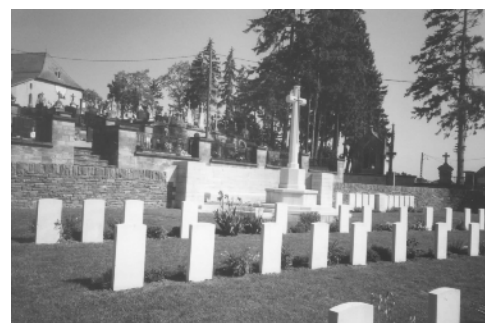
Owing to various causes, the Red Cross are in great need of everything; and I hope you will urge your workers to do all they can towards making pyjamas and operation socks.

Thanking you for all you have done,
I am, sincerely,
MARY MORSE, J.P. M.A., Hon. Sec.

N.B. – Mrs Braddon wishes to thank those who kindly gave their time and work both at home and in the Institute, and also those who kindly lent their sewing machines. Mrs Braddon will be pleased to give out further work.

During October 1918, two soldiers with St Kew connections lost their lives. They are remembered on the St Kew War Memorial.

Francis Lewis Lyle died on 16 October 1918 as a result of wounds as a prisoner-of-war. He was a Private in the 7th Battalion of The Duke of Cornwall's Light Infantry (DCLI). 7 DCLI were involved in the Acheville and Fresnoy areas in France during the period September-October 1918 when many soldiers were taken prisoner. Francis Lewis Lyle was born at Week St Mary in 1896; his parents Lewis and Rhoda (formerly Littlejohns) lived at St Teath and later at Trebarn, St Kew. Before enlisting, Francis worked at Bokelly as a farmhand. His father Lewis died at Tregildrens, St Kew in 1941, and Francis's brother died in 1945; both are buried at Trelill Cemetery. Francis Lewis Lyle is buried in Grave 10 at the Sarralbe Military Cemetery, close to the German border.



Reginald Thomas Carhart, a Private of 2/4 Battalion DCLI (Territorial Force) died on 29 October 1918 from non-battle illness and is buried at the Delhi War Cemetery. He was born in 1898 at Egloshayle to cattleman Marcina Carhart and St Kew-born Mary. He had an older sister Florrie and younger brothers



Harold Edward and Frederick Charles, both born at St Kew. The role of his unit was to reinforce 1/4 DCLI also in India who provided troops for France (via the UK), and to carry out duties in India

garrisons so Indian troops could be deployed to France. The unit Roll of Honour includes 54 soldiers all of whom succumbed to disease whilst in India.

Home Front

The peak mortality of the pandemic Spanish Flu in the UK was reached on 28th October.

William Garland

BATTLE'S OVER – A NATION'S TRIBUTE

Readers are probably aware that on 11th November 2018 it is the anniversary of the cessation of World War 1 and that the UK and Commonwealth nations are going to pay tribute to those who lost their lives in this war.

An organisation called BATTLE'S OVER is organising various events in which the nation and Commonwealth countries are encouraged to join in. Their website, Battle's Over – A Nation's Tribute, is well worth a look.

The list of events on the day includes the following, which also shows what the Parish Church is planning.

6.00 am - Battle's O'er - Playing the bagpipes

Marcus Jones has agreed to play at the War Memorial and at an evening service to be held in St James the Great Church 6.45 – 7.15 pm.

Many of you attended the evening service held on 4th August 2014, when the "lights went out over Europe" and we were then at war with Germany and the First World War started.

7.00 pm - The Last Post

We don't have a bugler yet; however, a CD is available for our evening service.

7.00 pm - Beacon of Light

Beacons will be lighted throughout the countries.

7.05 pm - Ringing Out for Peace

Our church Bell Ringers have agreed to ring at this time.

7.05 pm - A Cry for Peace

In Cornwall only the Bodmin and Newquay Town Criers are registered.

There will be the usual Remembrance Service at St James in the morning at 10.30am. The evening service will start at 6.45pm so as to include the Last Post, Bell Ringing, and Bagpipes.

It is hoped that as many people as possible will join in the Battle's Over events to mark the conclusion of the first World War and pay tribute to those who played their part.

William Garland

St Kew Historical Society

All talks and meetings take place at St Kew Parish Hall on the 2nd Thursday in the month from 7.30 pm.

Our next talk:

Thursday October 11th

A very special visitor - Mr Paul Holden, House and Collections Manager, Lanhydrock House National Trust property.

Paul is an excellent, knowledgeable speaker, and a wonderfully colourful raconteur.

He will present an illustrated lecture entitled 'Researching the Cornish Country House and Other Stories . . . '

This promises to be a most entertaining evening, not to be missed.

John Raybould - Secretary



ST KEW HIGHWAY METHODIST CHURCH

Services held in the Community Hall at 9.30am.

Preachers for October

- 7th Rev Alistair Sharp
- 14th Gordon Rowe
- 21st Rev Sally Long, Communion
- 28th Rev Michael White

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.

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.

St James the Great at St Kew



Calendar for September

- Sun 30th *St Michael & All Angels, being celebrated a day later. 9.30am, Holy Communion with Canon Judith Pollinger.*

Calendar for October

- Sun 7th *Trinity 19. 9.30am, Holy Communion with Rev Dr Elizabeth Wild.*
- Sun 14th *Trinity 20. 9.30am, All Age Service with Rob Soley.*
- Sun 21th *Trinity 21. 9.30am, Holy Communion with Rev Dr Elizabeth Wild.*
- Sun 28th *Bible Sunday. 9.30am, All Age Service with Ord. Geraldine Ashton.*

Calendar for November

- Sun 4th *All Saints. 9.30am, Holy Communion with Rev Dr Elizabeth Wild and Rev Prof Paul Fiddes.*
- Sun 11th *Remembrance Sunday. 10.30am with Marcus Jones in the church, and at the War Memorial. 6.45-7.15 Battle Over Service with William Garland - see previous page for details.*

The National Health Service is 70 years old this year.

I was born as the NHS was being debated and about to come into being, and worked in it for 37 years.

Whilst it is far from perfect for many reasons, we should not forget what was happening before it came about. My predecessor in general practice saw the changes first hand. He had 3 types of patients in the practice all treated in a different way! The private patients had priority both in time given to them and in appointments. Then there were the 'panel' patients - from back in the days of Lloyd George certain companies' workers and families were able to access a doctor paid for by the employers. He was the Post Office doctor and saw many postmen bitten by dogs amongst all the usual illnesses. Then there were those who could not pay.... Most family doctors (like solicitors of old) worked 'pro bono' offering free time to those less well-off in their community. Pre-1934 they looked after those in the workhouse as well.

1948 changed all that. All were to be treated equally and free at the point of access. There were no new hospitals, no extra doctors or nurses, just a radical change of organisation. It came about after many

years of discussion and we should thank Beveridge and the like for their passion for looking after the needs of all, not just a privileged few.

The NHS appeared at a time when Britain saw health care as crucial to one of the "five giants" that Beveridge declared should be slain during post-war reconstruction - want, disease, squalor, ignorance, idleness. The cataclysm of war provided an opportunity that might not have been taken in quieter times. It was just one of five post war problems that the NHS addressed, 70 years on we could question how we are dealing with the other 4. They are not new problems. The bible has almost 3,000 verses dealing with poverty and injustice and how they should be overcome, of God's heart for the poor and oppressed, about want and squalor, for healing. It is there in nearly every page. You can even buy a bible (The Poverty and Justice Bible) with them all highlighted in modern English.

So, 70 years of the NHS - rejoice and celebrate. Not perfect but way better than what was happening before. But it is only a start, Beveridge had ideas on the other 4 giants as well. God and the bible have a few ideas too!

David Elliot



Bodmin, Camelford and Wadebridge Foodbank
 Wadebridge Foodbank, Unit 2 Trevanson Street,
 Wadebridge PL27 7AR Tel. 01208 815374
 Registered Charity No. 1166301
 Email: contact@wadebridgefoodbank.org
 Website: www.wadebridgefoodbank.org

Hard at work in the Foodbank



Here is one of the NCS Teams working with our volunteers Hilary and Bob to create a food box for someone in crisis. We were fortunate to have the help of two NCS teams and, as well as supporting us in the Foodbank, they

promote the work we do in the community and donated a fantastic 425kg of food and money raised from local events.

Huge thanks to the **Rotary Club of Wadebridge** who kindly gave us a donation of proceeds from the Wadebridge Wheels event. It is thanks to your donations that we are able to continue helping local people.

Kind donations from the community

We have received a generous number of Harvest Festival donations from local schools and churches which have helped to replenish our stocks. Huge thanks to Springfield Fun Park who also gave a food donation.

Bob Knight from St Kew Biscuits has recently retired and gave us a donation from his stock. We wish him and his wife a happy retirement.

If you would like to donate to our Foodbank, we are currently in need of jam, tinned meat and fish, tinned tomatoes and tinned potatoes.



In September we had the Real Food Project from Liskeard visit us. They are given all the waste food (mainly fruit and vegetables) from Morrisons in Liskeard and either make it into usable food or sell it for donations. Mostly it is given away to various places... or where it is needed.

They are a catering company, and although they do weddings etc. for profit, the majority of their catering is for donation but only if you feel able. Over the summer they have been feeding over 200 children

during the holidays with meals for free! On TV we see that huge amounts of food are going to waste, this is staggering and so the project is a brilliant idea. There are other similar schemes across the County.

Next month our speaker is Victoria Cornish, the writer who is going to share how to write a novel! Any budding novelists should come to hear her expert advice! Come along to the St Kew Highway Community Hall, on Wednesday 10th October at 7pm.

We look forward to seeing any visitors.

Alison

Mobile Post Office

The mobile Post Office calling points each week are as follows:

Monday	
St Merryn	08.45-10.00
Rock	11.00-12.30
St Kew Highway (Community Hall)	13.30-15.00
Tuesday	
Tingael	09.30-11.30
South Petherwin	12.45-13.45
Wednesday	
Tingael	09.30-11.30

Port Isaac	12.30-13.30
St Issey	14.00-15.00

Thursday	
St Merryn	08.45-10.00
Rock	11.00-12.30
St Kew Highway (Community Hall)	13.30-15.00

Friday	
Tingael	09.30-11.30
South Petherwin	12.45-13.45

Events Diary - October

- 3rd 'Tea and Toast', Parish Hall, 8.45 - 11.00am.
Bellringing practice, 7.30-9.00pm.
- 4th Chair Aerobics, Community Hall, 2.00pm.
- 10th 'Tea and Toast', Parish Hall, 8.45 - 11.00am.
WI, Community Hall, 7.00pm.
Bellringing practice, 7.30-9.00pm.
- 11th Chair Aerobics, Community Hall, 2.00pm.
History Society, Parish Hall, 7.30pm.
- 15th **** COPY DATE ******
- 17th 'Tea and Toast', Parish Hall, 8.45 - 11.00am.
Bellringing practice, 7.30-9.00pm
- 18th Chair Aerobics, Community Hall, 2.00pm.
- 19th Souper Lunch, Community Hall, 12.30pm.
- 24th 'Tea and Toast', Parish Hall, 8.45 - 11.00am.
Bellringing practice, 7.30-9.00pm.
- 25th Chair Aerobics, Community Hall, 2.00pm.

News from St Kew Parish Hall

Thanks to everyone who supported our quiz on the 29th September. Our next fundraiser is our Christmas draw, held on 7th December and raffle tickets are now on sale.

Kathy

To book the hall, please contact Joanna Pratt on 01208 841420.

The Regal in Wadebridge

Tel: 01208 812791



October

- 5th A Star is Born
Venom
Johnny English Strikes Again
- 12th First Man
Smallfoot
- 19th Goosebumps: Haunted Halloween
Halloween
- 26th Bohemian Rhapsody

Live Screenings: book online or contact the Cinema:

- 4th 'The Winter's Tale', from Shakespeare's Globe, 7.15pm
- 9th 'The Importance of Being Ernest' Oscar Wild Season. Live, 7.15pm
- 15th 'Mayerling', Royal Ballet. Live, 7.15pm
- 24th 'Funny Girl - the Musical' (with Sheridan Smith), 7.15pm
- 28th 'Die Walkure' (Wagner), ROH, live, 5.00pm

Please ring or check our website for more details
www.wtwcinemas.co.uk

Recycling

Recycling takes place on a variety of days in the same week within the parish. Recycling collections are in the weeks beginning 8th & 22nd October

ST KEW HIGHWAY COMMUNITY HALL ONGOING EVENTS

(Registered Charity No 294140)

- | | | | |
|---------------|---|-----------------|---------------|
| Sun: | Methodist Church Service | Marion Dingle | 01208 841388 |
| Mon: | Yoga 10.30am | Fiona Crompton | 01208 851735 |
| | Pilates 2.30pm - 5.15pm | Martin Brooks | 07812 959 879 |
| Tues: | Allen Valley Singers 7.15pm - 9pm | Janette Man | 01208 841784 |
| | Pilates 1.15pm-2.30pm | Martin Brooks | 07812 959 879 |
| Wed: | 1st, 3rd and 5th in month - | | |
| | West Country Embroiderers 10am - 3pm | Pat Scarborough | 01841 521323 |
| | 1st in month - St Kew Playing Field Trust | | 7.00pm |
| | 2nd in month - St Kew WI 7pm | Becky Allen | 01208 841798 |
| | 3rd in month- Gardening Club 7.30pm | Richard Godden | |
| Thurs: | Chair Aerobics 2pm | Pat | 01208 841260 |

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

Souper Lunch

Our next Souper Lunch will take place on Friday 19th October at 12.30 in the St Kew Highway Community Hall.

You are all most welcome. Bring a friend! We enjoy a bowl of homemade soup, have a nice chat and raise some money for a good cause.



SAVE THE DATE

Christmas Lunch will be on Friday 7th December.

Because accidents happen



If you have had an accident you may be entitled to compensation. We deal with most cases on a "No win No Fee basis." We are here to help, talk to Sproull.

SPROULL

SOLICITORS

01208 72328

www.sproulllp.co.uk

Disputes | Family | Property | Wills

Parish Council News

Chairman: Cllr J Lethbridge

Clerk: Cindy Powell,

Rockhurst, Trethburgy, St Austell, PL26 8YF

Email: clerk@stkewparish.org.uk



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.

The Meeting of St Kew Parish Council was held at St Kew Parish Hall on Tuesday the 11th September at 7.00pm.

Present: Chairman J. Lethbridge, Cllrs T. Mott, P. Bishop and four members of the public. Apologies were received from Cllrs J. Rickard, A. Godden, R. Godden, B. Finnemore and County Councillor S. Knightley.

Mr Chapman spoke to the Parish Council about his outline plans for a possible small housing development in Pendoggett, incorporating affordable housing. He has already had preparatory discussions with Cornwall Council planning officers and wished to brief the Parish Council on his intentions.

Following recently completed resurfacing work on the road near St Kew School, it was agreed to write a letter of thanks as these were rarely received by Cormac, the contractor involved.

The Community Infrastructure Levy (CIL) and how it should be spent was discussed following a request from Cornwall Association of Local Councils. It was agreed that there could be a division of these monies between all parishes and towns in Cornwall on a per capita basis, to be spent on capital projects for their communities.

Some slate kerb stones at Chapel Amble have been damaged as the result of cars parking too close to the junction and impeding traffic flow and agricultural vehicle access. It was agreed to discuss this in more detail at a later Parish Council meeting, possibly together with a site visit in order to investigate possible solutions to the problem.

Planning Applications

PA18/07990 – Mr Shane Julian, Upyours, Trelill Road Trelill. Proposed side extension.

Recommend approval.

Planning Decisions

PA18/06088 – Mr Paul Frost, Rumbletums Fish and Chip Shop, Trelill Road, St Kew Highway. Demolition of existing fish and chip shop, construction of detached dwelling.

Withdrawn.

PA18/06497 - Mr A Hawkey, land at Penpont Farm, Chapel Amble. New livestock housing immediately to north west of the implement shed.

Approved.

PA18/06649 – Mr A Hawkey, land east of the Olde House, Chapel Amble. New livestock housing immediately to east of existing lambing shed.

Approved.

PA18/05516 - Mr Mably, Carclaze Farm, Chapel Amble. To cover over a 90' x 60' silage clamp with a steel framed building which will replace the current rotted out sterling board and replace with dung boarding to 2.2m high with Yorkshire board cladding above.

Approved.

TM



A small shoebox can have a big impact.....

We know it's a bit early but we're already thinking about Christmas and how we can help others. This year we are involved in the Shoebox Appeal with Teams4U.

If you would like to donate a gift-filled shoebox along with a £2.50 donation to send it on its way please give us a call on 01208 815374 or pop in to Wade-

ridge Foodbank during our opening hours (Mon-Thurs 10am-1.00pm).

The shoeboxes make a huge difference to people at Christmas and this year they are going to deprived children, and vulnerable adults and families in Romania, Belarus, Bosnia, and the Ukraine.

MoneyBox Course

The course is available to anyone aged 16+ who is a tenant and unemployed. It will help with budgeting, building confidence and managing finances.

If you would like more details please give us a call on 01208 815374, or email contact@wadebridgefoodbank.org



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St Kew Inn, Church Town, St Kew, Wadebridge. Tel: 01208 841259
email: stkewinn@btconnect.com

A new local business - Cornish Rock Gin



Cornish Rock Gin is the latest in the boom of new small-scale gin distillers popping up across the UK.

Husband and wife George and Angie moved into their new home (nestled in woodlands just outside our parish) just over a year ago. While the house was being renovated they spent a lot of time walking Blue, their white Alsatian, at Rock. On the beach they met Mark and Carole from nearby St Tudy. They became friends and over drinks in the local pub the idea for making gin started.

“We have our own borehole water source in the property, which we had to open up to supply the house, so we thought we could use this to make our favourite drink” explains Angie. “It was loose talk to make gin at home” says Mark and George. “It was a bit of fun, just for ourselves to drink on a summer’s day in the garden.”

Using their own spring water to make gin changed from idea to reality when Angie started looking into what was involved in making gin, sparking a new passion. “I didn’t really know much about making gin, but I liked drinking good quality gin!” says Angie, so she began training at gin schools, including the Ginstitute in London. The first 50-odd sample batches were taste-tested by friends, family, gin experts and, of course, themselves. Only once the recipe had been perfected did they start to produce Rock Gin, bottling in small batches and individually numbering each bottle.

Their enthusiasm soon took on a new dimension with a decision to up-scale. “Making it becomes a bit more technical, buying the alcohol and doing everything wasn’t simple, but we thought we would make 500 bottles and see what happened! At worst, we would drink it ourselves over a long time.” laughs Angie.

What helped them go from home-made for fun to a new business start-up was a visit from Mark Harris from The Growth Hub. Mark saw they had the right attitude and the right formula and encouraged the three friends to look at their cottage industry as a business



‘Bonanza Boy’ in action

“Mark coming to see us really set us going and encouraged us do it more professionally. He introduced us to Paul from South West Manufacturing Advisory Service and that’s when we considered buying our own kit. After the visit, we decided to buy the machinery, set it up and build a distillery here at the house” explains George. They made a grant application and were successful, receiving 50% funding from SWMAS to develop the business. As a result they now have their own still (named ‘Bonanza Boy’ after George and Angie’s favourite race horse - every still has to have a unique name) installed in an outbuilding.

George, Angie and Mark are proud of the fact that their gin is a bit different to the mass market brands. Most are distilled and bottled in 24 hours while Cornish Rock is matured for 30 days before bottling, creating a smooth, fresh taste. According to George its character is best appreciated in a large stemmed gin glass with plenty of ice, a quality tonic and garnished with a twist of orange or grapefruit peel.

Production is already up to 500 bottles a week, sold through a large number of shops, pubs and restaurants in North and South Cornwall. The business doesn’t stand still however - they have already perfected a new pink gin which has just been released.

This business has a real family feel, with their passion for drinking gin in the summer sun coming through in every glass.

Locally, Rock Gin is now sold at The Red Lion, St Kew Highway; St Kew Inn, St Kew; The Cornish Arms Pendoggett; Wadebridge Wines and The Little Gin Shack in Wadebridge.