

VOLUME TWO  
AUTUMN  
1994



30p

# BOSCASTLE BLOWHOLE

## An Englishman's Home is his Carpark

We live in an area of 'Outstanding Natural Beauty' and we don't need the official designation to tell us that!

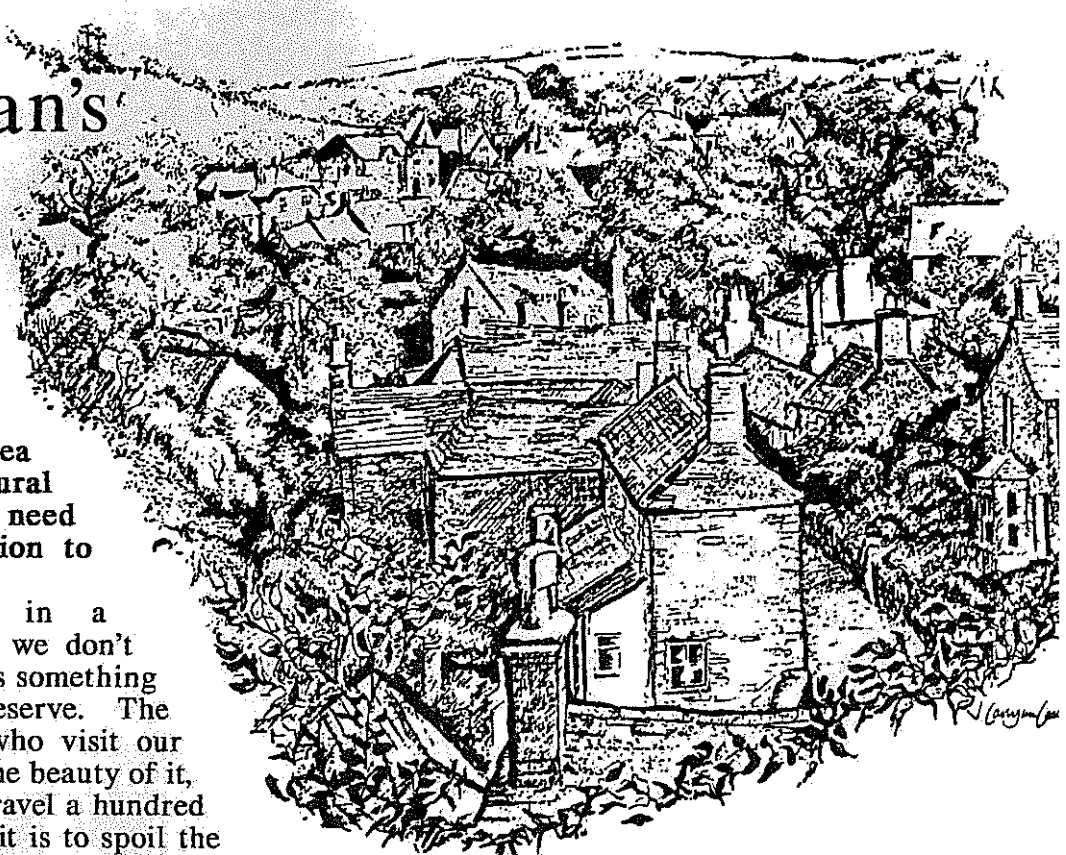
Many of us live in a conservation area and we don't need telling that this is something which we want to preserve. The thousands of people who visit our area come because of the beauty of it, and we don't have to travel a hundred miles to see how easy it is to spoil the beauty of a place.

But the important word is 'live'. This is where we choose to make our homes, and like any other people, our homes are ours to live in as we wish. We are fortunate in living in a friendly village that tolerates all sorts of folk - even folk like you and me! The problems arise when the freedom to live as we want, and to express ourselves, conflicts with the need to preserve the beauty of our village for the benefit of all.

During recent months, various developments - large and small - have caused concern and a certain amount of controversy. There is no simple solution to such conflicts. On the one hand complete conservation can mean stagnation. Who wants to live in a museum? Every living thing changes and develops, and the same applies to the village in which we live. Boscastle as it is today is the result of great changes and upheavals in the past.

On the other hand, change and development which threatens the natural harmony of Boscastle should rightly be resisted. The Parish Council gives careful consideration to planning applications, and when we as individuals decide to enhance our property, we should give equal thought to the effect the changes will have on the total environment.

Usually an answer to our conflicts can be found, given that same tolerance and understanding that characterises our community, and the recognition that just sometimes, just occasionally, something that is new can also be good and for the greater benefit of all.



# 'Summertime - and the livin's easy'

It's never quite right - the weather, that is. If the sun shines for too long, then the farmers complain that it is too dry. If it's too hot, then everyone goes to the beach and the shopkeepers complain. If it's too wet, then the hay and silage suffer and the tourists stay at home. Rare is the summer that gets the mix about right - and maybe 1994 has been one of them.

The heat has been well above average, and although it has been dry, there have been no serious drought conditions or water shortages. The sun has shone, but not every day, and the tourists have come - but not so many as to make the roads impossible.

Because the sun has been shining and the harbour has looked its summer best, we should not forget the underlying problems that affect

our area. Farming is not easy at this time, and whether it is BSE or worries over organo-phosphates, or just the latest European regulation, life on the farm is no idyll. Unemployment, apart from temporary or part-time jobs for the summer, is still far too high. The tourist trade is still very uncertain and already facing stiff competition from the price cutting wars of 1995. Our nearest main hospital is still an hour's drive away and if you have no car, Boscastle is a very isolated place.

But let's be thankful for what we have; it's been a good summer. We can live here amidst the beauty all the year round. In the seemingly endless days of gales and mist that is the Cornish autumn, winter and spring, we still have our views, when the fog lifts. And, when all the visitors have left, Boscastle is still a very agreeable place to have as home.

## Editorial Panel

Philippa Arthan, Yvonne Ayling, Sue Bowen, Joan Cork,  
Anne Hillerman, Mac Reynolds, Guy Taylor, Ruth Turner (Advertising)

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(The editorial panel reserves the right to accept or reject any material submitted for publication. The views expressed within the paper are those of the contributors and do not necessarily reflect those of the Blowhole team)

Copies of the BLOWHOLE are available by post at a cost of 60p per issue.  
Contact Philippa Arthan (0840) 250483

*The* LEATHER SHOP

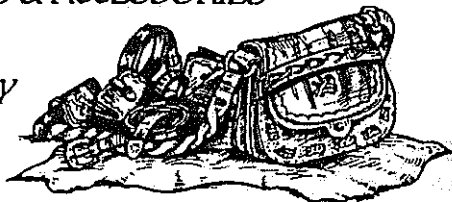
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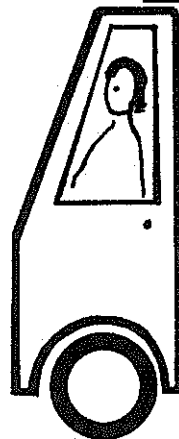
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## FORRABURY AND MINSTER PARISH COUNCIL

**New Council Member:** Mr. Roy Sale has become a member of the Council

**Valency Field:** Boscastle School advised the Council that it could no longer afford the expense of maintaining Valency field. The Council therefore decided to put the grass cutting out to tender. It was proposed that the grass should be cut fortnightly in April, May and June and once in three weeks in July and August.

Following a meeting between the Clerk and Mr. G. Champion of the National Trust, the stream adjoining the Valency field was dug out and cleaned, in order to alleviate flooding. Mr. Champion will monitor the situation and advise on results of this action.

**Footpath - Penally Terrace:** The Council asked the Highways Department to request a 'Waymark' sign at the start of Penally Terrace, to indicate that the path continued beyond the cottages. This sign has now been put on the Highways' work programme.

**Visitors' Centre:** The Council is not satisfied with the provision of parking spaces, following the building of the Visitors Centre on the car park. A site meeting with the NCDC is to be arranged in the Autumn. The Clerk has also been instructed to enquire about the marking of 'Disabled Parking' spaces. Mr. R. Lloyd resigned from the Council following dissatisfaction about the Visitors' Centre.

**Street Name Signs:** Two street name signs were damaged and delivered to the Clerk. The Council arranged for these to be re-erected, but the Forrabury Hill sign then disappeared, complete with its sign mounting.

**Public Conveniences:** The Council was finally informed that 'in the light of the improving financial situation' all three public conveniences in Boscastle would remain open.

**Telephoned Complaints:** The Council agreed to a proposal that in future all complainants who telephoned the Clerk should be advised, as are letter writers, that their name might be used in conjunction with future enquiries.

**Faulty Car Alarms:** A resident whose property borders the Cobweb car park contacted the Council with reference to faulty car alarms, which can sometimes prove to be extremely irritating. The Council appreciated the problem, but did not agree that a notice to

drivers would be the right solution.

\* **Bottreaux Garage:** The Council considered a letter (addressed to the Boscastle Blowhole and passed to the Clerk) which questioned its wisdom in agreeing to plans for the new garage. The Clerk was instructed to record the fact that the letter was 'read and noted'.

**Planning Permission:** 1) An application on behalf of Mr. R. McKee for permission to replace existing roof tiles on Pillar House with secondhand Delabole slates met with no objections. However the Council strongly recommended that conditions should be attached to the application: a) that slates used should be of the same type and design as the original, and b) that the mitred hip be of random width diminishing (as on the original roof).

2) The Council registered no objection in principle to a plan to build garages at the Old Quarry car park in New Road. It considered, however, that to build eight (or six as in amended plan) would be over-development of this site; there was very poor visibility at the access point, which would create an extra problem if the garages were as close to the road as shown on the plan. A site meeting was requested prior to consideration by the NCDC Planning Committee.

3) A request for outline planning permission to build a bungalow in Potters Lane was not accepted; Council felt that Mr. A. Miller's plan would constitute unsuitable infilling of a green area, valuable as a garden.

\* See Letters Page

Adrian & Staff  
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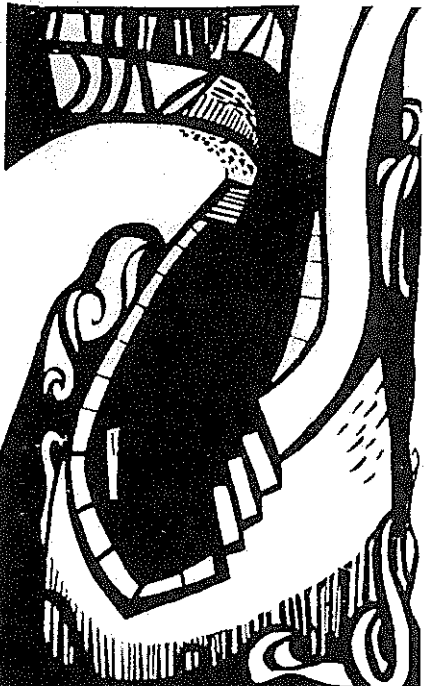


# COLLECTOR'S CORNER

Most people know that Victorian and Edwardian costumes are desirable these days and make good prices in the auction room, but what they don't realise is how collectable 20th Century clothes have become. It's unlikely that many of you will have a Victorian crinoline or Edwardian Tea gown hanging forgotten in your wardrobe, but what about 1920's and 30's crepe dresses and scarves, silk and satin nightwear and underwear of the same period, late 40's and early 50's 'New Look' dresses or even 1960's mini dresses? These are now highly sought-after by specialist shops.

The larger auction houses hold regular sales of 20th Century costumes, and a heavily beaded 1920s Flapper dress in good condition can make about £500 at the right sale. Designer labels can push up the price of an item, so if you are the proud possessor of an article by Dior, Chanel, Schiaparelli, Balmain or any of the other famous Paris coutouriers, think twice before you give it (or throw it) away.

Accessories are equally important. Elbow-length gloves, silk or crepe scarves, shoes and especially those little hats consisting of nothing more than two feathers, a hint of gauzy net and a lot of fresh air are hard to find and consequently very collectable. At one time there was a market for 1930's men's suits. These are less popular now but evening dress is always in demand as are silk evening scarves and collarless shirts. It still surprises me how people merrily consign 'old' clothes to the dustbin or the charity shop when they are clearing a house. These days virtually everything is collectable, so if in doubt, don't bin it, find someone to advise you. K.C.



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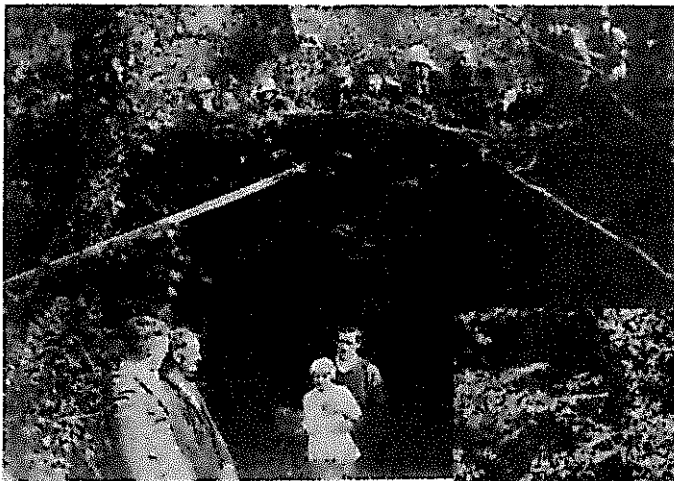
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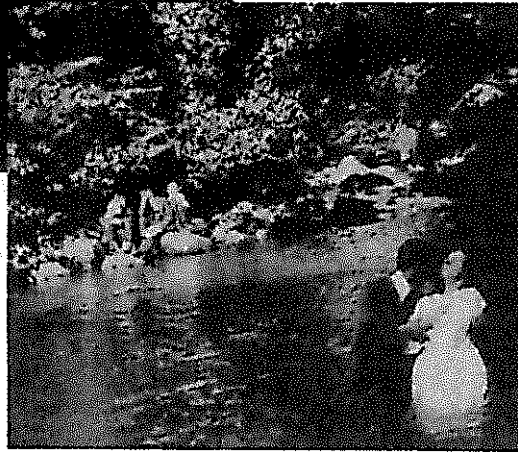
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## DO YOU REMEMBER?

### BAPTISM IN THE JORDAN

JUNE 1930



Our visitors are sometimes amused by the fact that here in Boscastle it is possible to cross the River Jordan on the way to Paradise! But how many readers know that the Jordan was at one time used for baptisms? As revealed in these photos, the officiating minister stood in the river and the faithful were baptised by total immersion.


The story is a remarkable one; in the mid-1920s a pastor of the Elim church, at that time a boilermaker in Plymouth, came to a service in this area. Members of the church told him that there was a river called the Jordan in Boscastle, and suggested that it would be good to have baptisms there.

Inspired by this news, as an act of faith, Pastor Alfred Robins left his job, leased a piece of farmland opposite Lesnewth church and built a bungalow on it. He had little money, and the land did not belong to him, so he measured what

furniture he possessed and built his home around it - on 'stilts' of tree trunks, so that it could be moved if necessary. He called his new home 'Elim' (a place of refreshment in the desert), scooped out part of the river just downstream from Churchy Bridge, and began his ministry. The pictures were taken in June 1930, when nine brethren members of the Four Square Gospel Churches of the British Isles were publicly baptised.

Alfred Robins later became a member of the Anglican Church, and was ordained. After the death of his first wife, he married Marjorie who still lives in 'Elim', where the original 'stilts' were replaced by concrete blocks. Mrs Robins knows few details of her late husband's ministry at the time of the baptisms. She would be pleased to hear from any reader who can supply details - and so would the Blowhole! There must be someone 'out there' who can tell us more.


PENVA GE



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# Summer Recital at Minster



A lovely July evening, talented and charming young musicians and a glass of wine all combined to make the third summer concert at Minster Church on Friday 22nd July a magical occasion. Emma Ramsdale, who delighted her audience at last year's recital, returned with her harp to perform solos and to accompany the singer Catherine Harper.

Both performers have recently achieved top honours at the Royal Academy of Music. Emma graduated from the Academy in June and received her L.R.A.M. with first class honours and Catherine won the highest honour at the Academy, achieving her R.A.M. Diploma. She comes from Belfast and her programme included Irish folk songs as well as arias by Verdi and Bellini, a splendidly roguish performance of Britten's setting of the Foggy, Foggy Dew', inspired renderings of Mozart's 'Laudate Dominum' from KV339 and, to end the recital, Gounod's version of 'Ave Maria'. Emma's accompaniments to these songs were perfectly in sympathy, and her two solos were the first movement of John Parry's infrequently heard Sonata in D major and Bach's 'Sarabande'. She also enhanced the audience's enjoyment (and education) by explaining the technical demands of the harp.

There is little doubt that a remarkable future awaits these already formidable artists. Boscastle is indeed fortunate to hear them at the beginning of their professional careers. Catherine's clear strong voice has a natural soaring quality which she uses with great expression and Emma's mastery of her instrument and her sensitivity have enormous promise.

The evening was further enhanced by an exhibition of paintings by the local wildlife artist R.J. 'Toby' Haynes and the glorious displays of summer flowers in the church.

M.T.



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# You Tell Us...

## TO LET

As an avid watcher of 'Gardeners' World', I always sink a small flower pot into the compost of hanging baskets to assist watering. Every evening in early June, while watering the basket above the front door, I disturbed a spotted flycatcher perched in the foliage. Having checked the compost I continued to top up the pot with water until, after two weeks, the penny dropped and I climbed up to investigate. To my horror, I saw two eggs and two newly-hatched chicks submerged under two inches of water! I whipped out the pot, gave them a quick drip dry and spent a sleepless night wracked with guilt.

To my relief, the next day not only had they survived but their two siblings had also hatched. Their parents were so grateful that I had stopped trying to drown their offspring that they allowed me to remove the pot each evening to water the basket. By the end of a week the babies were calling me Granny and by the end of two weeks, they were so plump and tightly wedged into their tiny pot that we fondly bade our farewells.



The next day, we proudly watched them stretch their wings and flutter the few yards into the woods with much encouragement from their parents. Two weeks after lift-off, I was rewarded by a return visit by one baby who flew into our bedroom. I still recognise their little chirps from the trees (my husband is doubtful, but every mother knows). When my first brood flew the nest, I only had to worry about how they would survive alone in London. With my second, I have to worry about how they will survive their long flight to Africa.

Alex Stewart,  
Wildwood

## THE TYRANNY OF FEAR.

The purpose of this short article is to offer a ray of hope to anyone, who, like me, has been told that they have cancer. Or to encourage anyone who fears that they may have cancer, but is too afraid to seek medical advice, to take courage and confide in their doctor, health visitor or anyone they have faith in. Fear is so often the real enemy, but like cancer, it can be conquered.

I am 52 years old and have cancer of the prostate gland. I had been suffering for many months the indignity of having to rush off, without warning, to have a pee, having to get up several times in the night, difficulty in passing water etc. The point is that although it was obvious for some time that I had a problem, I chose to ignore it. I rationalised it away by saying to myself, 'It's just another sign of the inevitable ageing process, I don't want to make a fuss' and 'it will go away'. It didn't. It just got steadily worse until eventually, I mentioned it to my doctor. The truth was, I was unconsciously denying something I had secretly feared.

I had worked in the NHS for many years and had been a highly trained and experienced psychiatric nurse. I should have made the obvious connection between the symptoms I was experiencing and the possibility of a serious cause. The truth was, like most men, I was fairly ignorant about this part of my anatomy. Women, on the other hand, almost invariably have a greater understanding of their bodies. For most men experiencing the symptoms of enlargement of the prostate gland, the cause and treatment are usually quite simple. The basic rule is, the earlier the problem is dealt with the easier it is to treat.

Once I had been told for certain that which I had secretly feared, I became a different being, like a child who is afraid of the dark becoming less afraid when there is light. Truth, like light, resolved my fear and like a child renewed my trust in my own innate ability to renew and regenerate myself. There was no anger, for that would imply blame and there was none. There was no self pity, because self pity is ultimately self-destructive. There was no fear, because truth had melted it away. There was hope, there was peace, and there was a calmness that I cannot understand but accept with humility.

Time alone will tell if I survive, although I am positive and full of confidence in my own ability to self-heal and know that I am loved and valued by my family and friends. The prognosis for cancer of the prostate gland like so many other forms of cancer is very good indeed, provided early diagnosis is made. If you have cancer, or fear that you may have it, remember 'cancer' is just another word for a whole group of diseases, most of which are treatable or curable. But in the final analysis we are all mortals and must come to terms with our own mortality. Death is no more than life's finale and I have always loved a good finale.

If you are afraid, come out of the darkness into the light and seek help, support and advice. If you feel unable to talk to anyone you can talk to me and I will listen. I may not be able to solve all your problems but I may be able to help you to re-find your lost faith in your own ability to conquer the tyranny of fear.

Colin Frohlick R.M.N., R.N.M.S., S.E.N.(Gen.) (250220)

# COASTGUARD UPDATE



Hi! I started last issue by commenting that we were having a quiet spell. Thankfully this continued into June and July (this was echoed last year by a similarly quiet two months). A far cry from 1992 when we had to deal with 15 casualties within the same period! We completed May by working

alongside the Bude Company at Strangles, call at 1250 hrs. on the 26th to recover a dog stuck in a twelve foot deep crevice. In attendance: M. Reynolds, S. Ainsworth, W. Purslow.

June 16th would have again found us working alongside the Bude Company at Northcott Mouth, searching for a missing person, but we were recalled before arriving on scene. The casualty had been located - safe! In attendance: S. Ainsworth, A. Darlison, L. Siford, W. Purslow. June 16th also found us travelling in the opposite direction to exercise with the Port Isaac Company.

On June 25th at 0740 hrs. we were requested to investigate a report of an abandoned power boat, showing an intense light off Trebarwith. On this occasion, nothing was found (false alarm with good intent?) In attendance: M. Reynolds, S. Ainsworth, A. Darlison.

July 11th at 1850 hrs.: a visual watch was requested on a lone dinghy, rowing from Port Isaac to Boscastle. The Port Isaac life boat was in attendance (riding shotgun!) On interviewing the lone occupant, it was reassuring to find that he had all the correct equipment - flares, compass, anchor, life jacket, plus copious amounts of water and Mars bars. He was setting off the next morning towards Hartland Quay. . . rather him than me! In attendance: M. Reynolds, S. Ainsworth.

On 8th August at 1639 hrs, it was reported that three people were cut off by the tide at Benoath (Tintagel). We were met by the first informant, and searched the immediate area, with negative results. Subsequently the people were found to be safe on Bossiney Beach. In attendance M. Reynolds, S. Ainsworth, W. Purslow and L. Siford. We were also ably backed up by the team from Port Isaac.

A busy Public Relations period followed, starting on Sat. Aug. 17th with Camelford's Fun Week getting off to a good start in Enfield Park, our mobile again creating lots of interest. This was followed the next day, Sunday 14th, by Boscastle's very own Pongo Day, a major attraction captivating visitors and locals alike.

Always nice to be involved on this occasion. The following Wednesday evening found us at Delabole's Fire Brigade's Open Day. Another excellent opportunity to develop working relationships and learn of others' capabilities.

Finally, you may have heard or seen in the local or national press, of the on-going fight between Coastguards and the Government, about more reductions. The effect on us locally is that our winter period of man-hours has been reduced by 20%, which in real terms means far less familiarisation patrols (we are still awaiting the result of the two-year review, due this October). Our high level of training will continue, so no fear if you are unfortunate enough to get into difficulty - we will still be here to assist . . . Please take care on our coast line. Cheers. Mac.

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## Boscastle School

### MYSELF

My blood is like lava erupting out of a volcano.  
My veins are like never-ending country lanes twisting  
and turning into the distance.  
My bones are like a clanking suit of armour in a haunted castle.  
My heart is like a soldier's gun, pumping eternally.  
My tongue is like a slippery malibu board riding on the waves.  
My fingers are like a starfish's arms grasping the water.  
My mouth is like a deserted cave dragging in life.  
My head is like a meteorite lost in space.

Danny Matthews

### Margaret's Helpers, Young and Old(er)



## Margaret's Magic - Again!

If there were an award on offer for charity fund-raising, surely Margaret Manning would be an immediate nominee!

Her latest endeavour involved a 'Garden Fair' at her home, Sunset on Under Road, at which she raised more than £500 for much-needed renovations of the Forrabury Church Tower.

On this occasion, Margaret had the assistance of many friends and admirers, but two in particular deserve a mention; Peter and Rose Lay have been visiting Boscastle for many years - they don't seem to be able to keep away! Such is their affection for the village that in recent years they have helped Margaret raise money for various local charities.

They too should receive a medal - and there are many folk here who would echo our thanks.

Incidentally, another accolade should surely go to Graham Murphy, who has, single handed, stripped the rotting plaster from the inside of Forrabury Tower in the first phase of the restoration process. Thanks to Graham too.

### BOSCASTLE PLAYGROUP

The jumble sale at the end of the summer term raised £90.49 for the playgroup funds. Thank you to everyone who contributed to this enjoyable and successful afternoon.

### RWANDA

The village raised over £200 to send to Christian Aid and TEAR Fund special appeals for Rwanda - thanks to Betty Bloye's efforts and a special collection made at the St. Juliot's Flower Festival. Thank you.

'The Blowhole'  
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# CRIMEWATCH

You will all be pleased to know that over the past three months we have had very little crime reported in Boscastle. This is good and hopefully will continue.

We have received several reports of a young pregnant girl doing house-to-house collections for 'cot death' in Boscastle. We have not been able to catch up with her yet, but we would be interested in speaking to her. There have been some doubts expressed concerning her authenticity. If she pays you a visit, ask for some identification. If you are unsure of her, please contact Camelford Police and we will be happy to speak to her.

I have noticed whilst on my patrols that some of you appear to be forgetting to wear your seat belts. This is not a law that we just like to enforce. It is there for your safety and can almost certainly save your life. Please remember that when you next get into your car. Also remember your back seat passengers and children. They should all be wearing seatbelts if the car is fitted with them.

If anyone has any questions or queries, do not hesitate to contact me, Debbie Juniper, on 0840 213333 at Camelford.

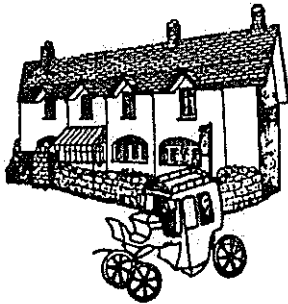
## RURAL LIFE AS IT USED TO BE

Fifty years and more ago spring and summer was a very busy time for roadworkers. Tar spraying was one of the many jobs to be undertaken, as this could only be done on dry surfaces. The road was sprayed with boiling hot tar from a large tank and it wasn't wise to stand too near as the tar was quite impossible to remove from clothes and shoes. When the tar was still liquid small chippings were scattered by hand from the back of a lorry and a roller crushed them into the tar. It was a slow moving job and not a large distance was covered each summer. Traffic was controlled by men with red and green flags, just as well the volume was a lot less than it is today.

Another job was trimming the hedges, they were all cut by hooks and gathered in neat piles to be collected later by lorry. On the way home from school, children jumping on the piles didn't make this job any easier. In the autumn it was necessary to keep the dead leaves cleaned up with a brush to keep the drains free from blockage during heavy rains. When they did get blocked, it was quite a problem getting them cleared. Snow was a real hazard and had to be dealt with at once, sometimes the men would shovel away at it long after dark especially in exposed places where the snow would drift and block the roads.

When the five o'clock hooter went there would be a mad scramble by the road-men for their push bikes, all in a hurry to get home. There was no such thing as holidays then, just the weekends, from 11 o'clock on Saturday until Monday morning, and of course bank holidays.

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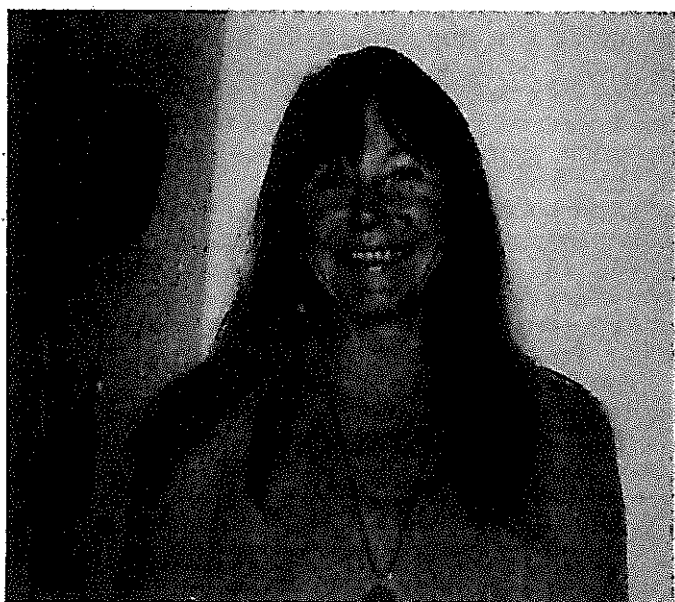
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# AROMATHERAPY



Not everyone knows, however, that Wanda is now a practising aromatherapist, having studied anatomy, physiology and aromatherapy in Exeter over the last three years, gaining Diplomas, validated by ITEC (International Therapy Examination Council), in these subjects. This autumn she is beginning training as a nutritionist and dietician, also working for her Clinical Honours with the Institute of Complementary Medicine.

Aromatherapy is the use of essential oils of plants with gentle therapeutic massage. An important difference between aromatherapy and other massage systems is that aromatherapy treatment involves the sense of smell as well as the sense of touch. While her fingers are massaging away aches and pains and revitalising the health of all the organs, the essential oils are stimulating and calming your body and brain. It is useful for many ailments, in particular for relieving stress and tension, easing aching joints and muscles and soothing sore throat.

An aromatherapy session with Wanda lasts between half and one hour and can either focus on treating a specific problem, e.g. an aching shoulder or a stiff neck, or be an overall fragrant treatment to relax, re-vitalise and enhance your feelings of well-being. Essential oils are highly concentrated - it takes 100 kilos of lavender to provide 3 kilos of oil, and 60,000 rose blossoms to produce one ounce of rose oil. They must always be used diluted with a base oil such as almond. Some oils can be irritants if used incorrectly, so always seek advice from a qualified aromatherapist such as Wanda, before buying and using essential oils for yourself.

If you want to discover more about aromatherapy and treat yourself to a fragrant healing massage, phone Wanda.

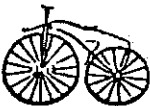
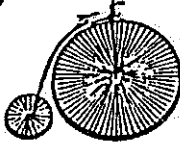
Most people in Boscastle know Wanda Larratt. In the nineteen years she has lived in the village she has worn many hats - as a playgroup person (working with 'Aunty' Joan in the late '70s and again some 15 years later when Joan took the opportunity to hand over the reins as leader to Wanda), running Michaelstow Nursery School, working with Theatre Groups such as Footsbarn, Rumpus and the Hub Theatre School, as a PPA tutor, giving workshops for children in theatre and craft, performing puppet shows, designing and making costumes and scenery - she even once ran away with the Circus Burlesque, making costumes and working as the children's nanny whilst the troupe toured the country playing venues such as the Edinburgh Festival and Glastonbury. She also has a reputation as a lark when she sings 'Maggie May' and she dances a mean can-can!

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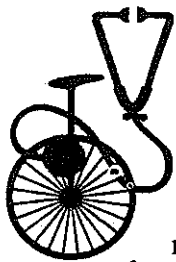
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# Doctor's Corner

## ALCOHOL



No! I'm not on a hobby horse this month, I was actually asked to write about this subject by the Editor! I suppose I had better get the mandatory introductory joke out of the way, which is that the definition of an alcoholic is a man who drinks more than his doctor! There was a certain amount of truth to this, but the joke gets less funny with each passing year, when you see professionally more and more problems that are alcohol-related.

Don't get me wrong, I've got absolutely nothing against sensible use of alcohol and suspect that if prohibition were to come about in this country, the consumption of tranquillisers and anti-depressants would quadruple overnight. Certainly Prohibition did not work in the States and when I was in Florida recently I was surprised to discover that the legal minimum age for drinking alcohol was 21 years. I can't help but think that European countries have got the subject a little bit more in perspective and personally feel that allowing a gradual introduction to alcohol through the teenage years is more sensible than making a mystery of alcohol and then allowing total indiscriminate use and abuse of it from the age of consent.

I won't bore you here with long-winded statistics about the number of days that are lost from work as a result of alcoholism or the percentage of road accidents or domestic violence which stem from the same cause. Suffice it to say that whilst the majority of the population seem able to deal effectively with alcohol, a small percentage of people are totally unable to do so.

Let's be more honest here and say that the majority of us have at one time or another misused alcohol and suffered some minor short-term effect. Okay, I know it's not you, it's a bit like being a bad driver - no-one ever confesses

to this, yet at the same time everybody knows that there are those occasions when they are an extremely bad driver.

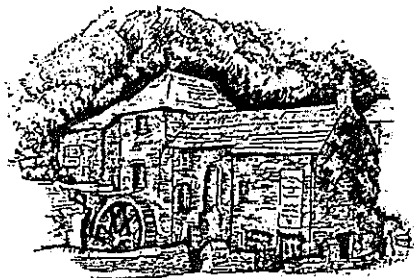
We routinely ask at Health Screening Medicals how much alcohol people drink and a certain level of suspicion is always necessary in interpreting the answers. On occasions under-estimate may stem from a desire to conceal the true amount but I don't actually think that is the most common reason for the majority. Just for interest, try keeping a diary of how much alcohol you drink each day for a month. You must record every drop you touch and you also need to measure it. The measure of whisky you pour yourself at home is going to be a lot more generous than the optic delivered measure you get in the pub and will almost certainly be double. In a similar way, I can guarantee that the bottle of wine at home will always mysteriously deliver considerably fewer glasses of wine than those in a pub or restaurant. At the least it is an interesting exercise and even if it shows you that you are well within safe limits you've got some definite proof of sensible drinking levels.

My last thought on this subject this month is that there is a biochemical difference between the alcohol user and the alcohol abuser. Most of us learn when we have had enough to drink as we get older and when we ignore the messages from our body and do over-indulge, we don't want to go near alcohol for some time. This just is not true of the the alcohol-dependent, where these checks and balances don't exist. However, you don't have to be in a situation where you are at risk of losing your job, house or family or even to be on the receiving end of the law, to be drinking to excess.

I am going to come back to this subject in the next edition of the Blowhole and spell out what damage you can unwittingly do to your body, and guidelines on safe limits of consumption for both sexes.

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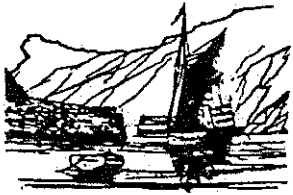


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# Here & There

## OH DEAR!

For the anniversary of D.Day, British Mail published a most attractive commemorative stamp. The first customer in the Post Office that morning asked for four 1st Class stamps. Lee confidently proffered the new issue; 'Would you like this sort?' she asked. She was somewhat disconcerted to have a firm refusal - 'Ve do not vish to hear anything more about ze var'. Her customer was German! You can't win 'em all.

## EUROPEAN HOLIDAY TO...

Kevin and Lee Sellars set out for a holiday in Spain - and ended up camping in Brittany. No, they did not lose their way, neither did the boat which was taking them to Spain; they encountered some very angry fisherman who had blockaded the harbour at Santander, as part of a dispute between Spanish and French fishermen. When they arrived at Santander, they were so close to the shore that Kevin was tempted to jump over the side and swim the last few yards.

Their ship stayed at the harbour entrance for an hour, its fog horn sounding every few seconds, until it finally turned and steamed away. The passengers were soon informed that it was impossible to negotiate with the fishermen, or land at another Spanish port whilst the dispute lasted so they were going to France.

The Sellars, and hundreds of other passengers, then enjoyed an extra half-day on the ship, a free three-course meal, half price fare for the rest of the journey - and a 'rebate' of half their fare when they landed at Roscoff. The weather in Brittany was good, and having had five days' enjoyable camping, they sailed home from Roscoff to receive another financial perk - the difference between the fare from Santander and that from Roscoff. It may have been a very expensive experience for Brittany Ferries, whose service in the emergency was considered 'excellent', but the Spanish ironically did the Sellars no bad turn.

## DUNN STREET CARNIVAL COMMITTEE

Hong Kong Dave was observed drinking pints of Coca-Cola. Is this significant? (See Doctor's Corner!)



# MADE FOR WALKING?

What a fantastic couple of months of summer we have had. Such a joy to wake up to hot, sunny and mainly dry days. A lovely boost to our Tourist Industry. Our gardens have flourished and so have our temperaments, a real joy to be out and about - even alive.

Each season gives us a new perspective on the life outside our contained village and this year is no exception - this year it's the bare - the unbooted - the un-shod FEET (proper walking type.)

At first I thought that we had become the home of a new religious sect - but no. You see, for weeks I have seen assorted pairs of naked feet strolling up and down Old Road, over the Common, in the Harbour and even down the Valley. Most of the un-shod are carrying their footwear, and there cannot be a common reason for this fad, fashion or fetish, as the footwear differs enormously.

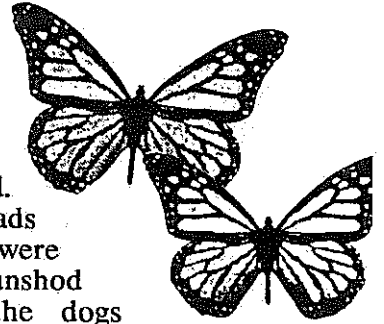
Firstly, it appeared to be the late-teenagers, who carry heavy boots or shoes, just like beasts of burden - footwear, I might add, my parents would have had to bribe me to try on in the shop, let alone purchase and wear! But in recent weeks I've observed that any type of shoe can be discarded and carried limply in the hand, or casually knotted together and thrown 'devil may care' across the shoulders (akimbo, if you know what I mean)! The age group has now been extended from the running toddler through to the slow-plodding grandparents; these bare feet are around and about Boscastle at any given time of the day.

Personally speaking, one would have to be very, very careful where one chose to discard this very useful item of attire. I wouldn't fancy a bare-foot stroll up or down the Old Road (or any other road). Never mind what you might inadvertently tread in or on, just think of the colour and condition of the soles of the poor feet. I understood holidays were supposed to be restful, good for us, not having to soak the sad 'Old Plates of Meat' in a solution of say, 3 parts bleach to 2 of Jif to 4 pints of hot water, to bring them back to their pristine and healthy state. Two or three days of this and I would give up and go back to being a shod-one.

Walking across the Common could, to my mind, be pretty hazardous. Who knows what lurks within the tall grass, unseen by eye or felt by naked foot? Think of snakes, rodents and the ever-present creepy-crawlies, let alone other little surprises!

Equally hazardous - after a walk with my canine trio, the dogs were truly delighted to find four un-shod ones staring at the shute outside home. Jack Russels LOVE feet, and proceeded to

descend upon the naked ones with much relish and desire, much to the horror of the visitors concerned. Much tugging of leads and the foot-owners were left in peace, still unshod and unwashed - the dogs tongues were not quick enough!



I have wondered where those going up the Old Road are heading. I have heard that Ivor is not a lover of bare feet (or chests) at the Nap. Perhaps there is a ritual of putting shoes back on, at the Bottreaux Cross Roads before the visit to the pub? Those going down, well, it can only be assumed that they are heading for the Harbour to bathe the much afore-mentioned in the Briney.

Still on the subject of feet, I was once told that slim feet and ankles are a sign of good breeding. (I have waited years to use this fact. Isn't it useful?)

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# THE THREE Rs

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Think you can make a good cuppa? Most of us do - but few of us have been congratulated by the experts in tea-making, and been given a public acknowledgement that our effort 'makes tea taking a pleasant, relaxing, refreshing and reviving experience'. Debbie and Geoff Beszant and their staff at Carpenters Kitchen have received just such an accolade.

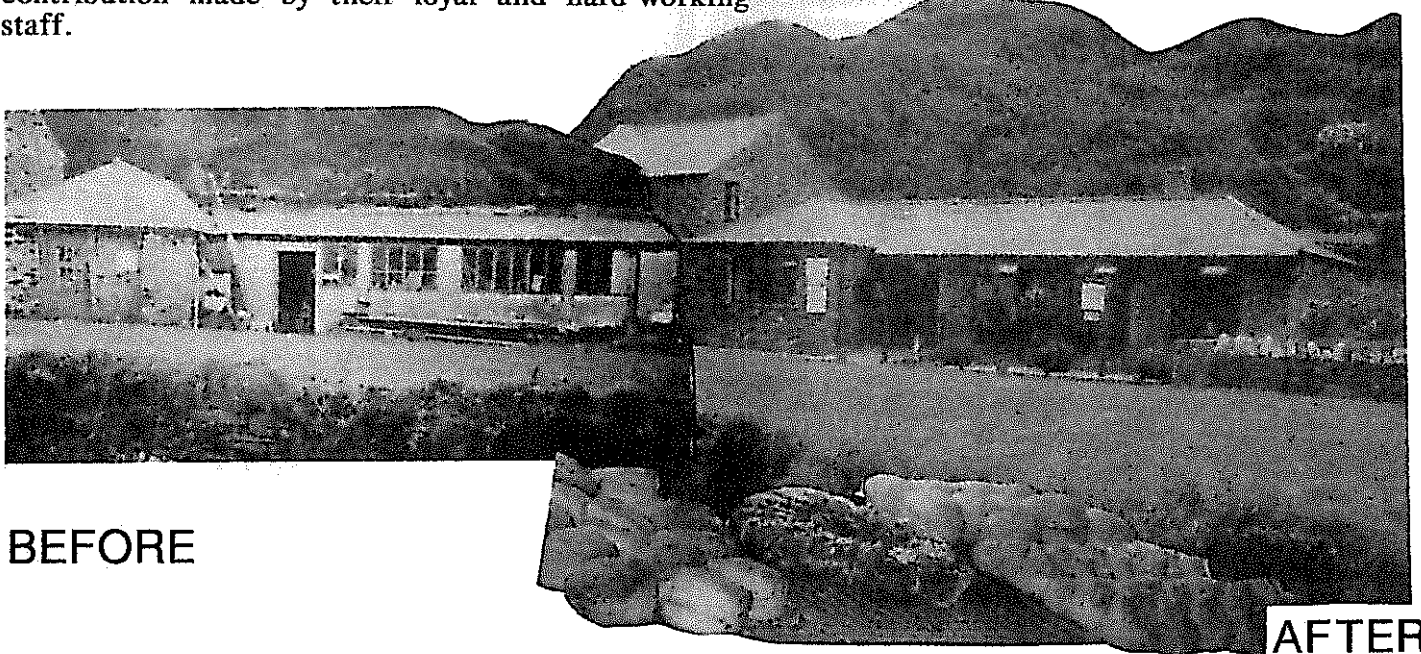
Customers have sometimes made the mistake of believing 'Carpenter' to be Debbie and Geoff's surname, but of course, Boscastle residents remember Arthur Olde's workshop on this harbourside site. In fact, a carpenter's workshop stood there for almost a hundred years, run first by a Mr. Prout and then by Fred Pearn, whose son succeeded him. Much of the carpentry for the Bellamy estate was undertaken there. It was after the 'Manor estate' was sold that Debbie's father, Arthur Olde, bought the business, working there until his retirement in 1987.

At that time, the Beszants were working in London. Debbie had grown up in Boscastle, and left to train in Hotel Management and Catering. When she had completed her OND, she went to the capital where she met Geoff.

## CARPENTERS KITCHEN

Once they had acquired the premises, the process of planning and rebuilding took until June 1989, when Geoff and Debbie opened the 'Kitchen'; the present delightful building does, in fact, include a first-rate kitchen, for Debbie cooks everything that is served there, with the exception of the sliced bread for sandwiches! Afternoon tea includes home-made cakes and gateaux, and scones, of course - but for Debbie, splits are quintessentially Cornish and always on the menu. Not that the Beszants are resistant to change; these days customers are likely to order fresh crab sandwiches before it's time for traditional elevenses, and toasted sandwiches, salads or jacket potatoes may well be requested at any time between 10.30am and 6.0pm.

Geoff is Manager of the restaurant; his day begins with Debbie's, for whilst she cooks he does the essential paperwork. Debbie stresses that the extraordinary success of the business owes as much to Geoff's talents as to hers, and both are keen to acknowledge the contribution made by their loyal and hard-working staff.





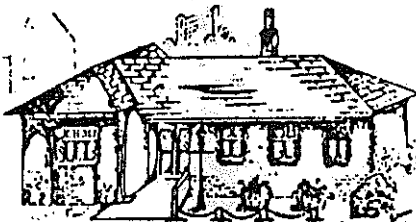
They employ eight local people - a full-time waitress and other staff on a part-time basis. All are dedicated to the same high standards.

Standards - that brings me back to those accolades. It appears that one of those proverbial 'little birds' whispered in someone's ear, for Carpenters Kitchen appeared in the 1993 Cream Tea Guide. Next came inclusion in the prestigious Tea Pot Trail, the restaurant being one of only 20 establishments in Cornwall to be included. Unbeknown to the staff, and perhaps because of these earlier tributes, inspectors from The Tea Council came to sample their service. To their surprise, they were later invited to become founder members of the Guild of Tea Shops.

The Tea Council's Guild of Tea Shops comprises a select number of hand-picked shops around the country which the Council has assessed and found to meet exacting standards of quality tea-making and serving. Carpenters Kitchen has been awarded the distinctive Guild Member Seal of Approval. All this only goes to show that whilst Boscastle is often described as 'remote', sooner or later the rest of the country gets to know where the quality is. Those of us who have benefited from the Beszants' superb catering service in the last few years are not surprised!

YMA

## CARPENTERS KITCHEN THE HARBOUR



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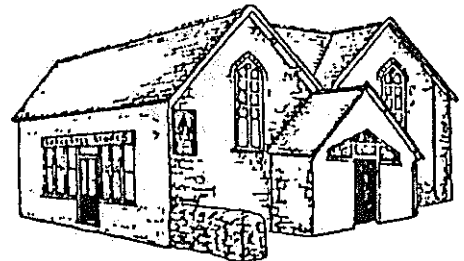


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Holy Communion at  
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Sunday at 9.00am (except 5th  
Sunday).

The Boscastle Group of  
Churches includes the 7 local  
churches. The 'Group Gazette'  
gives details of services and  
events.

## RELIGIOUS SOCIETY OF FRIENDS

Quakers meet in Boscastle  
Methodist Schoolroom on the  
4th Sunday of each month at  
3.00pm. Also in the John  
Betjeman Centre, Wadebridge,  
each Sunday at 10.30am.  
Everyone welcome.

## ROMAN CATHOLIC CHURCH

St. Paul's Church, Tintagel.  
Masses: Sunday at 10.00am,  
daily at 6.00pm, except  
Thursday.

RCIA meetings for those  
interested in the Catholic faith  
are held at Wynglos, Forrabury,  
at 7.30pm every Monday  
evening. Contact Mrs. C.  
Langthorne (250578)

## BOSCATTLE METHODIST CHURCH

Church Steward: Arthur Olde,  
The Glen, Fore St. (Next door  
to church) (250422).

Services each Sunday at  
11.00am and 6.00pm, except  
2nd Sunday, 9.30am Family  
Service.

See Methodist Church News  
on next page.

## From the Rector

I know Davidstow is not  
Boscastle, but it comes within  
the Boscastle Group of our seven  
local churches. Davidstow  
Church's future has been ensured  
by a grant from English Heritage  
of £18,500 to enable us to make  
the essential repairs to the Tower  
to make it safe again. Listen for  
those Davidstow bells! HRH The  
Duke of Cornwall, the Church's  
Patron, has also made a generous  
contribution to the Appeal Fund,  
and the folk there have got  
together to work for the  
complete restoration of their  
church.

We have had a good summer,  
with a lot of activity in all our  
churches. Thank you for the  
support so many have given.  
The next thing is Harvest  
Festivals. Do come and join us!  
2nd October at Trevalga (11.30)  
and Otterham (3.00pm) and 9th  
October at Forrabury (9.00), St.  
Juliot (10.15), Davidstow (11.30)  
and Lesnewth - also their Revel -  
at 3.00pm.

Harvest Supper & Auction  
Mon. 10th Oct. 7.00pm in the  
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# METHODIST CHURCH NEWS

Many regulars and visitors attended our annual Guild Fete in June, which was opened by Mrs Pat Shearwood. Fine weather enabled stalls and games to be held outside in the car park. Thank you to all who helped to make it a success.

We would also like to thank all contributors to our Craft, Handwork and Hobbies display held in May. It was good to see and admire so much local talent from young and old, and to meet friends who visited us for this occasion.

Betty Bloye has raised money for various charities during the past eighteen months by cooking monthly lunches (with delicious desserts!). Her latest lunch raised £145 including donations, for the Tear Fund Rwandan Appeal.

Our services in the past year have been enriched since our Circuit has been widened, with the help of several preachers from the Padstow and Bodmin areas. We are continuing our monthly All-Age Services (2nd Sunday in the month), which were introduced by Rev. David Easton. They now start at 10.30 am. These are of special interest to young people, and we welcome regular and non-regular families to this Service, as of course we do to any of our Services and activities. It was a delight to welcome 3 babies onto our Cradle Roll this year. These were Abigail Haddy, Nikkita Darlison and Jerica Darlison. Family and friends were joined by

our Chapel members for their baptisms.

Now to the future. . . The annual Cornwall Historic Churches Trust Sponsored Cycle Ride will again be calling in at the Methodist Church as one of its monitoring posts, and for refreshments, on Saturday 10th September. Anyone can take part, cycling to as many churches as they wish on that day. Details are on our Noticeboard in the Chapel porch. We look forward to celebrating our Harvest Festival on 25th September and hope that Church of England friends and villagers will join us for our 11.00am and 6.00pm services, also on Monday 26th at 7.00 pm when we have a live auction of the produce, after a short service.

The Guild meetings begin in October and will be held on the first and third Tuesday of each month till the end of March at 7.30. These meetings, which are usually addressed by an invited speaker and can take various forms, are open to anyone and usually finish by 8.30pm.

The Remembrance Service will be held in the Methodist Church this year, on 13th November at 10.5 am. Followed by a parade by the British Legion with St Genny's Silver Band, to the War Memorial. It is a time when people of all denominations meet to remember and give thanks to God for the sacrifices made during wars and conflicts, for justice and freedom.

Our annual Bazaar will be held on 17th November

## From the Church Mouse

We mice sometimes venture from our churches and scurry around the villages, visiting old friends. You will know us when you see us for we often wear a look which seems to say 'Holier than Thou', which of course is what we often think we are! And sometimes visitors come to call on us: my old friends the Swallows and Swifts and Martins. Once a horrid kestrel came searching for his breakfast before I was up, and I am told that Peregrine Falcon caught his tea just outside my churchyard, though I was enjoying my afternoon nap at the time. Then at night when all good mice should be safely tucked up in their nests, we hear the menacing 'Tu-whit-tu-who' of my old enemy - you know who!

But there is a time in the year when all my friends and relations make a point of calling on me. Mice who say they are Church Mice but whom I know are really House Mice or Field Mice, or distant relations like the Shrews or Voles. Once a Dormouse came, but he fell asleep on the first kneeler that he found. I wonder if you can guess when it is, that all these visitors come?

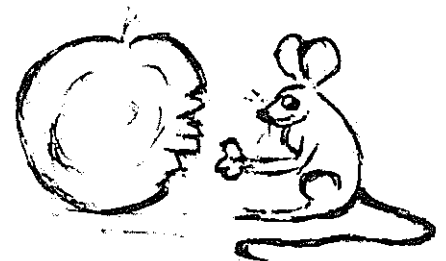
Well, it's not Christmastide, even though that's great fun. Once a mischievous cousin called Jess came to a Carol Service and pulled a holly leaf onto the Rector's seat. I shall never forget the shout which he gave as he sat down! Oh my fur and whiskers, but how could I? Even though I didn't understand the strange word he used. And it's not Easter time either. We know that the Easter daffodils are very pretty, but they do not taste so good as the chocolate Easter Eggs which children always seem to leave at home.

No. It's Harvest time. The Harvest Festival when the church is decorated with the most delicious apples and grapes, and nuts and ears of corn. When

a loaf of bread is left on the Altar especially for the Church Mice, though it usually has no cheese! It is at this time of the year that my Church is filled with all my friends and relations.

I once asked a Boat Mouse from the harbour why he only came at Harvest time, and not on ordinary Sundays. 'You have no idea', he replied, 'how busy we are on Sundays keeping the harbour clean and tidy, and clearing up all the crumbs which the tourists have left! However I do like to come to your Harvest Service to say "Thank you" to God for all that He has given me. For food and shelter, and for all that is good in life even a poor mouse's life. There was a pause, and then he went on, 'I don't pretend to be a Church Mouse, but even a Boat Mouse thinks of God sometimes, and then I think of mice in other countries who starve for lack of food, and I try to remind God that they are His children too.'

Love from,  
The Church Mouse



## Victor's 50th Birthday present - Water?!



### Will it be a new (free) source of spring water from the Wellington's own pure-water spring?

Having been tested by South West Water's analytical chemist, the water was found to be of exceptional quality. Stenlake's of Launceston are exploring the possibility of piping this water into the Wellington's tanks to reduce water costs - which are currently approx. £600 per month.

Victor looks forward to seeing you on October 12th. Maybe something stronger than water will be on the menu!

Victor is also negotiating with Whitbread to run the alternative Oyster Festival in September, at the Welly, sponsored by Murphy's Irish Stout. Look out for further details and dates. Don't be late on the night or Solange may have eaten them all!

## Boscastle Visitor Centre - Update.

I think I can safely predict that the Boscastle Visitor Centre will have had 100,000 visitors through its doors by the end of the year. 70,000 had used it by the third week in August, which is remarkable as we had originally suggested 50,000 people, based on the numbers using the old mobile Visitor Centre. Not only is the number significant but also people's reactions to the centre. We keep a visitor's book which is available for people to write in. Below are a few quotes. If you pop in at some time you might like to flick through the book. It gives some idea of how far afield visitors come from.

M. Wigley of Dorking, Surrey. *Helpful, informative and caters for all ages. An excellent facility*

A. Murray of Exeter. *A very useful addition to Boscastle*

Keith & Elizabeth Anderson of Northampton. *Extremely interesting. Well done the volunteers.*

Gite & Lili Butemann of Bochum, Germany. *An excellent concept.*

James & Peter Mason of Wokingham, Berkshire. *The community is obviously welcoming to outsiders - Thanks.*

Faith Smith, Kansas, USA *Very informative.*

A. Summer, Glastonbury, Somerset. *No public Transport on Sundays. Help!*

We don't claim that the Centre presently attracts more people to Boscastle. I suspect that will occur next year when the Centre is featured in a number of publications such as the 'North Cornwall Guide' and the 'Coast Lines' Newspapers. These publications help to encourage people to visit the area over a wider period of the year. However, what is clear is that people are staying in the village for a longer period of time in order to explore it. We have also noticed that visitors return to the centre after a first visit, perhaps a day or two later.

We shall endeavour to keep the Centre open for as long as possible but it will be dependent on the number of volunteers we can attract. We have a wonderful core, but we do need more; so please if any of you feel you would like to get involved with the centre, do give Rebecca a call at the centre on 250010 or at home in the evenings on 0208 851076. I'm sure you will find it enjoyable and educational!

If you have not had a chance to visit the Centre yet, I hope that you will be able to do so over the next month or so. We look forward to seeing you.

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# Letters to the 'Blowhole'

## TO THE BLOWHOLE.

As regular visitors and a one time resident of Boscastle we were hurt and dismayed to find ourselves and our property at 5 Penally Terrace the source and centre of conjecture, debate and petitions. We love and respect the village, the harbour, the headlands and all the surrounding area and would never do anything to detract from its beauty or prevent others from enjoying the same.

We hope that now the work at Penally Terrace is complete, all discord can be put behind us. We feel sure that everyone will agree that the construction of a low wall as a boundary to the path and the re-gravelling of the entire frontage is a great improvement on the previous untidy grass patch and many puddles and potholes.

As regards car parking, it must be pointed out that vehicles have always parked on the frontage, from the time of the first motor vehicles; indeed we have family photographs going back many years to prove this point.

It is now our greatest hope and wish that we can enjoy our property for many years and eventually pass it on to our children and grandchildren who will love and value it as we do.

Sheila and Graham Murphy

## AN UNPUBLISHED LETTER

As mentioned in the Parish Council News, the Blowhole received a letter from a local businessman which was critical of the new garage development at Doctor's Corner.

The writer expressed the opinion that the garage should not have been given planning permission, since it was an inappropriate building for this site, and would generate increased traffic at 'an already dangerous intersection.'

The Blowhole has ascertained that the building does not contravene planning regulations, and the size, character and positioning of the structure was governed by complex regulations pertaining to new garages. In the words of an architect, there is little choice for garage proprietors, since the building of them is 'girt about with so many rules and regulations.'

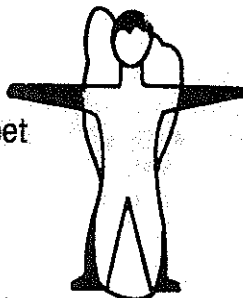
In view of this, and the fact that the garage is not yet complete, the Blowhole has declined to publish the letter.

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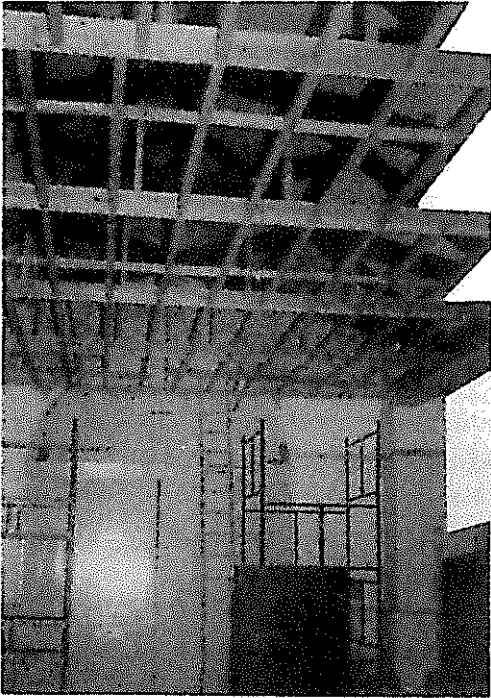
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# WORK ON THE VILLAGE HALL

Phase 1 of the building programme has begun; the ceilings which contravened safety regulations have now been removed. New ceilings will be in place very shortly. Also gone are the stage (to be replaced by more versatile staging blocks) and the ancient oil tank outside the hall. It's all happening!



**YOUR VILLAGE HALL NEEDS YOU!**

**IT'S ALL RIGHT -**

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sweat, toil and tears.**

One of the most expensive items in renovating our Village Hall is the labour costs involved, so we are setting up a register of everyone willing to donate a period of their time to help us. Any of you who can lift a paint brush, sew curtains or even just help with digging, please contact us at the contact point below. We will need to know your name and telephone no./address, any special skills you may have and the amount of time you are willing to donate.

We already have some volunteers, including members of the Parish Council.

Remember that this is OUR village hall, to be used for ALL our benefits, be it for regular use by, for example, the Playgroup who do such good work with our toddlers, or for one-off events such as wedding receptions and birthday parties.

We need a warm attractive place to use, and the village hall, at the moment, is neither attractive nor warm. It can become so if we wisely use the limited funds available to us and can rely on YOUR help in a hands-on way.

PLEASE HELP. Contact : Guy Taylor on 250053 or call in at 3 Jordan Vale (the other end of the terrace to Sue's salon.)

## D. Ferrett

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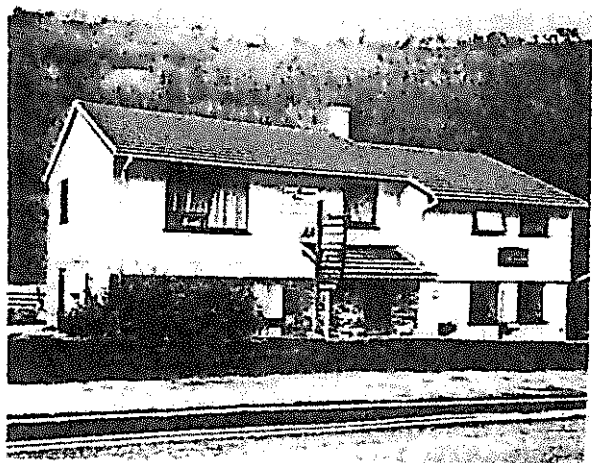
**1 Jordan Vale, BOSCASTLE  
Cornwall PL35 0AJ  
Telephone (0840) 250463**

# UPDATE . . .

## PARADISE:

Since the last issue of the 'Blowhole', progress of the planning application by Vista Properties for five houses on the Paradise road site has been delayed, at least temporarily, by the strong protests of local residents. Not least is there concern about the proposed destruction of an attractive, steep hillside in favour of five suburban-style houses, but it has also been pointed out to the NCDC that the new plans (as in the case of previous applications by Vista properties) contain a number of errors. For example, the tree survey accompanying the plans is seriously inaccurate. As the 'Blowhole' goes to press, no date has been fixed for consideration of the application by the District Council Planning Committee and the developer has been required by the Council to produce a fresh tree survey.

However, the story is far from over. Vista Properties seem determined to pursue their aim to develop this site, despite the unsuitability of their plans to this Conservation Area, a haven for wildlife, on this Heritage Coast in a designated area of Outstanding Natural Beauty. M.T.



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## WINDFARMS:

To add to the on-going debate about windfarms, the House of Commons Welsh Affairs Committee (yes, they have them in Wales too!) has produced a well reasoned and carefully thought out report.\* As far as our local debate is concerned, it gives some support to both sides; but its main value is to dismiss some of the myths that seem to have become attached to the arguments.

For example, the report confirms that every unit of wind-powered electricity directly replaces a unit of fossil-fuelled power, thus reducing pollution; and despite the intermittent nature of wind power, there is no real technical difficulty in integrating the turbine-generated power into the national grid. The Council for the Protection of Rural Wales - windfarm opponents - are criticised for belittling the contribution of wind power. The report accepts the figures presented by Friends of the Earth, that 14,000 turbines would produce about 10% of Britain's electricity.

However, wind developers do not escape criticism. They are said to have given every impression of riding roughshod over local concerns, and a number of important provisions are made about how clusters of turbines should be accommodated in the countryside. Among the recommendations are the suggestion that there should be a complete overhaul of planning guidelines to give local authorities more control, and the designating of certain sensitive areas as being 'out of bounds' to windfarms. There should also be stricter limits to ensure that the mechanical noise from turbines is inaudible from any nearby house. The M.P.s are also concerned at the distortion of windfarm economics by Government subsidies, and recommend the Danish and German system whereby wind farms are paid a fixed percentage of the consumer electricity price.

The report concludes, (whether wind turbines become accepted) "will crucially depend both on the sensitivity with which they are sited and on their being seen as a genuine contribution to clean, renewable and economically viable electricity generation, rather than as evidence of the greed of developers for a generous subsidy."

\*Wind Energy. House of Commons Welsh Affairs Committee. HMSO £13.25.

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# YOUNG VIEW *Laura Barnes*

## PONGO DAY AND THE DONKEY DERBY.

The major holiday season has arrived and this summer seems to be going better than last, and not only in the weather but also in the trade.

Two fund-raising events have taken place in the Valency field, Pongo Day for the Rotary Club and the Donkey Derby for Camelford Young Farmers' Club. Both events proved very successful. The weather on Pongo Day could not have been better, and certainly made a change from the traditional downpour that I remember in past years. Many people have told me that Helsett's ice cream was nice! The Rotary Club would like to thank everybody for their support.

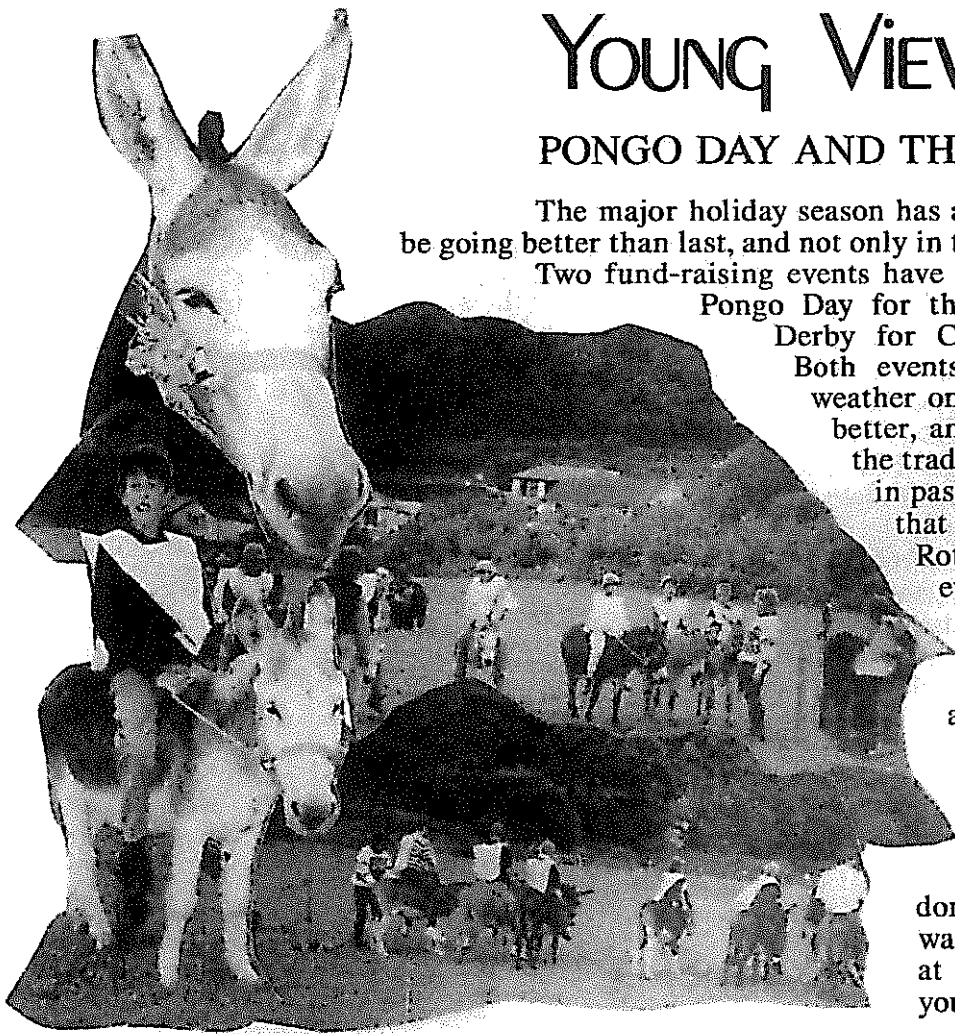
The Donkey Derby also went well; around 150 people were there. This was the second annual Donkey Derby, last year's was held in Trevalga. There were 6 races with 6 donkeys in them, and 4 races with 4, as well as the donkey shay.

Anyone was allowed to ride the donkeys for a small charge; so if you want a good laugh, then have a look at the photos to see if you can spot your friends.

Camelford Young Farmers' Club would like me to mention that

they are looking for new members. They can be of either sex and aged 14 - 26. And don't worry, you don't have to be a farmer to join the club; only around half of the present members actually work on farms! Many interesting activities take place, including clay pigeon shooting, horseriding, abseiling and taking part in carnivals. If you are interested in becoming a member of the club, ring the Chaiman on 212474 or the club's Secretary on Wadebridge 815414.

You may have noticed the posters for a fun-raising day for the Village Hall, so let's hope it is just as successful as Pongo Day and the Donkey Derby



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# COOK SPOT

## BRIGHTON SALAD

### INGREDIENTS:

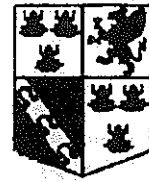
Spinach  
Smoked Streaky Bacon  
Stale White Bread  
Extra-virgin Olive Oil  
Garlic  
White Wine Vinegar  
Toasted Sesame Oil  
Freshly Ground Black Pepper  
Salt (optional)

Wash the spinach the traditional three times, dry and remove stalks. Tear - never cut salad leaves - into a bowl. In a saucepan heat the olive oil until just before it smokes. Add the cubed bread, finely chopped or crushed garlic and black pepper and fry until the bread is golden. Remove all the contents to a warm dish, apart from the oil (I find it best to strain everything off then return the oil to the pan). Reheat the oil to its original temperature and cut the bacon into thin strips. Fry the bacon until it is golden - careful with this as it can easily become dark brown and of the texture of concrete - and add to the warm dish. Take the oil off the heat. With a whisk stir in the white wine vinegar, sesame oil, salt (if used) and freshly ground pepper. If you want a rich dressing and egg yolk may be added when the oil is cool enough. Whisk the mixture until it emulsifies - a scant teaspoonful of English mustard will help this process. Put the contents of the warm dish onto the spinach, add the warm dressing and toss salad thoroughly - Bon Appetit!

*I have deliberately left quantities out of this recipe as they are all according to taste. The garlic can be optional for those who dislike it, and do use the sesame seed oil with discretion, it has a strong flavour and can take over. I personally do not use salt at all as I find the bacon gives more than enough tast-enhancer to the dish.*

## AMERICAN ICED TEA

Pour 1 pint of boiling water on four teabags and a generous handful of garden mint. Add to this three dessert spoons of sugar, stir vigorously and leave to stand for at least half-an-hour. Strain into a jug and add an equal quantity of (ideally fresh) orange juice. Add another generous handful of mint, cover with clingfilm and leave outside overnight - I know it sounds crazy but it really does add to the flavour. Put lots of ice into a tall glass, half fill with the mixture and top up with lemonade. Perfect for hot summer days. The tea I use for this is usually the common-or-garden type, but for special occasions Earl Grey adds an aromatic touch. Do use garden mint as opposed to peppermint or any of the other more exotic types. Sugar can be added, but I have given the bare minimum (sorry dieters!) to bring out all the various flavours.



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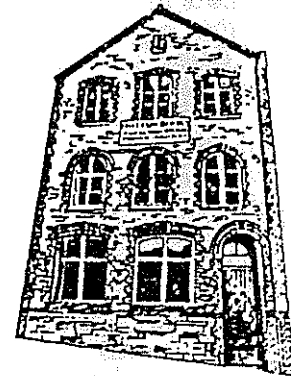
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## MAC'S TRACKS

Hi! Starting with films on the circuit, I have to say that over the last few months there has been a definite shortage of films to inspire or impress.

The only one I can recommend, which I thoroughly enjoyed, is 'Four Weddings and a Funeral' (15). A British film, scripted by Richard Curtis (Blackadder, Mr. Bean), it is a romantic comedy, loosely thrown together, nothing hilarious, just a pleasant backbone of humour, coupled with moments of sadness. It is a 'real life' film; we need more like this - excellent!

A couple of others worth a watch, if not in the cinema then on video, are 'Shadowlands' (U, 131 mins) directed by Richard Attenborough. It covers the true story of C. S. Lewis (Author of 'The Narnia Chronicles, Screwtape Letters,' etc.) and his friendship, which blossomed somewhat haltingly, into romance, with a rather forthright American poet, Joy Gresham. (It took me quite a while to warm to her.) It's a wonderfully relaxing, quiet, slow piece of storytelling, reminding me of the days when gentlemen were indeed gentlemen. It contains such innocence, confused emotions and a certain sadness. The second film, totally different, being a high action comedy, is 'Cool Running' (PG, 99 mins) another supposedly true story of the rise to fame of the first Jamaican bob sleigh team to compete in the Olympic Games. It stars John Candy (his last role before his tragic heart attack at the age of only 42). It is very colourful, energetic and good fun, with a nice ending.

I'll turn to albums now, starting with two compilations, which I have to admit I don't normally like. Single tracks from albums usually stay that way when no longer in the context of their original concept. Often you find that the tracks for such compilations are so poorly chosen that your mood swings up and down and sideways with each track. However, two collections which seem to have got it right are firstly 'The ultimate Eighties' (Polygram), a double CD (or cassette) containing 40 tracks - a good mixture of rock, electronic and pop with 13 number ones. It certainly has some very memorable tunes. The same goes for 'Top Gear', another double CD, hailed as 36 classic driving tracks, something I cannot disagree with, leaning

more towards rock, with a nice balance of artists, some well known, some slightly lesser known. It is quite a pleasant alternative to play in the car rather than be constantly blasted by too much hip hop, rap, or dance music on Radio 1.

Other albums are Lenny Kravitz's 'Are you Going my Way?' This album, named after the hit single of last year, did nothing for me. In a mish-mash of styles, he appears to be influenced by many, with nothing definite coming out as an end product. I played it several times to give him a fair trial, but to no avail. The same goes for UB40's 'Promises and Lies', apart from the hit single 'Can't help Falling in Love'. This is a very weak offering, with nothing memorable.

In contrast is the album 'God Shuffled His Feet' by 'Crash Test Dummies'. It contains the single 'MMM MMM MMM MMM' plus eleven others. This one has to be listened to with no distractions, following each word. I believe it is something to do with the strange voice tone and range that almost compels you to listen. With pleasant music, and some quite unusual (weird!) lyrics, it is well worth a listen, but I am not sure if I'll buy it... yet.

I did make the trip up to the Albert Hall to see Jackson Browne in concert, a very professional band with superb sound reproduction, well worth the effort. I'm looking forward to the next time already. Until the winter issue and our return to those dark winter evenings, enjoy your leisure time. Mac.

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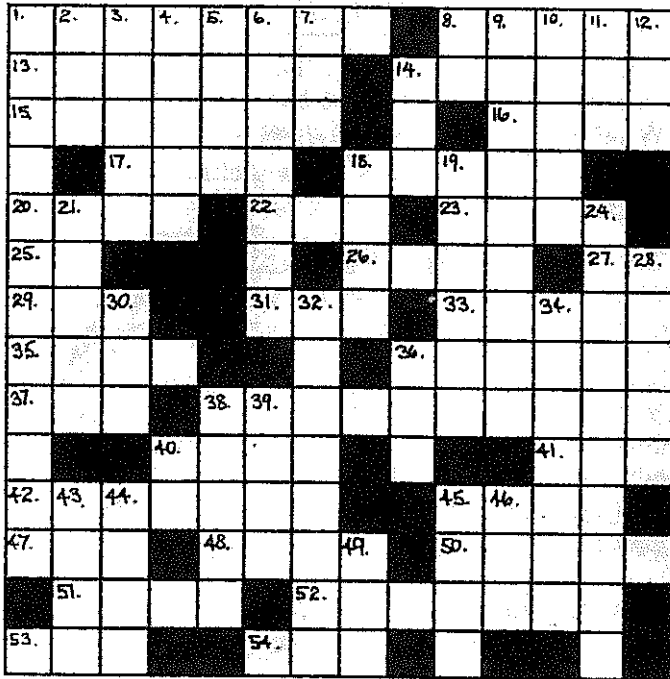
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## CROSSWORD:

ACROSS - 1.Ghostly 8.Spread Out 13.Cafe  
 14.Sedimentary rock 15.Importance 16.Level  
 17.Vegetable 18.Doughy cake 20.Act  
 22.Frozen water 23.Journey 25.Intelligence  
 (abbrev.) 26.Check 27.Mother (abbrev.)  
 29.Member of religious order 31.Space  
 33.Country in Africa 35.Highland Scot  
 36.Portending 37.Crafty 38.Elevation  
 40.Legumes 41.Nothing 42.Illegal 45.Peer  
 47.Garland of flowers 48.Friend 50.Wall  
 hanging 51.Pastry 52.Sincere 53.Pen  
 54.Small snake  
 DOWN - 1.Auxiliary sail 2.For every 3.Bird  
 4.Belief 5.Pitch 6.Swaying 7.Girl's name  
 8.Thus 9.Abandance 10.Resided 11.Consumed  
 12.Japanese currency 14.Whale 18.Leak  
 19.Prayer 21.Balanced 24.Liberate 28.Seraph  
 30.French marshal (1769-1815) 32.Herald  
 34.Meals 36.Container 38.Edible nut  
 39.Castigate 40.Letter of Greek alphabet  
 43.Departed 44.Flower 45.Spasm 46.Before  
 49.Bark

**BOGGLED BOXES:** Find the familiar phrase in each box.

Contributed by Pamela Ross

1.  LOST	2.  TAKE TAKE
3.  HEAD — WATER	4.  frequency

## SUMMER PUZZLE ANSWERS:

CROSSWORD - ACROSS: 1.Picasso 8.State 12.Lorraine  
 14.One 15.Animus 16.Xerox 18.Timely 19.Pyrite 21.Iced  
 22.Pale 24.Nut 25.Shoal 26.Try 27.Ur 29.Churned 31.Em  
 32.Dear 34.Status 36.Inter 37.At 38.Seal 40.Note 42.Octavo  
 43.Owe 44.Boar 46.Brag 47.Unseemly 48.Tee 49.Gnu  
 DOWN: 1.Platitudinous 2.Ionic 3.Crimea 4.Armed 5.Saul  
 6.Sisyphus 7.On 9.Torr 10.Anoint 11.Texture  
 13.Explanatory 17.Eyelet 20.Etymology 23.Aorta 25.Sh  
 28.Renown 29.Cree 30.Dustbag 33.Attest 35.Sear 39.Ava  
 41.Rome 44.Bet 45.Ale  
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# LOTS TO DO

## OPPORTUNITIES FOR CREATIVE AUTUMN ACTIVITY

### C.A.O.S.

Members of Camelford Amateur Operatic Society, including some from Boscastle, will soon be starting work on their show for 1995, the ever popular Rodgers and Hammerstein musical *Carousel*.

Rehearsals begin on Monday September 5th at 7.30pm at Camelford Liberal Club Hall. Auditions for principal roles will be held on Sunday Sept. 25th at 2.00pm. The show will be staged at Sir James Smith's School from 26th - 29th April next year.

New members are always welcome - and not only singers and actors. There is plenty to be done behind the scenes and help will be needed with costumes, scenery, props and fund raising. We could also do with someone to make the coffee at rehearsals.

If you would like to become involved, please come along to the first rehearsal or contact the secretary, Mrs Daphne Rogers, 32 Cloverlane Close, Boscastle (250237), or Mrs Marianne Privett, 13 Pentargon Rd., Boscastle (250662).

Brighten those long winter evenings. Come and join us. It's friendly, it's fun and it's a challenge. M.P.

### A VOUS LA FRANCE.

Another highly recommended activity for the Autumn; a course for those with some knowledge of French, gained either from attending a Beginners' Class or from school, no matter how many years ago! 'French - Beginners Year 2' runs for 20 weeks from September 29th, each Thursday from 10.00am to noon. The venue will be Camelford Methodist Chapel. A Boscastle resident, who will be attending for the second year, assures us that the classes are great fun. The emphasis is on understanding and speaking the language in everyday situations.

If you want to know more, phone the tutor, Mr. Derek Goffant on (0566) 785425.  
Cost: (20 weeks) £52. (Concessionary fee: £28.)

### THE MACMILLAN APPEAL

The Annual coffee morning will be held on Friday 30th September from 10.30am - 12.30pm at Kingsbury Cottage, Potters Lane, Boscastle (by kind permission of Mr. and Mrs M. Biddick).

Anyone wishing to help or contribute, please contact Vivien Hircock (organiser) 250315.

### W.E.A.

The WEA will once again be offering stimulating courses - and we would like to hear from you. What sort of class would interest you?

Look out for posters with details of Autumn courses.

### WRITERS' GROUP

If you write or try to write, are published or unpublished, wanting to publish work or simply write for pleasure, why not join the Writers' Group? Meetings in the Boscastle Post Office Gallery on Friday 30th September at 7.30pm and the last Friday of every month. Meet other local writers and informally share work, finished or in progress.

Contact Helen Jagger Wood, 212161, for more details.

And an unusual opportunity -

### RIGHT WRITING WORKSHOP

A day's course, Saturday 17th September, 10.00am - 5.00pm.

The Tutor is Dr. Diana Gittins, author of three books. A chance for participants to learn how to 'free up their own creative potential.'

Ring Helen Jagger Wood for further information. 212161

### OPEN COLLEGE OF THE ARTS

The OCA offers an alternative range of Art courses with Half Acre, Boscastle, as its tutorial centre for North Cornwall. These structured courses are for those who prefer to work at home and be supported by regular tutorials for advice and assessment.

This year the course available are:

Art and Design (foundation), Painting - Year One, Sculpture - Year One

Inaugural Meeting for 1994-5:

Half Acre, 10.30am Sun. 9th October 94.

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8.00pm
- 3rd & 4th Sept. Open College of Art & Sculpture  
Exhibition, Half Acre, Boscastle  
11.00am-5.00pm
- 5th Sept. CAOS Rehearsals, Camelford Liberal  
Club 7.30pm
- 17th Sept. Right Writing Workshop, 10.00-5.00pm
- 25th Sept. Harvest Festival Services, Methodist Church  
11.00am and 6.00p  
CAOS Auditions 2.00pm
- 26th Sept. Harvest Festival service and auction  
7.00pm. Methodist Church.
- 29th Sept. French Classes begin, Camelford Methodist  
Chapel 10.00am-12.00pm
- 30th Sept. Macmillan Appeal Coffee Morning,  
Kingsbury Cottage, 10.30am-12.30pm  
Writers' Group Meeting, Post Office, 7.30pm
- 4th Oct. Methodist Guild Meetings 7.30pm
- 9th Oct. Open College Of the Arts  
Meeting, Half Acre 10.30am  
Harvest Festival, Forrabury Church 9.00am
- 10th Oct. Harvest Supper & Auction,  
Village Hall, 7.00pm
- 12th Oct. Victor's 50th Birthday.
- 13th Nov. Remembrance Service,  
Methodist Church 10.55am
- 17th Nov. Methodist Church Annual Bazaar

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Monday evening, with the bar open until midnight.

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Saturday nights. Medieval Summer Festival on the 2nd  
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AT THE COBWEB: Live music every Saturday night,  
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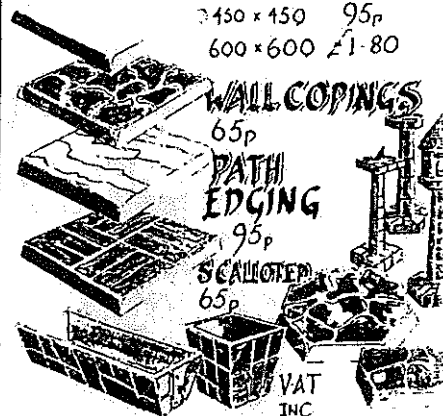
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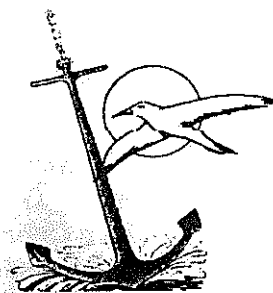
November 11th

December 9th

# CLEAVE HALL

by the Cleave free car park

# Harbourmaster's News



## FIVE EXTRA FOR BREAKFAST

In the Summer Blowhole we reported that a pair of Muscovy ducks were roosting beside the National Trust Shop. Fred and June Siford kept a fond eye on the nest and were rewarded in a most unexpected fashion. On the morning of the 'birth', Mother Duck came waddling into Sunnyside followed by five ducklings - she had come to breakfast, to show off her new family.

It has been a good summer for the harbour ducks. The mallards are thriving, and entertaining visitors; at the last count there were about 50 of them - and two farmyard ducks which have become 'extended family', happily sailing down to the sea at low tide with the rest of the colony.

Also this summer, four gannets were spotted, the first for a year or two; seals have entered the harbour, and on one occasion the water just below the 'Queen's Head' was heaving with fish as an enormous shoal of mackerel swept in. Fortunate visitors on Profile Rock, turning to face seaward, have also reported seeing dolphins. (Incidentally, if you do spot a dolphin, teal or other rare sea life, Fred Siford would like to be informed, for he is passing on information for the on-going Dolphin Watch.)

The skipper of the *Peganina* took visitors out to view puffins early in the season; alas, these have now 'disappeared' for another year, but there are oyster catchers and teal along the coast. Sun fish, with their distinctive fins, and jelly fish, have been seen basking during the recent good weather.

Birds haven't been the only interesting visitors this Summer; the lone rower (see Coast Guard update) called en-route for the Devon Coast, there have been four visiting yachts - and 14 boats moored in the harbour. It's been a good season for sailing and security for boats has been improved with the introduction of the much-heralded locking bollards. Local children have enjoyed diving off the jetty during the good weather.

By the time you read this, another special event will have graced the harbourside; a 'Songs of Praise' Service is planned for 28th August. This innovation is the brainchild of the Fishermen's Association in collaboration with the Rector. St. Genny's Band are to provide the music.



Breakfast on the lawn - Margaret Shillabere and June Siford with new family.

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# More Sport

## P.G.H.'s COLUMN

Well, where did the summer go? I know it is probably the ageing process but the British summer seems to last only two brief months these days. Wimbledon comes, a couple of one day internationals, four test matches (the other two being usually rained off) and wham bam, the first football league games are being played (Plymouth Argyle losing 5 - 1 on the 13th August.)

The cricket scene has been bereft of success for the Cobweb and Napoleon teams. The Nap avoiding winning the wooden spoon in the Tayler's Evening League by winning their last and only game! The Cobweb lost only two games, but did not even manage runners up in the league or cup.

I have been lucky to play quite a lot of golf over the summer, but I am still waiting to see Dave Ferrett use his new clubs. David is of the opinion that golf is so easy that to practice is not essential. Surprisingly he either has not heard of the 19th hole or he does not like the Bass served there! Victor and I have settled on a date for the Cobweb v. Wellington Match which will be 1.00pm Sunday 25th September.

In truth we have played football throughout the summer in the excellent new 5-a-side league at the Camelford Leisure Centre. It took some time to get used to kicking off sometimes at 10.00pm, but it meant more weight loss, as it was too late to visit the pub afterwards.

I hope that the league will be repeated, being relatively trouble free except for an unfortunate clash of heads (well, I did mention Tayler's Evening League earlier).

Football training is under way and those wishing to join in or play league football should ring Martin Pethick 250076, or Doreen & Ron Hancock 250425.

And finally

Q. What do you say to a Doctor who never holes a putt, never hits the ball far enough, and has his boat sink as soon as he puts it in the harbour?

A. Bad ... luck, Graham (Honest). PGH

## TAI-CHI WAY TO A HAPPIER YOU:

'The session was like spiritual Heinekin - it refreshes the parts other beers cannot reach!' is someone's humorous testimonial for the benefits of Rainbow Tai-Chi. This Tai-Chi system is based on the practice of 8 Fundamental and 7 Chi-Kung exercises and principles, which are used as mirrors for self-development and promote the integration of emotional, physical, mental and spiritual aspects to empower and enrich each individual in an increasingly fragmented and stressful world. Learn how to slow down, listen to inner wisdom and rediscover a sense of joy, humour and inspiration.

Classes will be held on Mondays 7-9pm at Sir James Smith's Community School, Camelford, starting 26th September and Tuesdays 7-9pm at Trevalga Village Hall (near Boscastle) starting 27th September. Advance enrolment is required - details in Adult Continuing Education prospectus available in public libraries and Post Offices.

Further information, 'taster' and private sessions available from Jeanne Hampshire 0840 770622.

## DARTS AND POOL:

The new season begins in October and the Cobweb, Wellington and Napoleon all have teams for darts on Thursday evenings, and pool on Tuesdays and Sundays. All the teams extend a warm welcome to new players and supporters.

## BOSCASTLE SCHOOL SPORT

### County Athletics Championships

The Summer term saw the school taking part in the County Athletics Championships in Camborne for the first time. Eight of our children ran in sprints and relays against strong opposition with Paul Lathom reaching the final of the boys 75 metre sprint, coming fifth. This was a wonderful achievement in his first 'County run' and no doubt he will set his sights high for next summer. Paul's trainer, Carlsberg, was reported as barking, 'This boy could go far on a diet of Pedigree Chum'.

All the children enjoyed their day in Camborne and were grateful to Kay and Colin Seeney and Janet Lathom for taking them and letting them have a swim in the Carn Brae Leisure Centre as an added bonus.

### Orienteering

The Bottreaux Castle Site and School were used as the base for two orienteering treasure hunts. The first of these was together with Helen Young's Tregadillet School group who had started their day in Boscastle sampling the delights of the 'Crystal Cave', thanks to the kindness of Chris and Judith Dawe. Matilda James' team triumphed in the orienteering, digging up the 'treasure' in the Top School Garden. N.Y.

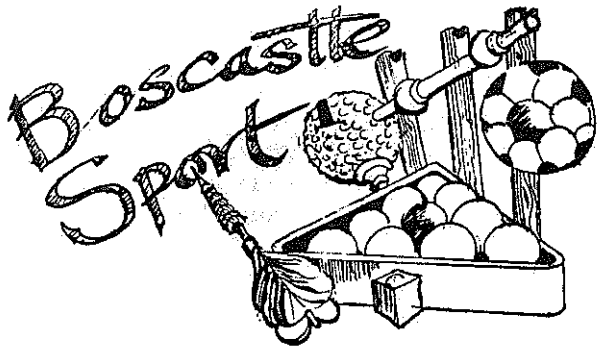
  
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## BOSCASTLE SCHOOL FOOTBALL

The team are looking forward starting the new season. Their first match is against St. Teath on a date to be arranged in October, at home on the new Valency Field ground. Supporters welcome.

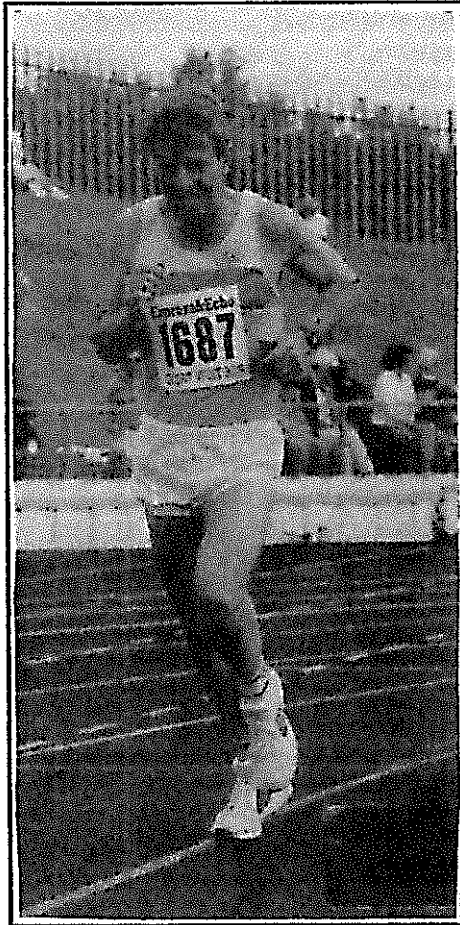
## CRICKET:

This summer's weather has been more suited to the sound of leather willow than in the past and the village two teams have had varying fortunes: the Taylor's Tintagel Evening League, The Napoleon, under the leadership of Steve Nicholls and John Perfilli, have always competed fairly, but have only one win to show for all their efforts. Alex and Malcolm Drover have been picked of the batsmen, with Doc Abt and Neil Young the top bowlers.

The Cobweb have fared slightly better, even though they were never able to field a full strength side due to unavailability and injuries. Thanks to some strong batting by the Captain Steve Brown and 'Gnasher' Higgs, the team finished a creditable 5th place. Better luck next season!

Tour Match - Members from the sides went on tour to Bradnich (near Collumpton) where they were invited to play against the Regional National Farmers Union directors. Led by Harbourmaster Fred Siford, successful behind the stumps with stumpings and a catch, but the home side still scored 154 from 20 overs. The Seldon brothers and Phil Collett made useful contributions with the bat in reply but fell short by 10 runs. This was an enjoyable trip and a return match being arranged.

## RUNNING REPORT:



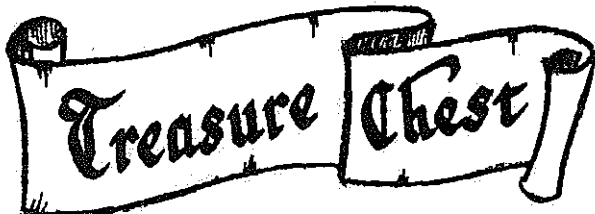
The running scene has been rather short of local runners of late, with only myself running several races in the County, with varying degrees of success, and Janet Lathom racing at Launceston and Newquay, which she said was hard going.

The Camelford-Roughton 10 on Sunday 14th August, which I organised, was run on a warm sunny day with a good field of runners. This race included three locals - young Matt Fallaize won the Junior Trophy, Pat Sullivan from Boscastle Spar shop, whom I managed to drag out of running retirement, who donned his shoes and shorts and competed over a very hard course, and myself, who, (to some comments about it being a fiddle) managed to win the Over 50s Veteran's Prize. I would like also to thank the Boscastle helpers who marshalled, did the

registration, time-keeping and course-marking. South West Water provided the prizes and everyone enjoyed the event; I look forward to running it again next year.

Allen Darlison.

Photo: Courtesy of Express & Echo, Exeter



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