



BOSCASTLE BLOWHOLE

No 112 Winter 2020

£1



photo courtesy Daniel Kavanagh

Boscastle & Crackington Gig Club



Late October saw the arrival of our brand new gig. A small group of club members travelled to Fowey to collect her from boat builder Peter Williams & brought to Boscastle on a brand new trailer, kindly donated by Chapman Machinery of Week St Mary.

Despite a grim weather forecast, the sun came out for the Blessing by local minister Mike Parsons. Club Chairman Phoebe Millar thanked everyone,

remembering our late Chairman Jim Connelly-Webster, and named the boat Torrent.

Unfortunately, sea conditions did not allow her to be launched that day.

The old Torrent will be re-named when the members have decided on her new name. This was a great day for the club and the culmination of a massive fund raising effort.

WM



Season's Greetings from Gloria Quinlan

I wish all my Friends in Boscastle
a Merry Christmas
and a Happy New Year

For the third year running I will not be sending or giving Christmas cards. Instead, I will donate the money usually spent on cards and postage to a charity, one which for me has had a particular significance this year.

Boscastle Blowhole Team

The editorial team reserves the right to accept, reject or edit any material submitted for publication. The views expressed in the magazine are those of the individual contributors and do not necessarily reflect those of the team. The editorial team are: Philippa Arthan, Arthur Bannister, Heather Colne, Audley Jarvis, Gloria Quinlan, Ann and Chris Rodda, Sue Viner, Steve Simmonds

The next Blowhole will be published in Spring 2021

Items for inclusion can be emailed to boscastleblowhole@yahoo.co.uk

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Bottreaux Rise

Work has finally begun to construct a retaining wall along the boundary of Bottreaux Rise. Michael Vanstone, the builders undertaking the work, said their only archaeological find in the excavated bank was a Thatcher's cider glass! As we go to print they have completed the digging and have started work on the foundations. Pedestrians will be delighted when the pavement alongside the wall is laid. It is hoped that the work will be completed near the time the next issue of the Blowhole appears.

Road Works

Cornwall Council have requested to close New Road to Penally Hill, from 22nd to 24th February 2021 to carry out works. This is only an Intention Notice and as of yet an Order has not been issued. Any queries, please contact: Cornwall Council: 0300 1234 222.

Thank You

Thank you to sculptor Daniel Kavanagh who kindly gave us permission to use the stunning photo printed on the front cover. The shot was taken with a drone-mounted camera.

FIREWOOD

Large dumpy bags of firewood, mixture of hard and soft wood for sale £40 per bag or £120 for 3 bags including delivery locally. For delivery of 1 or 2 bags, please contact me as it will depend on your location.

Phil Heaton, Boscastle

07968 727689

or 01840 250144



Parking win for residents thanks to CIC



You may have seen from new signage in the village car park that three parking spaces have been adopted by Boscastle Community Interest Company (CIC). After much negotiation, the Directors and Cornwall Council agreed to the CIC's proposal of offering residents free parking in order to enable them to access the business district safely and without the frustration of paying for parking. The CIC is finalising the proposal with Cornwall Council's parking enforcement team so that they can be used as soon as possible.

Residents within the PL35 postal area can to apply to the CIC for a yearly 'CIC parking permit' which will allow for 20 minutes free parking in the marked bays in the lower car park. The permits are offered on the basis of fair use, to enable local residents to access and support their local business community. This should allow for permit holders to freely enjoy their village's offerings, whether it is to pop to the post office, grab some fresh baked goods, find the perfect presents in any of the retail shops or make a table booking at one of the eateries. Having

the dedicated spaces will allow users to park safely, rather than on the busy curb side, and without the need to pay at the machine.

The CIC initially approached Cornwall Council in the Summer to find a solution to the removal of the waste recycling area. Whilst the CIC was willing to take this facility on with the provision of businesses using the recycling area too, the Council rejected the proposal and the area lay empty from September. With the support of the Boscastle Chamber of Trade and Commerce and the Parish Council, the CIC reapprached the Council with the proposal of adopting the area for community parking but was rejected on safety grounds. However, Cornwall Council countered with offering the CIC three spaces within the car park if the CIC would make good of the empty space with street furniture to prevent illegal parking and to ensure safety of users of the car park. This was accepted and the Council installed the signs at speed – within three weeks!

To apply for your "CIC parking permit" online at www.visitboscastle.co.uk/permit or obtain an application form from Cornish Stores.

Minutes Matter – Life Saving Benefit for the Village

*Boscastle WI kickstart
a fundraiser for a
defibrillator outside the
surgery*

Boscastle WI has obtained permission for a defibrillator to be placed outside the Bottreaux surgery building. This will provide a lifesaving benefit that will serve the upper village.

Currently the nearest defibrillator is located down in the harbour. Because every minute matters when someone goes into cardiac arrest, the women of WI decided that getting a defibrillator in the upper village is a necessity. Julie Potter, president of Boscastle WI explains "That is why we voted to kickstart a campaign to raise money for this. Having it close to the surgery makes the most sense and we're thrilled to get their blessing for it to be placed there."

The Community Heartbeat Trust helps communities undertake

defibrillator projects taking into account the needs for the right equipment, the right support, the right adherence to liabilities and governance, community awareness and training programmes, and help with the fund raising and long term support for these projects. As the leading community defibrillator charity in the UK, we have become recognised by ambulance services, councils, community groups and sports governing bodies as the 'gold standard', having set many of the standards now being adopted by other organisations.

Julie went on to say, "A defibrillator costs around £2,000 and we have decided to take a portion of the proceeds from the sale of our Recipe Book to kickstart the fundraising." WI will be setting up several fundraising activities but in the meantime, cheques for any amount can be made out to Boscastle WI, with a memo "For CHT defibrillator fund." Thank you in advance for your help.

GS

The Last Swallow of Summer?



*"True hope is swift,
and flies with swallow's
wings." William Shake-
speare.*

There hasn't been a lot of hope in these hard times so I thought I would share my exciting sighting.

For years my son (in Somerset) and I compete to spot the first swallow of the year. The challenge begins in late February and he usually wins. However, I have just won a different competition – to see who spots the last swallow of summer.

On November 7th, I was idly looking out of my window and saw a bird shoot past and disappear over the hedge. Its flight was like that of a swallow but you don't see swallows in November. It flew past

again and continued flying back and forth, quite low, above our garden for several minutes catching insects. It definitely was a swallow. I took several photos to send to The Cornwall Bird Watching and Preservation Society (bird-news@cbwps.org.uk) to find out if this was unusual. Within ten minutes I received this reply from Dave Parker, The County Recorder,

"Although a swallow still in Cornwall in November is certainly not common, it is not unprecedented. They are now just about annual and seem to be increasing, probably a bird from a late brood and presumably the result of global warming? Thanks for reporting your sighting."

JM



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Adapt, Change and Survive

This time last year I had just accepted an offer on the business lease that I had put up for sale and, in turn, had an offer accepted on a retail premises that I wished to purchase. Four months later just as the sale contracts were about to be signed, we were locked down...and my buyer pressed the stop button. I had to pull out of my purchase and wait and see what Boris wanted us to do.

We were given the green light to open hospitality again in July but like many business owners I felt things had to be different. I had to change the business model and create a new one with the focus on keeping expenditure to a minimum. One of the biggest expenses in business is staff so one change that I made was to alter the menu on offer meaning that I needed less staff to prepare and serve.

This has been a very challenging year for all business owners and like

many I had made the decision that I would continue to trade into the winter, unlike previous years when I closed down at the end of October.

However whilst making coffee and serving a cream teas, I was still thinking about my 'after the café is sold plan'. I really wanted to create a pet supplies business as I felt it would be a good addition to the village. I decided to adapt my plans again and in late September I began the process of setting up the pet business online with the idea of offering free delivery to Boscastle residents and the surroundings areas.

I had seen how successful other businesses had been by thinking out of the box and changing direction. For example,



Above: Jet the dog ready to check out the shop

The Museum of Witchcraft and Magic had embraced e-commerce and created a staggeringly popular online shop, helping it to survive whilst it remained closed. Things, has embraced social media and is selling through their Facebook and Instagram platforms.

Change was forced once again in November when lockdown 2 began. My plan of keeping the café open longer was thwarted. Obviously getting used to adapting, I came up with the idea of using the café space to hold a pop up pet shop at weekends! Once all the appropriate approvals had been granted from the council, landlady and insurance I opened one Sunday in late November

and was overwhelmed by the support I received.

So, if this year has taught me one thing it is to take a cue from the natural world around me. Adapt, change and survive.

Claire Bailey



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Napoleon Inn's Macmillan Breakfasts



THANK YOU to everyone one of you who supported our Macmillan event this year. Due to Covid we couldn't do our usual coffee and cake sale or our quiz but we did do our breakfast and we are all so amazed at the kindness all our customers showed in raising such a fantastic amount when we have all had such a hard 2020. The total sum raised for this great cause was a mind boggling £1012.00

So once again a big THANK YOU from all the Nap team and we look forward to next year's event being back to normal with a table of tasty bakes as well as our awesome breakfasts.

We want to take this opportunity to thank

ALL who have supported us at the Nap as well as Sharons Plaice and The Old Manor House during this very tough year. We look forward to continuing welcoming you and hopefully next year will be better. **PLEASE STAY SAFE, AND ENJOY CHRISTMAS.... HOWEVER YOU WILL BE CELEBRATING!**

BD

Free Parking

Forrabury & Minster Parish Council have requested that Cornwall Council deem New Year's Day as the annual free parking day in Boscastle car park. This has been agreed and Cornwall Council will put up signs on the day.

BOSCASTLE OIL-ORDERING GROUP

Your next orders should be placed in MARCH 2021 for delivery early April. If you are new to the village and have oil central heating, you can save at least 2 pence on every litre you order. Ring Myrna Lester on 01840 250520 to get your name on the group register.

ML



As a final update this year for the Neighbourhood Development Plan, we have made very good progress in the last 12 months and many thanks for all of your help to us in completing surveys, your feedback and time to assist us.

Since the summer update, you have helped us complete a Housing Survey, and a Housing Needs Assessment (HNA) is in the final stages of production. This considers the need for housing for 'social rent', what affordable housing is required, how new smaller, purpose built housing for older residents could release larger houses for young families and how the requirements of our current demographic will change over our plan period.

We have also been working very closely with an external consultant and are close to completing a Village Character Assessment (VCA). This is to provide a comprehensive analysis and evaluation of the character of the various areas of the parish and where potential future development could be located. Both the HNA and VCA documents are integral parts of the eventual NDP document and will be used by those involved in the development process.

In early October, we held a workshop to discuss Housing & Development and many thanks to all those who gave their time to assist us in what was a very productive session. We are awaiting the final versions of the HNA and VCA documents before we re-convene the workgroup.

We have also engaged with Ross Yates and the Chamber of Commerce team and a workshop to discuss Commerce & Employment is being planned for the very near future.

One of our observations from the survey earlier this year was the lack of engagement by young people so we have been in discussion with a number of our younger residents to try to understand how they would like the neighbourhood to develop

Workshops for Transport and Infrastructure and the Environment are also being planned probably taking place in early 2021.

While great strides have been made this year, we have a huge amount of work ahead of us in 2021 and we will keep you updated of our progress.

Thanks once again for your support in what has proven to be a very challenging and unusual year for us all.

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Parish Council News

Boscastle Bridge

You may have noticed some new surface dressing on sections of the pavement by the Bridge. This has been done to help stop instances of people slipping and injuring themselves on the original surface especially when wet. Ross from the Riverside has been campaigning for some time to get Cornwall Council to address the issue which hopefully is now resolved.

Planning applications

The Parish council has dealt with a number of planning applications listed below if you would like to see more detail go to Cornwall Council planning portal and use the planning application number in the search field.

14/09/2020, PA20/06514, Demolition and erection of garage Windrush, Support

26/09/2020, PA20/07100, Land to north of Gwel An Mor, up to two dwellings, Support

08/10/2020, PA20/07455, Land west of Camelot view, No comment

13/10/2020, PA20/07642, The Arthurian Centre, Support

13/10/2020, PA20/07563, Jordan Mill, Support

20/10/2020, PA20/08320, Rosewarren Fore Street, Support

20/10/2020, PA20/07268, 5 Penally Terrace, Support

20/10/2020, PA20/08100, Land at Old Stables, Support

26/10/2020, PA20/07798, Pentargon House, Support

10/11/2020, PA20/08789, 5 Penally Terrace, Support

10/11/2020, PA20/08973, Land north of Old Coach House

variation, Support

17/11/2020, PA20/07920, 19 Eglos View, Support

20/11/2020, PA20/09325, Coombe, Paradise Road, Object



Ron and Moira Hart

The damaged bench by Forrabury Church has recently been removed and replaced with a new bench dedicated to Ron and Moira Hart. The family, Cllr Rodda and Cornwall Councillor Jordan contributed with Cllr Hockin arranging delivery and undertaking the installation. The family and Parish Council hope this will give many people the opportunity to sit and reflect.

*A Prescott
Parish Clerk*

forminpc@gmail.com

Chuckle Corner Wotsit Mean?

Jigsaw - feeling after Irish dancing

Kindling - digital book-burning

Perspire - how a steeplejack charges

Mirth - French moth

Bideford - old lady in a Fiesta

Windbreak - underpants

Wide-Eyed - coroner's report

Juniper - did you bite her?

Gladiator - unrepentant cannibal

Menacing - male voice choir

Shoot-Out - market shoe seller

Bacchanalian - bet on foreign horse

ML

Crossword Answers:
Across: 5 wonder woman, 7 shops, 10 bedruthan, 12 capital, 14 bear, 16 finger, 18 badminton, 19 see 8d, 20 minnow, 21 lyre, 23 treat, 25 reverse, 27 ram raid, 29 fringe, 30 school, 31 cheep, 32 castanet
Down: 1 ewer, 2 general knowledge, 3 honesty, 4 ass 6 news 8 & 19a heavenly body, 9 stuff, 11 relative, 13 profiteers, 15 romance, 17 bowlers, 22 rampant, 24 tissue, 26 verge, 28 shout

MUSEUM OF WITCHCRAFT AND MAGIC

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THINGS

Seasons Greetings for
Christmas and the New Year

Debbie and Geoff

Open daily until 3rd Jan
<http://www.things-boscastle.co.uk>

News from the Lookout



We've been officially promoted. In the last News from the Lookout I mentioned that our absence at the start of the first Lockdown had been noticed by some of our colleagues in the SAR community. As a result we have now been classed officially as Key Workers and if in uniform, with proper identification, we are legitimate road users on our way to complete a shift.

If that wasn't enough, we, together with the other Cornish stations, received a letter of thanks for our efforts from the Lord Lieutenant.

Then, just as our training schedule resumed, the new Lockdown regulations came along and we have had to disappoint the new trainees who had just started, or were waiting

their turn. Fortunately, the training team managed to organise things so that two of our Assistant Watchkeepers completed their Assessments in time, are now fully qualified and able to stand their own watches, an important addition to our numbers as some members are still shielding.

The wind turbine which lost its tail earlier in the year, shed blades again and has been returned to the manufacturer. Luckily, we have the spares to keep our essential electrical systems running. More importantly, within our ranks are Watchkeepers with the expertise to suggest modifications where needed and the manufacturer is happy to incorporate these into their own development programme.

Current regulations meant there was no Annual Remembrance Day Parade for us to attend but a wreath was laid on our behalf later.

It also meant that we could only have a virtual AGM this year which, together with the fact that

we are single manning, meant we lost another opportunity to remind ourselves what the other Watchkeepers look like. Among the newly elected officers, Mick Gale has taken over the role of Public Relations Officer and you may already have seen him collecting down in the harbour and you will certainly be hearing more from him. Mick is particularly keen on encouraging visitors to come up to Willapark and see what we are about and wonders, if you are a resident, when did you last pay us a visit?

Although there hasn't been quite as much happening on the Coastal Path or out at sea this year, we were recently tasked with monitoring a drifting Kayak that was giving cause for concern. In the end it turned out have a fully functioning electric motor so we were able to stand down.

Any worries we may have had about a winter reading list was resolved by the arrival of a revised Station Operations Manual, ideal, for those evenings when Zoom, Netflix or Britbox have

nothing to offer.

Most of you know that the NCI receives no income from national or local government and depends on the generosity of strangers. This year, thanks to the efforts of our stalwart collectors and the inspired suggestion that a card reader would solve the "no contact issue", we have finished the year in rather better order than we expected. In fact, the use of the Card Reader has attracted the attention of our Trustees who are now considering their use in all stations.

Even though our training programme has been interrupted we'd still like to meet anyone who is looking forward to doing something useful in their spare time, and relishes the idea of increasing their knowledge of maps, charts, VHF radio and safety at sea and ashore.

And as you may have gathered we are always keen to welcome fundraisers as well as future Watchkeepers. Our Manager, Chris Evans, would be delighted to hear from you on 01566 781449.

MW



photo courtesy Daniel Kavanagh

C IS FOR COMPOST

Whatever your garden or soil problem, compost fixes everything. It rebalances soil pH, and it dramatically increases the soil's moisture holding capacity. Compost is the organic matter that is needed in soil to provide nutrients and to unlock minerals in the soil particles. It also creates the structure in soil that is vital for water and oxygen flow, without which the soil becomes so compact that plant roots cannot penetrate far, resulting in poor plant health.

There are a number of retail bins on the market designed to be filled gradually that will contain the pile and keep it tidy, though you can get just as good a result from a pile of lawn clippings and newspaper in the back corner of your yard which will break down in time and be valuable for your soil. Nick Bacon, who came to give a talk at Juliotter Garden club a while back, makes his compost just from lawn mowings and torn up cardboard egg boxes. He bought some to show us and it's glorious

stuff, brown and crumbly, it seemed almost edible in fact.

The work in all compost piles is done by microbes – bacteria and fungi that do the breaking down as long as the pile contains both green waste (grass clippings, kitchen waste, annual weeds) and what I call brown waste (cardboard, woody stems, shredded newspaper for example). In other words, a balance of nitrogen and carbon based ingredients. I aim for half and half, but usually my heap is a bit more green and a bit less brown. It needs to have air to work properly so I turn it. But I only do it once because it's jolly hard work and now that I'm almost a wrinkle I'm glad to have Colin Jose to give me a hand with the compost. In time it develops into that nice, brown crumbly stuff ready to use.

When you give soil organisms high quality compost, the results are wonderful. I've stopped all that digging nonsense and just spread a two- or three-inch layer over the



top of the raised beds. If you've got a lot of perennial weeds just lay down sheets of carefully deconstructed cardboard boxes with a layer of compost on top - then the perennial weeds simply die and rot down providing further nutrients for your plants. Annual weeds pull out easily from the soft top covering.

This year the beds have been very productive after their spring covering of compost, but this is the first time that they have produced mushrooms. Conditions were ideal this year when a period of warm dry weather was followed by quite heavy rain, which is exactly what these late summer, early autumn-season fungi need to prompt them into growth. One day there were loads of them. But where did they come from? It's a mystery. I picked one to smell if it could be edible but it did

not have that delicious earthy smell I associate with a field mushroom (*Agaricus campestris*) so I left them to rot down back into the earth. In any case, there were other delicious things to harvest, having eventually got the carrots to germinate after several failed attempts. There's nothing quite like the feeling of coming into the kitchen with a trug full of cabbage, kale, leeks, carrots and beetroot straight from the garden. I am clearing the last of the crops now - on to the compost heap with them, and I'm ready for the contents of the second bin to spread on the garden in preparation for the start of the next gardening season.

Have a lovely time over the coming holiday season, keep well, keep safe. What a very happy, very optimistic, very healthy 2021 it's going to be!

Pat Thorne





**Mad's
BARBER SHOP**

**NO APPOINTMENT
NECESSARY**

9.30-5.30

THUR-FRI-SAT

**BOSSINEY ROAD,
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COOKERY CORNER



My Bramley apple tree was loaded with fruit this year and I'm afraid the autumn gales gave me more windfalls than the basketful I actually managed to pick. But the fruit that remains in the grass, whole and untouched by some wild creature, is still usable and - like all Bramleys - absolutely delicious.

Now I know there are a number of wonderful things you can do with a glut of apples: you can dry them for a healthy snack, you can puree and then freeze them, you can pickle them in vodka and fool

yourself that you'll give it away as Christmas presents, you can juice them (and this year I was lucky enough to catch the apple juicing day at Crackington Institute), and you can bake with them. Baked apples with custard! Apple fritters with clotted cream! Dorset apple cake! My top tip? Buy an all-in-one apple peeler/slicer/corer for under a tenner. Stephen Fry rates it as number nine in his list of the top 100 gadgets of all time.

I came across this recipe recently (thank you Delia) and it really does make

a delicious dessert, good enough to serve when you have friends or family round for a meal. I always keep some frozen mixed fruits as a standby for easy trifles and sometimes pick out the blackberries and currants - a couple of handfuls say - to go in with the apples for this recipe.

Apple and Almond Pudding

450gm Bramley cooking apples, peeled, cored and sliced

Red Frozen Fruit such as blackcurrants, red currants or blackberries

110gm Ground Almonds

110gm Soft Brown Sugar

110gm Butter at room temperature

110gm Golden caster sugar

2 large eggs beaten

Method:

Place the apples in a saucepan with the sugar and two tablespoons water and simmer gently until just soft. Add the red fruits. Arrange in a buttered 8 inch baking dish. Cream the butter and sugar until light and fluffy and carefully add the eggs a little at a time, incorporating thoroughly before adding the next. When all the egg is in, carefully and lightly fold in the ground almonds. Spread this mixture over the apples and smooth the top with a palette knife. Have your oven ready at gas mark 4, 350f, or 180c (170c fan) and bake for one hour. I made this last week and served it with a mixture of yoghurt and double cream. Wonderful, although I say it myself.

Pat Thorne



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*Boscastle Helping Hands
Receive Commendation by
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BOSCASTLE HELPING HANDS



Colonel Edward Bolitho OBE
Lord-Lieutenant of Cornwall



*To Lynn and all the
Boscastle Helping Hands*

The hard work, selflessness, collaboration, innovation and courage shown by so many across Cornwall during the COVID-19 pandemic has been truly inspirational. It has emphasised once again the strength of our community spirit and made a real difference to people's lives.

As Her Majesty The Queen's representative, I would like to thank you for the wonderful contribution you have made, and are continuing to make, to Cornwall during these extraordinary and challenging times.

Edward Bolitho

23 October 2022

The Lord Lieutenant of Cornwall has written to Lynn Dunne, the organiser of Boscastle Helping Hands to thank her and the organisation for its work helping those in need in the local community. Lord Lieutenants are the personal representatives

of The Sovereign in their counties. In his commendation, Colonel Edward Bolitho wrote "The hard work, collaboration, innovation and courage shown by so many across Cornwall during the Covid-19 pandemic has been truly inspirational".

Lynn set up Boscastle Helping Hands at the start of the pandemic to provide support to those most vulnerable. Many local people volunteered to help with the work, delivering contact cards to their neighbours and signing up to a WhatsApp contact

group. Lynn worked closely with Bottreaux Surgery on setting up a prescription delivery service for those who were shielding.

Lynn said "It is wonderful to have the work of Boscastle Helping Hands recognised in this way. For all the difficulty that the Covid-19 pandemic has brought, it has also brought out the best in so many. The unstinting kindness and helpfulness of local people makes me truly grateful to live in such a supportive community".

You can contact Boscastle Helping Hands in a wide variety of ways:

- ★ by contacting the person named on the calling card delivered earlier this year.
- ★ by phoning the Helpline on 07939 971597
- ★ by visiting the website boscastlehelpinghands.uk
- ★ via a message on the Nextdoor Forrabury and Minster
- ★ via the Facebook Page

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Staying well this festive season

Winter can be a struggle health wise, especially when children bring home 'coughs and colds'. With the build-up to Christmas and New Year, we become busy with preparations and planning. It can be a pretty stressful time. If you manage to survive until Christmas day (without getting ill), then we can finally succumb just as we sit down and relax!

So why not anticipate this season by boosting your immune defences and overall levels of health & vitality?

Every day we are exposed to millions of different bacteria, viruses and other foreign bodies. Their aim is to 'survive' and use us as their host, creating havoc and in the worst case, overwhelming us. Fortunately, we have our own defence force, the immune system. Its job is to identify what is *not* part of us, examine it and decide whether it is a threat, in which case it will try to kill or neutralise it. It is a very sophisticated system and can change to

adapt to its environment and circumstances.

So how can we help support our immune system?

Vitamin C - a nutrient essential for our immune cell response. Vitamin C is readily available in citrus fruit, blackcurrants, pineapple, rosehips, strawberries and green veg including broccoli, Brussel sprouts, parsley, bell peppers, sweet potatoes & tomatoes. Consider consuming traditional honey and lemon drinks (made with juice of ½ lemon) more regularly, rather than just when you are ill.

Zinc also supports our immunity. It can be found in meat, especially beef, liver, seafood (oysters, herring), bell peppers, egg yolks, ginger, nuts, pumpkin & sunflower seeds.

Garlic is antimicrobial, be brave throw it in your stir fry, add to soups & stews or cook whole cloves with your Sunday roast



veg.

Onion is antibacterial & antiviral. Cut and leave for 10mins before cooking to allow all the useful compounds to release. Try onion soup.

Ginger is anti-inflammatory. Make a fresh ginger root tea with lemon (store root ginger pre sliced in the freezer) or make a ginger, sweet potato & coconut soup (see later).

Honey, especially unpasteurised (i.e not heat treated) such as locally produced, is antimicrobial, antifungal and antibacterial. Sore throat? Take a teaspoon of honey slowly, to ease the discomfort.

Stress, has a hugely debilitating effect on our immune function. Be sure to take time for yourself: get some fresh air, take a ten minute walk, join an exercise class, learn a new skill, socialise, join the local quiz club, get belly laughing!

If you can afford it, opt for unprocessed organic foods to minimise intake of immune-suppressing toxins. Try to avoid plastic wrapped fruit, veg and so on.

During an infection:

Drink plenty of **water**. **Got to bed early**. Grab your **lemon & honey** drink.

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Avoid sugar. Sugar can suppress our immunity for up to 8 hours, but it also feeds bacteria, viruses and fungus and promotes mucous production, so it will prolong an infection. At the first sign of illness cut out all cakes, biscuits, sweets and stick to vitamin-rich fruits, such as citrus and berries. Consider those boozy nights out & Christmas parties, work on damage limitation: ensure you try & flush through nasty microbes by drinking plenty of water when you get home, during the night (if you wake) and the following day. **Avoid caffeine** the day after.

Sage inhibits bacterial growth. Try a leaf or two steeped in hot water, then drink. Not to everyone's taste! Also seems to ease mucous.

Beta Glucans are natural sugars found in certain types of mushrooms such as Shitake (add to soups), they can activate the immune cells of the body and reduce the symptoms and duration

especially with respiratory issues. Oats are also a good source, try and find the biggest sized ones you can. Use as an alternative crumble topping, mixed with seeds, dried cranberries and cacao nibs, no need for any fat.

Cut out **dairy** for first few days

Looking to go the extra mile?

Boost your levels of *good* gut bacteria with a quality probiotic capsule or powder, containing high amounts of Lactobacillus and Acidophilus strains. Researchers found young children supplemented with probiotics and a little vitamin C every day, suffered fewer coughs and colds or required less medication if they were ill, reducing the time they were off school.

Hopefully these few tips will help support you through this winter. Stay healthy. Wishing you all a wonderful festive season!

Juliette

Sweet Potato & Ginger Soup

Ingredients

1 onion
2 sweet potatoes, skin on (roughly 525g).
½ tspn ground ginger or thumb sized piece of fresh, skin removed
600ml vegetable stock made with stock pot or 2 tsp Bouillon powder
1 tin coconut milk
Vegetable oil

Method

Roughly cube the onion. If using fresh ginger, grate or finely chop. Peel and chop the potatoes into roughly 2cm cubes.

Put a large pan on a medium heat. Add oil and fry the onion for 3-4 minutes until soft. Next add the ginger, stirring for 1 minute. Then add the sweet potatoes, coconut milk and the vegetable stock. Bring to boil for 1 minute, then return to simmer, cover with a lid and cook for 10-12mins until the potato is soft. Remove from the heat, allow to cool enough to blitz with a hand blender or food processor.

Serve with a grilled, garlic & olive oil topped tortilla. Enjoy!

This soup freezes well.

National Trust

In the harbour, the National Trust shop, café and secondhand bookshop were shut for lockdown 2 but have reopened in accordance with current government guidance. Shop opening hours are 10.30am to 4pm, the café closes at 3.30pm.

The grass and flowers have been given their annual cut and rake which will encourage more flowers for the bees and hoverflies next year. We've removed shrubs from the river walls such as buddleia and fig to prevent the roots from damaging the walls.

In the countryside, we have carried out more footpath repairs on the coast path, replaced a gatepost onto Forrabury Stitches, coppiced and trimmed some trees in the car park area to encourage stronger growth in the future, carried out path safety surveys and removed buddleia from the river banks along the Valency.

A plea please - when on Forrabury Stitches use the marked footpaths and pick after your dog, if you have one.

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Church and Chapel



A Methodist Minister's View

Throughout my life I have always had an interest in local newspapers. Having been brought up in North Cornwall I was familiar with the Cornish Guardian, and the Cornish and Devon Post with its various localised editions. But as I have worked in different parts of the country I have come across titles such as the Nuneaton Tribune (an evening newspaper but no longer published), the Bedworth Echo, the Leicester Mercury, and the Bradford Telegraph and Argus (a fascinating name). Doubtless somebody, somewhere is a collector of the variety of publications with their unique features.

One of the features of our Cornish and Devon Post is the 'Looking Back' column which has re-appeared in recent weeks. A few years ago, in that column there was a reference to a Christmas Day Tea and

Concert at the Pengelly Methodist Church in Delabole, probably under the '80 years ago' heading of the column. I guess it was held in the years of the Second World War. It pointed out for me that the way in which Christmas is celebrated does change with circumstances.

The circumstances in which we currently find ourselves mean that Christmas will be different for most of us this year. It may well be that we will not be able to share in large family gatherings, attend Carol Services, or share in the meeting of the local Foxhound Pack on Boxing Day. Our preparations, too, will be different with the current closure of non-essential businesses.

Our ways of celebrating Christmas will be different but the reason for our celebration is constant. It may well be that with a different way of celebrating

the season of 'Goodwill' we will be able to reflect on what is at the heart of Christmas – the Birth of God's Son, Jesus. A Birth which changed the course of history, as well as changing the outlook of many people on life. In his account of part of the story the Gospel writer Matthew (see Matthew 1: 23) – reminds us that the birth was foretold by the prophet Isaiah and that Jesus would be known also as Immanuel – which means 'God is with us'.

God is with us in all of our days – a timely thought in these days. We pray that you will find joy in Celebrating Christmas and wish you peace and blessing through the celebration season into the New Year.

*Every Blessing,
Bryan and Sue Ede*

Dear all

We come towards the end of this most difficult and challenging year, still with restrictions in place, still with the negative impact on our work and our leisure time; and on our businesses and employment. We are very conscious of the impact on our mental health as self-isolation and the constraints on visiting family and friends continues to be a very wearisome burden.

But we do, of course, have a lot to be thankful for. There has been an amazing community response to the difficulties of lockdowns and tiers by businesses and individuals. We are thankful for our local shops and businesses who have managed to keep open, and those who have provided delivery services to people



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who are self-isolating or without access to transport. We must also thank those who are providing support to families struggling to survive; for the work of Foodbanks, Food Larder, the Neighbourhood Community Cooking Project, and Cornwall Christmas Box. Well done everyone.

But these difficult times will pass - and we will tell each other "remember when...Tesco had traffic lights, we wore a mask to go into a post office, and we could worship God together on a Sunday Morning in the comfort of our own homes in our slippers!"

We are continuing to bring our communities together to worship via Zoom - new skills for many of us - and we were able to continue this even when we were able to go back into church for services. High technology - propping my iPad on a flower stand, held in place by a pile of old hymn books, and using the Church Warden's mobile phone to connect to the Wi-Fi.

As I write this we have heard that we will be able to have services in church

after the end of this second lockdown, but we will need to ensure that this is done safely, with social distancing and attention to hygiene.

Christmas services will be very different than in previous years, and we may have to adapt our plans depending on the situation at the time, but for now we are planning:

Morning prayer every morning in December at 0830 via Zoom

Christingle service at 6pm via Zoom for the Jacobstow and Tintagel Guides, Brownies and Rainbows, but all are welcome to join us

Carol service via Zoom on Wednesday 23 December

Crib service via Zoom on Christmas Eve

Midnight Mass at Forrabury Church at 2330, (and also Tintagel Church).

Social distancing means that we have to restrict numbers and therefore may need to introduce a booking system. Please keep an eye on notices and social media to let you know how we plan to do this.

On 4 January it will be 150 years since Minster Church was reopened following the

major restoration, and I am hoping that we will be able to celebrate that event, although how we do that will depend on the restrictions at the time.

We will publish the times of all services and Christmas events on The Boscastle Churches Facebook page, on www.achurchnearyou website for Forrabury and Minster Churches, as well as posters and notices on the Boscastle Facebook page.

If anyone would like to join in any of our services on Zoom (or by ordinary telephone) please contact me (heather_solo@msn.com) for a link.

Be assured, Christmas is not cancelled, we will still celebrate the incarnation - the birth of Jesus - coming as a light to shine in the dark places of the world.

Never was this message of hope and love so needed in our lives and in our world.

*God bless you and keep you safe
Heather*

Church Notices

We are planning to join the community effort to yarn bomb the village with the goal of providing colourful and enjoyable surprises around the village. For our part, we will do something up at Forrabury. If you'd like to help us, please contact Gillian Schultz.

Gillian Schultz writes - if you have never been to a Zoom gathering, it provides a really lovely way to meet up with people and experience (for the church) worship when we can't do it in person. Of course, it

is not the same and it is less personal but it has proved to be a wonderful option for visual and verbal contact with others. If you do not have access to a computer/iPad/Smartphone etc you can dial in using your home telephone which enables you to take part in the service, and to chat to people before and after. Zoom has become a lifeline for many who are continuing to self-isolate. For the regular congregations of the 12 churches across our Group of churches, it has meant we have gathered together for worship every Sunday, almost without a break and look forward to being able to continue doing so throughout the uncertain coming months. When we were permitted to worship in Church, prior to Lockdown 2, we continued to also stream the service via Zoom. Worship in church means that the congregation have to wear masks, sanitise their hands, and are not permitted to sing. People who are taking part via Zoom can sing as loud as they like (provided their microphones are muted).

The Advent period, which starts on 29 November, will be celebrated by us with regular services at 10:30am for Eucharist and 6:00pm for Evensong and Heather will be saying Morning Prayer at 0830. Everyone is welcome and if you wish to join us, please let Rev. Heather Aston know and she will send you Zoom log-in details.

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As the year is slowly drawing to a close for us at Boscastle Coastguard, we can start to reflect on the jobs we have undertaken this year, some tragic and some heartwarming, but whatever the circumstance we find ourselves in, they are always rewarding.

No one could have foreseen the events that's have gripped the world in 2020 and the effect it has had on the community. When we entered the first lockdown, we of course were ready as usual, and had our own Covid safety measures in place, ensuring our safety and those around us. Shortly after the lockdown we were asked if any of the team would sign up to the mutual aid service that would enable us to help with the Covid situation, assisting our friends in the NHS, Police and ambulance service if needed. Everyone in the team signed up.

As a result, we spent

over 100 hours in local patrols where we made sure that all the beaches were kept safe, and helping to increase our rapid response time should any emergency calls come in.

When lockdown eased we continued to have a steady summer, patrolling during several storms and keeping a safe lookout for those that ventured out. As the summer season started, we had our fair share of walkers, and a number of stretcher carries off the coast paths. Over the past few months we have been called out to many areas up and down our part of the coastline for multiple stretcher carries, and where possible to walk them out to the waiting ambulance, our Coastguard Helicopter or the Air Ambulance.

Coastguard Rescue is part a huge multi agency team that comes together in time of need, when someone is having a bad day. We would like to take

the opportunity to say a big thank you to everyone in that team, the South West Ambulance service (with whom we have worked a lot this year), as well as the staff at Tintagel Castle for always assisting us and keeping the tracks clear for when we attend their calls. We would also like to thank our flanking teams for their assistance, as well as all the other services we have worked with.

We have now resumed our usual training, including rope work, advanced first aid, and water rescue. So when you see us on the cliffs rope training, give us a wave!

As this is the last update of the year, we would like to wish everyone a Merry Christmas and thank you for all the support we have received over the past year! Even a wave when we are driving past puts a smile on our faces.

Remember if you see anyone in difficulty, or you find yourself in a spot of bother along the cliff path call 999 and ask for the Coastguard.

For updates on what we get up to, follow us on Facebook @ boscastlecoastguard

From all of us, merry Christmas and a happy New Year!

MD

Castle Site

In the Parish council's most recent Minutes it was mentioned that councillors would be invited to take part in an inspection of the Lower Jordan Valley. While the Council has obtained outline land Registry drawings, these need to be checked and verified. This is good news. It was always advocated by the Site Steering Group that a walkabout on the ground was essential in order to assess the state of the area and check its boundaries.

The Lower Jordan Valley adjoins the Castle Site. The main problem has always been is that there is no public access. Plans to reinstate the bridge crossing Jordan Stream and stepping stones across the Butts River were rejected, so that at present there is no easy way to reach the Valley except through private property.

Since the Council took over ownership in 2015, lack of maintenance means the area has become sadly overgrown. Last March the Council approved formation of a Steering Group with the objective of opening it up for a variety of amenity uses.

Hopefully, Councillors able to inspect the area for themselves will produce fresh ideas regarding best future use of this valuable community asset.

CR

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Unguided and Unguarded Missile

With so many cooking programmes on the television you would think there would be one on *the dangers of certain foods in the home, in certain circumstances* - but no, there isn't. So, I will warn you of the dangers of one particular food item of which you should beware - EGGS (and it's not Edwina Currie's warning about salmonella).

It is difficult, when cooking for one, to use up food items before they have passed the 'Use by' date. There they are, still sitting in the fridge or cupboard, glaring reproachfully at you. Finding just such items one day - 3 eggs - and not wanting some Chinese gentleman to turn up because he had run out of 100-year eggs and could he have mine as a substitute - I decided to boil all three. The water bubbled away merrily; the eggs languished to their warm bath and I wandered off to do something more

interesting than supervising their bath time.

It is surprising how quickly time passes when you become involved in nothing in particular. So, it was not until my furry companion barked, at a loud noise in the kitchen, that I noticed that smell, which brings you back to reality with a sickening jolt. My poor eggs had boiled dry and, to pay me out, exploded around the kitchen. My furry friend either thought I had deliberately thrown some egg treats on to the floor for her or that she would assist in clearing up and soon tucked into some of the remains. Spring cleaning had come earlier than I expected. I think there is still a chance that I might find the occasional bit of egg behind a cupboard, under a cupboard or in a cupboard.

The moral of this story, Dear Reader, is **BEWARE of EGGS**.

GQ

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Panto 2021 – what, that again?

During the autumn both Jo and myself were saying 'oh yes we will' then oh yes we might' and finally 'oh no we can't'!!! Yes I am talking about the next panto. As we wrote in the autumn edition with the lockdown etc we did not know if we would be able to put on our normal performance on in January 2021. Finally towards the end of September, when the case numbers were rising again, we came to the conclusion that for the first time in something like 12 or 14 years we would not be able to put on a show this coming January. With restrictions in numbers and distances it was not possible to rehearse safely (yes believe it or not we do rehearse the show) and also it was very likely we would not be allowed to have an audience so we decided to postpone attempting the pantomime until circumstances became a little clearer.

We have thought about maybe attempting to put on the show in March but looking at the current circumstances I now feel this is unlikely. So the bad

news is that I'm afraid that it seems very likely that there will be no pantomime in the 2020/21 season but the good news is that we will return stronger and better than ever in 2022 assuming vaccination and other conditions allow.

MP

Used Postage Stamps

The only two collection boxes still in place at present are in the entrance foyers of Tintagel and Boscastle doctors' surgeries. My other boxes, in Wadebridge, Camelford and Rock were all located in the surgery waiting rooms, and have been removed to comply with current regulations. With only two 'active' boxes and reduced footfall, far fewer stamps are being collected for the Royal National Institute for the Blind. I urge you to please keep saving ALL postage stamps that come your way - take them to the surgery or put them through my letter box at 8 Pentargon Road. I am also happy to receive any unwanted albums or collections. Every day 100 people start to lose their sight so all help to support the RNIB is continuous and much needed. Thank you.

ML

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Harbour Master's News

Going Green

For many years I have been trundling up and down to the harbour in my diesel Land Rover and of course, most of the boats in the harbour have diesel engines - apart from those operated by Dr Garrod and Michael Parsons which are petrol powered (very speedy). Anyway, for some time now my daughter in law, Assisi, has been encouraging me to be more ecologically

and environmentally aware. So far, this had only really resulted in a bit of tree planting and I have to say from a boating point of view, the modern diesel engine, has always seemed to be to me the most efficient and reliable option for seamen, albeit a little noisy.

With the fishing boats late in this year, and then out early because of first Covid, followed by a couple



of storms, the season really was much shorter than I would have liked. In an effort to extend our fishing season, Mark Brown and I came up with the idea of putting a few winter pots out using a punt - which for those not in the know is big heavy dinghy often made of clinker - nothing to do with punting. This is a wooden construction used a lot in the past and before fibre glass became popular. I can remember the fishermen in Port Isaac building boats like this, laying down the keel, steaming the planks (clinker) and fixing with copper nails

Today Cornish punts are usually sculled with a single oar at the stern or rowed. Some of the old Falmouth ones have sails. It is possible to catch a few lobsters in the harbour mouth and in keeping with modern times we have got hold of an electric outboard - which is a first for Boscastle. Silent running, no fumes and hopefully more reliable than my well know brand suction carpet cleaner. My green credentials. Other news is scant.

My godson Trehane Drayson from Treworld is working on a boat called Delta Dawn fishing for



the Delta Dawn at sea

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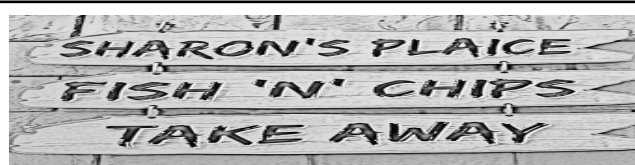


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Chris' grandson Pablo steers the electric powered punt

crab forty miles northeast of Boscastle. The boat is a bit too big to come in here and their home port is Padstow, see photo on the left.

Some more bad weather again this autumn and sadly I know that during one of the storms two people were lost down at Mullion swept off the old wall. I try to run the harbour with a light touch but at one point the Coastguard and

I had to clear people off the harbour wall when the waves were crashing over. I urge all parents and users generally to be sensible: we are directly exposed in Boscastle to the Atlantic and a casual attitude or worse still - dare devil - can cost lives.

*Chris Key
Harbour Master*

PS: Mark & I did catch a Trebler (3 lobster in the pot) when we hauled it on the 1st December.



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Bosccastle WI

With great joy a few WI members, who have no internet or smart devices, came together inside the village hall in September, while the remaining members were able to join the meeting via Zoom. For the members in the hall, it was the first time they

WI VP & Secretary. "We were able to do this several times for regular meetings, garden club and social get-togethers, all appropriately distanced and sanitized, before we had to go back into lock-down."

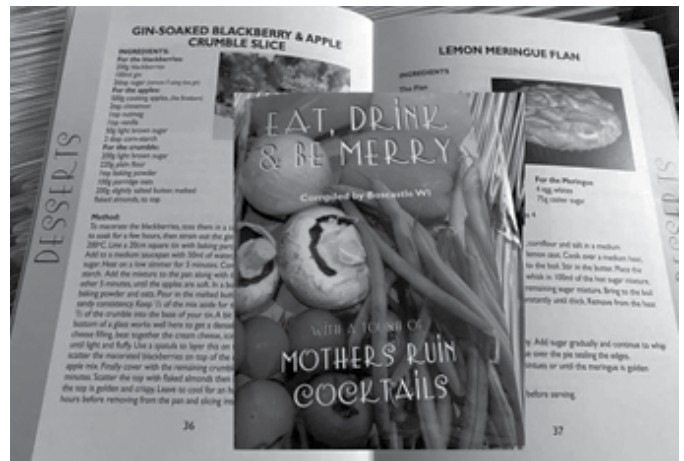
We've had several guest speakers including a talk on music from New Orleans to New York, accompanied on the piano with jazz, blues and Broadway show excerpts. We've also learned about the horrors of living without clean, potable water and how WaterAid



Neil in his beekeeper's protective clothing

experienced for themselves what all the hooah regarding Zoom was really about. "The delight at seeing and hearing their friends 'on the tele' was well worth the effort of setting this up," said Gillian Schultz,

works to help change the lives of communities all over the world by teaching them how to build, install and maintain water pumping systems. The result is miraculous for the community: not only do



cover & inside of Bosccastle WI's cookbook

they get clean water that improves their hygiene and sanitation, it increases the time spent on education and increases the economic stability of the village. Most recently we welcomed Neil Morris to tell us about his adventures in starting up as a beekeeper during full lockdown.

The women of Bosccastle WI don't sit on their laurels and following on from their success with the Scarecrow Challenge earlier in the year, they leapt into creating a recipe book and have several other major activities for the remainder of 2020 and into 2021. The 54-page cookbook, entitled "Eat, Drink & Be Merry .. with a touch of Mother's Ruin Cocktails" was a giant undertaking, including

recipes submitted by WI members and local businesses, as well as coming from sponsors. The smorgasbord of options will help you through easy-to-make, budget conscious, group entertainment and cocktail making with extensive choices from soup & starters, vegetarian, fish, main meals, desserts, as well as biscuits & cakes. Not to be overlooked is the category on delicious cheeses and gin, contributed by sponsors Cornish Gouda Co and Tarquin's Gin/The Twin Fin Rum. Other sponsors include: Bosccastle Farm Shop, Cornish Stores, Cornish Yarg, The Manor House, The Napoleon, The Riverside and The Wellington. The WI is grateful to all sponsors



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for their contributions. The books, on sale at Cornish Stores for £4.95, make wonderful gifts for Christmas, birthdays, new home owners, as a Thank You and so forth. Stock up now and be ready and whatever you do, don't forget to get one for your own kitchen. One early buyer said, "I've tried several of the recipes already and they are all delicious. I plan to use at least one a week till I've cooked my way through them all!" A portion of the proceeds will be given by the WI to kick-start a defibrillator for the upper village (see page 4).

Many of the members not only contributed recipes, they also helped with recipe testing and proof reading. However, the lioness's share of the work on the recipe book was carried out by Julie Potter, WI President and June Mathers of the

Programme Committee who used her expertise in the printing industry to design and put together what we think you'll agree is a beautifully professional book.

The end of the year 2020, with Christmas and New Year promises to be like no other we've experienced. Whether we can get together with family and friends and how, remains to be seen. The WI is committed to helping this holiday period include some activity and

cheer for everyone in the village. If you've never heard of Yarn Bombing, now is the time to look it up, ask about it and get involved because we hope to dress up the village in wonderful colours. We've received Parish Council permission to proceed. Go ahead and get creative with yarn as knitted, crocheted or wrapped objects – your gateposts, gate, fence, a tree.

The suggested theme is the Twelve Days of Christmas but anything

goes as long as it isn't offensive. The time period for things to be on display is 1st December till 6th January. Julie Potter will be putting up posters and handing out fliers with images of things we've seen that have been yarn bombed so that you've got inspiration. We've seen all sorts yarn bombed including: a bicycle, tea service, chair, wheel, to name just a few. The idea is to be creative and help pretty up our lovely village over the festive season.

We are welcoming new members to our WI group and if you too would like to join us, we will welcome you. It's a great way to meet other women and together there is a lot we can do.

For up-to-date posts on our Facebook page, please go to <https://www.facebook.com/BoscastleWI>

For further information contact:

Gillian Schultz, 01840 250 762, gillian@safesound.com



yarn bombing suggestions include bikes, fences, trees

GS



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After much personal heart-searching one of Boscastle's most popular families, Matt and Frances Payne Edwards have decided to move from Hitherto on Dunn Street, a former Wesleyan Chapel and post office, to Marshgate. The main attraction is a three acre wooded garden, ideal for their young sons Nesta and Buster, cat Amy and the irrepressible ratter Pickle.

They are the sort of genuine local family who will be sadly missed, the couple providing a lively and entertaining centre for local gatherings, very much contributing towards the community spirit of the neighbourhood.

We wish them all the best in their new home and as the boys will continue at Boscastle Primary, they will maintain their connection with the village.

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This Autumn, 5 properties have sold along this same stretch of road, each at over £400,000.

West Country estate agents have noted a recent upsurge in demand: the suspension of Stamp Duty and second home surcharge until March 31st next year has impelled a rush to complete purchase of larger properties with decent gardens and office or work space suited to online businesses.

On the north Cornish coast between Padstow and Bude, according to the Council's own figures, up to 45% of properties are identified as second homes. Five years ago when I was involved with the Parish Plan we identified over one hundred and fifty second homes/holiday lets. The authors of the current Neighbourhood Development Plan tell me that number has grown to two hundred. This effectively eliminates the prospect of more young couples moving into the village, particularly as not a single so-called affordable property has been built in the past decade.

Simon Reeve's recent television documentary *Cornwall* not only exposed

its areas of extreme deprivation, the worst in Northern Europe, but carefully analysed why young people see their future elsewhere. As one girl living in a garden shed put it, "Houses are no longer seen as homes but as assets."

In the forty years or so I have lived in Boscastle the most transformative change I have noted has been the loss of small businesses – grocery shops, chandlers, butchers, chemist, estate agent, bank, hardware store and electrical goods, antique shop, post office, and even two garages, and their substitution by yet more gift shops and cafes, almost all services devoted to tourism and the poorest-paid. Maybe this would have happened anyway, Amazon did for the high street even before the present pandemic, but it ruins the place as a community.

Absentee landlords may feel they are connected to and contribute to community life but results of both the 2015 Parish Plan and the Neighbourhood Development Plan belie that illusion, response their to household questionnaires being practically zero.

CR

Cornwall Councillor Barry Jordan writes:

By the time you read this we will be out of the second lock-down and headed for a better time over the Christmas and New Year. This area of North Cornwall has been successful in keeping the infection rate extremely low and many of our tourists have been very careful and keeping to themselves.

Like you, I don't know how or when we can get back to any sort of normality. I was glad to see that our schools are being kept open to give the children some sort of structure and normality, I am sure that the schools will take great care of them and the teachers will also look after themselves, but we are seeing that there are a number of cases in Budehaven School where several 16 to 18 year olds have been sent home and are self-isolating.

Cornwall Council's Scrutiny Committee discussed the 'Cornwall We Want' idea put out by the officers and it was turned down by 9 votes to 6. But the cabinet refused to drop it and brought it back and all 12 councillor members of the group were like puppets, each read a script given to them by the officers, and decided unanimously to refer it to full council where they hope to get it approved. I have not had one person contact me saying they had been asked to make a comment and to date that

is still true. I replied to the review yet nothing that I wrote was taken into account, everything published by CC is positive so obviously any negative comments were discarded, not the right way to carry out a survey, and certainly not the way that the council should be run.

I wrote an article which appeared in the Cornish Guardian about 8 years ago headed "Who is running Cornwall Council?" Now I know who is running Cornwall Council and at this time it is not your elected members. That has to change if we want our green and pleasant land back.

As a governor of the Cornwall NHS Foundation Trust, I am often given information from Cornwall Council which has not been shared with the trust and one of the questions I asked was how can we have an integrated system if all the parties are not working together toward the same goal, the one door policy where everything is shared by all parties. The answer I received was that is what we are working toward. Next year the Cornwall NHS Foundation Trust is taking over the Royal Cornwall NHS Trust; they cannot be amalgamated because Treliske is not a foundation trust, so that will be the start of the integrated system. All we need now is for Cornwall Council to agree and I don't for one minute think that will happen.

You will have all seen or heard that Cornwall Council are making 200 people redundant to cut costs, yet we have seen in the last month 6 new senior officers appointed and no doubt the money saved by the loss of 200 will be swallowed up by the appointment of the new staff all over £100k per annum. I made a statement earlier this year about the salaries of senior staff at CC, 25 senior staff at Cornwall Council were earning as much as 800 people in the private sector earning approximately £18k per year.

Now we have more senior staff but the Council have not updated

the portal so I don't know at this time what and how much these new officers are earning and how it's going to impact on next year's Council Tax.

Four years ago I was selected for the Conservative and Unionist party to stand for Cornwall Council in this Division, I am pleased to report that I have been selected to stand again in 2021 for the new Division which will be the Camelford and Boscastle Division, going from Helstone to St Clether, Canworthy Water to Trevalga taking in part of Laneast, Davidstow, Marshgate, Tresparrett. Cornwall Council is to reduce the number of elected councillors from 123 to 87 and that is why the Divisions are so large, each taking in some 5,500 electors. The Camelford and Boscastle Division will have 13 parishes, one of the largest in the County. If elected I will continue to serve you as I have in the last three and a half years, of course I will not always get it right but I will keep trying until I do.

Let me take this opportunity to wish you all a lovely Christmas and hopefully by then we will be out of lockdown and we can all get together and have a fantastic new year and hope that 2021 is the one we all deserve

BJ

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Neighbourhood Community Cooking Project



Julie Potter is well known in our Boscastle Community. Never have I met someone so energetic, bubbling with enthusiasm and full of ideas which she is happy to carry out. The successful Scarecrow Competition was her brain-child, as was the WI Cookbook, now launched; she is our Boscastle WI President, Caretaker of Boscastle Village Hall and a Trustee and fundraiser for Tintagel Social Hall. Added to this she runs a Cookery Club, *Pay-as-You-Feel Meals*, and has a stall at two local farmers' markets. If that's not enough she also has a family to look after.

Her Cookery Club was aimed at helping people to cook meals on a budget, and to teach those who are struggling, especially teenagers, to take better care of themselves. People came with a £1 set of ingredients, usually veggie based, and Julie provided the meat and cheese component. At the end of the day her "pupils" were able to take home a minimum of three and up to six meals.

The *Pay-as-You-Feel Meals*, which provided the donations to keep the Cookery Club going, were scheduled twice monthly and proved, understandably, very popular. Julie assures me that as soon as Lockdown finishes these will start up again.

Her latest project is aimed at

helping even more of those who are struggling in these challenging times to feed themselves and their families. In this present Lockdown it has become apparent that more and more local people are facing significant hardship than ever before. Many in the community have been furloughed or, worse still, have lost their jobs. Julie's prime aim is to ease some of their worries and provide free meals for those who need it. Some people have asked if they can buy a meal and she is happy to accept that. She does, however, stress that her main aim is to provide free meals for those who cannot afford to pay.

Julie plans to put aside one day a week for cooking, using one of the two Village Halls, and then, that evening or the following day, deliver to people's homes or create a collection point for the food to be distributed. Menus will be advertised a couple of days in advance, either by poster or on Facebook, so that people can phone or e-mail Julie with their requirements (including any dietary restrictions).

Julie does emphasise that confidentiality and privacy will be respected at all times. She is very conscious of the reluctance of many to admit that they and their families are going hungry and are in desperate need, so that is why she intends to keep her team to a select few who can be trusted with contact details.

She has two volunteer helpers,



Lesley Walker and Irene Gledhill, and they make a very formidable team. While Julie does the cooking, these ladies peel vegetables, wash up and pack the meals ready for distribution.

You may wonder who pays for this and where the provisions come from. Much is financed from Julie's own purse, supplemented by donations and with the help of local shops (such as 'Charlie's' in Tintagel, who have provided all additional items for the cook this week). Julie is very keen to use local facilities where possible: *Button Meats* is one such concern which has been supportive. She has applied for grants and has been given £200 from Cllr Jordan's Community Chest fund. The most expensive

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outlay, however, is the acquisition of containers for the food to be packed in, a procedure which must comply with strict food hygiene regulations.

So, can we help? We certainly can. Julie likes to keep a store cupboard of food, tins and various items such as garlic and ginger. Donations of such items, as well as financial contributions, are always welcome.

Julie's guiding philosophy may be summed up in her own words as: NO ONE NEEDS TO BE HUNGRY. Her contact number is Julie Potter 07828824951

Her passion for this and all her other projects really shines through as I found when I chatted to her about her project. She is, however, quite reticent when it comes to blowing her own trumpet – persuading her to provide a photograph of herself wasn't easy!

She is now off to the Parish Council meeting to talk about yet another idea, Yarn Bombing!!

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The Trustees of the Old Bank Camelford are delighted to offer a renewed vision of the Old Bank's purposes thanks to two hard working and committed women joining us as trustees: Emma Cardoza and Chelly Sturgess. The Old Bank plans to renew its lease from June 2021 for another five years, continuing the work done so far, but with a new focus on meeting more of the basic needs of our community.

Chelly & Emma took over running the Camelford & Neighbours Community Larder in late December 2019 when the previous admin stepped down. Things were going steadily, continuing to help those in our communities that they could. However, they needed a new location for the shed that was the Larder's home, and then Covid hit. They battled on against the odds, particularly as the shed did **not** find a new home so all the food was stored in their own homes.

Months later, Cornwall Council were consulting on how communities could be better prepared for future emergencies and in a zoom call to brainstorm this, Claire Hewlett, Camelford Town Councillor, heard about the amazing work of the Community Larder - and how it had taken over their homes. The OB offered itself as the Community Larder's new home; once trustees saw what was happening, and how this fitted in with the Old Bank's charitable objectives of improving the life of those in Camelford and the surrounding villages, they asked Chelly and Emma to join them as trustees. Since then we've been exploring how the Community Larder can expand as part of the Old Bank.

Emma said, "We're freshening up

the building, changing things to better suit our future needs. It will continue to be the home of the Camelford & Neighbours Community Larder and will be used as a donation drop off and collection point for essentials, we want to go further. We know things are difficult for a lot of people in our communities at the minute and, unfortunately, it looks as if this could be the new normal for a while yet. We also want to be able to hold cooking classes, pay as you feel meals, pay as you feel table top sales, drop-in sessions with counsellors, budgeting and debt help, to establish a credit union and much more."

With Covid19 worsening financial positions, increasing mental ill-health and social isolation, and with the fear that a possible no-deal Brexit may lead to food shortages and/or price increases, practical help is needed. We hope to be in the position to do that. Clearly the new lockdown - and future ones - will limit what we can do, but donations and collections are essential so they will continue. We invite you to join us: please volunteer to help, donate money, food, clothing and items that would make good Christmas presents: contact theoldbankcamelford@gmail.com to arrange delivery.

Helen Wood

*Chair of Trustees, the Old Bank
Camelford*

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How about standing as a Parish Councillor?

Next year it will be election time again for Forrabury and Minster Parish Council. Councillors - 10 in all - are elected for a period of 4 years. The election is due to be held on Thursday May 6th 2021, but the election may not take place. Forrabury and Minster Parish Council has not held a full election since 2009, as in 2013 and 2017 fewer than ten members of the public applied, so no election was called.

There are many local people who care deeply about the community and do great things to support, entertain and keep us all safe. But very few such people are prepared to stand for election and take on the parish councillor role. Why is that?

Well, part of it might be a reluctance to risk rejection at the polls, part might be uncertainty about the role and the extent of the commitment required. Some might be a wish to avoid what they fear would be endless, apparently pointless meetings. But if people who care about the community and want to protect and promote what is good about it, won't put

themselves forward, we are all the poorer for it. If they do, though, the community benefits to work together more effectively.

The requirement is in general to attend one, occasionally two meetings a month to discuss and decide on matters of local import. The Parish Council has limited powers itself, but it can achieve a lot by working with the community and neighbouring communities.

The parish council is a recipient and conduit of local opinion, feeding into the appropriate county and national authorities the feelings and demands of the local population. Councillors have access to background information, correspondence, county and national policies and information. Councillors are encouraged to carry out research on items between meetings, to meet with local residents who want their help and take an interest in local community groups.

The Neighbourhood Development Plan group act as a sub committee of the Parish Council and are doing a huge amount of work on its behalf to get planning policies specific

to the Parish to protect our heritage and promote policies for our future needs.

What makes a good councillor?

There is no one size fits all answer. The main criteria are an ability to work with others for the good of the community, a readiness to learn about the role, integrity and openness in their dealings with the community. Within six months of election councillors are required to undertake code of conduct training which states that councillors should exhibit "selflessness, honesty and integrity, objectivity, accountability, openness and leadership."

They must take into account the views of others with impartiality, must behave with propriety and not use either their position or council resources improperly. They must take advice into account but also make their own decisions. Naturally they are expected to treat all others with courtesy. Bullying and intimidatory behaviour towards others is not tolerated.

Councillors must not take part or vote on

issues where they might benefit personally or their family, close associates or organisation they represent. Benefit can be financial or could be defined as to their general advantage. However, it is up to the particular councillor to make that personal judgment.

Being a parish councillor can be very rewarding, knowing that you are doing your best to promote the best for the community. You can be a champion for the areas that interest you and help with plans and decisions that affect us all.

So, whether you have stood for the council in the past, are currently a parish councillor or are new to local politics, if you are interested in the future of the place you live do consider putting yourself forward for the council.

You can always find out more by talking to the clerk, Adrian Prescott or a current councillor. Information about local elections can also be found at www.cornwall.gov.uk/council-and-democracy/elections/

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The minibus drives on...but for how long?



The Directors of Boscastle Community Interest Company (CIC) received many comments regarding their call for action following their announcement in the previous edition. The project is in danger of being halted as there is a lack of community drivers and general help to keep the project alive. However, regulations of keeping and maintaining the minibus are onerous and left to only a few hardy volunteers – this free community goodwill does only so far. Some people have come forward to try and ensure that the minibus continues to serve the purpose of its arrival. The Directors have requested an extension of three months on the insurance – an outlay of £350.

It is important to

note that Coronavirus has impacted the use of the minibus for obvious reasons. However, the Directors want to highlight how Coronavirus has not impacted their discussions regarding the future of the minibus project – the call for volunteers to help keep and maintain the minibus was made long before the pandemic.

The Directors have volunteered to drive the minibus for some small community trips in tier 1 areas operating with less passengers. With a new COVID secure screen installed, passengers will need to wear a face covering and sanitise their hands before boarding.

For more information on trips, speak to Claire (Minibus Manager) on 07506944622 or see community noticeboards.

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The Reading Room

I'm visiting The Ancient Reading Room alone today. Our country has once again entered a lockdown period to help stem the spread of Coronavirus. My visit here was deemed essential to ensure all was safely secured before I turned the key and walked away again.

The Bookworm Buddies have kept in close contact, through various means, because we find that by sharing our thoughts and opinions of the books we have read, we are motivated and inspired to keep reading. When spirits dip low and the ache of loneliness creeps upon a soul it is all too easy to not bother. These strange times could find us slumping in a chair watching endless television or constantly scrolling down screens mindlessly. I am the first to enjoy a good film or documentary or drama. They can be uplifting and awe inspiring but when the television is on all the time

there can be a temptation to allow yourself to be carried along without engaging with what you find popping up on the screen. How do I know? I know because I have done it.

Having a Bookworm Buddy is a life-line. Chatting to them stirs you into picking up that book you've been meaning to read and to switch off the television. Maybe you have thought about a book which you read years ago, why not re-read it? Books aimed at younger readers can also draw you in. I loved the Harry Potter books! Some people enjoy doing a craft or hobby. Bookworms that do have found that listening to audible books keeps them company as they work. The end result, whether reading or listening is the same. You are absorbed in a different world with intriguing characters. It

can be so compelling that you don't want to leave that world and your new friends. It's a real tonic. Why not buddy up with a friend or neighbour and compare notes on the book after you've read it? It spurs you on to keep reading.

Summer Reads

Over the summer the Bookworms have all read books of their personal choice as well as the ones we agreed to read. Browse through their recommendations. Something may catch your eye.

Some of them may have a review posted on @keeperofthe key on Instagram.

Books recommended by the bookworms.

Olive Kitteridge by Elizabeth Strout.

A Summer at Sea by Katie Fforde

The Night Circus by Erin Morgenstern

The Kashmir Shawl by Rosie Thomas

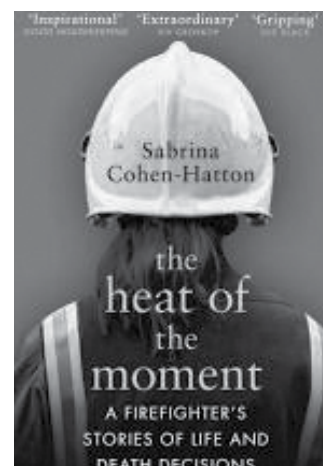
My Father's Tears by John Updike

Human Traces by Sebastian Foulkes

Our Endless Number Days by Claire Fuller

The Long Song by Andrea Levy

All of us read and reviewed the following.



The Heat of the Moment by Sabrina Cohen-Hatton

The author lost her father when she was nine years old. His death sent her mother on a downward spiral of mental health. At fifteen she left home and ended up sleeping rough and selling copies of The Big Issue to support herself whilst she completed her GCSEs. Three years later she joined The Fire Service. She is now married to a fellow firefighter.

This book demonstrates the author's skills and commitment to becoming an expert in her field. She studied psychology to understand how stress affects or influences

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the complex decisions firefighters need to make. The book contained many scenarios and descriptions of training exercises which were very detailed. She also goes into the detail of her research and how the results have changed the standards, legislation and impact within the fire and rescue service.

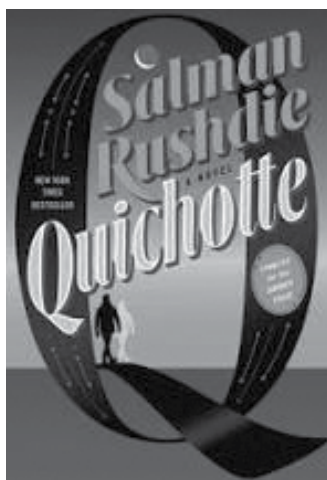
The Bookworms had mixed feelings about this book. Some Bookworms were not motivated to read it, another was a bit disappointed that it wasn't a straightforward autobiography but found it interesting none the less. We thought she wrote so well about decision making and so vividly about rapidly changing situations. She described her amazing route to a top job, and gave a real insight to a completely different way of life.

One Bookworm said, 'I am glad I read it but I can't say I enjoyed it.'

The Bookworms thought that maybe in the current situation they would have found that a book which transported us away from stress and sadness was more enjoyable.

It is however a well written journal about a remarkable and impressive life.

Story 6 Writing Quality 6



Quichotte
by Salman Rushdie

This is a long, complicated but strangely amusing book. It takes determination to get through it. It was long listed for The Booker Prize. It is loosely based on Cervantes 17th century novel 'Don Quixote'.

Quichotte is an Indian man who lives in America and works as a travelling pharmaceutical salesman. He lives in a fantasy world created by his thoughts. He ends up journeying in search of the woman he loves who is, in fact, oblivious of the relationship Quichotte

imagines they have. The journey takes him across America revealing its current tides of racism, populism and the opioid crisis.

There are two stories that cleverly intertwine and reflect each other. The book is pure crazy, fantasy and it is often confusing and complex to follow but you keep trying. It is written in such a way that you are compelled to try and understand its bizarreness.

Storyline 4 Writing
Quality 7

Until we next meet remember that during lockdown reading or listening to audible books can help raise your spirits and chase boredom away. Did you know there is a lovely book programme on BBC Two called 'Between the Covers'? It is presented by Sarah Cox with some famous guests. I thoroughly enjoy it and you might too!

Stay safe and well and keep reading!

Yours truly
The keeper of the Key

Remembrance Sunday

On Remembrance Sunday, Methodist Minister Rev. Linda Barribal held a very short service at the War Memorial. Forraby Church bell was rung to mark the two minutes silence, and was rung again on 11 November.



photo Gillian Schultz

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Like many of his kind William Duke of Normandy's primary concern, when he invaded England on September 28th 1066, was not the wise and benevolent future rule of his newly-subject people, but loot.

That was the way of the medieval world. A king induced the loyalty of his followers on the basis of some kind of spiritual devotion, so-called "divine right" and more tangibly on promise of personal gain.

Given that at this point there were at least a dozen contenders trying to deprive Harold of the English throne, William's claim by no means the strongest, his best argument lay in use of force.

"It is reckoned that in the twenty years following the conquest two hundred thousand Normans and Frenchmen settled in the country while at least three hundred thousand English people, one in five of the native population were killed by William's ravages or starved by seizure of their farm stock and their land." (David Howarth, 1066 the Year of the Conquest)

William, for his part, returned their loathing with interest. He refused to learn the language (not much change there) and spent most of the remainder of his life in Normandy. His only significant legacy was the imposition of Norman French as the language of the courts and nobility.

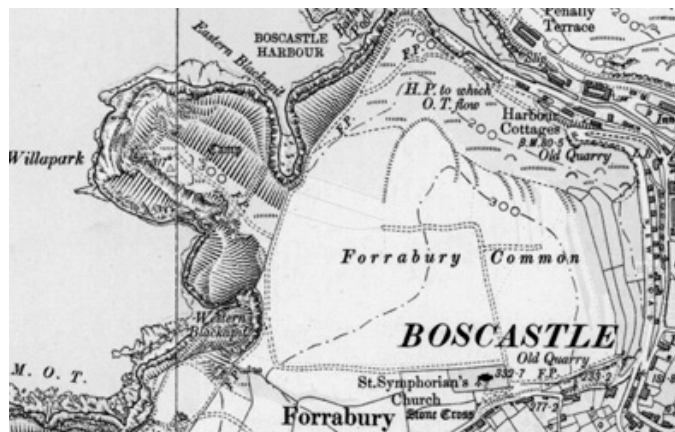
Not only the authoritative Anglo-Saxon

Chronicle but all other contemporary records attest to his tyranny. Although at first the population might have been willing to negotiate peace and accept a new ruler, when they discovered what he really wanted they resisted.

It took five years of ruthless repression to put down revolt. His dictatorship was characterised by the imposition of ruinous taxes and thefts of treasure from churches and monasteries and wholesale dispossession of property. He centralized of power and wealth into solely Norman hands, and displaced Anglo Saxon aristocracy by rule through a feudal system. Revered and respected figures of English life were thrust out of office, reduced to penury, imprisoned chained and manacled, blinded and maimed.

It is idle to speculate what if England might have become had it never been invaded, whether better or worse as a result, but certainly it would have been different.

In 1086 William instigated a survey of England to define exactly what he had and who owned it. It was not at the time common for legal documentation to establish land rights. Now it did. The 'Book of Winchester,' perhaps better known as the Domesday Book, stands as a prime example of colonial land-grab. William deposed some four fifths of the English owners and gave their land to his



followers. French lawyers provided the paperwork so he might ingenuously explain "every man should know his right and not usurp another."

Prior to the Roman conquest the natives of Cornwall could best be described as Romano-British. They had already traded with Rome during the Iron Age and although most of the UK then came under direct rule Cornwall remained largely autonomous. When the Romans left the Cornish continued to resist further incursion from Anglo Saxon invaders, remaining still proud of their language and Celtic ancestry.

An iron age cliff castle stands at the site of the modern coastguard lookout, its name Willapark derived from 'whyllas' and 'parc' meaning lookout and common, alongside the 'Stitches,' an Iron-Age farming system

The present harbour area was recorded as 'Talcar' (or Talkarn) a single accessible inlet of commercial trading value existing along thirty miles of bleak, sparsely populated coastline. According to Domesday William the Conqueror's half-brother Robert Count

of Mortain held lordship over Talcar. William de Botreaux was given lands there and built a castle in order to stamp Norman authority on the area and give his name to the village.

Norman castles were constructed not only to protect the new landlords against their tenants but to provide what England had never had before, a large number of prisons. "The grim stone keeps were a threat to every man and every woman in every part of England, and stood as symbols of bondage."

William the Conqueror was no hero, neither were his followers. They took by force, they ruled by force. All history, wrote the great Macaulay, is the history of freedom. All over the world peoples have reclaimed their freedom and expunged emblems of colonialism: countries renamed, statues toppled.

The village's present name is pleasant sounding enough maybe, but the castle is long gone. Is it not time to ask why it continues to bend a knee to a foreign invader and not restore and celebrate its ancient past?

(I am indebted to Rod and Ann Knight's work *The Book of Boscastle* 2004)

CR

Elfastic day at Cornish Stores



Clare and Jamie dressed up to raise money for people affected by dementia

Dressed to impress, Clare and the team at Cornish Stores hosted their first “Elf Day” in aid of the Alzheimer’s Society on Friday 4th December. Many came out to support the fun and games along with sampling gin, cakes and treats. But the biggest attraction was the chance to see the team in Elf costumes!

Coronavirus has changed everything for people affected by dementia. As a result of lockdown, people have found themselves isolated from their families and are more vulnerable than ever before. The Alzheimer’s Society is a cause close to the hearts of Clare and the family and their festive

fund raising will be a lifeline for many.

There will be donation boxes on the counter throughout December or you can donate online at the Just Giving page www.justgiving.com/fundraising/Clare-H-Doolan

Thank you to all those who popped by or helped to support the good work.



www.alzheimers.org.uk

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WHEN SANTA GOT STUCK UP THE CHIMNEY...



*...he began to shout:
"You girls & boys won't
get any toys unless you
let me out!"*

Or, if you prefer, – *'Twas the Night before Christmas, when all through the house, not a creature was stirring, not even...'* well, don't you believe it! On a number of memorable Christmas Eves past, we were certainly stirring (or attempting to) – except in our case, it was more a question of the boys not getting any toys unless Santa could get in!

The dreadful Christmas Eve when time ticked on, and would my young son go to sleep? No way! One, two, three o'clock and still no chance of getting into his bedroom. Finally, at five, the deed accomplished at last, two bleary-eyed parents retired to bed, only to be woken at six by shrill shouts of "Santa's been!!"

Then, there was the time when we forgot to pick up Santa's mince pies and port, (not to mention Rudolf's carrot), resulting in a furtive expedition downstairs at some unearthly hour to dispose of them.

How about the explanations to worried children that we didn't have a chimney for Santa to

come down and no carrot to give Rudolph because Mum didn't have any?

In the run-up to Christmas, of course, presents need to be concealed in safe places, well screened from prying eyes. Occasionally, this can pose logistical problems, such as the year my mother-in-law gave my husband a water-butt for Christmas. "Just hide it" she said "till Christmas Day, I want it to be a surprise." That's fine but where? It is not easy to camouflage a 200-litre water-butt! The garage was out of the question as was the greenhouse, as both were regularly visited by the intended recipient. So, it became a 'virtual present', on view on our landing but to be tacitly ignored. Mother-in-law, bless her, remained in blissful ignorance of our failure to carry out her instructions!

Then, one of my bright ideas: a sundial for my husband, to make a matching pair with the bird-bath which already adorned the garden. The item was picked up on Christmas Eve and kept out of sight in the car. Now, all I had to do was smuggle it into the house: the only trouble was it weighed a ton! So later that evening, with hubby safely upstairs in the bath, my two sons (in their dressing gowns) and myself heaved it into the house with a howling gale whistling around our ears and certain

other unmentionable areas. Into the dining room and out of sight, disguised with a bit of tinsel and my husband banned from that room till morning: mission accomplished! I still wonder if this episode had any bearing on the slipped lumbar discs from which all three of us were to suffer in the years to come!

I'm sure most of you can share similar stories (and recall the headaches they sometimes caused). Looking back, though, I wouldn't change a thing. At heart I guess I am still a child - 'cos I love Christmas!

SV



**Here's to a Merry
Christmas for us
all**

As I write this article, we are nearing Christmas, a time of celebration and family get togethers. I am wondering how we will all celebrate Christmas this year. At the present time our Vicar is holding Zooming Church Services, since we are unable to worship in Church. Will we have Zooming Midnight Mass this year, I wonder? If family groups are restricted to numbers of 6 only, it might be that Christmas dinner has to be organised over several days,

in order to celebrate with the whole family. It is all very uncertain.

In the past it was the certainty of Christmas family traditions that I found comforting. There was a timelessness to the Christmas tree with the same decorations being placed on it - the angel, made by my (then) playgroup daughter, much battered but still treasured; a bauble, once owned by my Grandmother, the gilding flaking off but not to be thrown out and the heart gift tag that my other daughter attached to a Christmas present, long forgotten. Memories flooded back as each decoration was found a place on the tree, sometimes finding the same place on the tree each year.

Memories of other trees come to mind. Before artificial trees took over from the pine variety with their Christmas piney aroma, one early December, my sister decided she would get ahead of the game. By buying a Christmas tree early in the month she could choose the best-looking one. There it stood, festooned in decorations but, unnoticed at first, week by week slowly and quietly shredding more and more pine needles. When most of the decorations hung on naked branches and Christmas day was rapidly approaching, she had to admit defeat and rush out and buy whatever scraggy tree was left. We didn't comment upon it! Another two-tree household was my

daughter's. She decided one year that she would not join the consumers of Chinese made Christmas decorations, she would make her own. Her enthusiasm knew no bounds, as they say. One tree was not enough to hold all her handiwork and despite the small size of her living room, two trees, complete with twinkling decorations, held pride of place and took up most of the room.

I am unsure whether I will decorate a tree this year or, if I will be able to celebrate Christmas with the family. I am certain, however, that I won't go into a panic about getting salmonella poisoning from the turkey, as I did several years ago. That year, a few weeks before Christmas, some 'doom merchant' produced a programme for television on the dangers of salmonella poisoning from poultry. Images of people succumbing to the poison, being too sick to dial for help and spending weeks in hospital, then, on returning home, having to deal with life-changing ailments, had a profound effect on my psyche. So graphic were the images and distress of

the sufferers (presumably, all reconstructed by actors for the programme!) that when it came time to eat the Christmas fare I had prepared for the rest of the family, I was unable to eat the smallest morsel. The programme had made such an impression on me that I was convinced there should be at least one able bodied person to call the emergency services when they all became ill. 'Mmmmmm', they said, as they tucked into turkey, pigs in blankets, homemade stuffing and all the side dishes that make up this once a year celebration dinner. 'You should have some' they said, 'You have done yourself proud this year, it is soooo tasty'. I waited for the retching to begin.

Well, of course it didn't happen and I did myself out of Christmas dinner that year and learnt my lesson, as far as scary television programmes are concerned. I hope you, Dear Reader, will be able to enjoy your Christmas dinner and store up happy family memories of Christmas 2020, despite the strange time we are going through.

GQ

Boscattle Farmshop gets Festive



with our whole operation we'll be following COVID regulations to keep you and us safe.

In January we are holding a Tapas & Wine/Cider Tasting Event run with in conjunction with Padstow based Trevibban winery. An evening to look forward to in the New Year or why not buy a ticket for this Event for a loved one.

Don't forget we have Gift Vouchers available for those people who are always so difficult to buy for, a perfect solution. Please do get in touch if we can help in anyway and thank you so much for your continued support through these difficult times, we so appreciate it.

Keep up-to-date with our latest news by following our Facebook page/Instagram and our website.

Merry Christmas One and All, Keep Safe from Jackie, Robin and all the team at Boscattle Farmshop

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Bottreaux Surgery News

This year has absolutely flown in general practice; we have worked hard during the pandemic and we have been grateful to receive a lot of support from local businesses and patients. We have successfully held the majority of our flu clinics, with social distancing intact, thanks to our amazing nursing team and the great support of our patient participation group. We do still have clinics and vaccines available though, so if you have not received yours yet please contact the practice. Patients aged 50 to 65 who are not usually at risk, please bear with us; we are awaiting national guidance as we have been asked to prioritise all those at risk first. Both our Facebook page and website are updated regularly.

Although we are, as I write this, in the middle of lockdown; we are working hard to get Tintagel surgery back up and running as usual. Currently clinics are being held there ad hoc, in accordance with staffing levels but the option is available once

again and our wonderful team will advise you where your appointment is located when you book. We continue to work slightly differently with all GP appointments held as telephone consultations, and patients coming in face to face when needed. We do still have routine appointments available both on the day and pre-bookable. You can book these online or over the phone. The nurses may hold your chronic disease appointment over the phone but bloods, dressings, smears and vaccinations (as well as many other things) are still being seen at the practice so by consulting over the phone where we can, we are aiming to keep everyone safe.

When you attend for an appointment we are happy for you to wait in your car and the clinician will let you know when they are ready to see you. At present our waiting room inside is not open unless a member of the team lets you in; this is to limit numbers in the waiting room so for you

to wait in your car where possible is preferential. This is under constant review, particularly as the weather turns, and we are currently in the process of obtaining some shelter for outside.

We are still trying to keep our footfall to a minimum so please only attend the surgery when necessary. We have updated our phone lines to have greater capacity and to ensure a more effective way of working during this time. Dispensary can now take calls directly between 9am to 10am and 4pm to 5pm, Monday to Friday. Please be aware though that they cannot take medication requests over the phone for safety reasons and medication queries are best managed by completing a form online. It would really help us if you could sign up to the text consent service so that you get a text when your prescription is ready as we are getting a high volume of calls from patients checking their prescription is ready which unfortunately blocks the lines and delays the dispensary processing prescriptions.

You will have seen the exciting news about the proposed Covid vaccination programme, this is still in the early stages of planning but please rest assured we are busy behind the scenes trying to organise the logistics whilst awaiting further information.

Finally we are happy to welcome some new staff to the surgery. Emily Parr has now joined the nursing team and will be undertaking many of your respiratory reviews, alongside your other nursing needs. Damian Blackley has also joined us recently from Boots, he is working as Operations Coordinator for the surgery. We are also looking forward to a new permanent GP joining us in February, Dr Emily Hancock.

As always, thank you for ongoing support during this difficult time and for helping us to help you.

From everyone at Bottreaux Surgery, we wish you a safe, happy and wonderful festive season.

With best wishes
Danielle Kirby
Business Manager

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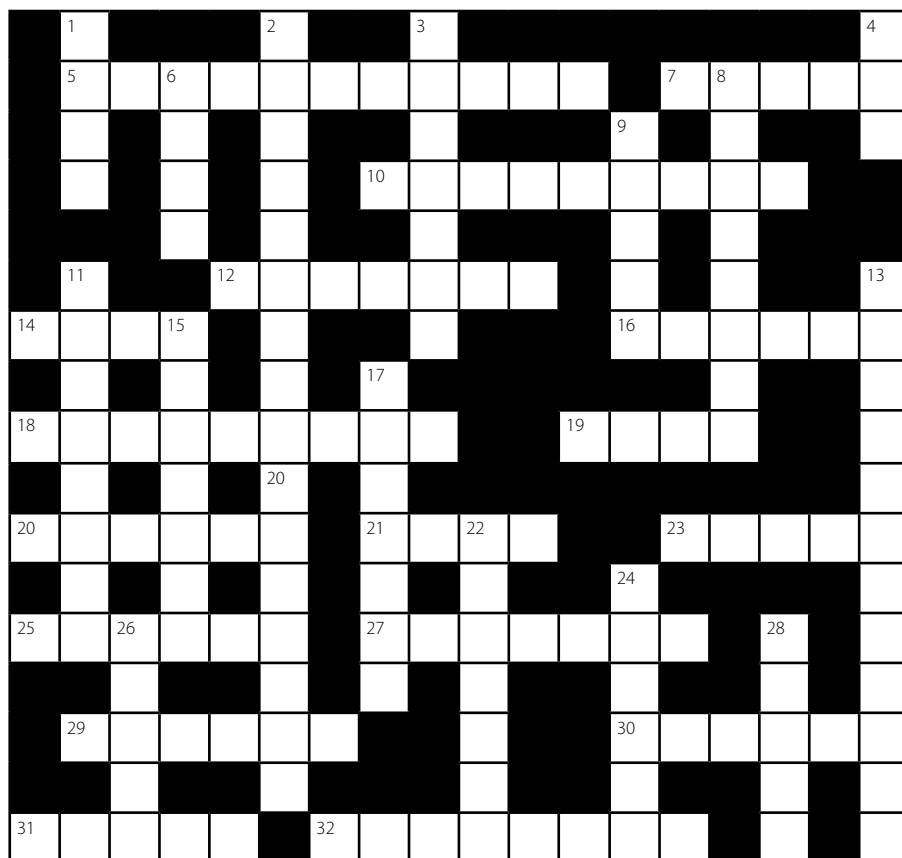
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Steve's Winter Crossword



ring and gets just desserts (12)
 15 African National Congress
 visits Italian capital for love (7)
 17 Hats for cricketers (7)
 22 Sheep with singular underwear
 becomes wild (7)
 24 One of these sounds like it's
 needed (6)
 26 Cleric loses right for bit on the
 side (5)
 28 Call for a round of drinks (5)

answers on page 7

Linda's Place Names Revealed

1 Communist girl - Redruth
 2 Part of an engine & how we got
 here - Camborne
 3 Greetings - Hayle
 4 Just normal - Par
 5 Holy interred girl - St Buryan
 6 Canonised foreigners - St
 Germans
 7 Writing implements & female
 relatives - Penzance
 8 Holy uprightness in a flower
 garden - St Just in Roseland
 9 Judges in June, July & August -
 Summercourt
 10 Rodent home - Mousehole
 11 A reptile - Lizard
 12 Farming implements
 Harrowbarrow
 13 Spoil a child - Ruan Minor
 14 Perhaps - Mabe
 15 Cross roads Four Lanes
 16 Part of a church & resident of a
 convent - Altarnun
 17 Paddling place - Pool
 18 Recreation ground - Playing
 Place
 19 Would you use this in an old
 lock? - Newquay
 20 In favour of public transport -
 Probus
 21 Pickled cinders - Saltash
 22 Crazy boy - Madron
 23 Oriental consort - Indian Queens
 24 Rich employer's home -
 Boscastle
 25 Royal crossing - King Harry Ferry
 26 Poster - Sticker
 27 What you expect if you get these
 right! - Praze

Across

5 Curious Superhero (6,5)
 7 Buys grasses (5)
 10 Steps off this Cornish beach (9)
 12 London, Paris, Rome etc.,
 excellent! (7)
 14 Carry furry animal (4)
 16 Party food for cannibals? (6)
 18 Horse event makes a racket (9)
 19 See 8d

20 Small fish. Just a mo at present
 (6)
 21 Musical instrument sounds
 dishonest (4)
 23 Care for special event (5)
 25 Feel deep respect always in
 Religious Education (6)
 27 Smash and grab sheep rustling?
 (3,4)
 29 Edgy hair (6)
 30 Educate fish (6)
 31 Bird sounds a bargain (5)
 32 Percussion instrument, spaced
 out to fish (8)

Down

1 Woolly female starts reaching
 for large jug (4)
 2 High level information (7,9)
 3 Box for virtue (7)
 4 Stupid donkey (3)
 6 Latest information from all over
 the place (4)
 8 & 19a Planet has a lovely
 physique (8,4)
 9 Force things (5)
 11 Aunt in proportion (8)
 13 Confused priest for Looe loses



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January 22nd, February 19th, March 19th

NatWest Bank

NatWest report that they are in the process of making changes to Mobile Banks so that they are COVID secure and to ensure that social distancing can be maintained.

At the time of printing, no date was available for when the mobile bank will return to Boscastle.

Camelford Library and Information Service

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Launceston Community 01566 761000

Minor Injuries Unit open 8 am - 8pm, seven days a week

X-Ray department Mon to Fri 8.30am - 5pm, Sun 9am-5pm

Stratton Community 01288 320100

Minor Injuries Unit open 8am - 10pm, seven days a week

X-Ray department Monday to Friday 9am until 4pm

NHS Emergency Dental Service: 0333 405 0290

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Catholic 01840 770663

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Environment Agency: 0800 807 060

Floodline: 0345 988 1188

South West Water emergency: 0344 346 2020

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Western Power emergencies: 0800 365 900

Village Hall bookings: Jane Spachett: 07985737356

Village website: www.boscastlecornwall.org.uk

Fingers Crossed for the Tiggy-Winkles

I could sense the anxiety as I watched small black feet scurrying, frantically, backwards and forwards on the other side of my neighbour's gate. The gap at the bottom of the gate was too small to allow the animal to escape and it was obvious that was its intention. At first, I thought it was a rat but quickly realised it was a hedgehog. Now I could feel its anxiety transferred to myself, for mid-afternoon is not the time of day you expect to see nocturnal hedgehogs. The animal was obviously in distress and needed help.

I knocked on my neighbour's door and she told me it had been in her garden for a couple of days. She had Googled and discovered cat food was a recommended diet. However, we removed 'Hedgie' from her garden and placed him/her in a box. He gave little resistance during this

handling, which also was concerning. When in doubt I always contact my personal village 'help desk'. He knew someone with the expertise to help the poor little creature and so we handed 'Hedgie' (since named Madern - Cornish for 'one who is Lucky and Fortunate') over to Michelle. She texted later to say that Madern was very sick. He was dehydrated, his eyes were sunken and his weight was well below the level he needed to go into hibernation. He had Crenosoma (lung worm) and a fair amount of Capalaria internal parasites (another form of lung worm). He was eating but only with assistance. Two days later, good news from Michelle, 'someone enjoyed their first proper meal'. He was moving about more, but needed to put on weight before we could uncross our fingers. She said once he has survived the winter, she will



a healthy hedgehog in the wild

return him from whence he came - a Boscastle garden.

By coincidence, a few days later I received an email from Cornwall Wildlife Trust stating that *'hedgehog numbers have declined by two-thirds in thirty years and this year, the Red List for British Mammals classified them as "vulnerable to extinction" for the first time'*. The Trust suggested ways we can help these endearing creatures. Create hedgehog 'highways' by cutting a hole in your fence or digging a channel beneath garden

boundaries. Avoid the use of pesticides such as slug pellets; make ponds safe by having a ramp for animals to climb out of steep sided water features and be aware of the dangers in your garden to these special creatures (such as garden netting or the lighting of bonfires when hedgehogs may be sleeping in them). Michaela Strachan, conservationist and Autumnwatch presenter says *'Now their only hope is their garden - that's their last refuge. But we have to make our gardens hedgehog friendly'*.

continues on next page

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a hedgehog highway between gardens in use

continued from page 37

You may wonder that Michaela says 'their garden' and you may think of it as your private garden but just reflect on how many creatures have access to it and how frequently they return. A friend once said she was told that we do not own our homes, we are just custodians of them for our lifetime, so doesn't the same apply to our gardens? Hedgehogs need our help now more than ever before, so give some thought to what you can do, to make their life easier and help prevent them from becoming extinct.

Update on Madern the Hedgehog.

Michelle reports that Madern is responding well, finished all wormer medication and gaining weight slowly. Last week Madern uncurled completely, on his own,

which was when Michelle was shocked to discover Madern has a terrible wound on his back leg. Although he is using it, it is completely full of infection and swollen. Madern is on more medication for this and he will be seeing a wildlife vet on Wednesday morning (2nd December) to get this fully assessed and to see how far this is / is not compromising him. The wound would explain why he was so poorly, on top of the parasites. Michelle says Madern is a 'real soldier' and has come so far. Michelle will update me after the vet visit.

Alas the outlook was bleak for Madern, the vet found that the infection was too severe to be treated successfully and it was decided that it would be kinder to put him out of his misery.

GQ

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Fifteen years ago in the Blowhole

WANTED SPORTS' REPORTER



After 10 years of being the Blowhole Sports' writer, Martin Pethick has decided to hang up his pencil.

The Blowhole team are sad that he no longer feels he can contribute his entertaining columns and would like to thank him for all the copy over the years (even the league tables, Martin!!).

Hopefully there is someone who would like to take over writing reviews and reports of the village's sports. Have a word with Martin or any of the Blowhole team to find out more.

(PS Martin , we would be happy if you change your mind,)

Alas, no-one filled Martin's boots: the sports' reporter post is still vacant

War Memorial

A donation received from the Trigg Morris Men has been used for a new seat. The Hircock family have donated a new front gate in memory of Vivien's mother, Mrs Mary Hilton. This is now in place.

Coastwatch

A dedication service was held at the National Coastwatch Station Forrabury. The ceremony was carried out by the Rev. Christine Musser


and was attended by family and friends.

Pandemic Flu

In the winter 2005 edition we featured a two page spread entitled 'Advice from the Department of Health on Pandemic Flu', including information about pandemics and vaccination. You can read this and other previous issues of the Blowhole online at boscastlevillagearchives.co.uk/blowhole/

Rainfall totals measured in Boscastle SX 09697 90138



	Sept 2020	Oct 2020	Nov 2020
Number of days with no rainfall	12	6	8
Max rainfall on one day in mm	18.2	25.8	12.2
Date on which max fell	24 th	4 th	2 nd & 14 th
Monthly total rainfall in mm	71.2	172.8	116.2
Total rainfall same month last year in mm	167	203.4	181.6

The Napoleon Inn's Poppy Competition

This autumn at the Nap we decided to hold, what will become an annual art competition to raise funds for Boscastle British Legion. Even though Remembrance Sunday fell during lockdown 2, we were so happy with the amount of people who entered so THANK YOU all.

As you can see from the pictures, we had so many lovely poppies to chose from. The winners were picked by landlady Sharon Muffett who chose Dawn Forde for the adults and Rhiannon Catterick for the kid's entries

So, thank you to all who took time to get arty and we look forward to seeing more poppies next year.

BD



Local photographer, Dave Burns has produced a 2021 calendar featuring 13 images he has taken this year. The calendar, price £10, is printed on high quality, thick, spiral bound, photographic paper. It is

sized A4 closed/A3 open.

Dave offers free delivery to addresses within 15 miles of Tintagel. You can contact him on 07779 041223 or find him on his facebook page DaveBurnsPhotography

Silent Christmas elves work their magic

As if by magic, December dawns on Boscastle and the magical Christmas elves begin to bring some festive atmosphere to the village. Silently and graciously, these unknown Christmas volunteers organise and erect the two Christmas

trees at the crossroads at the top of Fore Street and in car park outside the Cobweb Inn.

Huge thanks to Boscastle Chamber of Trade and Commerce for funding the community trees but even more thanks to those that

make it all happen. Whilst we do not underestimate the task of ensuring both trees stay in place during the squalliest climate - we are grateful to all those who go above and beyond to make our village even more special for everyone to enjoy.





Our Autumn term has been calm and happy. We are surrounded by so much talk of lockdown and the uncertainty we all share about the weeks ahead. Despite this, the children are all so happy, resilient and understanding of the needs of those around them.

is separated into three bubbles, in line with current guidance. As a result, we have all been missing one another. We have found some ways to stay connected, but remain distanced.

We have a weekly assembly, either remotely or outside. We have four new teams, led by our Year 6 children. Everyone is doing their very best to earn team points in sporting and creative activities as well as for positive contributions to school life. The points will be collated at the end of



Whilst our days look and feel very familiar, our little school family the term and the winning team will have a special reward.

We thought that if we are missing each other, there must be some people nearby who are lonely too. We are planning a few ways to brighten the winter. We are collecting items for the charity, Cornwall Christmas Boxes. We are making cards to send to people who are alone and we hope to record some Christmas songs and readings for everyone to share. We will put

more information on our website in a week or so.

We discovered so many talented bakers during lockdown that we decided to revive these skills in preparation for our own Boscastle Bake Off.

Last week's home challenge was to make some dough. Amazing results!!!!

Wishing you a wonderful Christmas from all of us at Boscastle Primary School

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