



BOSCASTLE BLOWHOLE

No 111 Autumn 2020

£1



Sam Halstead and Phoebe Stannard held Open Studio days at Half Acre recently. Here they are outside the studio with Elowen. See inside page 20 for full story.

Also inside: Minibuses pages 6 and 7

Boscastle Surgery page 8

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Useful Numbers page 37

A Perfect Day

Claire Morgan took to the skies for a dream trip this summer:

It was a beautiful day on 21st July when I went to Bodmin Airfield to finally experience something I had wanted to do for a very long time. I had booked a flight in a two seater Cessna and was going to fly over Boscastle.

We have been coming to Boscastle for 15 years and feel very much at home here. I even had friends looking out for the plane from their gardens. We took off at about 4.20pm and the pilot, who was a flying instructor, even let me take control of the yoke for take off! After about ten minutes we were over Boscastle. It was a cloudless blue sky with very light wind - perfect flying weather.

Seeing all the places that I know so well from the plane was an amazing experience. The sea shimmered and the corn marigolds on Forrabury Common gave bright splashes of colour. The



views were breathtaking and the pilot kindly circled round again so I could get all the photos that I wanted while admiring the beauty of it all.

We headed south along the coast passing Tintagel and Trebarwith Strand before flying inland to return to the airfield. It is an experience that I will never forget and I feel very lucky to have been able to do it.

CM



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 December 2020 Items for inclusion can be emailed to boscastleblowhole@yahoo.co.uk

Copies of the Blowhole are available by post at a cost of £3 per issue or £12 for the year.

To subscribe go to www.visitboscastle.com/blowhole or phone 01840 250685

Communications to the Blowhole can be posted to:

Jonhurst Cottage, Boscastle, PL35 0AW

The Blowhole is published quarterly and printed by:

Easyprint of Stratton, Nr Bude tel: 01288 381700 email: easy.print@btconnect.com

Panto 2021

Oh yes it is Oh no it's not oh well I just don't know at present!!!! I and I know Jo have been asked on a number of occasions recently if there is to be a panto this winter.

Well the good news is that we do have a script prepared (Beauty and the Beast – and I am not saying who the beauty or even who will be the beast); the songs have been found and printed and John has been primed for his magic on the scenery. The bad news is that we still do not know if the conditions will be right for us to perform it this winter. We will be trying to make this decision later this month or early in October as we do need time to attempt to learn our lines!!!!

So at this stage all I can say is that we are ready to go but we wait to see what the regulations are to see if it will be possible to put the show on. We will of course let you know what is happening as soon as possible as it is your support and enthusiasm that has made the past performances so successful and enjoyable.

MP

Boscastle Community & Recreation Centre Reopening

At the end of June committee members met with representatives of the Primary School to consider the school's request to use the Centre in July for a 'bubble' of 15 pupils. The committee was delighted to agree to this request, giving them exclusive use in July. As can be seen from the school's own article elsewhere in this edition, this was a success.

The school has asked to use the Community Centre again in September and the committee are happy to accommodate this. However, the committee also want to make the Centre available once again to local groups. The Community Centre Committee have completed a risk assessment and also produced a 'mini assessment', for hirers. This basically requires them to follow standard Covid-19 precautions, wipe down surfaces and equipment they use and list attendees in a 'track and trace' register.

The Community Centre has installed sanitiser dispensers at the main

entrance and the entrance to the main hall as well as in the toilets. They are also supplying disinfectant sprays and paper towels for wiping down surfaces free of charge. Dave Ferrett, the committee Chairman said "We want the Community Centre to play its role in the local community once again and for all users to feel safe. Hopefully the steps we have taken will encourage them to return."

If you would like to make a booking, please contact Mary Dummett on 01840 250442



Castle Site

There is now a working group to manage the Castle Site. The next step, as soon as social distancing rules permit, is to tramp the site get a feel for what needs to be done. While there is not yet a formal structure, various individuals fall into natural groupings:

those with practical skills and experience in woodland management; those who have ideas for developing the site for educational and leisure purposes, play areas, picnic areas; those interested in ecological development such as planting different tree species, wild flower meadows, insect friendly plants, and so forth, for which there are many organisations to approach for help and advice; and those who can who can manage the intricacies of applying to grant agencies for funding, again a variety of sources are available.

The initial task would be to prioritise what can be achieved in stages over the next few years, looking at all these overlapping possibilities, representing various interests.

As soon as a definite meeting date can be arranged all those whose expressed interest will be contacted.

For further details/queries contact the parish council clerk, Adrian Prescott on 01840 230609 or email forminpc@gmail.com or Chris Rodda 01840 250012 chrisrodda1843@gmail.com



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A Rubbish Decision

By the time you read this, we will have lost the recycling facilities from the Cobweb car park. It's a rubbish decision!

Boscastle Community Interest Company (CIC) and the Chamber of Trade and Commerce investigated the feasibility of keeping the recycling operational. They approached Cornwall Council with a proposal that if local businesses were to pay a subscription for their glass and cardboard recycling then households could use the facility in its same form for free. This proposal was rejected by the Council. The CIC have spoken with the Devolution team at Cornwall Council expressing an interest in acquiring the area for use of free community parking. The proposal is that residents of the village could approach the CIC for a resident's permit that would allow them 20 minutes free parking in the dedicated area if a space is free. The area is within the traffic order which allows for the spaces to be enforced by the Council's parking team if required. No decision on this proposal has yet been reached.

Forrabury & Minster Parish Council

During lockdown the Parish Council has held three meetings on the Zoom platform with truncated agendas. With the exception of the application behind Eveley Cottage which was decided Zoom meeting, planning applications have been decided by a majority decision via email. Some residents were dismayed that the Eveley Cottage meeting was attended by only 5 members with the decision made on the chair's casting vote.

Parish council agendas and minutes can be found on the FMPC's website boscastlecornwall.org.uk. Planning applications are posted on the website when they are received.

The September 10th meeting was held in person in the village hall, with attendees being asked to wear facemasks. We would like to thank all the councillors for the work they voluntarily do for the village and hope that they will find the task easier now they can again meet in person.

Skill Sharing Group

Are you interested in getting together for a social evening whilst learning a new skill?

We are looking for people with skills they want to share or skills they would like to learn. Anything from needlework and knitting to woodwork and mechanics. Meeting in Boscastle village hall twice a month and Tintagel Social Hall once a month, we would like to build a community of members who enjoy each other's company and like learning or expanding their skills and knowledge.

If you are interested give me a ring on 07828824951

Julie Potter

The Old Bank

The Old Bank, Camelford has opened for bookings, although current restrictions on gatherings severely limit our activities. We are particularly interested in offering space for one-to-one work such as counselling and advice.

Our current lease runs out at the end of June 2021, and the current trustees seek some replacements with energy and enthusiasm and vision to take the community

project forward. We're hopeful that one community organisation may take it over, discussions and decisions are ongoing. If you've got a great community idea for the Old Bank's future, please contact: theoldbankcamelford@gmail.com

HW



Boscastle British Legion

Firstly thank you for any donations received since our last article in the Blowhole. These are much appreciated especially in such times.

Unfortunately we still don't know if it is possible or in what context any annual Remembrance Parade can be held this year. Our usual door to door poppy sellers certainly will not be visiting I'm afraid.

Poppies will however still be on sale in the pubs and shops around the village, so please help this worthy cause. Thank you.

United we conquer
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NC

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National Trust

In the harbour, the National Trust shop and café have re-opened, with all the coronavirus precautions to help meet the government guidelines but with reduced staff we have unfortunately been unable to open the visitor centre.

Parking has been a particular issue in the harbour this Summer, residents have had to suffer a lot of inconsiderate parking, especially annoying as there is a public car park a short walk away.

The flowers are still blooming in the harbour with birds foot trefoil, hawkbit and knapweed giving some autumn colour. When the majority have finished flowering we'll carry out a 'hay cut' which will encourage more flowers for the bees and hoverflies next year.

Please pick up after your dog wherever you are – no-one likes to step in or stomp through the grass if you don't.

In the countryside, we have started our footpath repairs and path cutting

programme. We also resumed our tree safety work which meant a large ash tree over the path near Minster church had some branches removed to make it safe.

We've also surveyed other ash trees in the parish looking for ash die back but didn't find any that needed safety work. This disease is well known in the country and part of the management is to allow the trees to naturally recover, wherever possible, to see if natural immunity can develop.

Boscastle@nationaltrust.org.uk

01288 331372

Jeff Cherrington

Swifts, the sound of summer

Once again swifts took up residence in the loggia Dave Washer built for us last Spring. One pair last year, three pairs this year. It has been wonderful to have had their company over the last 3 months. The chicks chirruping; the adults, swooping to and from the nests, performed stunning aerial displays and held

'wild screaming parties' where 'friends' joined in and 20 or more swifts soared high over the house.

As the chicks grew, they left their nests and sat together in the rafters. Six fluffy little birds all in a row. Then their first clumsy attempts at flight. Circling through the loggia, missing the nest, bumping into the glass panel on the door, landing on garden furniture, clinging to the walls. So fragile and vulnerable.

The parents chased off magpies and crows that came too close. They dive bombed Lucy, our border collie, who flinched but stayed focussed on her ball. We put carpet under the nests in case of crash landings and crossed our fingers that these stunning little creatures would survive their non-stop flight to Africa and return again next year.

Swifts spend about 8 months of the year in flight, eating and sleeping on the wing. They pair for life and return to their



nesting site each year.

Like so many species, their numbers are in sharp decline due to the increasing use of pesticides and habitat destruction. Half of British swifts have been lost since 1995.

SS



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Decision time on the Boscastle community minibus

Put simply; keep, mothball or sell? Boscastle Community Interest Company (CIC) need to make a decision on the future of the community minibus project.

Firstly, the Directors wish to thank all of those individuals who have contributed and supported the minibus. Whether it is taking a seat and going somewhere or actively looking after the minibus, your involvement goes a long way.

Since the minibus arrived in June 2018, the CIC have funded a two-year community minibus project. Thereafter decisions would be made as to whether it was viable to continue to support a more permanent offering. Since its first venture, the bus has carried 304 passengers on 35 community led trips, been hired 132 times carrying 1821 passengers and been used for community events such as a shuttle service eg for park and rides and pick-ups for community lunches. All in all, the CIC believe the minibus is well supported but does that make it viable for the future?

The CIC has struggled to find volunteer drivers.

This was an area of concern as drivers are crucial to community trips taking place. Whilst there has been a continued emphasis to advertise, encourage (arm up the back) & beg for drivers, we only had a small handful of volunteer drivers to call upon. This impeded trips being planned and prevented some from going ahead.

Lockdown forced the CIC's hand to currently mothball the minibus. This has had a huge financial impact as the maintenance schedule of checks and insurances continued without any income to offset. This looks to continue until October 2020 at the earliest which will bring the minibus project into a deeper financial deficit. This is a shame as the minibus was starting to gain a renewal slush fund.

The Directors note that one aspect of the project that was under-used and ceased from being offered was the free Monday village hopper service. This dial-a-ride service was to help or encourage residents to use or access local services of the village: get picked up and dropped to the surgery, be dropped to the car park and visit any shops or cafes

for goods and services and be returned home free of charge.

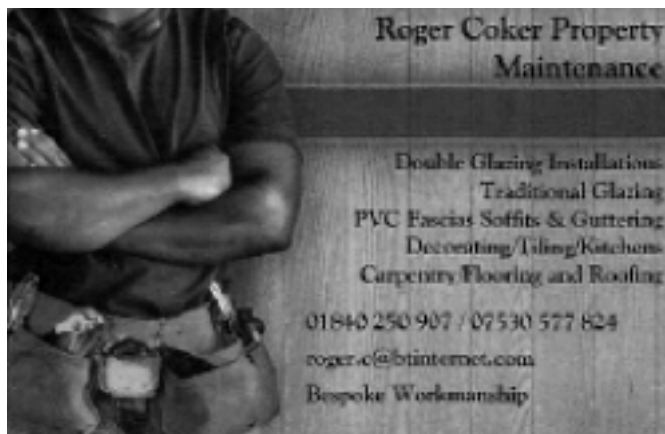
The Directors believe the best way forward is to gain more community involvement. If this is achieved, the Directors think there is scope to extend the project into 2021 or to fund the project to a maximum £2000 whichever comes soonest. In particular, they are looking to broaden and merge their current supporters into subgroup to actively focus community trips, volunteer drivers, group hire and maintenance. Without this, the simple truth is that the continued shortfall in income would be unsustainable for the CIC and the minibus would need to be sold.

Do any of these apply to you?

- You and 5 others of your social network want to go to a particular location and believe it would be a great example of a community trip and know a volunteer driver? Come forward!

- Want to become a volunteer driver? You might not be able to do more than once a year – but if there are ten people thinking that – that's ten trips. Come forward!
- Can be called upon to take the minibus to the garage for its regular checks? Come forward!
- Regularly available once a week to check over the minibus's tyres, levels and lights? Come forward!
- Think the minibus is a great idea, want it to continue but don't know how to support? Come forward!

Contact Claire Bailey, minibus manager, on 07506944622 if you think you can help. The Directors will take the decision to keep, mothball or sell the minibus at a meeting proposed for December 2020.



new gig under construction at Bodinnick, see p13

News from the Nap



First for a Nap pint!

After the long lockdown with our doors firmly shut The Napoleon Inn re-opened with new one way systems in place, hand sanitiser stations, table distances measured, tables and chairs thoroughly sanitised between each customer leaving and arriving, masks worn by staff, single use condiments etc all to keep our customers as safe as possible during these strange times.

First to enjoy a Nap pint after self-isolating was Julie Potter seen in the picture with her son Dorian and Nap landlady Sharon Muffett.

We are all so thankful

to all our fab customers for their support and for following the rules and we hope for your continued support over the winter months. Hopefully we will be able to host our quiz nights and bingo nights too so please keep up to date on our facebook page.

Scarecrows

We all loved the recent scarecrow competition in the village. Alongside it, at the Napoleon Inn, we decided to run a photo competition. We encouraged people to take their photos with our very own landlord and landlady scarecrows, Ron & Sharon Muffett. We had some great entries, some with

pets, some with children and some that we really laughed at but were a bit risqué. I showed all the pics to my mum Glenys Dallow which cheered her up during her long long isolation. Those who now her know how much of a people person she is so isolation was a struggle. We got her to judge the pictures and the winner was Dorian Giddings with his picture shown below, he brought his scarecrow to the pub for a socially distanced drink with Ron and Sharon.

BD



Age Concern Mini Bus

With the virus and the resulting lockdown in March of this year we had to take the decision to stop running the mini bus. Now with the easing of restrictions I am sure you will be pleased to see that the bus is starting to be used once again.

At present we are running the regular shopping trips on a Thursday. There is also a monthly trip to Tavistock. In the future months I would hope we will be able to return to a more normal program with our Christmas trips to Exeter and Truro as well as any other trips which people would like. For safety reasons we are at the moment limiting numbers of passengers to 9 and we are asking everyone to wear a mask while on the bus. If you would like to be picked up to go on a trip (this is a door to door service) then please contact the trip organiser or ring me on 250625 and I will help you to contact the organiser. Also if you would like a copy of the monthly program then please contact me and I will put you on the mailing list.

Finally can I make my normal plea in that we are always looking for more volunteers to act as either trip organisers or drivers. If you could help with one of these roles then please let me know on 250625 or mike@2penally.co.uk and I will let you know what is involved.

MP

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Bottreaux Surgery News

Bottreaux and Tintagel Surgery would like to thank you for your support in these strange times. You will have seen many changes at the practice over recent months in response to the ever-changing government advice and we are very proud of our staff and grateful to them for their resilience. Our main priority is to keep our staff and patients safe, and therefore there are many changes which are likely to stay for the duration of the pandemic, we will try to summarise them for you here.

Appointments

Anybody who would like to see a clinician will be booked for a phone consultation first, we are able to offer video consultations and we do see patients in the practice. We currently have 3 GPs, 1 GP registrar and 2 paramedics and are advertising for another GP at present. We are open and available as usual, but all appointments will be phoned first with only those patients that need an examination or may have communication difficulties that are insurmountable by phone or video coming in. Any requests for home visits for those who are truly housebound, or too ill to come to the surgery are also phoned first and when visits are needed, either the doctors or paramedics will come out. We also currently have one practice nurse Cathy, and 2 highly qualified healthcare assistants – Sue and Lisa – who do a fantastic job ensuring we do all the

blood tests, dressings, smears, vaccinations and routine patient monitoring that we can. We are looking forward to our new practice nurse Emily Parr joining us in October.

When you come to Boscastle surgery you will notice many changes to keep you and us safe. What was done through the reception and dispensary windows in the waiting room is now done through windows outside. These are signposted as you make your way to the usual patient door. Patients check in at the reception window and then are let in through the locked patient door by the clinician they are due to see. Rest assured if the weather is truly inclement, we are letting people who have an appointment into the waiting room, but this does slow us down as we have to wipe every surface between patients so please wear coats and bring an umbrella when needed! Blood tests are being done at the back door, where the back porch has been converted into a phlebotomy room, patients need to check in at our reception window before waiting by the back porch for their blood test. In line with national guidance we ask everyone who comes to the surgery to wear a mask. All the clinicians will be wearing masks, aprons and gloves and we wipe down every surface any patient has been in contact with in the surgery in between patients. We are holding nurse clinics in Tintagel on Tuesday and Thursday afternoons, these are all

prebooked and patients are let in after ringing on the doorbell – which is wiped down between patients. The appointments at Tintagel are under constant review and we hope to offer more appointments there from October. For the most up to date information it is best to check our website and facebook page.

Prescriptions

We are very grateful to our dispensary staff, they are working shifts including evenings and Saturdays to keep the prescription turnaround quick and the practice working covid secure. 99% of patients who would normally pick up their prescriptions from Boscastle surgery have now recorded their preference for collection from the surgery or the Spar. Those who would usually collect their prescriptions from Tintagel surgery are collecting from Tintagel Premier, and our usual drop off points of Marshgate Post Office, Wainhouse Stores, Luggs Garage in Delabole and the snooker club in Crackington Haven continue. We really appreciate the support of these shops for helping

with this service. There is a delivery every day by 3pm to the Spar and Tintagel Premier for routine medications, and Monday, Wednesday and Friday to the other drop off points. Any urgent prescriptions can be collected from the practice as well as all controlled drugs. Those of you who are signed up for our text message service receive a text message to let you know when your prescription is ready for collection from the relevant destination. You can order your repeat prescriptions online through EMIS patient access, by dropping off the repeat slips at any of the drop off points, in the prescription boxes outside our surgeries or by sending an email to bottreaux@nhs.net. Those of you that use Boots in Tintagel or Camelford will be aware of their procedures.

Flu Clinics

We are holding flu clinics at Boscastle surgery, Tintagel surgery and the Crackington institute. These will be socially distanced clinics with patients given appointment times that we ask you to stick to. There will be



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no other patients in the building for anything else except emergencies during this time. The doors will be open to ensure ventilation and a one-way system will be in place. It is more important than ever to have your flu vaccine this year and we have put every effort into keeping our clinics as covid safe as possible.

How you can help us

Our reception and administrative staff do an incredible job of dealing with a lot of your queries over the phone, but in order to reduce the phone queues we would appreciate your use of other technologies where available. You can sign up to EMIS Patient Access, this means that you can access your blood results, order your medications and book appointments online. You could use our website bottreauxsurgery.co.uk or email letters. bottreaux@nhs.net to send in photographs, sick note requests and other queries you have which can be passed to the relevant team. You could sign up for text consent, this means that the dispensary can send a text message when your prescription is ready, or our administrative team can send a message if we need you to repeat a blood test or book an appointment to discuss your results. We also offer a service in the dispensary to automatically renew your prescription for up to 6 months if your medication is stable, if you think this may suit you then please send dispensary a message, which is best done through EMIS online, but can be done through dispensary.bottreaux@nhs.net.

net. There is self-help advice available on our surgery website which can help you to access other local services, there are particularly useful sections under the wellbeing and child health headings.

Truro hospital are keeping their website up to date with waiting times for their outpatient and routine surgery waiting times, they have also just released a patient hotline for patients to ring or email if their condition changes while on the waiting list. It is 0800 0357777 or you an email rcbt.cornwall.patienthotline@nhs.net. These enquiries are then directed to the appropriate specialty for clinical review and appropriate action. This is for Treliske only, we have not been informed yet of similar services at Barnstaple or Derriford.

We are very fortunate to have such a supportive patient population at our surgery and look forward to getting through this pandemic safely. Please check our website and facebook for the most up to date information. Our brilliant practice manager Danielle Kirby is available if you are having problems with your experience with the surgery that you would like brought to our attention. We all look forward to seeing more of you in person when we are through this pandemic.

Many thanks, Dr Walker and Dr Radford.

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Website: bottreauxsurgery.co.uk

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News from the Lookout



Well, we can't pretend it was the busiest summer we've ever had at the Lookout during the last 17 years but unfortunately that's true for so many people and businesses in the county.

Although we were allowed to start Watch-keeping again towards the end of May, it wasn't as if we had to cope with a sudden rush of visitors on the Coastal Path or too many craft out to sea.

But we did have to adapt to the new conditions and some new regulations.

Our building doesn't share the un-limited spacial dimensions of

the Tardis and while we have always preferred to have our watches double-manned, this wasn't going to be possible if we were to maintain the correct Social Distancing. So solo watches only for those people in good health who didn't have any obligations to vulnerable family members.

This had an immediate effect on our numbers, as did the requirement for people over 70 to shield and obviously anyone who suspected they had Covid 19 symptoms had to remove themselves from the Roster. Other requirements were equally straightforward, keep a distance from anyone you meet on the walk up to the Lookout, don't touch dogs or ponies and no visitors inside.

We had to use sanitising wipes on all the equipment and surfaces as soon as we entered the lookout, including radar, radios and binoculars. Hand gelling

frequently passed the time. In normal circumstances, when a Watch changes, the handover takes place inside where charts and the logs can be viewed together and any concerns discussed.

Not anymore. The handover has to be done outside.

Not ideal, when, as anyone who knows the area will appreciate, you can absorb your own bodyweight in rainwater by standing still for five minutes while waiting for your colleague to leave the warm and dry.

But there were still three watches a day and we were involved two incidents where our presence was a help to other emergency services. On one occasion we were tasked to assist in the search for a vulnerable person, and on another we acted as radio communications link between the Cliff Rescue Team and the Coastguard during the recovery of an injured member the public.

It was very encouraging

to hear from some of the other Rescue Services that our absence had been noticed. As one highly professional organisation commented "On the basis that you don't know what you've got until it's gone: we really missed NCI during stations' lockdown. Now that most of your stations are back online, we doubly appreciate what NCI does for us and thank you all very much."

You may remember from the last Blowhole that our finances had taken a bit of a battering with few visitors to top up our collecting tins at the Lookout and our normal collecting sessions in the town were equally constrained by the lack of visitors.

However, when collections were able to start again our Fund Raising Officer was faced with prospect of operating a Socially Distanced fairground game with willing visitors tossing their coins in the direction of his collecting bucket

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socially distanced fundraising at the harbour

with varying success. Ever inventive, he attached the bucket to a pole and could respond to offers of support while maintaining the statutory distances.

Acutely aware of current trends, he has initiated the use of a Card Reader to make life easier for those who prefer not to use cash in these times.

However, if any of our readers do find themselves burdened with unsightly crumpled notes and pound coins lodged down the sides of chairs, we would be happy to take those of your hands at any time.

Although 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.

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STRESS CAN REWIRE YOUR BRAIN

These last few months have definitely been 'different'. We have all suffered different levels of stress. For many of us we have realised just how much. Stress isn't as obvious as we first think, many of us consider ourselves unaffected. Stress can manifest in many ways: a short temper, headaches, poor sleep, trouble with memories, decision making, skittish thoughts, worry, feeling overwhelmed, feeling un-motivated, digestive issues such as stomach pains or diarrhoea.

Stress is our body's way of responding to any kind of demand or threat. When we sense danger, whether real or imagined, the body's defence system kicks in; this is the "fight-or-flight" reaction or "stress response." Between work, family and other pressures, stress is a common part of modern life. Since covid many of us have had the time to reflect upon this and consider where changes may need to be made.

Technology

We underestimate how technology is a constant distraction, whether for work or leisure, we are rarely without some type of interaction, and therefore

stress. We rarely have true peace or lack of interruption. Even the notification sound elicits a tiny stress response within us.

Everyone experiences stress differently. It can be in the simplest form of taking the dog for a walk. It runs off, which makes you late for the day, commencing with stress, rather than the enlightening time in nature that you hoped it would be! And then there's moving house, considered *the* most stressful life event.

Occasional stress, as a short-lived experience is normal and part of our design, ie the fight-or-flight response. But more and more people are suffering long-term or chronic stress. It can affect how you feel, think, behave and how your body works. Common signs also include a loss or increase of appetite and difficulty concentrating.

The body's system is not designed to be constantly activated in stress mode, releasing the hormone cortisol, which significantly impacts on health and wellbeing. There doesn't necessarily have to be one main cause of stress in today's world, but rather a build-up of several - what



can appear inconsequential, 'mini stresses'. For example, you dropped the kids off late to school due to a 'breakfast melt-down', you remembered you forgot to email someone back, you have to buy a new fridge **today** and wash the P.E kit. This is on top of your normal everyday demands; job, exercise, keeping in touch with family & friends. Plus, you are tired because you stayed up late on social media. Altogether this is cumulative stress. How many days are like this?

If you have hit a point where you are fatigued, irritable, everything feels like a chore or you are simply no longer bothered, then long term stress and its associated hormone cortisol, may have started to negatively re-wire your brain.

How does this happen?

In response to any stressor, real or otherwise, cortisol is released: this tells muscle and liver to release sugar into the bloodstream. That sugar can then be transformed into energy enabling us to 'fight or flee' a situation. However, as it isn't a sabre-toothed tiger attacking us on the plains (but three missed calls and a text), our bodies stand down, so-to-speak. None-the-less, a stress response has occurred, with many bodily affects. For example, Cortisol in the short-term can be anti-inflammatory, help stabilise blood pressure, set heart rate and signal the activity of the digestive system. In the brain, cortisol can lead to growth and adaptation by seeking new neuronal connections, which can better serve you in the future, in a similar situation, improving your stress response and therefore finding homeostasis ('balance').

A little stress is good, but not a lot

But unfortunately, in the long-term, in response

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to regular daily stressors, cortisol can have a negative impact on health, such as frequent bowel movements (leading to dehydration and reduced uptake of vitamins & minerals), destruction of the protective gut lining (causing susceptibility to allergies, eczema, asthma) and palpitations. For the brain, if balance cannot be restored due to constant stress, then negative neural connections can occur, creating negative default patterns manifesting as anxiety, depression, the inability to think straight or irritability to name a few.

Remember that the brain also has a role in sending messages around the body and in doing so, is constantly striving for bodily balance (homeostasis). Hence, how your general health can be affected by just one hormone when homeostasis is not achieved.

It's not all doom & gloom

So, how do we manage this response to un-real threats, but rather to 'modern life'? Luckily there are many ways to tackle stress. Consider which you could do:

- Limit your email & social media window - take a few hours off either end of the day from texts, emails,

social media, allowing a proper wind-down period prior to bed.

- Daily meditation - download an app and listen for free whilst walking, washing up or cooking dinner. Or listen to a song that relaxes or makes you feel happy.

- Interact with family and friends - have quality, happy, social time, ensuring you have access to a support network. Try Zoom, WhatsApp video.

- Regular physical activity - even ten minutes walking daily, at a good pace can help manage stress, increase energy levels, alertness and improve sleep.

- Write down one positive aspect of each day, do it for seven days and give thanks for it, no matter how small.

- Balance blood sugars, avoid sugary foods and large quantities of starchy carbohydrates.

- To help with brain communication, ensure an adequate intake of B vitamins - found in leafy green vegetables, but also healthy fats found in nuts, seeds and oily fish. Eggs, as a source of choline, are also important.

So whether your own stress levels seem obvious, or if you haven't considered

them, they may be more subversive and accumulative. Consider doing just one thing for your health, to manage levels. One thing that costs nothing, but which most of us do too much of is use our phone/email/social media. So start there, incrementally if needs be.

Also, breathe. Remember to slowly inhale and gently exhale, feel the tension start to ease. Repeat 5 times over 60 seconds.

Wishing you a stress free remainder of the year, well, as close as you can manage!

Stay healthy!

*Juliette Bridge,
Nutritional Therapist*

Follow me on Facebook or Instagram @thebodyworkshop.life offering up musings & ideas for busy lives

Bosccastle and Crackington Gig Club

A positive outcome of the flood of 2004 was the formation of the Bosccastle and Crackington Gig Club. In early 2006, the club welcomed their first gig boat, Torrent. She was

constructed by Cornish boat builder Peter Williams of Bodinnick. Near Fowey.

On the 16th anniversary of the floods, Club Chairman Phoebe Millar travelled to see Peter at his boatshed, to see the new racing gig he is building for the club. A result of much hard work, fund raising and generous donations, club members are very excited to be taking ownership of this stunning new gig in October. She will be used for racing and regattas, hopefully keeping her in pristine condition for as long as possible.

All rowing stopped since the Covid 19 lockdown, but we were given the go ahead to re-commence in late August, with full risk assessments and precautions in place. Gig rowing has grown in recent years to be a major sport and recreational activity and has been very much missed. The gig rowing community will all be hoping for calm weather in September to enable them to get back out on the sea often to enjoy the sport they love.



rowing out of Pentargon cave



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Church and Chapel



Dear all

I have taken to refer to 'the current normal' to describe what we can and cannot do in these unusual and challenging times.

As lockdown eased we were permitted to open some of our churches for private prayer, provided we had carried out a proper risk assessment, and had carried out cleaning in a safe, properly protected way.

Although we have been able to open Forrabury Church, it has not yet been possible to open Minster, as we have not yet been able to put together a suitable and protected, cleaning team. You will appreciate that the accumulated bat droppings in that church present an additional hazard.

Some other churches within our Cluster are open for private prayer, but others not, as it depends on the availability of people to ensure daily cleaning of surfaces to avoid the transmission of this terrible virus.

Throughout lockdown we have provided a Sunday morning service from the Rectory via 'Zoom'. Since the beginning of July, when the regulations allowed us to hold socially distanced services in church, we have held a 10.30 service in Forrabury Church, on behalf of all the churches

in the Cluster, which has also been live streamed via Zoom. Please contact me if you would like to join us. We are fortunate that we have a very good EE signal in that church. We continue to stream a live Evensong service every Sunday evening at 18.00.

We are able to hold weddings and funerals in church, but with a maximum of 30 people and everyone in church is required to wear a face mask.

As I write we are aware that cases of Covid-19 are rising again, and we may yet face further restrictions. Therefore we have not planned any Harvest Festival services this year, but I urge you to consider putting a few items in the Foodbank collection boxes of the large supermarkets, or to drop items off at the Rectory.

We continue to pray for all of our communities; for our homes and places of work and leisure, for our schools and businesses, for those who are isolated or fearful, for those whose weddings have been postponed, and for those unable to attend the funerals of loved ones. As caring communities we have all done so much to protect and support each other, and will continue to do so.

*God bless you and protect
you all
Heather*

A Methodist Ministers View

Recently in a conversation someone remarked to me that they did not foresee back in March of this year that we would still be coping with the impact of the Coronavirus as we are at this time. The impressions that they had formed was that in a few months' things would be back to normal, instead of which we are talking about a 'new normal'. It seems to me that we shall have to be cautious in our daily routines for quite a time into the future.

As we move from the Summer months toward Autumn our Christian tradition is to enter into a season of Harvest Thanksgiving. However, it may well be that the traditional hymns of Harvest like 'Come, you thankful people, come' or 'We plough the fields and scatter' will not be sung in very many settings this year. We may not be able to gather in our Churches to lustily sing our harvest thanks, but that should not stop us from wanting to give thanks to God for all the ways in which we have been, and are being, blessed in these days despite the difficulties.

The book of Psalms in our Bibles have a number of songs or prayers of thanks and the writer of Psalm 92

includes the words 'How good it is to give thanks to you, O Lord...to proclaim your constant love'.

The work of gathering in the Harvest has been going on around us over the past weeks and some of you will be reaping the rewards of your labours from your gardens in the vegetables and flowers. Further, over the past months we have been able to benefit from other people's harvests through our shop purchases despite the difficulties. We need to be thankful too for the way in which members of our community have supported each other, and still are at these difficult times.

The current circumstances have prevented us from being able to celebrate V.E. Day in May and V.J. Day in August, but the sacrifice and Service of so many through the 2nd World War which ended just 75 years ago is a cause for giving thanks. Our recent years of peace and relative prosperity would have been far different if the victories of those 6 years of conflict were not achieved.

Despite everything take time to give thanks for our daily blessings.

*Every Blessing,
Bryan Ede*

TRIXIE WEBSTER

24 FEB 1938 - 4 JULY 2020

*The village sadly lost one
its leading lights on July
4.*

Queen Mary I, sailing out
of Southampton to New
York. On board the ship

Trixie ran a small
shop.

On returning
home to Boscastle
she joined the
family business,
helping run the
gift shops. One of
these was beside
the top bridge –
this shop is now
Cornish Rambler
and the other,
The Pixie Shop,

was next to the Lord's
bridge.

In 1964 she married
Roy Webster and shortly
after they had twins Simon
and Sue, who gave her 5
grandchildren. Sue and
Roy divorced in 1975
and although had several
proposals of marriage over
the years, never married
again.

For the majority of her
life she lived in Boscastle, a
place she loved with all her
heart and was proud of her
Cornish roots and family
heritage.

Her faith was an
important part of her life

and 1989 after returning
from a night session
volunteering for the
Samaritans in Barnstaple
she gave her life to Jesus.

Trixie rebuilt The
Pixie Shop, which was
completely destroyed by
the floods of 2004, and
this premises became the
Harbour Light Tea Garden.
She relocated the retail
clothing business into the
ground floor of her home,
now known as Harbour
Light Clothing which she
ran up until a few years
ago. She loved being a
successful business woman
and was very independent
and astute.

Sadly, with the onset
of dementia her life
changed and resulted in
her spending her last year

in Windmill Court Care
Home where she peacefully
slipped away aged 82.

Trixie made her final
journey from the harbour
to Forrabury church
where a funeral service,
led by Heather Aston and
David Flanders, was held
to celebrate her life. A
drive -in memorial service,
attended by many of her
friends and family was
organised by her church
group and gave everyone a
chance to say a few words
and remember her with
much love, laughter and
fondness,

Trixie was a beautiful,
vivacious, fun and kind
person who was one of
Boscastle's real gems.

She will be missed by all
who knew her.



Trixie Eleanor Webber
was born in Penrowan,
New Road, Boscastle on
24 February 1938, the
daughter of Norman and
Hester Webber and sister
of Michael. Trixie was part
of the Webber family who
have lived in Boscastle for
many generations.

After attending the
village school, she then went
on to secretarial college
in Camborne. Trixie's
first job was working for
Plymouth City Council in
the Treasury Department.
She loved travelling and
this led her to secure a job
with Cunard; she joined
the luxury cruise ship,



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Harbour Master's News



Covid made for a late start to the season, mainly because of the difficulty to get the engines serviced and the boats fit for sea. I like to start fishing at the end of March, or the beginning of April, but this year the crane came late May - when Rene and Three Jays were lowered in - and again a month or so later when Black Jack and Onward went into the water. The smaller boats have been in and out dodging the bad weather for the most part.

Mackerel have been very scarce on the North coast this year and I am not sure why - maybe the factory ships are taking too

many. Lobster and spider crab numbers seem to be holding up and as far as the lobsters are concerned, I think that this is down to the restriction on landing small and berried hens, plus the impact of the releases by the hatchery in Padstow. I have caught slightly more brown crab this year than last, the lining for bass and pollock has held up well.

In June & July the Boscawen boats were catching more shell fish than my son could sell through The Rocket Store, but by August he and his team were selling far more than I could catch and were having to source

from Port Isaac and Newlyn. The little restaurant has got off to a good start employing three chefs, four waiting staff and a couple of kitchen porters - all-important jobs for local young people. Better still there have been good reviews of the food & service on social media platforms - even a little bit in the Daily Mail.

My hair has grown some length throughout lockdown. On wildlife, the Coast Watch asked me to keep a record of dolphin sightings which were very rare but I did see several in Pentargon on a wet day late August and I was fortunate to see puffin by Short Island earlier in the year.

Chris Key Harbour Master

Used Postage Stamps

Stamps filled a shoe-box sent off to RNIB in February, but I made no collections until July and am about to despatch two more boxes which, in total, see £100 credited to RNIB funds. Your continued support is much appreciated, so please keep the donations going into the surgery collection box or pop them into my porch at 8 Pentargon Road. If you have unwanted stamp collections or albums, these would be most welcome too. Thank you.

ML

MP Scott Mann writes:

It is good to see that fisheries are at the top of the agenda so soon after Parliament returned after the summer break. I was pleased to be able to deliver a speech on behalf of North Cornwall in the chamber, ahead of the second reading of the new Fisheries Bill.



As we move away from the disastrous common fisheries policy and embrace our first Fisheries Bill in 45 years, we can support ambitious new fisheries management plans that put the environment, data-led fish stock management and economic benefits for coastal communities at the centre of the legislation. A healthy, managed fishery is the basis of a profitable fishing sector, which is particularly important in a mixed fishery like the one off the north Cornwall coast. Real-time data recording and a science-led approach not only means that fish are given the space to grow, from juvenile fish to adult fish, and are then able to breed and support sustainable stocks. A real-time data-driven approach has many much wider benefits for communities such as mine. Restaurants and pubs can take advantage of knowing what will be landed on any specific day and use that to adjust their menus.

I am pleased to see the introduction of fisheries management plans. No two fisheries are identical, and stocks on the North Cornwall coast are not identical to those caught on the south coast. A local approach is often required,

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and we can deliver that outside the common fisheries policy and the European Union. The Bill facilitates a move away from the European Union and respects our rights under the UN convention on the law of the sea to be an independent coastal state and decide who fishes our waters - a commitment made to the British people, and a commitment delivered.

I welcome the broadening of the grant-making scheme to support the industry, which will have to be helped to get back on its feet from after we entered the EU. Being able to tender quota locally will help ensure fishermen's economic security at a time of much change. This is a once-in-a-generation opportunity to shape our industry, which has been left out in the cold under the common fisheries policy, and I want to see that happen from day one.

Under the common

fisheries policy, we saw the repulsive practice of electronic pulse fishing encouraged. That method of running an electric current through a pole on a seabed has single-handedly destroyed fragile marine environments and ecosystems. There are fisheries that have been left destroyed because of that practice, and it needs to stop under this British Fisheries Bill. Furthermore, the introduction of marine protected areas will see a much wider array of seagrasses, which will help with our carbon reduction ambitions as a Government and meet our climate commitments.

As always, if my team or I can be of assistance do not hesitate to get in touch by email scott@scottmann.org.uk. You can also read more by visiting www.scottmann.org.uk, or on facebook look for

TheRightMannForNorthCornwall

Linda's Cornish Place Names

Each clue is to the name of a place in Cornwall. Answers in the Winter edition.

- 1 Communist girl
- 2 Part of an engine & how we got here
- 3 Greetings
- 4 Just normal
- 5 Holy interred girl
- 6 Canonised foreigners
- 7 Writing implements & female relatives
- 8 Holy uprightness in a flower garden
- 9 Judges in June, July & August
- 10 Rodent home
- 11 A reptile
- 12 Farming implements

- 13 Spoil a child
- 14 Perhaps
- 15 Cross roads
- 16 Part of a church & resident of a convent
- 17 Paddling place
- 18 Recreation ground
- 19 Would you use this in an old lock?
- 20 In favour of public transport
- 21 Pickled cinders
- 22 Crazy boy
- 23 Oriental consort
- 24 Rich employer's home
- 25 Royal crossing
- 26 Poster
- 27 What you expect if you get these right!



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Boscastle Coastguard

As lockdown has slowly eased for the present, we have been getting busier with a varied array of callouts and safety patrols.

Storm Ellen had seen us undertaking safety patrols around our area during the high tides, this consisted of informing the public of the dangers of the high tides coupled with high winds and of not taking the extra risks to get that 'perfect' storm photo. Although there were many people out watching the impressive weather, nearly everyone was acting in a safe and responsible manner.

We have increasingly been assisting the South West Ambulance Service with many callouts along the coast, normally arriving before them we have dealt with injuries varying from twisted ankles, possible spinal injuries and unfortunately fatal incidents.

One of the longest stretcher carries we have had as a team was in July: We were paged at 1621hrs to reports of a female with a dislocated knee near The Strangles Beach. On arrival 2 team members proceeded with a first aid bag to locate the lady and assess the severity of her injuries. Once with the casualty and an assessment of her injuries had been carried out it was deemed that a stretcher was the best option for a safe extraction. Due to the low cloud and bad weather the helicopter would not have been able to assist.

Once the casualty was given first aid and made comfortable, she was packaged onto the stretcher.

We then started the 1.5 mile carry with an estimated 500ft of climbing. Due to the distance and difficult terrain we requested the assistance of our flank team from Bude. They promptly attended and met us halfway up the cliff from Strangles beach. We were glad to see them. After 2 hours of various stretcher techniques and 16 exhausted Coastguard officers, we made it to the car park.

The casualty was taken to hospital by her fellow walker. No ambulance had been available to attend.

Although most of our stretcher carries are not this long, the teamwork between both teams demonstrates how well the Coastguard rely on flank teams to turn up and join in without slowing the process down.

Although the summer has almost ended please ensure that you are well equipped with the correct gear and let people know where you are going when out on a walk, and hopefully you will not have to see us coming over the hill to assist you. However if you need us, remember to dial 999 and ask for the Coastguard.

If you have ever found yourself thinking more about what we do as an organisation, and the jobs we carry out, tune into more4 at 9pm on Sunday evenings for a 10 part series (starts Sunday 13th September) where The Coastguard Rescue Teams feature alongside the Cornwall Air Ambulance.

Remember we may have moved to Camelford Station but we are still BOSCASTLE Coastguard.

*Boscastle Coastguard
Rescue Team*



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Boscastle WI

For the first time since March our members had a chance to meet up face to face, socially distancing of course, on Helen Hunt's front lawn. Chairs were provided and everyone was encouraged to bring an afternoon picnic tea to enjoy. Pimm's was provided for those who wished to indulge themselves, and why not, during these very challenging times?

It was such a fun afternoon, being able to sit and chat, catch up with friend whom you may not have seen in ages, and generally chill out (see photo). The only fly in the ointment was the weather. The sea fret enveloped us while a mile up the road people were basking in warm sunshine, but we had no intention of allowing it to dampen our spirits.

Our small Committee have worked so hard during this time to come up with ideas and things for us to do.



The gardening club meets on a Monday, monthly, via Zoom and a book club is being considered.

We do not forget those of our members who do not have the internet, personally delivering news of activities via written reports, so it was especially good to be able to have our August meeting outside. Another is planned for September (hopefully the weather will be kind), and maybe a coffee morning.

There are plans afoot for a WI Cookbook, comprising traditional recipes from our members, with an added modern twist or two. Also, a small section on Gin cocktails, using some well-known

local gin. We are hoping that some of our local pubs will want to sponsor a page with a recipe of their own.

If all goes to plan, we hope it will be on sale in October at an affordable price for all. It would make a great Christmas gift.

It doesn't stop there. We are also planning an exhibition of local artwork/flower displays/quilting/needlework or anything of an artistic nature, inspired by a poem, hymn or song, of the artist's choosing. The date has yet to be arranged but hopefully it will take place in late November.

This is something in which we hope that the residents of the Village, including children, will be keen to participate.

There will be a dedicated under-16 section with a poem by Thomas Hardy (well-known hereabouts) from which to take inspiration. It will be open to all, as was the Scarecrow Competition (which was fantastic), so please keep your eyes peeled for posters as more information about this comes through.

Exciting things to look forward to but we hope that, sooner rather than later, we will be back in the Village Hall on the second Tuesday of the month at 2.00 pm, where if you are not a WI member you would be so welcome to join us.

In the meantime, stay safe and well.

SV

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Carole Vincent's Spirit Lives On At Half Acre

When Carole Vincent's Half Acre Studio opened for viewing, on 6th September, 2020, it felt strange that she was not there to greet us. Greeting us instead, was Sam Halstead, his wife Phoebe Stannard and their baby daughter, Elowen. Carole had willed Half Acre to Sam Halstead's family and, with obvious delight, Sam told me he had inherited Carole's 'concrete secrets'. In August 2019, Sam and Phoebe moved into the property, from their home

in London, soon to be joined by baby Elowen, when she entered the world.

Sam and his family had a long connection with Carole. Carole was a close friend of his granny, Joan Carrigan-Cork, and as a youngster, he had visited Carole's studio whenever he came to Boscastle. She had taught him the importance of drawing, emphasising how it encourages observation skills, sustained looking and problem solving,



Obviously, Carole's love of art rubbed on to the youngster, for Sam entered Art College, achieved a BA degree in Fine Art and, as a consequence, art became his life's work - with emphasis on sculpture. Whilst at college, he soon realised how valuable Carole's teaching had been and what an outstanding teacher Carole was. He met Phoebe when he was at college and, together as art students, they helped out at Carole's Summer Sculpture courses. Having gained their degrees, they both went on to teach children, young people and adults at The Royal Drawing School

in London. Apart from being a talented artist, Phoebe is also a midwife. She is based at Treliske and I am certain that her calm demeanour will be soothing and reassuring for all mums-to-be.

When I spoke to this charismatic couple, I was impressed by their quiet enthusiasm about continuing the tradition of Carole's Children's Saturday Drawing Classes and wanting to start up a scholarship, in Carole's name, to give a year's free drawing tuition to two selected, talented children - one from Boscastle primary school and one from St



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James school, Camelford. Both Sam and Phoebe agree with Carole, on the importance of drawing and the way it helps students (whatever age) to become more aware of the world around them. With the wealth of experience the couple brings to Half Acre, they are able to offer help in preparing pupils' portfolios to present to colleges or future employers. We can't all be Picassos, Van Goghs or Barbara Hepworths but, as Sam pointed out, drawing is not just a useful tool for artists but can be just as important in different areas of employment. There are many and varied openings for creativity.

Although Half Acre is missing its long-time resident, Carole Vincent, her spirit can be felt in the studio and garden. On 17th August, 2020, a bust of Carole, by Kate Nottage, was unveiled in the garden. It is fitting that the bust is looking out to sea, over the village that she loved and made her home. I think she would be more than satisfied with the plans Sam and Phoebe have for Half Acre and I wish them the very best of luck.

GC

Joan Cork 90th Birthday

On October 8th our mum Joan Carrigan Cork celebrates her 90th birthday and we are pleased to say she is in pretty good health. Joan has lived in Boscastle since 1964 apart from a brief spell in Leicester. She has served the village as playgroup leader, church hall committee member, Blowhole editorial team illustrator and pantomime makeup artist. She was a governor at Sir James Smith's, and Chair of Governors at Boscastle school.

She became leader of Boscastle playgroup where the motto was "playing is learning for living, and where children experience being with others of their own age and are encouraged to engage in a wide variety of pursuits including working with paint and wood."

She trained as an artist at Cheltenham College and The Royal College of Art but devoted most of her time to family matters until the four of us were older, when she resumed drawing and painting. Her artwork will look familiar to many as she drew Boscastle's unique header of the harbour for the Blowhole, and graphics for several other local businesses. She also painted the Dove in



Forrabury Church and Boscastle school sign.

If Covid-19 rules permit, we plan to hold an exhibition of her art work together with works by her large and creative family at Half Acre, Mount Pleasant, from 27th - 29th October and

we look forward to seeing old and new friends there. Exact times tbc. Look out for posters or see online www.halfacrestudios.co.uk or find HalfAcreStudios on facebook

Mum will be there for some of the time and hopes to meet old and new friends.

Harriet Halstead



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JENNIFER SMITH

10 SEPT 1937 - 3 JAN 2020

Jennifer Hilda Smith, née Ferrett was the eldest child of Jim and Beth Ferrett. Born in Camelford, she grew up in Boscastle, the family living at Trevalver Cottage on Old Road. Beth and Jim went on to have a further eight children and Jenny was a great help to her mum, looking after the younger children and helping with cooking for the whole family. Saturday was pasty day and she would prep the ingredients to make pasties for everyone.

After school she took a job at Tintagel grocers, working for Mr Leigh. Her next job was at Camelford egg packing factory. When she left there, she worked at Tintagel Post Office. She rode her pushbike to get to work.

Jenny was 17 when she met Phil. He was working at Trevalga Farm and she was out with Mr Leigh delivering groceries in the van. They courted over the next 4 years and were married in 1959. The wedding took place at

Boscastle Methodist Chapel with the reception held in the back rooms. The ladies from Bottreaux Stores provided the reception tea – at a cost of £2 9 shillings per head. Frank Symons drove the newly wedded couple to Camelford Station where they took the train to Taunton for their honeymoon.

Jenny and Phil began married life living in a rented a cottage at Tredorne; the rent was 30 shillings per week. In 1960 their daughter, Penelope was born. The cottage was cold and draughty and it was a long haul uphill with a pram. They were happy to move into one of the council houses on Potters Lane, where their son Christopher was born. At this time, they rented premises next to the Cobweb; this became their first greengrocer's shop. As a baby Christopher spent many happy hours in an apple box under the shop counter! Jenny and Phil took the opportunity to



buy Linleys, which was for sale at auction, along with the four garages beneath it. The family moved in the flat above and set about converting the garages below into a new shop premises. This was to be home for the next 20 or so years.

Jenny loved people and they loved her. She really enjoyed seeing all the people come into the shop to buy ice-creams, vegetables and other groceries and they enjoyed coming into the shop to be welcomed by her friendly, smiling face. Many customers, locals and regular visitors alike, would pop in for a good chat and a catch-up as well as their shopping.

When the busy Summer season was over, Jenny and the family liked to go for a Sunday drive, perhaps along the North Cornwall coast with these trips usually involving an ice-cream somewhere along the way.

Jenny was a keen

supporter of the Air Ambulance and raised funds for the cause when she could. She enjoyed taking a walk along the Valency valley. Jenny adored fresh flowers, her favourites being fragrant sweet peas, snowdrops and daffodils.

Over the years Jenny and Phil had a bungalow built on land on Penally Hill and they retired there after 35 years in business. Sadly, Jenny got very poorly and she had to be cared for in a nursing home, first in Camelford and then in Bude. She was looked after very well but unfortunately her health deteriorated and she was admitted to hospital. She returned to Bude for her final days and passed away on the 3rd January 2020, aged 82. Her immediate family were all there to say goodbye to her.

She will be missed by her husband, Phil, Penelope, Christopher, Amanda, John and her grandchildren as well as all who knew her in Boscastle.



Jenny and Penny outside the shop

Safety in Numbers

One lockdown task set to students at Sir James Smith's was to read 'Under Milk Wood' by Dylan Thomas. They then were asked to produce a piece of writing in a similar style with the theme of 'Lockdown'. This lyrical piece was written by Ryan Scawn, aged 13.

We hear the murmurs from the settlements, the little ones' whining. They will never interrupt our peace however, the village has been on lockdown for years, and has shaken and shifted the way they terrorise this planet. Meanwhile, the charming chirps of the bluebirds cry louder, and there is more life in these lands than ever before. Even the river seems to be more alive, with its glimmering surface reflecting the beautiful winter cliffs neighbouring it. Its cold, icy body has filled the magnificent harbour, even fish and eels are visible in these waters now, as it isn't the swamp-like sludge that it was before. Alas, these cold seasons have yet again given way to snowfall and ice, and covered all the homes with a glistening

blanket of snow. The gorgeous haze of the winter sun gives a breath-taking point of view to this almost new village. The hoots of tiny, moonfaced owls are audible throughout every corner, their wise heads scanning, searching for the tastiest, tiniest, twitchy mouse. There were astonishing constructions around, like the old pier, with its fossil-brown concrete surface, and slimy granite at its lowest point. The fisherman's decrepit, decaying cottages, with ivy vines engulfing them, its tendrils creeping into the cracks and separations. In our sight was a pottery, which was much like the cottages, except it looked neat, and well kept on the inside. There was also an interesting looking museum, with stunning, old artefacts. However, it seems that dawn has broken. We must move... now.

All the deer moved through the legendary village, with their elegant legs hopping and skipping, without a sound. Soon they were out of sight, and were long gone, searching for another escapade.

Ryan Scawn





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The Museum of Witchcraft and Magic will remain closed until April 2021

We ask all Boscastle businesses and residents to take note that The Museum will not be open during Hallowe'en and we would like to remind you all that The Dark Gathering 2020 has been completely cancelled.

We take public safety very seriously. A full statement regarding our position on this can be found on our website at

www.museumofwitchcraftandmagic.co.uk

The Museum has currently no plans to be open for Yule. See you all in April 2021!

A Plea to Help Bees

Dear Blowhole

I spent my youthful summers mowing and carting hay on a horse powered farm. It was hard physical work but very rewarding in hay meadows filled with the beauty of wild flowers. Cutting the hay on a horse-drawn hay mower was like industrialised flower picking, with more flowers and herbs than grass. At peak flowering time, the old meadows hummed with bees and insects. It was idyllic seeing nature at its best. How things have changed!

The ploughing of hay meadows for conversion to arable production began in earnest during the First World War. In the latter half of the 20th century, the application of artificial fertilisers in many meadows favoured vigorously growing grasses at the expense of less competitive wildflowers. More recently, reseeded with high-yielding forage grasses, which are harvested without drying to make the fermented silage fed to cattle, became an economically more attractive alternative to traditional hay-making.

A new report has found that recent EU remedial efforts have had little effect on halting the decline of wild pollinators which are under the increasing threat from human activity and the emphasis on intensive agriculture and the use of pesticides and fertilisers

We can all do our bit to help save our bees by signing this petition to the UK governments and MPs:

"We call on you to listen to experts from around the world and reverse the approval of the National Farmers Union's request to relax the ban on the neonicotinoid pesticides blamed for the disastrous fall in bee populations."

https://secure.avaaz.org/campaign/en/save_the_bees_keep_the_ban_national/

John Maughan

North Cornwall Railway Cycle Path

The Government is promoting cycling as part of its campaign to help keep the nation fit and Covid resistant. It's free £50 'Fix Your Bike Voucher Scheme' was hugely popular with the first batch of 50,000 vouchers gone within hours. The vouchers can be used at authorised bike repairers. Further vouchers will be issued when the Government is confident the scheme works and registered repairers can cope with the volume of work.

Sales of new bicycles have soared and the cost of used machines has risen. Cycling gear and accessories have been big sellers over lockdown and figures of all sizes and shapes have been squeezing into Lycra. But there are a number of challenges for those taking up the call and venturing out onto our local roads. We are well supplied with impressive hills, potholes and holiday drivers keen to catch the views or grab a parking space. On the A39, lorries bundle by with their slipstream first pushing, then pulling riders in towards them.

So, it's good news for current and potential cyclists that Cornwall Council is working with Sustrans ("we create spaces that are walkable and cycle friendly") on reopening stretches of the old North Cornwall Railway (NCR) as cycle paths. The NCR line stretched for 50 miles from Halwill in Devon to Padstow, with stations along the way including Tresmeer (for Crackington Haven), Otterham, Camelford, Delabole, Port Isaac Road, Trelill and St Kew Highway.

The North Cornwall Railway was completed in 1899, but closed in 1967 as part of the Beeching cuts. It suffered, as many did, with increasing competition from cars and other road transport. Perhaps now it can be reborn, or should I say, recycled?

Neighbourhood Development Plan Update

We're motoring! In the Blowhole Summer edition, we asked for volunteers to help us join our 'Work Groups', comprising 6 to 8 people to look into more detail on the key community priorities identified in the your questionnaire responses. We are delighted to announce that at the time writing, over 20 local people have said they would like to be involved in one of the 5 work groups. This will help us draw up the planning policies needed to support these priorities.

Hopefully you will all have received a copy of our newsletter which announced our award of a £9,000 Government grant. The newsletter also maps out the various stages of the plan development through to its formal adoption. It is at that point that our local community's plan becomes a formal part of the legal planning process. Cornwall Council say that it will be the first place they look when considering a planning application in the Parish. Our plan, which will give an extra level of local detail to policies contained in Local Plan and National Planning Policy Framework, will run from adoption until 2040, so the policies we create now should help guide us well into the future.



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To get to our plan adopted we have a lot of work to do, but we are fortunate that we are a strong and supportive community. We need local people to come forward now and be part of this work. We are very keen to involve a wide range of views in drawing up our policies. Ultimately all our residents get to vote on the final plan, so it is very important it is truly representative and people feel it is 'their' plan.

The Housing Survey contained in the newsletter will give us an important view of our future housing needs. If you haven't yet completed the survey, please do so. You can still complete the survey online or contact us for a paper copy. Second homes and holiday cottages provide vital income, but how do we make sure we have the right number and types of housing for new, growing families, as well as for those who might require more manageable or accessible homes in later life?

We would be grateful for any help you can offer. Either by simply completing the survey, or by more actively joining our growing army of volunteers in letting us know what you think, and making sure we get our message out, loud and clear, to the whole Parish!

NB



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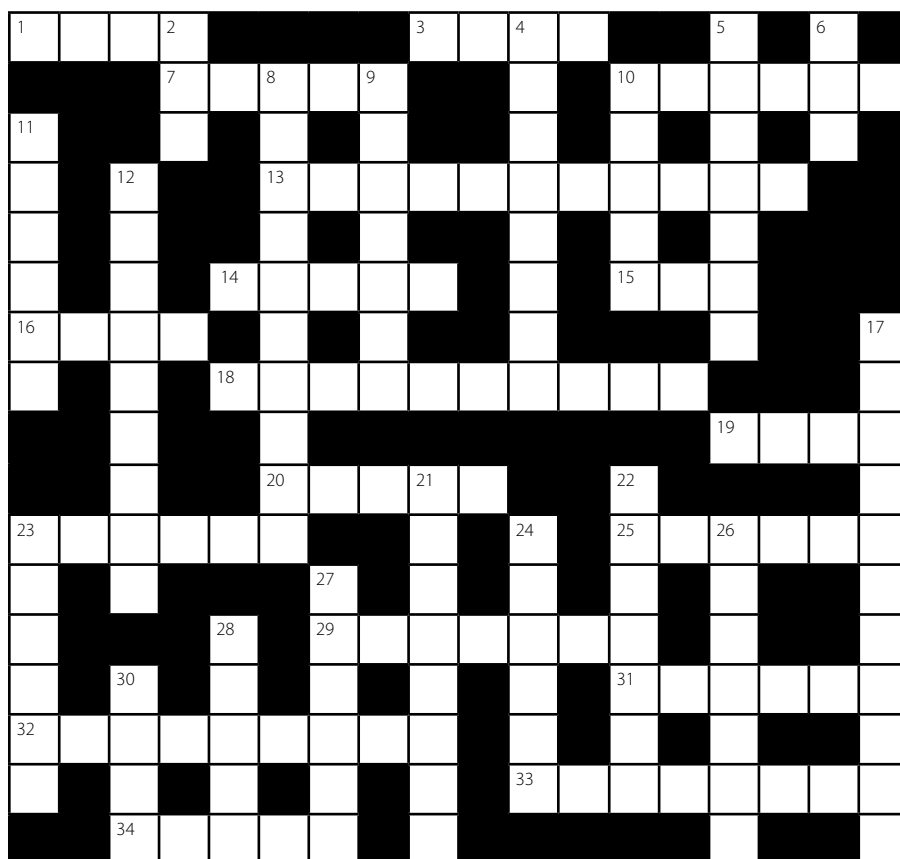
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Steve's Autumn Crossword



Across

- 1 Bond could blow it (4)
- 3 Hit the party (4)
- 7 Night birds get Boscastle first for Drake's game (5)
- 10 Transvestite Welsh symbol? (6)
- 13 Make pin disappear right inside for shiny manicure (4,7)
- 14 Carry across Bryan (5)
- 15 Encourage for scrambling (3)
- 16 Cut down and tripped over (4)
- 18 Banquet ends in fight? (4,2,4)
- 19 Malcolm partly backs seafood (4)
- 20 Cheeky condiment (5)
- 23 Suggest round without golf to reinforce clothing (6)
- 25 Heard taking a sneaky look at old Chinese capital (6)
- 29 Axe motorcycle (7)
- 31 Calculate and consider (6)
- 32 Came up with new ideas, starting with a pub (9)
- 33 Cut into U.S. car park for the Knight (8)
- 34 Seat for the judges and the press (5)

Down

- 2 Goes with the flow (3)
- 4 Um, sailor excited, gives room for a tan (8)
- 5 Manipulate figures (7)
- 6 Fight for a parcel (3)
- 8 Urge to travel (10)
- 9 Foot support for horsing around (7)
- 10 Caned about the tango (5)
- 11 Having lost French hat with feather first in it (6)
- 12 If have pudding before main course, may get stung (9)
- 17 Fruit sounds like it has a British stone (11)
- 21 Short Californian pasta leads to a kiss and a cuddle (8)
- 22 Scottish pouch, rhymes with foreign (7)
- 23 Wallace's four-legged friend (6)
- 24 Call for the sound of a bell (6)
- 26 Singular underwear for thief (7)
- 27 Put an end to alcohol (6)
- 28 Cowardly losing 100 gets the bird (5)
- 30 Reject cakes returned (4)

crossword solution on page 39

FAREWELL TO SUMMER 2020

Smells are evocative of times past, for me. A waft of night air, carried in by a family member, reminds me of my Mother and Father coming home, after an evening of dancing. Lavender is reminiscent of the sachet Grandmother kept in her chest of drawers and the fragrance of bacon, cooking, tells me my daily cereal breakfast is no substitute for a remembered 'full Cornish'. Now, the scent in the September air tells me that Summer is departing and Autumn is at the door.

The heat has gone from the sun; it has been absorbed by the ripe rowan berries. I know they are ripe for the birds are feasting on them and each day there are fewer clusters hanging from the branches. Purple blackberries are ripening, but still too bitter to taste, although, if you can find late ruby gems of wild strawberries, they are sweeter than any shop bought variety. The shriek of swifts and swallows, as they flew above us, can no longer be heard; they have forsaken us for another country and another year.

Despite the influx of visitors and the concerns voiced by some, we are blessed that the virus appears to have kept away from our community. Many of us are thankful that the peaceful quiet of 'Lockdown' is returning to the village, as caravans and cars, loaded with bicycles and top boxes, drive out of the village. As we reclaim the village, the faces (and dogs) we see are all familiar now and cheery greetings of 'alright?'

readily forthcoming. We are thankful that our families and friends are safe, still with us and hope that they continue to be so.

An Indian Summer is our hope now, it often comes to the village once the schools have returned. It will be a long winter if central heating has to be turned on and fires lit, before the month of October. Daylight thinks we haven't noticed, but already it is surreptitiously slipping away, leaving us earlier in the evening than it did a few weeks ago. With the long, dark winter evenings approaching, self-isolation may again become the order of the day, - not a cheering thought.

However, we have managed to stay safe, stay well and are still breathing, which is worth more than lottery wins!

Take care and stay safe one and all.

GQ

A LA RECHERCHE DU 2020 PERDU

The narrow coastal road between Millook and Crackington was completely traversed by a camper van, both ends jammed into hedges, the driver having tried a 96-point turn before his clutch burned out. Driving back I stopped a tractor coming the other way. "The road's blocked", I shouted. "I know" came the reply, "I've come to tow the b*gger out!"

Over the summer I have avoided narrow lanes - too many would-be Lewis Hamiltons with dodgy insurance and nervous nellys

in shiny new SUVs bought on credit.

In Lidl's carpark in Bude someone had dumped the remains of a used barbecue and the half-eaten remains of takeaways. As I started to clear it up, I was joined by two or three others and a supermarket employee who told us it was his job to clean up after people had discarded their rubbish. Social media now advertises remote beauty spots so that the National Trust reports its volunteers spend the morning clearing up before starting work.

A mystery why the government persuaded restaurants and pubs to offer discounted meals three days a week during August. Great for city centre eateries suffering from a dearth of office workers but Cornwall is solidly booked anyway. Reactions have therefore been mixed. One of my favourite restaurants pulled out after two weeks. The owners were appalled by the behaviour of some of their customers who were noisy, argumentative and abusive. Tables stood empty the rest of the week

so their overall takings were no higher, resulting in stressed staff, disgruntled regulars and negative Tripadvisor comments. I have heard similar stories from other retailers, a certain type perhaps expressing resentment at being denied a holiday in sunny Spain and camping in drizzly Cornwall instead. I suspect I may not be only one heartily glad when this summer is over.

During lockdown I, like many, have turned to online shopping. I needed a set of replacement firebricks so a few minutes browsing and a couple of clicks. The kit arrived next day. How long it would have taken to find a local supplier? I don't know but the delivery van saved maybe fifty customers using their cars. The high street in future will probably consist of smaller specialist bespoke outlets, for those requiring personal attention and advice. Or will it? Recently an online supplier of bullrushes rang me to discuss my order, so the human touch is not entirely absent.

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Treacle Tart and Turkish Baths

Forty years ago my friends Pete and Heather went to live in Leeds where Pete was a cameraman with Yorkshire Television. They bought a dilapidated pointy Victorian villa on the edge of Woodhouse Moor and restoring it to its proper glory had taken Heather to every second-hand, antique, and junk shop in the area. And if in the process of stripping and painting we got a bit grubby, there was always the promise of the Turkish baths in Harrogate to restore us.

Should you ever find yourself in Harrogate, you mustn't under any circumstances, miss the chance of a session in the Turkish baths – it's an experience you won't regret, and takes place in the only fully functional, nineteenth century Turkish baths still in daily use in the UK. In those days, two very elderly ladies in black swimming costumes wearing black plimsoles were in charge; they'd push you out of the hot room into the cold plunge, then they'd come along, more or less throw you onto a slab and roughly exfoliate with a coarse sponge. And then they'd wrap you tenderly in warm fluffy towels, lead you to your relaxation bed and let you recover for twenty minutes before bringing you a very welcome cup of tea. They've gentrified it all now of course; gone are the fearsome but loveable old ladies, but the exquisite Islamic arches and screens, and the Italian

tiles and mosaics remain. Unmissable. After one of our visits we went across the street to a modest café where we had simply the best treacle tart on the entire surface of the planet. That little café is long gone of course, but the treacle tart at Betty's famous tea rooms nearby comes a good second. Say what you like about the calories, a good treacle tart takes some beating and you can always eat raw scraped carrots for the rest of the week if you must. As with anything, use the best ingredients you can find. Please use proper bread for the breadcrumbs one day old, do not use commercial dried breadcrumbs:



340g golden syrup
100g fresh breadcrumbs
60g ground almonds
1 whole free range egg
125ml double cream
Zest and juice of one lemon
Pinch of ground ginger
Short crust pastry

Whizz the fresh breadcrumbs as finely as possible. In a large mixing bowl whisk the egg and cream together. Gently heat the golden syrup just to make it a bit runnier, warm and easier to mix. Whisk the golden syrup, lemon juice and zest into the egg mixture, and then stir in the ground almonds, breadcrumbs and ground ginger. Heat the oven to 180°C Line a 10 inch flan ring or fluted flan case with the pastry, and bake blind for fifteen minutes,

removing the baking beans for the last five minutes. Lower the heat to 160c (if the oven is too hot the tart will burn easily and stay raw inside). Stir the syrup mixture and pour into the partly cooked flan ring. Bake at 160c for

30 minutes, then lower the oven again to 140c and cook for another 15 minutes until the top is golden brown and bubbling. Allow to cool before serving (custard or cream, anyone?) if you can keep your hands off it.

Pat Thorne

Rainfall totals measured in Boscastle 			
SX 09697 90138			
	June 2020	July 2020	August 2020
Number of days with no rainfall	9	15	9
Max rainfall on one day in mm	55.0	17.8	24.8
Date on which max fell	10 th	3 rd	24 th
Monthly total rainfall in mm	163.2	95.6	123.8
Total rainfall same month last year	108.6	44.2	99.8

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The Reading Room

I sat outside my clifftop cottage and drank in the fresh, slightly autumnal air. The bright sunshine glistened on a sea so still that it looked like glass. I listened to the waves below gently lapping against the rocks. Every day during lockdown I gave thanks for being in such a beautiful place. The natural life surrounding me lifted my soul and made me feel safe amid the fear of Covid-19. I've been fairly content with my own company and my books however my emotions did surprise me when I experienced a sense of loneliness creeping over me. I missed interaction with others. I missed people-watching. I missed witnessing how much fun holiday-makers were having. Slowly visitors did arrive but with them came the fear of exposure to infection. Later they came in high numbers. Sadly, our Cornish summer has seen a minority of people showing

a total disregard for our countryside, coastline and wildlife. Those people who ensured all our needs were met during lockdown have had to face abuse and aggression whilst trying to be of service to us all. Previous to lockdown we had all been united in the fight against man's actions that had an impact on Climate Change and against the ways our planet was being polluted. Yet this summer more than ever before, we've seen litter abandoned everywhere and more and more plastic discarded inappropriately.

Now just as at the start of the pandemic, we need to help each other. We need to show kindness and hope. Recovery begins with each one of us. Let's conjure up that spirit of optimism and let go of frustration and finger-pointing. We are all looking for that light at the end of the tunnel. Let's pull together. Let's show caring and compassion

for our world again. We are so good at it when we decide to do it. Christmas is on the horizon. Let's choose to give gifts that will help revive companies and organisations that we value. Perhaps by buying books, CD's, membership of Theatres or Museums or giving donations to charities.

Books have carried me through these strange times. The Bookworms have continued reading as well and they are gathered in The Ancient Reading Room waiting to share their thoughts on books they have read. We'd love you to join us.

Sweet Sorrow David Nicholls


David Nicholls trained as an actor but then realised he wanted to write. He is an award-winning screenwriter and his successes on television, are many, namely, "Cold Feet", a modern version of "Much ado about Nothing", "The 7.39", and an adaptation of "Tess of the D'Urbervilles". He also wrote screenplays for "Great Expectations" and "Far from the Madding Crowd". He has won a BAFTA and an

Emmy nomination for "Patrick Melrose". His first bestselling novel, "Starter for Ten", was selected by the Richard and Judy Book Club in 2004 and in 2006 Nicholls went on to write a screenplay for the film version. His second novel was "The Understudy". This was followed by "One Day" which was published in 2009 and stayed in The Sunday Times top ten best seller list for ten weeks. 'One Day' also won the 2010 Galaxy book of the Year Award. David's fourth novel, "Us", was longlisted for the Man Booker Prize for Fiction 2014 and it too was another no.1 Sunday Times bestseller. He was Author of the Year at The National Book Awards 2014. His novels have sold over eight million copies worldwide and are published in over forty languages.

"Sweet Sorrow" was published in 2019. It is the story of Charlie Lewis, a boy of 16 who made no impact at school and left after a dismal attempt at his exams. He lives at home with his father but seems to be the carer in the home instead of the one being cared for. He views



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his future with dread. A chance meeting with Fran Fisher begins to force him to view himself differently. His group of old so-called school friends would disapprove of the way he chooses to fill his school holiday but he has to risk this derision if he wants to be with Fran. The price of bringing some hope into his life is, it seems, Shakespeare.

This book deals sensitively with the heartache of a young adolescent from a broken home caring for a broken father and trying to carve a path for himself against all odds. It is poignant and yet funny. It entrances you but also devastates you. All the Bookworms really enjoyed reading this book. Some found it very slow to begin with but because the writing and language is so beautiful, they persisted and were rewarded with the story.

The maturity of this young boy developed convincingly as the story progressed and his pain and his joy could be felt. The Bookworms felt anger and annoyance with his parents but again also

had compassion for the situation each of the parents found themselves in and it seemed their difficulties were insurmountable. The writing style conveyed the essence of the story well. There was a need for a slow laborious start because life for that family was not moving ahead. They were stuck in relationships that were laborious and hopeless. Bookworms could even see why Charlie's mother left but couldn't understand how she could take her daughter with her when she walked out to leave her son with the very burden she could not carry. Nevertheless, Bookworms felt this book had a very positive vibe. They loved the description of the long hot summer, and how Charlie almost dreaded it. The love/hate relationship with his father, and his desire to keep well away was in sharp contrast with the group of people he stumbled across at the Manor - where he was nurtured and valued for his contributions. They enjoyed not only the description of the stately home where they rehearsed and performed but also the passages describing

the production of Romeo and Juliet, and all the work that goes on behind the scenes. However, in the background was the knowledge of Charlie's involvement in the scratch-card scam, and you just know that it would come back to bite him, and probably at the most inopportune moment. So, when it did it was a relief that the situation was handled in a positive way, and that the final conclusion of the story was still a positive one.

The characters were believable and the Bookworms developed feelings for them whether they were unsavoury or loveable. The characterisation was strong throughout and all the characters were appropriately well rounded. While the book acknowledges Charlie's rebelliousness and failure at school, he somehow still has a warmth to him, making you empathise with his situation, especially at

home. You 'will' him to do well, and stay the course of the Shakespeare event.

Like Nicholls other books (especially One Day) he makes you empathise with the main characters, you feel you might like to meet Charlie and Fran in real life! It captured the angst of teenagers and of that period beautifully.

A great summer/ Lockdown read which the bookworms recommend. They awarded the scores out of 10 as follows:

Storyline 9

Writing Quality 9

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From Boscastle to Burma

Often regarded as 'The Forgotten Army' during the war of 1939-1945, I read through my great-grandfather's memories where he was posted to Burma to become part of the Chindits. Chindits were sent into the jungle behind Japanese lines to sabotage bridges and communication systems. Forgotten because the operations in the Burma campaign were overlooked by the contemporary press and remained more obscure than those of the corresponding formations in Europe for long after the war. We re-join his memories at the time where he volunteered to be made a parachutist in the Indian Airborne Division. He made several drops into the enemy territory:

Our first area was in a place called Lonkin. Fortunately for us we weren't in contact with many of the enemy. The other column, 54, did get caught out one day when men went to the river to water the mules and were ambushed; several were killed; one was Sgt Henry Bennett who was called up at the same time as me and lived at Trecarne corner; was married to local girl. I still have his wallet - it got sent to me after his death.

After a few scrapes we got to a base called Aberdeen; a strip landing cut out of the jungle suitable for aircraft landing. This itself was a major achievement to hack down all the forest growth and prepare a landing strip under the noses of the Japs; also, Dakotas planes and gliders fully loaded landed but there were many casualties. These operations were mainly carried out at night. It must have taken great courage and skill to fly in, but they did.

After some time, our role as Chindits came to an end and we flew out from another base called Broadway in Dakotas. I recall the many so called "air pockets" coming out when the plane appeared to drop

hundreds of feet but carried on. We were eventually due for leave and Chick of Saltash had some relatives at Bangalore who we stayed with.

After leave I put my name down with others to join the paratroopers as did Chick. We went to Rawalpindi to do our training under the RAF. Our Sgt instructor was called Chalky White; the Corp's name I have forgotten. We managed to do our training (Chick halfway through got the idea of packing it in but after a rocket from the instructor decided to carry on) and we passed out; wonderful feeling floating down through the air with chute fully spread.

We finished with our jumps with what was called "a night drop". Not ours but two sections or lots of men went up, the plane would come in over the area at 2000 feet and descend and the first lot would jump. The static line to our chute was attached to a steel cable running the length of the body the plane. On the first run, one of the chaps got cold feet and would not jump although he had done, and all his others were ok. So, the Sgt instructor in charge put him in the front of the plane and unhooked his static line. The plane then climbed to the required height and came in for the second drop. I might add that all the interior lights are dowsed leaving only the red and green lights over the doorway on. Green - out goes number 1 followed by the rest. After the drop, the interior lights were switched on and the plane was empty - the extra chap who had cold feet went out after the others with no parachute hooked up - what was called a "free drop" - poor devil at 1500 feet not much left in



Jim Ferrett (left) with best friend Chick

one piece! And all this for 2 shillings a day extra! However, we had our wings!

After getting our wings, we were to go on a recruiting drive to a place called Kaylan just outside of Bombay. We were nine of us in a light plane and landed at New Dehli and stayed the night. It was the first celebration of victory - can't recall which. We had 2 battalion men as specials.

Next day we flew to Bombay, did the recruiting and once more, a night in Wavell's Canteen, later returning to Rawalpindi Base. We flew in a small plane I recall now TATA Airline - complete with airsick bags.

After some time, they did experiment with dropping, mules dropping them and lashing them to rafts attached to 4 chutes. Whether it was a success I don't know. We got all kitted out for another area, Rangoon, but fortunately for us the war in that area finished. I don't think I should be here today writing this if we had dropped as planned.

My demob came about (20 group), we had a going away party; RQMS Eric Redstone in charge of about 6 of us; the last thing I can

remember was Chick was crying drunk, singing but standing on a card table in the Sgt's mess. I must add this bit, although a great lot of blokes, we had a regular Sgt with us (this by the way should be in the part when we were stationed at Ranehi earlier on) when it was monsoon time and it did rain we would be in the mess and, this Sgt Stabber Newton was his name, after several drinks would begin to catch the flies and insects around the lamps and put them between a buttered roll. This was all done by daring him to do it. As the evening went on, he became more loaded, he would be dared to go outside and get a frog (alive) from the large drains around the tents to take away the water which he would do and come inside and the last thing you would see of the frog was the legs disappearing into the mouth of Stabber Newton — disgusting isn't it?

We left our camp with a 15cwt truck and trailer with private driving, but Eric was drunk and demanded to drive. Being senior, he did, and we kept going round and round the perimeter track. He couldn't find the way out. However, having changed drivers, we got away and, on the way, came across an RAF camp — they called it "breaking up party", it was too; I had to stay sober as I was lumbered with all our demob papers.

We got to Bombay and boarded the "SS Orion" a smaller boat than the other one and it was quite rough coming across the Bay of Biscay. We got to Southampton safe and sound and then by train went to Yeovil to go through to demob centre. I then went by train Bodmin Road, Wadebridge and up to Camelford Station, and, as I recall, Norman Webber gave me a lift home. It was October 1945. I was the last of the family to arrive home. Fred, Alan, Uncle Vic were all older and in earlier groups; the nephews and nieces were of course, later on.

Mother was ill but still downstairs but soon went to her bed and died a

month later to the hour and day that I got back to Boscastle. It certainly appeared she fought to stay, down on her feet until came home.

After a while I went to the Wellington Hotel doing odd jobs. And now for something that will take some believing - as I said earlier on, I stayed overnight at Wavell's Canteen (before getting on the TATA Airline), New Dehli whilst on the way to Bombay. On the return flight was a large canteen with lady helpers. One morning at The Wellington, I had just cleared up the front hall and was going up the hallway when I met a lady resident. We spoke and in conversation mentioned that she thought she had seen me somewhere before. I didn't recall her face but she asked me if I had been in the Armed Forces and had been abroad. I told her yes and that I had been to India and Burma. To my surprise she told me that I had passed through Wavell's Canteen and I agreed with her; she told me that she was on the canteen working and had seen me. I asked her why she was in Boscastle - she had to come and collect her 2 children who were living at Trevalga Manor, the house on the cliffs. I presume it was a private place during the war.

I hope I have given a rough account of 1939 - 1945 period.

POP [Jim Ferrett] December 1988



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JACK & MARY LEE

Julia Carter has sent these memories of her parents, Jack and Mary Lee, who were long-time residents of Boscastle

Thomas Symons was the youngest son of a large family who lived at the old Posting House from the late 1890s. His father farmed and owned stables with carriages and drivers for hire at the coach house by Tolcarne. Tom was a horseman and farmer all his life apart from four years in the army from 1914 with the Royal Artillery in the Middle East. Many generations of the Symons family have farmed in and around Boscastle. Early records show the marriage of William Symons in 1698 to Mary Jose in Lesnewth

In 1923, Jessie Margaret, known as Reita, came to Boscastle on holiday from Sheffield with her parents and sister. Tom was sent to collect the family from Camelford Station by horse and carriage. Love blossomed and Tom and Reita married. A daughter, Isobel Mary Symons was born in April 1927.

Mary survived a serious accident aged four, a fall from the field edge of Millets Meadow onto the main road at Barnpark, and started school late, aged 6. Her mother ran a dairy from home and in 1932 they moved from Posting House to Tremorvah where Reita took in summer visitors and, during the war, evacuees. Tom and Reita were both involved in village life taking a leading part in the churches, local council and WI. There is a plaque in Minster church recording Tom's forty years as a churchwarden and Reita served as a district councillor at Camelford.

After Boscastle School Mary went to Sir James Smith's in Camelford, sometimes cycling the six miles each way. On leaving school in 1944, Mary was offered a place at Bristol University to study geography but grants were only available for nurse or teacher training so she went to St Katherine's College in North London where she enjoyed the wider opportunities to make new friends. Mary



Mary & Jack on a day trip to Lundy

began teaching in post-war Plymouth with a class of fifty children, many of whom had lost their fathers. Bombing had destroyed much of Plymouth centre. In 1947 she met a young naval officer, Jack Lee.

Albert John Rodney Lee, known as Jack, was born on 5th September 1925, in Barnstaple, the elder son of Robert and Gladys Lee. Jack and his brother Gordon grew up in Sticklepath, attending Barnstaple Grammar School. Jack showed an early aptitude for entrepreneurship - aged thirteen he agreed a deal with a farmer to buy and pick his apple crop for ten

shillings. He employed his brother and a gang to pick the apples but sacked them after two days for being too slow. The weight of the crop in his father's Austin 7 broke a spring. The apples were sold to Croyde Holiday camp at a profit. The cost of the car repair is unknown.

There were three phases to Jack's career; - the navy, farming and sales in the building industry, reflecting his lifelong enthusiasm for the sea, ships, outdoor life and meeting people. In February 1943, Jack began officer training at Wadham College, Oxford on a shortened wartime



Tom Symons with his daughter Mary, 1929

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course of six months. By May 1945 he was a sub-lieutenant posted to Cuxhaven at the mouth of the Elbe in charge of his first ship, a motor launch. After the war he was involved in the collection of arms and ammunition and their disposal by explosion on the North Sea island of Heligoland. Having signed the official secrets act he couldn't tell us about his role in "Operation Big Bang" for another sixty years. He was delighted to visit Heligoland on a cruise in 2012 and to speak to German inhabitants who remembered the shattering experience.

By 1947 Jack was stationed in Plymouth



Jack in Plymouth,

where he met a young teacher on a bus and invited her on an outing. Courtship moved fast and in August 1948, Jack and Mary were married at Minster church with a wedding reception at the Wellington Hotel. In 1950 Lieutenant Lee was posted on his furthest naval tour to Hong Kong to join HMS Black Swan as Watchkeeping Officer during the Korean War. Unfortunately, Jack became very ill in September 1951 and after six weeks in a naval hospital, returned by sea to Southampton. He was released from active service on health grounds but stayed in the Royal Naval Reserve. Then began a new chapter of life, farming with his father-in-law, Tom Symons at Tresuck. Tresuck was then a tenancy of Boscastle Manor estate, a small, mixed farm with dairy cattle, sheep, pigs and poultry and crops of wheat, barley and potatoes. The farmhouse dated back to Tudor times but had been extended at the front in the 1800s. The back door



looking south from Wyneglos, 1943

opened from the farmyard onto a slate flagged floor with a dairy to the left and large kitchen to the right with an open range. In the wall beside the fireplace a small stair led up to an attic bedroom that was unused. The thickness of the outer wall in this room concealed a small space reputed to be a priest hole. Another staircase gave access to the main part of the house.

They employed one farm worker at Tresuck, Harold Hancock, who lived at Penally Cottages. A small stone barn, the Powder House, stood on the edge of a field overlooking Valency Valley. Its original use was for safe storage of gunpowder, presumably for quarrying Pentargon slate, but mainly used to store potatoes by the 1950s.

These years were a happy time for Jack and Mary, who lived at Wyneglos, Forrabury. By 1954 there were three daughters, Julia, Susan and Angela. Mary's parents had to retire from farming as Tom Symons' heart was not strong. He had never recovered completely from the wartime experience of having recurrent malaria in Jerusalem in 1917. Jack was not able as a son in law to take on the tenancy of Tresuck. He started a new

job selling roofing materials for Marley Tiles in Devon and the family moved to Barnstaple in 1956. In 1958 a son, John, was born. There were subsequent moves to Plymouth, Dorchester and Chew Magna but every holiday was spent with Tom & Reita at Forrabury. In 1977 Jack and Mary, together with John returned to Boscastle to live at Merwells and then Windrush.

Jack and Mary created a strong if somewhat stormy relationship that lasted nearly 59 years. Both were intelligent people with an independent streak. Dad's personality emphasised the highs and lows of life, always a more dramatic, tendency. Mother was a lively spirit, a Cornish/Yorkshire mixture with much common sense and clear thinking. She was interested in everyone around her and loved animals and birds. In later years she described herself as "a peasant at heart, only happy close to the earth".

Although our mother was baptised, married and buried at Minster we have not been able to arrange a Boscastle funeral for our father in the present pandemic as we would have wished.

JC

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Vox Pop

The Blowhole Team want to record people's experiences of lockdown to be a record of Boscastle experiences for people to look back on when, hopefully, covid-19 is but a distant memory.

A techy team member has created an online way to collect some information, you can find this at <https://tinyurl.com/yysd5nr7>

We invite you to contribute there or to send us your stories in the usual way – by email or on paper. We look forward to hearing from you. Here are some thoughts by two residents:

Locked down

Looking back through my diary, in mid January I was expressing concern at news of the rapid spread of this Covid 19 virus from Wuhan in China to northern Europe. By mid February it had arrived in UK and I felt it a good idea to prepare for probably spending more time at home instead of gadding about. I began to do extra shopping to keep cupboards and freezer well-stocked. By end of February I'd decided not

to go swimming for a while and cancelled my planned trip to Lake Como. By the time my son called in March to ask how I would cope now that a twelve-week lockdown was advised, I was able to say I felt quite relaxed about it. I'd prepared quite well and the immediate response from local businesses and neighbours was absolutely amazing - thanks to them and my Shopping Angel, I have wanted for nothing. How fortunate we all are to live in this wonderful place! I don't have a television, I don't have internet connection nor do I possess a smartphone. I listen to the radio for half an hour in the morning and again in the evening - that's sufficient for me! I have increased my order for two Daily Telegraphs a week instead of one - that also I find sufficient. I read a lot and can always find things to do in the garden so I actually thank my lucky stars every single day that I don't live in a city flat with no garden. Books, puzzles, jigsaws keep me occupied. I even indulged in a cooking day making apple pies which were given to the men who live alone in this vicinity and had a "book-

swap" going in the front garden for a few months. One thing I just had to do in March was to contact all my family, relations and friends to make sure all was well - it was, and has remained so. I have listened with interest, frustration, alarm and downright fury to broadcast and written news and comment; this virus is not finished with us by a long chalk and even if a successful vaccine is produced, in a year's time, maybe more, we'll still be wondering how things will pan out. Almost everything will change in some way or another - isn't that fascinating to think about?

Myrna Lester

What's going on? Not a Lot!

One of our team members suggested that we record (for posterity!) our personal experiences of 'Lockdown' and the Coronavirus restrictions. Obviously, with social distancing in place, no kissing, no hugging, no getting close to anyone, no going into anyone's house

and no visiting the beach. So, there I was sitting in my lonely seclusion, staring out of the window thinking, 'What else? Not a lot!', well as far as my personal experiences went. Yes, I had gone into my 'Winter Hermit Mode' in March instead of November and yes, I had, briefly, (along with some others in the country) experienced a moment of panic when I couldn't get a supermarket 'slot' for my weekly food delivery - apart from that, 'Not a lot!'

As I continued to stare at the silent street, suddenly there was movement - a delivery van drove up the road at speed. The driver slammed on the brakes, leapt out, quickly delivered a package (placing it by the front door and photographing it!). He then jumped back into the van, swiftly reversed it and in seconds, was gone. Very soon afterwards this activity was repeated by a different delivery van, followed by Morrisons food delivery and by the

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end of the afternoon several more vans had appeared - Tesco's, Asda, Hermes, et al. Some of these deliveries were made to my address and so the men or women drivers became my new 'best friends' (on some days the only people I spoke to, my doggy best-friend excepted). Each day and throughout the days, there were frequent deliveries made - to my neighbours or myself - but even so, there was *'Not a lot going on'*.

As my doggy best-friend and I went for our one daily walk - my permitted exercise in 'Lockdown' - I saw very few villagers. Where were they and what were they doing? Not one was looking out of their windows for, with a feeling that 'Plague' had struck the village and I was the last remaining human in it, I was anxious to wave to a friendly face at a window - if there was one, which there wasn't. 'No', I thought, *'not much going on or even anything going on'*. In one sense, I should have been pleased that this was the case, the 'no news is good news' concept, but to be parted from friends and neighbours in this way was

unnatural and it was not my choice. The 'British Stiff Upper Lip' had to come into play, along with 'look on the bright side!'

I knew how lucky I was to have the beautiful, sunny countryside to look out on. Imagine how miserable it would have been if it had been raining all those months. I was lucky to have people willing to give a 'Helping Hand' to those who needed one. To them, I give many, many thanks for keeping the 'wolf from the door', raising my spirits, thinking of me and just being there. So, I will be content to continue thinking that there is no drama and *'Not a lot going on'* - long may it continue, say I!

A few years ago, the WI had a campaign urging us to 'Use your High Street Shops' but unfortunately it appears that 'Lockdown' has increased online shopping - *Online Shopping Rules, OK!* but not OK for the High Street Shops, so wherever possible please use our village shops.

GQ

A Lockdown Funeral

Since making Boscastle my 'forever home', sadly, I have attended the funerals of many dear village friends. In some instances, mourners have spilled out of the church or crematorium, neither being large enough to hold them all. On these occasions, the volume of hymn singing may have been responsible for the many cracks that are endangering the Church's plasterwork and if the death of my friends did not reduce me to tears, the rendition of 'Trelawney' was always a guarantee.

Despite the many cards from my husband's 'up country' friends, telling me they would be coming to Len's cremation, I did not expect large numbers to attend. When I planned the service, these past funerals provided me with ideas for hymns and venues to celebrate his life, so, with hymns and music chosen (with significance to Len's life); friends and family notified of the date and time; the venue for the 'Celebration of Life' (I think this is a euphemism for 'Wake', which is probably thought too sombre a concept) chosen and the eulogy written, everything was going to plan for Monday, 23rd March 2020, or so I thought.

On the 21st March the government announced 'Lockdown' would start on 23rd March and my planning was derailed. The phone didn't stop ringing that weekend, as friends apologetically rang, some tearfully, saying they wouldn't/couldn't attend - even his daughters, living in Essex, couldn't make the journey. I was unsure if I would be allowed to be there, as news reports were grim,

with information changing by the hour.

However, the day came and seven of us attended at Bodmin Crematorium. There was an awkwardness as we kept 'social distance', not hugging or touching, and, although we didn't realise it at the time, this was a feature of things to come. Each seat in the crematorium had been placed with the mandatory distance between. Fortunately, the Funeral Director joined in the hymn singing, as it sounded very 'thin' to my ears. The eulogy was abandoned, since most of those attending were family members, who knew all about Len's life.

The shortened service was carried out with military precision and, once it was over, we didn't linger outside in the sunshine. (The sunshine was to taunt us for weeks to come, as, socially-isolated, we were unable to enjoy the countryside or beaches.) The few mourners hurried away, concerned that they may be stopped on their way home by police and have to explain the purpose of their journey - such was the feeling of uncertainty and anxiety.

It was not the 'Celebration of Life' I had planned for Len. If you think me an unnatural wife, so be it, for I considered myself fortunate - I had managed to be at my husband's hospital bedside the short time he was there and I had attended his funeral. With worrying tales of ill people being hurried into hospital, never to be seen again, not everyone was so fortunate.

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Working from home

What could be lovelier than finalising your final report for work while sitting in your country garden overlooking a babbling stream? No hectic journeys, more time to spend with your family, shop locally, enjoy freedom and fresh air. Unfortunately this lyric ideal is enjoyed by just 2% of the workforce.

For workers in financial services, software development or high-tech industries actual location is irrelevant. High speed broadband and video conferencing ensures remote contact without the cost and inconvenience of face-to-face meetings. Since lockdown, four-fifths of employees have approached their employers to continue home working, many are exploring this option.

Rural areas could experience a property boom. West Country estate agents report increasing inquiries from townies who feel they could operate as well if not better at a distance, coupled with a lively interest in outdoor offices, shepherds' huts and garden sheds. After all, they argue, many a successful business began on a kitchen table.

This seductive notion is driven by the present dire and worsening unemployment situation. At present, about a third of the total working population, nearly ten million employees are furloughed, 80% of salary paid by the government. The crunch comes in November. Then, without furlough payments, employers will have to decide who they can afford to keep. Better half a loaf than none: as an alternative to layoff part-time or home working may be the only way to survive.

But as well as practical there are psychological issues: losing



contact with a familiar environment, whether office or factory, can be disorientating. Working as a team and sense of comradeship can be essential components of any business. So too loss of social interaction, those "water cooler" moments, office politics and gossip.

There is danger being away from the centre of action. Historically courtiers learned that preferment comes from being close to the monarch, behind-the-scenes meetings of ambitious executives sucking up to the boss.

Also, for many, work provides blessed detachment from the home environment, all day with loved ones could be a wee bit boring, nothing exciting to discuss over the dinner table, a diminishing of horizons.

Work should mean more than simply bringing home the bacon. Maslow's famous Hierarchy of Needs identified the fourth highest quotient of satisfaction as the group or tribal function. Whether working at Fawlty Towers or IBM we need the company of others in joint enterprise to establish

identity and self-esteem. Zoom, Facebook, Twitter et al. are a poor substitute.

Anyone visiting County Hall at the moment will note a serene, almost Buddhist atmosphere. Or, as the security guard, the only human in sight, put it, "a cemetery with lights."

CR

Myrna's Wotsit Mean?

Shoplifter = someone with gift of the grab

Insecticide = is committed by a depressed beetle

The Vatican = house of pill refute

Exchequer = retired Tesco worker

Diphthong = interesting fondue party

Novelty = favourite drink of readers

Tequila = the gulp of Mexico

Metronome = city dwarf

Mermaid = deep sea fish

Coal miner = a vein man

Mozart = an operatunist

Ear lobe = earring aid

North Cornwall Book Festival 2020

The festival has been postponed until 2021. However, a series of short films have been produced. These are 5 - 15 minutes long and contain interviews with many of the authors who were due to attend this year. The authors talk about their new books, other wide-ranging points of interests and are filmed in their writing environs. The films can be found on www.ncornbookfest.org/north-cornwall-book-festival-at-home or look for North Cornwall Book Festival at Home on YouTube, Facebook, Instagram or Vimeo

To anyone who contributed to the Calor Gas fundraiser, a massive thank you - £7000 was raised which will enable new lighting, sound equipment and staging to be purchased for use at all Endelienta events.

Oil-Ordering Group

Oil prices dropped over summer and I'm sure you, like me, wish we had a second tank to be filled! I think the price is still reasonable and so please place your order by 30th September for a delivery around the first week in October.

ML

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Opening Hours and Useful Numbers

Boscastle Spar

Tel: 01840 250419

Cash machine during business hours

Post Office facilities

Shop open daily at 6am

Cornish Stores

Open every day 9am to 6pm

Home deliveries available

Tel: 01840 250344

Mobile Library

0800 032 2345 or 01872 272702

Visits every fourth Friday:

Due at Boscastle, Paradise Road 10.20 - 10.40

October 16th, November 13th

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

Town Hall, Market Place,
Camelford, PL32 9PD

Tel: 0300 1234 111

Mon & Tues: 10am - 4.30pm,

Wed, Thurs & Sat: 10am - 1pm

Library renewals line: 0845 607 6119

camelford.library@liscornwall.org.uk

Waste Tip, Bowthick Quarry

Sanding Road, Tintagel, PL34 0HH

Tel: 01840 770778

Open Friday to Monday: 9am – 4pm

Closed Christmas Day, Boxing Day & New Year's Day

Emergency Services:

Coastguard, Fire, Police, Ambulance: **Dial 999**

Police Station: For non-urgent issues: 101

Doctors' Surgery and out-of-hours emergency doctor: 01840 250209

NHS Advice : If you are feeling unwell and need a telephone health assessment, please call freephone 111

Local Hospitals:

Bodmin - East Cornwall 01208 251300

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

X-Ray department Monday to Friday 9am until 4.45pm.

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

Boscastle National Trust & Visitor Centre:

01840 250010 or 01840 250353

Local Churches:

Church of England 01840 250359

Methodist 01840 214818

Catholic 01840 770663

Harbourmaster: 01840 250200

Parish Council:

Chairman: 01840 250529

Clerk: 01840 230609 email: forminpc@gmail.com

Minibus Bookings and Enquiries: 07506 944 622

Community Centre Bookings: 01840 250442

British Divers Marine Life Rescue to report concerns about any marine animals: 01825 765546

RSPCA: 0300 1234 999

Cornwall Council One Stop Shop: 0300 1234 111

Environment Agency: 0800 807 060

Floodline: 0345 988 1188

South West Water emergency: 0344 346 2020

SWW leak reporting 0800 230 0561

Highways: 0300 1234 222

Western Power emergencies: 0800 365 900

Village Hall bookings: Jane Spachett: 07985737356

Village website: www.boscastlecornwall.org.uk

How Do You Clean Out A Fish Tank?

My Glorious Teaching Career, by Ann Rodda

In the early '80s someone at the Department of Education devised a new scheme to upgrade the skills of early school leavers. This would be achieved by day release for a year's attendance on a Youth Training Scheme.

Accordingly I joined a mixed bunch of lecturers, including Margaret, sister of the late David Penhaligon, then local Liberal MP, James M who was a horticulturist, Steve who taught computer science on Amstrad computers, and others from a variety of skills and backgrounds. The slightly patronising intention was to broaden the outlook of otherwise unenlightened youngsters.

Attached to St Austell College, we were housed in a dilapidated old grammar school, due for demolition. What we lacked in amenities was compensated for by acres of space, and blessed isolation from college administration who never bothered us with official visits. We existed in a state of cheerful anarchy.

As a guide to curriculum we had a series of pamphlets entitled: "So you want to be a..." followed by appropriate career path. Our (very) loose agenda was to upgrade students' knowledge and skills to fit them for the jobs market. That was the theory anyway, in practice we taught (sorry, "created a learning environment") virtually anything we pleased.

Some were pretty basic. In "show and tell" sessions primary kids bring in an object to illustrate a hobby or interest. One student was keen on guppies so laboured in with all the paraphernalia, including his aquarium. We video-recorded all presentations for dissection later. Lovely chap but not natural presenter. On the tape it was hard to pick out his quiet diction but the sound meter leapt off the dial when I interposed, "Tell me, exactly how do you clean out a fish tank?"

We also (again, basic stuff) asked them to write an appreciation of their home village. One lad came from clay country. "It's a great place to live," he wrote, "two shops and a club, all within walking distance."

One Friday afternoon my revered colleagues bunked off to the pub leaving me to entertain all the groups with my world-famous class on Biorhythms, the latest rage. Don't ask me to explain now or then what it was. How our students tolerated all this guff I don't know. They were of natural sunny disposition and it was a day off work I suppose.

Anyway, after a year the government pulled our funding realising employing expensive staff to teach nebulous subjects was a clear waste of resources and sadly, we were dispersed. Nevertheless I look back at that time as the kind of halcyon period enjoyed by wrecked mariners on a

desert island before rescue.

Not all my teaching career was quite so haphazard. My first onerous post was at Cambridge High School for Girls. I remember one typical product of that institution – Jilly Goolden – she of the "I can smell autumn bonfires" in TV wine-tasting programmes. The interview I remember involved asking my opinion on a tricky piece of Latin translation. "I have always considered that an ablative of place" I volunteered. The headmistress sighed, "You know, I have always been inclined to think so, too." I rose to the dizzy height of head of languages before departing to Kenya (op.cit).

Of the many occupational risks of teaching none more so than the Educational Visit. Several times I accompanied college groups abroad. On the second day after arriving on Rhodes a fair-haired charmer asked me for morning-after contraceptive pills. I pointed her to the nearest pharmacía.

Fortunately we had a tough Aussie rep who wouldn't let us weak-kneed staff intervene. Seared in my memory is her confrontation with

miscreants who broke down their apartment door because they had forgotten their key. "You guys pay up now, four hundred euros, or I call the police. They won't like being disturbed so they'll probably slap you about a bit and confiscate your passports." They paid up. Afterwards she confided, "No worries, they're always doing that, so we keep a stock of cheap doors behind the block."

In latter days, bowing to my obvious wisdom and experience, I was appointed a teacher trainer. This meant spending many evenings in remote village halls observing tutors expounding on topics like Getting to Grips with Your Computer or macramé classes. Afterwards, constructive criticism and a written report.

I also specialised in Counselling Skills. The soothing mantra "positive non-judgmental regard" covered a variety of sins. To obtain my diploma I attended weekend residential courses. I can assure the sceptical that sitting in a circle on bean bags earnestly discussing one's feelings has its value.

AR

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GARDENING CORNER



August ended with gales and lashings of rain and despite a few bright days over the Bank Holiday there was a real autumnal feel in the air bringing chilly evenings and shorter days. Nevertheless, September is a joyful month. My little vegetable garden is bursting with fresh vegetables, including carrots, cabbages, beetroot, spring onions, runner beans, tomatoes, Swiss chard and salad leaves. Growth in the garden has slowed down to a more manageable rate, which is quite a relief after a busy summer.

I love the changing seasons, it's what makes gardening so interesting and eventful. Salad leaves have been wonderful over the summer in my garden. Fresh as anything, and there's so much satisfaction in not using resources to go to the shops and buy bags of leaves. These Cut & Come again crops are my favourite types of salad. They can be harvested over a long period, rather than the whole plant being picked, leaving a sad gap in the row. Pick the

outer leaves regularly for a constant supply. I like to sow the seeds in modules in the green house then plant them outside under fleece once they've germinated. Allowing a few days for the plants to acclimatise, the fleece gets removed on warmer days I just keep it handy to use when frost threatens. Alternatively, they can be planted in a poly-tunnel, greenhouse or cold-frame, for a more even temperature. Other seeds to get the same treatment this month will be large leaved parsley and coriander. September too, is the ideal time to sow hardy annuals where you want them to flower. They will make earlier flowering and stronger plants for being sown now.

After the gales I had to go and secure the Brussel sprouts as they do need securing in place before they become top heavy and fall over. Move soil up around the base of the plant, without covering the stem, and firm it all in place with the heel of your boot. Garlic & shallots are on my list for November planting, I get mine from

Marshall's (www.marshallsgarden.com) who offer a nice selection of seed bulbs grown on the Isle of Wight - these are really successful in our climate.

September is also the ideal time for planting most Spring flowering bulbs. As usual I've ordered bulbs for naturalising from Peter Nyssen (www.peternyssen.com) - wild daffodils, snakeshead fritillary, and tulips. I love the modern hybrid tulips but got a bit fed up with having to replace them all the time so I stick to the species now because they do flower every year and slowly spread to fill the space. But there's something to be said for a stunning display of modern tulips - look for inspiration at the collection on Sarah Raven's website (www.sarahraven.com). If you want a swathe of mixed

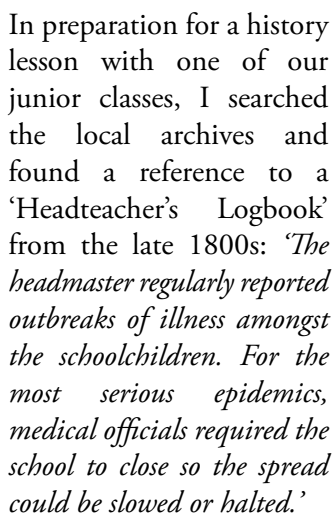


coloured tulips, choose three varieties. A pink/white/pale green combo looks good, or the more jewelled tones of burgundy and burnt orange work really well, but do check to make sure they all flower at the same time.

Although I will be cutting the long grass in the wild flower meadow some time this month, elsewhere in the garden I like to keep the perennials and grasses long after they have gone to seed, they add a presence to the garden. a textural quality, and are a valuable source of food for wildlife. I'll eventually cut the plants back when they look too messy, this is a matter of taste, but it's usually after a lot of rain, that they start to disintegrate. I cut mine back as late as possible, I don't mind the ageing process; I'm getting old myself. I don't mind the decaying, varying shades of brown, it suits the season well.

Pat Thorne

Crossword Answers:
Across: 1 fuse, 3 bash, 7 bowls, 10 dragon, 13 nail varnish, 14 ferry, 15 egg, 16 fell, 18 slap up meal, 19 clam, 20 sauce, 23 gusset, 25 Peking, 29 chopper, 31 reckon, 32 innovated
Down: 2 ebb, 4 solarium, 5 massage, 6 box, 8 wanderlust 9 stirrup, 10 dance, 11 bereft, 12 jellyfish, 17 pomegranate 21 canoodle, 22 sporan, 23 Gromit, 24 appeal, 26 knicker 27 scotch, 28 raven, 30 snub



Whilst the press was full of children struggling through lockdown, most of ours investigated, hypothesised, researched, negotiated and persisted as they walked the coastal path, built dens, dug and planted, baked and adventured. Boscastle was a great place to be locked down!

We were blessed with stunning weather for much of the time, which very much made everything so much easier. Everyone had some formal lessons, but spent a lot of time outdoors. Reading, writing, talking and exploring in our beautiful...and empty village.

Stone Age', splashed our way through 'Ocean week', spray painted through Graffiti week and explored the world in 'International Week'. The children met virtually with boys from Eton School and heard all about the places their families originated from.

Children had virtual sessions on Zoom so that they could see each other and stay in touch with school and their friends. We had 'Show and Tell' sessions as well as games

and challenges. We met the four pawed members of our school family, saw the progress of seedlings and the wonderful dishes that children had made. I think we may have created a generation of Bingo fans in Boscastle!

Our school is now busy again. Full of chatter, giggles and learning. Whilst we cannot meet as a whole school, sanitising and handwashing is part of our daily life and children arrive and leave at different times. Classes now have a wonderful familiarity about them. There is time to chat about the term we were apart, time to think about what has happened, what we hear in the news and how this has made everyone feel. We don't talk of 'catching up', we are just carrying on. Everyone has grown and learnt across lockdown and being back together is fantastic.

*Thank you for
being part of the
'Boscattle hubble'
in the Community*

PIC-COLLAGE