



# BOSCASTLE BLOWHOLE

No 114 Summer 2021

£1



*The renovation of the bus shelter on Barn Park Road has finally been completed.*

*Meryn was delighted to show off the impressive mural of the harbour by local photographer Dave Burns that the parish council commissioned. See inside page 8.*

*photo RCA*

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## Also inside:

Gig Club page 2

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## Gig Club News

**Boscastle and Crackington Gig Club** are delighted to be rowing again after the Covid restrictions have been eased, allowing outdoor team sports to re-start.

The club has been running beginners sessions at Tamar Lakes in the last few weeks and have attracted many new members. This has led to the club purchasing a second-hand fibre-glass gig from Cotehele Gig Club, to accommodate the increasing membership. The gig is named **PASTY** which we think is quite appropriate for a Cornish Gig. You can't miss her bright green and black colours in the harbour. We have been fortunate to have a few days when we could get some sea rowing in and look forward to some long summer days ahead. Give us a wave if you see us in the harbour.

Following a meeting of the executive committee, the members are planning the long-term future of the club and are desperately looking for a site that may be suitable for a club house and possible storage area for their gigs when not in use. We would like to put out a plea for a piece of land that has road access, anywhere in the



Boscastle area, approximately an acre in size. Our dream would be to have this gifted to the club which would then give us the green light to apply for grants/planning etc for future development of the club. We feel that this is now key to the longevity of this growing sport. PLEASE HELP IF YOU CAN. Phone Club Chairman on 07816391927 if you have any ideas.

*Many Thanks  
Wendy Millar*



## 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, Heather Colne,

Audley Jarvis, Gloria Quinlan, Chris Rodda, Sue Viner, Steve Simmonds, RY

The next Blowhole will be published in Autumn 2021, copy deadline circa end of August.

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](http://www.visitboscastle.com/blowhole) or phone 01840 250685

Communications to the Blowhole can be emailed to [boscastleblowhole@yahoo.co.uk](mailto:boscastleblowhole@yahoo.co.uk) or posted c/o Jonhurst Cottage, Boscastle, PL35 0AW

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Easyprint of Stratton telephone: 01288 381700 email: [easy.print@btconnect.com](mailto:easy.print@btconnect.com)





## Mobile Bank

Good news! The Natwest mobile banking van will restart its visits to Boscastle, stopping at the Cobweb carpark between 1.45pm and 2.30pm each Friday from June 4<sup>th</sup>. Please observe the new social distancing measures of only one customer inside the van, use hand sanitiser and wear a facemask.

## Boscastle Walking Week 2021

It is with the greatest excitement and more than a little relief that we are able to confirm that Boscastle Walking Week, held over from April 2020, is finally going ahead in September of this year. Now in its 13<sup>th</sup> year, the event has been pulled from the wreckage of last year and the terrible

pandemic that has seen so many of our usual activities put on ice.

With a range of walks, both local and slightly further afield, to accommodate all abilities of walker, we are offering such delights as the Crackington Haven to Boscastle walk which gives such tremendous vistas out to sea and crosses above Strangles beach and exercises those knees on the (approx) 192 steps up and down. There's also a walk around the Rumps and round to Polzeath beach and a perennial favourite, the Luxulyan Valley.

There will be a limited number of evening events due to the potential that some social distancing may still be in place but we are confirmed for the walkers

meal deal at the Riverside Restaurant and also have a new venue for the opening Sunday night's welcome meal, The Napoleon Inn.

As usual we are indebted to all the local people who are offering leading skills and time for our walks, all the local accommodation offering discounts and many thanks to the Boscastle Chamber of Trade and Commerce for supporting us with publicity and website hosting.

For anyone interested in joining us, walking week runs from Sunday September 19<sup>th</sup> to Friday September 24<sup>th</sup> 2021. Further details can be found on the visitboscastle website or find us on Facebook.

We look forward to seeing friends old and new.  
*Selena, David & Susan*

## Boscastle Oil-Ordering Group

The next ordering date is September. If you are a newcomer to the village and your property has oil central heating, please telephone Myrna Lester on 01840 250520 to find out if your address

is already on the group register and whether you would like to have change of ownership noted. The group was set up several years ago so that those registered could place their orders so that a bulk delivery could be made to the village instead of multiple individual deliveries. This enabled the oil provider to grant us a 2p per litre discount on all orders received. If you'd like to be placed on the register please ring for details to the above number.

ML

## Used Postage Stamps

Since the last issue of the Blowhole, another boxful of stamps, worth £40, has been sent to the Royal National Institute for the Blind. Many thanks to you for continuing to drop your used stamps into the collection boxes at the surgeries in Tintagel and Boscastle.

I am always pleased to receive unwanted collections or albums and these can be placed in the porch at 8 Pentargon Road or I can arrange to collect. Thank you.

ML

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### ***A Thank You from Shirley Bannister***

Shirley Bannister wishes to convey her thanks to all the kind people who have sent cards and condolences to her and her boys on the demise of her husband, Arthur.

Amongst all the places where Arthur and Shirley made a home, the move to Boscastle was like a home coming for them. Shirley said 'it has always felt like their real home'.

*The editor wishes to apologise to Shirley for omitting to include this thank you note in the Spring issue of the Blowhole. It got lost on my computer, sorry, Shirley xx*

### ***A Thank You from Edith Gomoll***

Edith wishes to thank everyone who sent cards, flowers and gifts in sympathy for Dieter's long illness and his passing. She also thanks the friends who attended Dieter's funeral and those who have supported her through these difficult times.

### ***A Thank You from Marion Ferrett***

Marion Ferrett would like to thank all who walk by her garden in Paradise Road and give a wave. Roger is house/garden bound so any interaction from passers-by is food for conversation and brightens his day.

Even when visitors just shout 'Hello' and give a wave it cheers us up. A five-minute chat over the wall or in the garden sparks interest and discussion afterwards. Thank you all.

### ***A Thank You from Maria and Nicky***

Maria and Nicky Nicholls would like to thank family and friends for your kind thoughts, cards, flowers and donations on the loss of my sister, Dorothy Biddick.

It was very much appreciated.



### **Forrabury and Minster Parish Council Neighbourhood Development Plan Update**

Firstly, thanks so much to everyone who took the time to read and took part in the survey on the draft Village Character Assessments. The feedback on the Planning Guidelines and documents was positive and there were good constructive suggestions for the final versions.

The Parish Council voted to continue with the NDP process and to do that are looking for community help. If you are willing to put in the time, please register on the website [www.boscastle-ndp.uk](http://www.boscastle-ndp.uk) or email [info@boscastle-ndp.uk](mailto:info@boscastle-ndp.uk) or contact the helpline on 07939 971597

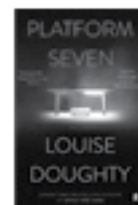
### **North Cornwall Book Festival 2021**

Visiting authors at this year's book festival include Rachel Joyce, Louise Doughty, Liz Kessler, Philip Marsden, Cressida Cowell, Lamorna Ash and Emma Bache. Workshops and events will be held on Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> September and Evenings of Music on

Friday 24<sup>th</sup> and Saturday 25<sup>th</sup> September.

You can browse our exciting programme and, from 1<sup>st</sup> July, book on-line at [www.ncornbookfest.org](http://www.ncornbookfest.org). We can also be found on Facebook and Instagram @NCornBookFest

We look forward to seeing you in September



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## Parish Councillors

The election for Forrabury and Minster Parish Councillors took place in May with eleven candidates standing for the ten places. The electorate (people registered and eligible to vote in the parish) was 783. The turnout was 51.09%.

The following people were elected:

Neil Bridges 171 votes  
Tracy Bright 240 votes  
Carolyn Edwards 285 votes  
Anita Edwards-Symons 228 votes  
David Ferrett 244 votes  
Fred Hockin 226 votes  
Julie Potter 177 votes  
Chris Rodda 173 votes  
Steve Simmonds 169 votes  
Ross Yates 245 votes

Barry Jordan was elected to Cornwall Council for the new district of Camelford & Boscastle.

Congratulations to all who stood and to those who were elected; we hope you find your time in office productive, rewarding and enjoyable.

At the first full meeting of the new council, Cllr Fred Hockin was voted in as the Chair and Cllr Carolyn Edwards as Vice-Chair.

The list of FMPC councillor representatives for the year are:

Dog warden liaison: Cllr Hockin  
Harbour and Valency Valley: Cllr Bright, Clerk  
National Trust: Cllr Bright, Clerk  
Footpaths and seats: Cllr Edwards-Symons  
Highways and traffic: Cllr Bridges, Cllr Hockin  
Civil emergency: Cllr Yates  
War Memorial and Castle site: Cllr Rodda, Cllr Potter  
Website: Cllr Bridges, Cllr Yates, Clerk with J Wakelin  
Village Hall: Cllr Edwards, Cllr Potter  
Sir John Cotton Trust: Cllr Ferrett, Cllr Hockin with Rev Aston  
Playing field and ground: Cllr Ferrett, Cllr Simmonds  
Community network: Cllr Edwards, Cllr Rodda, Cllr Hockin  
Allotments: Cllr Hockin



*Pheobe Carlyon sent us this photo of the Harbour Light she found in her family photo album. She says: "I am now working at Chris Key's but I used to come to Boscastle to stay in my dad's caravan up at Pennycrocker. This photo was taken the day or two before the big flood! That's me, my sister and Aunt on the right."*

## A Rubbish Result!

The Spring edition of the Blowhole featured a photo of a large pile of discarded drinks cans that had been picked up on the upper end of Old Road. I was delighted to see that when I walked along the road recently, I only spotted one stray can between Paradise and Polrunny. I hope the owners of Tubbs Ground will forgive me for adding it to their recycling bags, which were outside ready for collection.

It is heartening to see cleaner verges and hedges and I hope this happy state continues.

Well done one and all.

PA

## WANTED: NEWS

This edition of the Blowhole is only 36 pages long since several of our regular contributors were unable to provide content this time. We are sure that this is only a temporary blip, but wish to remind readers that we welcome articles, photos and news items, whether as a one-off or as a potential regular feature.

We are keen to have a regular Boscastle Sports reporter. Congratulations to Boscastle Football Club, who reached the final of the Launceston Cup this year. Maybe a club player or supporter would be willing to write about local sports?

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# The Birds and the Bees

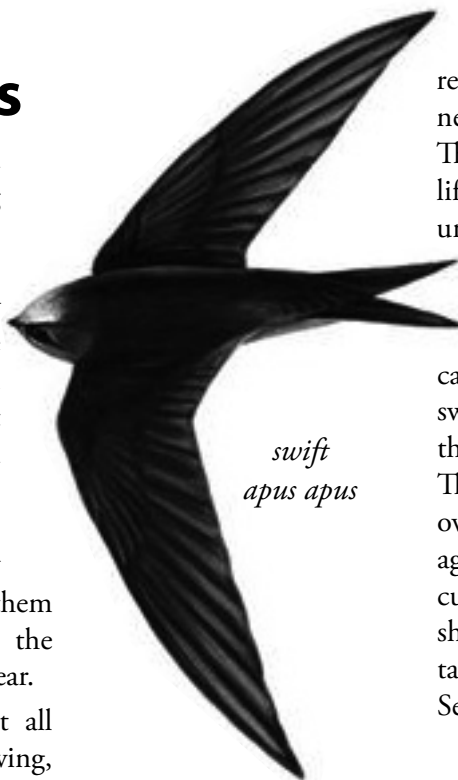
It has certainly been a strange spring and early summer with record books having a field day. We have had the coldest April since 1922, one of the driest on record and also the coldest first week of May since 1659. May was also exceptionally wet with 145.5 mms recorded in Boscastle! Gardeners have longed for warmer weather, re-planting seeds that failed to germinate in the cold, or rotted in the wet.

The jet stream, deriving its name from the more descriptive German "strahlsonnung" -strong wind, was persistently south of Spain. The associated cold, northerly winds delayed migratory birds, some arriving up to a month later than usual. I am still concerned about how few swifts have arrived so far. As I am writing this, I realise that today (June 7<sup>th</sup>) is World Swift Day when people celebrate this intrepid little bird. Like an arrow it whirls through the sky, often in groups wheeling overhead and calling with high pitched screams – a magical sight and sound.

I listen for this wild shrieking, announcing their arrival and feel that summer is here. In recent years they arrived in Boscastle during the first week in May. This year the first small group arrived on 17th May, only to disappear again until 27th May. I am now seeing and hearing them every day but not in the numbers we saw last year.

They spend almost all of their lives on the wing, even sleeping, eating, mating and collecting nest material. Their wings are too long and their legs too short to take off from a flat surface. This means they can land on rough vertical surfaces such as cliffs and the walls of houses, and but not on the ground. Swifts have had a roost at Corentin, on Tintagel Road, for many years but nationally their numbers are dropping at an alarming rate. The two major causes are believed to be modern building design and dwindling numbers of insects on which they feed.

We can all help to provide for them through



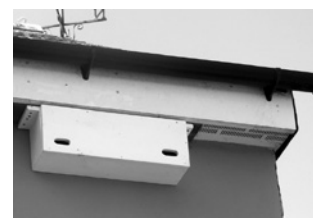
*swift  
apus apus*

really important that their nesting sites are preserved. They appear to pair for life but lead separate lives until they meet each year

at the chosen nest, one often arriving long before the other. Swifts can be distinguished from swallows and martins, by their colour and shape. They are sooty brown all over and appear black against the sky. Their long curving wings form the shape of a bow with their tail like a very short arrow. See illustrations;

As well as providing nesting sites, gardens and

our gardens and all green spaces. I have constructed a nest box for my house hoping to attract a pair - watch this space! When building a new house, it is easy to build in purpose made swift nest boxes and when re-roofing, spaces can be made for them. Many towns and cities are incorporating these boxes into their high-rise tower blocks. Swifts are long lived, and use the same nesting site each year so it is



*John's swift box*

green spaces can be used to boost insect numbers, thus providing more food for all insectivorous birds. Edwin Beard Budding invented the lawn mower in 1830, leading to the fashion for perfect neat rectangles of closely cropped grass and

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weed free gardens. Their owners despaired of folks with unkempt jungles teeming with variety and life. Mown single-variety grass supports very little wild life, resulting in very few flowers, so very few insects or ground nesting birds, and much less food for the birds and the bees. Our bird numbers will increase, if we are less tidy in the garden, allowing space for a few dandelions, celandines and nettles, planting bee-friendly species and letting the clover flourish on lawns.



been recognised as wild life havens and it's good to see many wild flowers blooming in Forrabury Churchyard this year.

If anyone knows of swift nesting sites in the Boscastle area please could you let the Blowhole team know so that we have an idea of how numbers are here. You can find out more about swifts by going to [www.swift-conservation.org](http://www.swift-conservation.org)

A happy ending; My honey bees have coped remarkably well with these strange weather patterns. They had used up most of last year's honey by early January but a small feed of fondant saw them through and they are very strong now with surplus honey being stored away. Next month, when clover and brambles are in flower is critical, so fingers crossed for warmth in July.

*John Maughan*



Forward thinking Town Planners and Parish Councils are changing their management of green spaces, seeding them with wild flower mixes and only cutting once or twice a year. This not only saves money spent on fuel and labour but reduces pollution and provides beautiful displays of wild flowers. Churchyards have also

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## The Long Road to Shelter

The bus shelter on Barn Park Road has been a long time coming, and a big thank you and well done to all involved in its procuring, installation, cleaning and decorating. I looked back though past editions of the Blowhole as I remembered the desire for a bus shelter has been mentioned on several occasions and I recall it frequently being on the parish council's agenda.

The very first edition of the Boscastle Blowhole, published in Spring 1993, included a letter from 'A regular bus traveller'

*"We need a bus shelter for Boscastle. There is an ideal place at Doctors Corner by the telegraph pole. It would provide good visibility for travellers and drivers. A simple structure with seat and roof could blend in with existing trees and be a real asset to the village."*

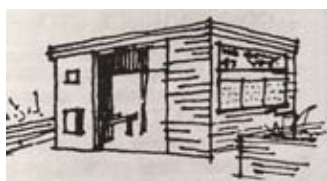
In the Autumn and Winter editions of 1993, we again published letters requesting a shelter at

Doctors Corner, including one that mentioned 'my daughter has to wait there along with other students for a bus every morning at 7.20am, often in atrocious weather conditions'.

Alas, the Parish Council news in Winter 1993 stated:

*The council discussed resident's requests but considered that a) the shelter would be a road hazard, particularly with regard to the Bottreaux Garage development and b) there was no real need for the shelter. Members also pointed out that the council has no land in the area of Doctors Corner.*

The idea of a bus shelter was taken up by Tony Zackey in Autumn 1997, this time for a shelter outside the Old Wellington



*Arthur Bannister's sketch for Tony's bus shelter*

Stables. 'Tony and Pat's daughter Heidi frequently arrived soaking wet at school in Camelford and there were no lockers at school in which to hang a decent coat...'. Tony proposed fundraising to pay for a shelter, the sum needed was estimated to be £2000 to £3000.

On to issue 53, Spring 2006 when we reported that 'The Parish Council are investigating the possibility of providing a bus shelter at the top of the village' and that 'the clerk will contact the bus company to see whether they would have any objection to moving the bus stop...to a site near to the Paradise Road junction'.

In Autumn 2008 providing a bus shelter, along with a pavilion for the football field and repairs to the church path were the public's favoured choices for spending the remaining flood fund money. However it was unsure whether that would be a legally acceptable use of the fund.

Next, in Spring 2016, some long awaited progress: 'the County Council have approved a much needed bus

shelter for Boscastle so that students and other passengers are given some relief during inclement weather. The Parish Council is seeking to employ a local craftsman to build an appropriate structure measuring approximately 3m by 1.4m set in a concrete plinth'.

Forward to 2017, the site was chosen, a pollution survey was undertaken and then in the Summer



2018 not one but two bus shelters appeared, bought and saved from destruction when Newquay Bus Station was being renovated.

In Autumn 2018 we reported that the legalities



of the site ownership had been completed, a builder appointed to construct the concrete base and that the smaller shelter had been

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sold to St Teath Parish Council, which covered the transport costs for both.

Come Spring 2019 the



shelter had been set in place and, at last, was in use.

In the last issue we reported that: *'Work is progressing on the bus shelter with the old pictures being removed by Cllr Edwards and Cllr Bright. New pictures of Boscastle have been measured for and we are just waiting for the new images to be*



*sent and printed. Before that the Parish Council are progressing replacement panels and getting the shelter frame painted.'*

And now finally the stunning photo of the harbour by Dave Burns (shown on the cover) has been installed and it

looks amazing. It has been a long journey, but well done to all, your efforts were worth it and are greatly appreciated by everyone who uses the bus services as well as those who walk past the shelter.

An especial thank you to Fred Hockin for obtaining the bus shelters and arranging for the base to be put in; to Anita Edwards-Symons and Steve Simmonds for recognising the urgency of renovating the shelter and for meeting contractors on site; to Tracy Bright and Carolyn Edwards for removing the old Wadebridge and Newquay posters; to Dave Burns for the image and an other extra thank you to Carolyn for tirelessly campaigning for a bus shelter at that location.

PA

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## The Lark Ascending

The song and sight of the skylark is one of the delights of summer. Skylarks rise almost vertically using rapid wing-beats, hovering for several minutes and then dropping down. Song flights of up to one hour have been recorded, and the birds can reach 1,000 feet before descending.

Skylarks are ground-nesting birds and will breed from April to August. The nest is a hollow on the ground, lined with leaves, grasses and hair. Skylarks need to raise 2-3 broods of young each year in order to maintain their population.

Good habitat for skylarks. is lots of tussocky grass where they can hide their nests and raise their young. The strips between the stitches on Forrabury Common is ideal.

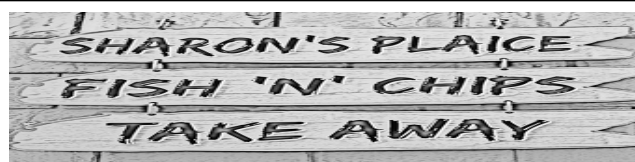
Skylarks lay 2-6 eggs and incubate them for about 10-13 days. Both parents feed the chicks on insects for their first week, then gradually introduce small quantities of shoots



and seeds for a mixed diet.

During the nesting period from the end of March until August, ground-nesting birds such as the skylark can be very susceptible to disturbance. That disturbance can come in many forms, but the main one on the Stitches - as far as the skylark is concerned - is dogs off the lead and running about in areas where the skylark has nested. The dogs scare the adult birds from the nest and are a threat to the chicks.

During the breeding season, please keep to the main paths on the common especially if you have a dog. Keep your dog on a leash in areas of long grass. This can really make a difference to ground-nesting birds in successfully raise their young.



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## Boscastle Coastguard update

With a steady start to the year, and COVID restrictions starting to lift, we have started seeing an increase in callouts for us at Boscastle. With 4 callouts over the last bank holiday weekend alone, we are now on our 12<sup>th</sup> shout of the year varying from dogs over the cliff, medical evacuations and possible ordnance washing up. A few of these include:

♦5<sup>th</sup> March 2021: The team were paged to a male who had fallen whilst walking his dog near Tintagel Castle. Once the team arrived on scene and a medical assessment had been administered by one of our team, it became apparent that the male had more than likely broken his ankle/ tibia. With this in mind, he was carefully packed onto our stretcher and carried up the path to a nearby ambulance where a more thorough assessment could be made of his injuries. He was then handed to the ambulance service and the team were stood down.

♦3<sup>rd</sup> April 2021: The team were paged to two dogs over the cliff at Backway Cove,



just south of Trebarwith. Upon arrival, we were updated by Falmouth that one of the dogs had been recovered from the water by its owner and they were en-route to the vets to get it checked over. We were subsequently tasked to search for the remaining dog. With one team member having a possible sighting, it was deemed that the best extraction was for Port Isaac Lifeboat to retrieve the dog due to the location. Once on scene, and some very skilful driving, the boat managed to get to the dog which had unfortunately already died. The lifeboat transported the dog back to their station where its owners could then collect it.

♦30<sup>th</sup> May 2021: The pagers went off for the third time in two days to reports of possible ordnance at Tregardock beach. Once the team had walked down

the long path to the beach, and with a vague picture for reference, we started to carefully search the beach for the item. After waiting for low tide, one of the officers spotted the item half under the sand. We then proceeded to document the item which was passed to the bomb squad for analysis. Due to the tide, it would not be uncovered for at least 2 weeks the team were stood down and to await further instructions.

♦31<sup>st</sup> May 2021: Just as the team were recovering from a busy weekend, we were tasked by Falmouth to a report from Boscastle NCI of 2 people possibly stranded by the tide at The Strangles Beach. On arrival to scene, with a team heading down to the beach to search the beach. After speaking to members of public on the beach, it was found that the males had self-recovered along a path higher up the rocks. While we made a quick search of the beach, Bude Lifeboat searched

the cliffs north and south to make sure that there was nobody else stranded. We would like to thank Boscastle Coastwatch for their assistance as they could see the area from The Lookout as well as providing communication to the team members. Once it was deemed that the casualties had made their way back safely, all teams were stood down.

Please remember to keep dogs on leads when walking along the cliffs. Although we know the dangers, animals don't! As a team, we always dread when we get reports of dogs over the cliffs. However, as we are getting fewer shouts to these incidents, we still attend more than we would like and would like the public to be reminded.

As always, please give us a wave if you see us out in the trucks and for more up to date information you can follow us on Facebook @boscastlecoastguard.

*For any emergencies, dial 999 and ask for the Coastguard.*

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## News from the Lookout



It's true to say that we were as keen as the rest of the country to know when things would begin to get back to normal. So we were delighted to get permission from the Trustees of the NCI to resume our regular routine of double manning.

Fortunately, we had been able to open for single manning some time ago so we had been keeping our

eyes on the Coastal Path and out to sea and so maintain our purpose as "Eyes along the Coast". However, on the rare occasions when an incident occurs the benefits of double manning are immediately apparent. One Watchkeeper can concentrate on monitoring the incident itself while the other takes care of plotting and maintaining

communications with the Coastguard.

At the moment we only have 33 active Watch keepers, including some trainees, yet we have 42 watches a week to cover. In fact, we owe a great debt of thanks to all those who have been on duty over the last difficult year and particularly our Rostering Team who have juggled the gaps with their usual expertise. Thanks too to Chris, Nick and Tristram who are leaving us after years of service.

We are fortunate that we haven't lost any members to Covid-19 itself but some of our numbers have been shielding and we look forward to welcoming them back after refresher-training and an introduction to the new Chart Plotter and some other upgraded electronics.

There's no need to tell most of you what the weather has been like over recent months and one of our VHF aerials did fall

victim to the strength of the wind.

Our most recent incident occurred when a member of the public told us that his two dogs had fallen over the cliff. The details were passed to the Falmouth Coastguard who called out the Cliff Rescue Team and Inshore Lifeboat. Unfortunately, one dog had died and the other managed to rescue itself.

As regular readers are aware, we get no financial support from local or national government and over the last 14 months lost the majority of the income we need to run the Station. So, if you should see our harbour collectors you can be sure we will appreciate any help you can give.

It will take time to get our training schedules back on track but if you would like to join our team our Manager, Chris Evans, would be delighted to hear from you on 01566 781449.

MW

### Myrna's Chuckle Corner - Wotsit Mean?

Caucasian = stopper in bottle of Indian wine

Ratatouille = rodent stew

Ponder = water-feature expert

Equine = booze for horses

Elsewhere = cursing in spanish

Circumspect = circumsised by chicken

Celibacy = birth control

Phycisian = champagne maker

Tapioca = Latin American dance

Kindred = fear of family

Vapourise = cloudy vision

Foibles = Aesop wrote them

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RELAX???  
I'd like to, but  
I just can't!!

My mind simply  
won't switch off...

It's not for me

## Does this sound familiar?

*Have you always wanted to try meditation or relaxation but not sure it's for you?*

*Want to give it a try without committing to a long course?*

After the year we have all just had, who doesn't need a little time for themselves?

It has been proven that even the busiest of lives benefit from regular, short, relaxation practices. Come and try an introductory **"A Bit of Creativity"** workshop. It's as simple as A,B,C!

A taster session, one hour, three different techniques, designed to help you reduce the effects of stress and aid relaxation. Relax the body, calm the breath and still the mind.

People often dismiss the practice of meditation, saying they have tried sitting still and clearing their mind and it just doesn't work. Try to think of it this way. If your car needed a service, the mechanic wouldn't try and work on the engine if you had just driven it 250 miles straight to the garage- they would need to let the engine



cool down first. You also wouldn't attempt to service it yourself, without having studied what to do first. Relaxation and meditation are exactly the same. You can't arrive at your first attempt to meditate with a head full of your busy day and expect your brain to go from 100mph to Zero instantly. You need to 'help' it cool down first. Then once you have a cool engine (ie mind) you need to learn the mechanical knowledge (relaxation & breathing techniques) which will make your practice REALLY work for you.

There really is no substitute for actually giving it a go guided by someone who understands the process and knows the benefits these practices can have. All you need to do is give yourself **1 hour** to come and see if you can make it work this time.

It is so easy to put our own wellbeing at the bottom

of the list of things to do. Celebrate the start of life slowly returning to "normal" by giving yourself just an hour to learn some simple but effective relaxation techniques to recharge your batteries (physical and mental). My business, **"A Bit of Creativity"** is nothing to do with being Arty or making things, it is about helping you think creatively about dealing with the realities of life. The pandemic has truly shown how adaptable and creative we can be with our lives when we are pushed into it. At the class, I will show you new ways of approaching and dealing with the stresses and challenges of everyday life and how you can introduce them easily into normal routines, no expensive equipment or huge time commitments needed.

The "Taster sessions" are an introduction to a variety of proven physical relaxation methods, breathing techniques and simple meditation and mindfulness exercises which when incorporated into your daily life can transform even the weariest of souls. The perfect opportunity to try out several different approaches without having the cost or time commitment of having

to sign up to a longer, more involved course.

Come along and see if any of these can work for you. This is not a yoga/ fitness class. It does not require any specialist equipment or clothing. You will not be forced into any group discussions. There will not be any chanting or religious practices. All you have to do is turn up ready to learn and relax: **TOTALLY!!!**... ps snoring is allowed!

Possible day/times:

Monday evenings at  
Boscattle Village Hall

Group 1 6:45pm- 7:45pm

Group 2 8:15pm- 9:15pm

Just £5 per person.  
(Booking required Max 5 people per session to adhere to covid rule of 6 indoors)

Until I have firm numbers this is just a provisional day/ time/ location - if you are interested but on another day, a different time or you have a great community space I could hire, please give me your suggestions - I am happy to be flexible where possible.

At **"A Bit of Creativity"** we offer the time, space and tools to help you create a life which works for you.

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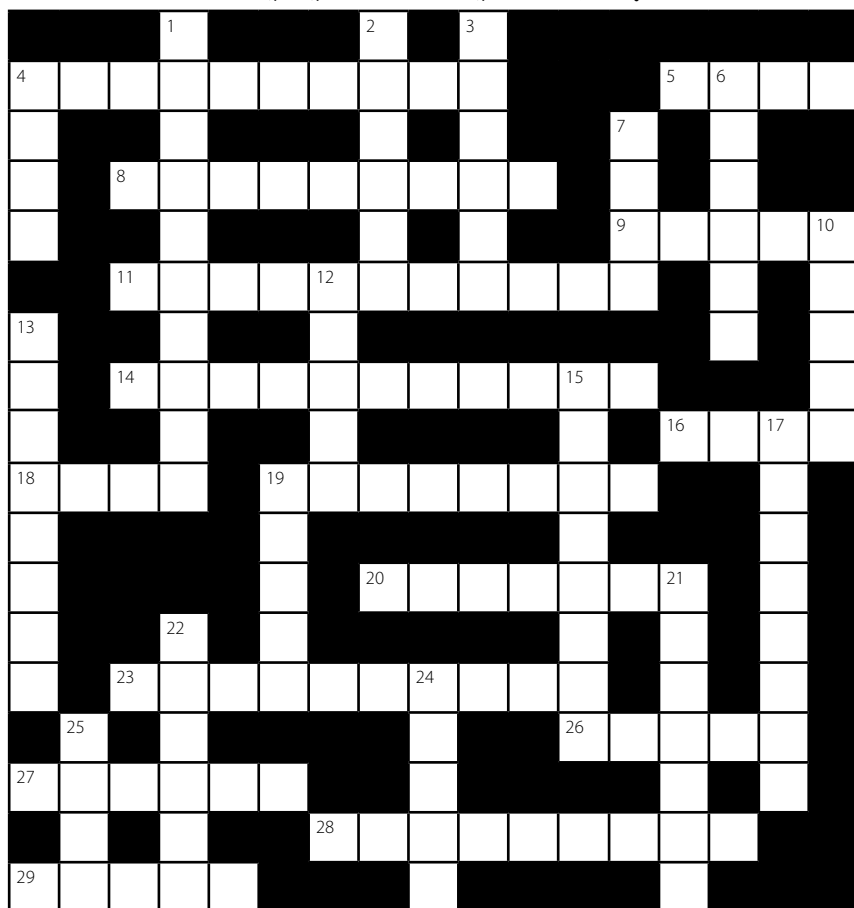
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## Steve's Summer Crossword



### Across

- 4 Mate on a boat, mateyness (10)  
 5 Country person starts with nothing (4)  
 8 Follows pride in literary work (9)  
 9 Singer lives in confusion (5)  
 11 Lucky baseball player takes the biscuit (5,6)  
 14 Sounds like horse trainers go on and on (11)  
 16 Get this for taking that (4)  
 18 She is early (4)  
 19 Heard parrot adding on the radio, very clever (8)  
 20 What you are doing in Berkshire (7)  
 23 Politics for canines? (3,7)  
 26 Boat without initial hope is gloomy (5)  
 27 Ramble around for stone (6)  
 28 Potter villain loved Tom right awfully (9)

- 29 Soak with water, mountainous (5)

### Down

- 1 Fun way to make again (10)  
 2 Screened and just beaten (6)  
 3 Apart and far out man (6)  
 4 Shape and performance (4)  
 6 Comic is an amazing person (6)  
 7 Lord, have a look (4)  
 10 Worry about acres (5)  
 12 Backward boy with body odour, lout (5)  
 13 Bitter quarrel about vet at end (8)  
 15 Kept a reed tin, madly (8)  
 17 Just methods for golfers (8)  
 19 Fruity personal assistant with animal's foot (5)  
 21 Rank with top agriculturalist for giant rhubarb (7)  
 22 Throw together stone (6)  
 24 Measurement for climb (5)  
 25 Pastry for painted lady (4)

*answers on page 30*

## Boscastle CIC Minibus News

*The wheels on the bus will soon be moving. The minibus will be operational again for community trips from July.*

We are putting together a list of locations to be visited and we hope you book to join us. Seat availability will vary depending on bookings as seats will be allocated to ensure social distancing. Once the trips have been finalised, look in the community noticeboards, Boscastle CIC on Facebook or check the CIC's new website [www.boscastlecic.co.uk](http://www.boscastlecic.co.uk). Remember to call the minibus number to book a seat for an excursion and share the information with friends.

The minibus is also now available for private hire once again. Our online calendar and hire forms are on our website where you can check availability and book. Half day hire (up to 6 hours) is £25 and full day hire is £40 excluding fuel. We are unable to offer drivers for private hire trips.

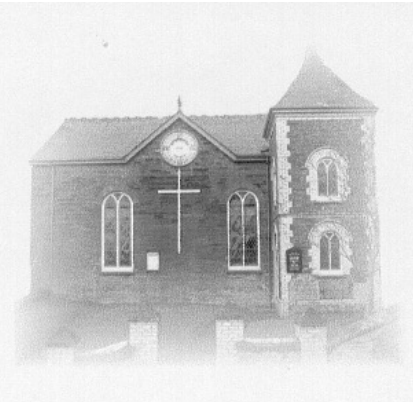
### *Your support of the minibus is vital*

Whether it is booking onto an excursion, volunteering to drive for the excursion or offering to help with cleaning and maintenance, we welcome all offers of help. Simply send us a message. We look forward to seeing you.

*Claire, Minibus manager  
 telephone: 07506944622*



# Church and Chapel



## Church News

In February 2021 the parish of Forrabury and Minster, together with the parishes of Tintagel, Trevalga, St Gennys, Jacobstow with Warbstow and Treneglos, and the parish of Otterham, St Juliot and Lesnewth, formally came together as a Benefice, which is now called The Boscastle Group of Churches. I was made Rector of this new Benefice, with my official residence being The Rectory at Forrabury.

Following on from the lockdown in January we held all our services across the Benefice on Zoom, but from Easter Sunday we resumed a face-to-face service each Sunday morning, and live streamed on Zoom. Due to the excellent mobile phone signal, these services have been held in Forrabury church, but we continue to

investigate the possibility of streaming services from other churches in the Benefice.

All are welcome to join us in church, or on Zoom – please contact me for the Zoom link.

During these difficult times I have been most grateful to a small group of people whose daily sanitising of each church building has enabled us to now have both Forrabury and Minster churches open for private prayer. I know that this is appreciated by both local people and our visitors.

## The story of Holy Week and Easter

Following on from a very successful series of figures and scenarios depicting the Christmas story, Worship leader Hannah Clifford, of Little Ringford, on the Beeny, produced a large array of characters who

depicted the Holy Week and Easter stories around our communities. All 5 Primary Schools in the Benefice took part by

ark. Look out for various animals appearing in our communities!

As we too emerge from lockdown, and welcome



*disciple and temple guard painted by children from Boscastle school*

painting disciples, Roman Soldiers and Temple Guards.

Boscastle was host to the Palm Sunday scenario, as well as the arrest of Jesus in the Garden of Gethsemane, and the Crucifixion. Please look out for information about a Children's Festival on 11 July in St Gennys church, based on the story of Noah's Ark – as the animals emerge from their lockdown on the

our visitors, we pray that we will continue to support each other, and keep each other safe

*God bless  
Heather*

*Rector of The Boscastle  
Group of Churches*

Iris Golding, née Hancock has died recently. We extend our condolences to all her family and friends.



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*Palm Sunday scenario*

### A Methodist Minister's View

Because of the Covid epidemic many celebrations have not happened or have been very muted over the past year. Amongst these is the celebration of the fact that Christian Aid is 75 years old this year. Christian Aid came into existence at the end of World War II to make provision for refugees in Europe and has grown from those roots to become an organisation which has made an impact in many

of our under-developed countries in the world. This impact has happened through campaigning work on worldwide issues such as 'Fairtrade' and currently 'Climate Change'. Christian Aid also partners with organisations in many parts of the world to create projects which have direct impact on the improving of life situations of people. There are many who live by walking large distances for water and work with elementary tools to provide food – we are in the privileged minority.

Christian Aid is also one of the organisations that forms the membership of our British 'Disasters Emergency Committee' whose current campaign is focussed on the Covid crisis in India. How fortunate we are, despite the hardships, in our experience of Covid in comparison to their situation.

Christian Aid and other such organisations have evolved from Christians working together to care for their brothers and sisters across the world and thus demonstrate love and care for the less fortunate. These roots of love and care can be found in the Old Testament of our Bible and

in Jesus' command to 'love your neighbour as you love yourself'.

In recent years our British Government has contributed seven tenths of one per cent of our national income to meet some of the world-wide needs in its Overseas Aid programme. The decision has been made to reduce this expenditure to a half of one per cent - by some 4 billion pounds - in view of the country's economic situation. Our Prime Minister hopes that the general public will understand the reason for the cuts. My concern is that the Overseas Aid budget, small as it is, has been reduced, which will have consequences for many projects in such areas as sanitation, water, hygiene and children in the poorest areas of our world. It is a matter which should be of concern to all of us in the 'fortunate and privileged' minority of the world's population.

We can all take to heart Jesus' command to 'love our neighbour as much as we love ourselves' and work out how to demonstrate that in our actions.

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# DOROTHY BIDDICK

21 Sept 1928 - 8 April 2021



Dorothy Rose was the second child born to Frank and Annie Pridham on Friday 21<sup>st</sup> September 1928 at Kingsbury Cottage, Potters Lane, Boscastle. She lived there for the first 18 months of her life. The family then moved to Kilkhampton due to Frank's employment and they lived at Uppacott Farm, owned by the Axfords, until Dorothy was due to start school. Next the family moved to Halwill Barton which was owned, and still is owned by the Sanders family.

At the age of 5, Dorothy and her brother George walked the 3 miles to Boscastle School in their hobnail boots. She would often say that when she arrived home, she was too tired to eat her tea, but would go straight to bed ready for the next day. On certain days they could catch the horse drawn milk cart which would take them to High Gate, but on the whole she would walk 6 miles a day.

At the age of 7 the family moved to No. 4 Marine Terrace, Boscastle where they remained until after the 2<sup>nd</sup> World War. During this time Dorothy caught typhoid and meningitis and was hospitalised at

Freedom Fields during the Blitz. She said that during the bombing raids she was not moved so would remain in bed with a chamber pot on her head for protection. Her good fortune was that the day after she was sent home, her ward was fire-bombed and all in it were killed.

On leaving school, Dorothy went to work for Mollie Nicholls at the Post Office which then was where Sue's hair salon is now. She lived in, and her duties were as clerk and telephonist. She manned the switch board directing all telephone calls, which in those days, all went through the Post Office. Another of her tasks was to deliver telegrams and she would have to walk as far as Ringford in one direction or to Trethevy the other.

Dorothy worked with her lifelong friend Phyllis Gard. Out of interest one evening, they calculated their hourly rate. Owing to the long hours they worked, it came to 2 and a 1/2d per hour, or in today's money one penny!

She began courting Arthur Biddick when they met at the Youth Club. This was held at the old Town Hall, where the National Trust shop now is. They wrote numerous letters while Arthur was away in the army from 1944 to his return in 1948. They were married in 1952.

Dorothy was a soloist for the Boscastle Male Choir as she had a beautiful soprano voice. She sang in many churches, chapels and village halls. Being handy with a needle and thread she made many outfits as there was little money to go round as she did not want to appear in the same outfit at each venue.

In 1953 their children started to arrive, Trevanion first, Colin in '54,

Maire in '59 and Cyril '62 and again her needlecraft came to good use making outfits for her children and of course putting the odd patch on ripped trousers.

Dorothy continued with her singing and, after the Boscastle choir ended, she sang solos for the Tintagel Orpheus Choir and ceased when her husband Arthur gave up the baton.

Her needlecraft came to good use again when her sister Maria announced she was going to marry Nicky Nicholls, so Dorothy made the wedding dress and the bridesmaids dresses too.

In the 70s the singing started again as Arthur and Bob Cape started a mixed choir.

In 1979 they moved to Goonhavern where Dorothy took a part time job in the Pottery shop until her retirement.

She loved her family and was always willing to look after the Grandchildren.

Her health problems started when she reached her 70s. She lost her rock when Arthur passed away in 2004 but she did not give in and her will to live continued right to the end.

Dorothy was Boscastle born and held Boscastle in her heart. Her family and everyone who knew her will miss her.



# KATHLEEN HATTON

11 Feb 1943 - 6 March 2021



Kathleen May Hatton was born on 11<sup>th</sup> February 1943, in Carshalton, Surrey, a town in south London with a historic village centre. By the time she became a typist/ receptionist at Lacy Huberts, an engineering firm, any thoughts of the Second World War were far behind her. Andrew Hatton was also an employee at the engineering firm and a friendship soon developed between the two. Each of the friends were married when working for this firm, however, they divorced their partners when the marriages went through a rocky patch. In 1968, they became a couple and in 1975 they were married. They set up home in Beddington, where they lived for 30 years.

Andrew's interest in pigeon racing was shared and supported by Kathy. They belonged to three different Pigeon Clubs, their birds gaining many prizes and cups when they won various races. Their commitment to their pigeons was so strong that they were unable to leave the pigeons for any length of time or to go on holiday. Andy had been to Boscastle

as a boy and in 1996 when they were able to find a friend to look after the birds and, at last were able to take a holiday, they came to Boscastle. Andy wanted to share its beauty with Kathy.

Like many who holiday in Boscastle, she soon fell under the village's spell. They were not long in purchasing a holiday home and every holiday was spent in Boscastle, from then onwards. The day came when

(as Andy said) they 'didn't want to share' their holiday home. So, in 2000 they made Boscastle their permanent home. The Pigeons followed by way of Devon, where they had spent three months with a friend.

Once in Boscastle, Kathy was kept busy looking after their friends' holiday home (until they too moved into the village). They both enjoyed the social life of the local pubs, which helped in getting to know some of the local people. Kathy enjoyed weekly trips out with the Age Concern bus and, through these trips, soon got to know more villagers. She was a confirmed animal lover, always having a biscuit for every passing dog, all of which knew and recognised her.

When Kathy became ill, she was diagnosed with lung cancer. After 53 years of a loving relationship, once they had the diagnosis, Andy had only 20 months with Kathy, before she passed away on 6<sup>th</sup> March 2021.



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## Boscastle WI

As we launch ourselves into the summer the members of Boscastle WI are looking forward to being able to finally meet again in person.

With ingenuity abound we have managed to retain some contact during this latest period of Lockdown via Zoom. For those who have not been able to join us our Secretary, Gillian Shultz, has kept them updated with full details of our meetings.

Over the last few months the Boscastle WI have certainly not sat back on their laurels!

For our members meeting in March our extremely talented flower arranger, Mary Shepherd, demonstrated an Easter floral display which Zoom attendees were able to follow in their own homes, producing fantastic results. Mary provided us all with hints and tips and lots of alternative ideas for flower arranging.

The March coffee morning saw us making Easter cards whilst chatting over our Zoom coffee. Every member received a pack of card making bits delivered to their door. The artistic results were really enjoyable.

We sent an invitation out to all ladies in the Boscastle area to come and join us for a virtual social wine evening. The event was a real success with much laughter and lively conversation as the evening went on. We will be running the next one on 15<sup>th</sup> July at 7.30 pm. You don't need to be a member of the WI to join us. Look out for posters which will be put up around the village nearer the date or email [boscrow@westcv.co.uk](mailto:boscrow@westcv.co.uk) for details of how to take part.

Our April Zoom meeting guest speaker was the colourful and inspirational Sheron King from the Mad Hatters Studio. Her passion for recycling materials to create objects from memorabilia shone through. Sheron showed us how to make yarn out of old T-shirts. Whilst it might sound unlikely it definitely works!



It is an easy and fun thing to do. We all produced yarn and enthused with lots of creative ideas for its use.

During the April virtual coffee morning we were fortuitous to hear from guest speaker Merlin Hanbury-Tenison

from the Cabilla Estate. He spoke ardently with evident expertise about our eco system and the re-introduction of beavers to the Cabilla Estate.

For our May meeting we listened to Neil Littleales who spoke on

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the importance of hobbies for our mental health and his specialist subject Ancestry and Genealogy. His presentation 'Who the hell is Arthur?' encouraged members to discover their own family background.

We were finally able to meet outdoors, with the arrival of some good weather, for a socially distanced coffee morning. Many thanks to Helen Hunt for hosting the meeting in her garden. It was a special moment being in the company of

like-minded ladies and a feeling of a very positive step forward to 'normality'.

The Boscastle Scarecrow competition took part over the May Bank Holiday with inventive scarecrow creations being displayed across the village. Thank you to everyone who took part, making a scarecrow and voting for your winners. We really hope you had fun and enjoyed the show! *(Pictures of winners on next page).*

Thanks to local generosity we have been



able to purchase the defibrillator to be situated at Bottreaux surgery. We are in the process of raising a further £300 for the ongoing maintenance and any donations towards this would be gratefully accepted. If you would like to donate please contact Gillian on 01840 250762 or email [boscrow@westcv.co.uk](mailto:boscrow@westcv.co.uk)

You may have noticed that our restoration of

the phone box next to the Wellington Hotel is firmly in progress. We will keep you updated on the opening date.

We are a friendly and fun group of women who warmly welcome new members. If you would like to join or simply test out a WI meeting, please contact Gillian on 01840 250762 or email [boscrow@westcv.co.uk](mailto:boscrow@westcv.co.uk)

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*Best Female - No 15 Bintys Farm*



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## LOVELY WEATHER FOR...

Talk about a funny old year. It's been a terribly slow start to the growing season and at times it's felt as though nothing would grow. The weather broke records in all directions, veering wildly between glorious blue skies in April with teeth-chattering cold at night, and dismal grey, often wet and very windy in May. Certainly not the best conditions to encourage seeds to germinate, even indoors. So they didn't.

By the end of March, with a few warm days I was feeling a bit gung-ho and judged it time enough to sow salad leaves and carrots into the raised beds. The carrots did not germinate and slugs had the lettuce.

As May began, buds opened on gooseberry bushes, and the annual tsunami of blossom from the apple trees started, Bramley, crab and Sunset. Cue gale force winds, so there won't be the generous crop there was last year and the emerging baby leaves on woodland trees were scorched. The garden

began to look pretty in May but the weather was still against growing anything. Tomatoes and chillies stayed indoors and sulked. Outside, violets and primroses were overtaken by swathes of self-seeded forget-me-nots.

Now here we are in June and it's beautiful. My garden has burst into life, every time I go to look, there's something new to see. This year the rhododendrons and deciduous azaleas are simply sensational - I have an orange azalea the colour of burnt toffee so rich it almost hurts your eyes. Lots of rain and slightly warmer temperatures have had a dramatic effect on the slow starters; broad beans are flowering, and lettuce, spring onions, spinach and garlic are all looking good. Even the sweet peas have stopped flopping about and are beginning their climb skywards. First the weather is not suitable and then it's almost too late with the result that I'm terribly behind with sowing seeds; carrots, purple sprouting



broccoli and beetroot are next. But at least I got the runner beans planted next to their frame this week and the bush tomatoes planted outside at last.

I'm desperate to get the cosmos planted out - the poor things are already beginning to flower, stunted by their small pots. It might even be too late. I've also got a whole tray of something which I forgot to label - I know

it's a flowering plant but haven't a clue about its height or colour. It's such a stupid thing to do, one of my really bad habits and I must try to stop it. Anyway, I'll plant them out in the flower bed and look forward to solving the mystery. And also look forward to the rest of the season, crossing my fingers that the weather, like the rest of our lives, returns to something like normal.

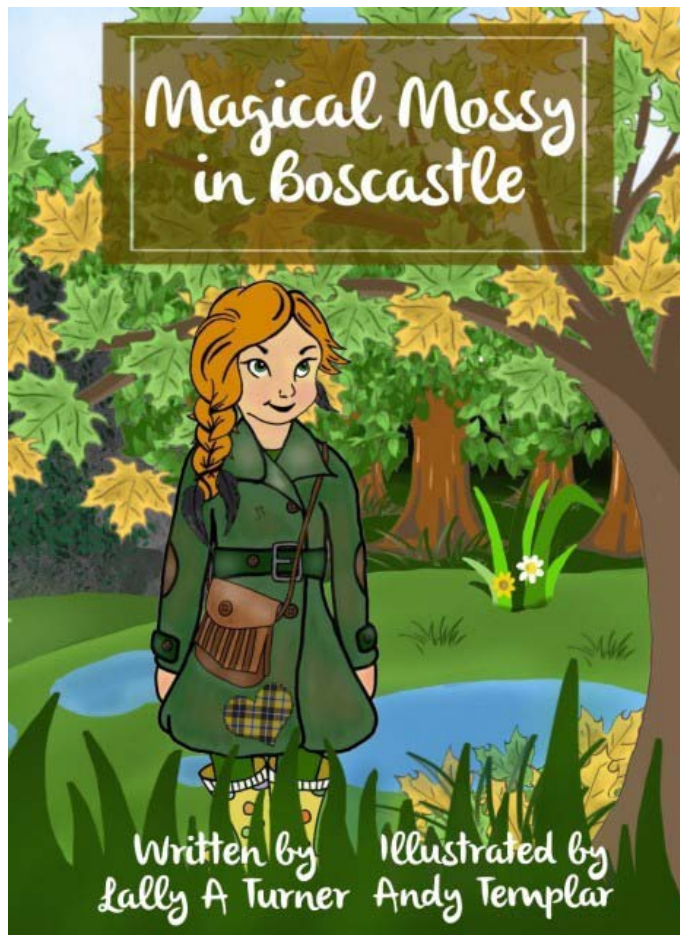
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*Lally Turner tells us a little about her journey to Boscastle and to writing children's books:*

I first holidayed with my family in Boscastle in 1999 & continued to visit, every year after, until we finally moved to North Cornwall in 2016. (Not quite in Boscastle yet but give me time!) That is when I set to and started to write children's books, a natural progression from my time working in education.

It has been a long journey to get to this stage, and I'm proud to say that my children's book 'Magical Mossy in Boscastle' is now available to pre-order.

I wanted everything to be as local as possible to my beloved Boscastle & so story is set in the village but Mossy herself

lives close by, in fictional Puddleglenn. The book includes beautiful images of Boscastle created by my illustrator, Boscastle's own Andy Templar. The story is set mostly in the harbour, but you'll recognise other landmarks from the Look-out to Boscastle Farm shop.

'Magical Mossy in Boscastle' is the first book in the series 'Kids of Kernow' and both mine & Andy's first experience of being published. We are both very excited both by the book but also because of the message it contains. Mossy is full of kindness & in fact a 'World Kindness Day' is featured in the book.

Mossy is a Kid of Kernow who uses Kernow Magic (in reality, a therapeutic method known as NLP - neuro- linguistic-

programming) to teach children that they have the power to choose their own thoughts and emotions to accomplish anything! In this first book it is the power to overcome fear.

I am qualified in NLP & apart from the many other tools I have in my metaphorical toolbox – it is mostly NLP techniques that, disguised as Kernow magic, I use in my books to allow children to help themselves to overcome obstacles which then free themselves to be and become everything they wish for themselves.

The Kids of Kernow series is aimed at children aged 7 and over. You can discover more about

the series and how they came into being as well as finding out more about the real people behind the books on my website [www.kidsofkernow](http://www.kidsofkernow), where you can also pre-order the book (£5.99 for paperback, £11.99 hardback). The book will also be available to buy locally, and I'd like to thank Boho and Harbour Light Clothing, who have kindly agreed to stock it

Mossy has her very own FB page where she shares her love of kindnesses. [www.facebook.com/mossykidsofkernow](http://www.facebook.com/mossykidsofkernow) - but Mossy is only a fictional character!

*Happy Reading*  
LT



*author Lally Turner and illustrator Andy Templar*



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## Forrabury Church Bell

Carried on the stiff breeze of the morning of Friday 28<sup>th</sup> May, you may have heard the sound of the bell at Forrabury Church and wondered why it was ringing. Let me explain:

My name is Jonathan Kirby. With my wife and three young children I lived in Boscastle from 1997-1998, a year that marked a turning point in our lives. We lived in St Hugh, on Dunn Street. The children all went to school just up the road, Neil Young was headteacher, and John Ayling was our vicar. I had just resigned from Hewlett Packard, the American computer company, which had meant a return to the UK from California, where we had lived for two years. I was about to head into uncharted waters, answering the calling of a career in taiko drumming. It took a year in Boscastle to figure out how to embark on this.

Why Boscastle? My parents had loved the village and had bought St Hugh, intending to retire there. Sadly, my father, who was at the time on the staff of Bristol Cathedral, died

before this could happen. Donations at his funeral in Bristol were used to provide the blue pew runners that are still in use at Forrabury Church, the red altar frontal and also a chalice for the church at Trevalga. My mother, Maggie Kirby, did live occasionally at St Hugh, but she kindly made it available for me and my family as we worked out how on earth to go forward.

So, living in Boscastle was, for me, an experience that was both poignant and pivotal. After a year, we moved to Exeter and, despite all the challenges, my taiko career has now lasted more than twenty years.

Taiko is more than just drumming. It is based on principles through which people of all ages learn about personal responsibility, community, and much more. My father was an Anglican priest who was more concerned with Christianity in action than in dogma or ritual, and it's not lost on me that I am in so many ways my father's son, albeit one with a more secular focus. Taiko can have a beneficial effect on people's lives. In a

small, practical way it helps make the world a better place, which is why I am so committed to it.

Since leaving Boscastle, I have taught and played taiko all over the world. I have composed a large repertoire of original taiko "songs" and also combined taiko with Western European folk as well as rock music. My current project combines taiko with Gregorian chant, and that is what brought me back to Boscastle at the end of May.

"Quo nunc, quoniam ad mare stas?" "Where will you go, now you've reached the sea?" is about

that special time my family spent in Boscastle, that big turning-point in our lives. I wanted to include the sound of Boscastle in the music, and what better than the sound of the Forrabury Church bell?

I am very grateful to Rev Heather Aston for making this possible, and for the opportunity to tell this story here.

*Jonathan Kirby*



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# The Reading Room

I stepped out of my cottage this morning to breathe in the fresh sea air and to drink in the beauty of the landscape. It brought to my mind the title of one of my favourite books. I read it when it was first published in the sixties and I think it may have been the first time that I was struck by an author's art of description. He was skilled at his craft. A talented wordsmith, as well as a fluent storyteller. I remember deliberately reading it slowly to savour it. The book was, 'As I Walked Out One Midsummer's Morning' by Laurie Lee. It tells the story of a young man who leaves his home in the Cotswolds in 1934, to walk to London in search of adventure. He survived by playing his violin and working as a labourer on a building site. Searching for more adventure he then decided to walk to Spain. The Civil war loomed

ahead but he was drawn by the countryside of Spain as he walked across it. He painted vivid, lyrical pictures with words which made the landscape pop out of the page and imprint pictures in my mind. I would have loved to have met Laurie Lee.

Nowadays we often have the opportunity to meet our favourite contemporary authors at book signings and Festivals. Recently a bookworm met Raynor Wynn, who wrote *The Salt Path*, at The Fowey Festival.

Fortunately living in the West Country, we have each year, a selection of Literary Festival's fairly nearby. The most famous one is held in May at Hay on Wye but we also have, right on our doorstep, The Fowey Festival held in the home town of Daphne du Maurier, which is also in May. During September you have the

choice of The North Cornwall Book Festival [[www.ncornbookfest.org](http://www.ncornbookfest.org)], The Appledore Book Festival [[www.appledorebookfestival.co.uk](http://www.appledorebookfestival.co.uk)], The International Agatha Christie Festival in Torquay [[www.iacf-uk.org](http://www.iacf-uk.org)], Budleigh Salterton Literary Festival [[www.budlitfest.org.uk](http://www.budlitfest.org.uk)] and The Cheltenham Festival in October [[www.cheltenhamfestivals.com](http://www.cheltenhamfestivals.com)] With careful planning, your staycation could encompass several of these. Fingers crossed I can get to one or two this year.

The bookworms have been lucky enough to meet, mostly virtually, to chat about the books we have read since I was here with you last time. Step inside and see what we've been reading, you may find something you fancy.

## THE BOOKSELLER OF KABUL

by ANSE SEIERSTAD

Anse is an award-winning Norwegian journalist and writer known for her work as a war correspondent. She lives in Oslo, Norway with Norwegian Jazz musician and composer, Trygve Sein

and their two children. She was born on February 10<sup>th</sup> 1970 in Oslo but then grew up in the town of Lillehammer. Her mother was a feminist and an author. Her father was a left-wing politician. Anse attended Oslo University where she studied Russian, Spanish and The History of Philosophy. She is fluent in five languages and has a good working knowledge of four more. She is best known for her accounts of everyday life in war zones such as Kabul after 2001, Bagdad in 2002 and the ruined Grozny, the Chechen capital, in 2006. Her first book was an account of her time in Kosovo called 'With Their Backs to the World'. 'The Bookseller of Kabul' is her second book and it became a bestseller in 2002. It is also Norway's bestselling book ever and has been translated into many languages.

This book's story starts after the fall of the Taliban. She had gone to Kabul with the Northern Alliance and weary of war conversations, she headed for a bookshop to immerse herself in literature. Here the bookseller was always



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ready with an interesting story and an intrigued Anse became a frequent visitor. She soon realised, *'he was himself a living piece of Afghan cultural history; a history book on two feet.'*

After being invited to spend an evening at his house she, boldly, asks if she could stay with them to write a book about the family. He welcomes her without hesitation.

His real name is Muhammed Rais and he later took out legal proceedings against her but she was only found guilty of invasion of privacy and not defamation or negligent journalism as he had alleged.

The bookworms found this book very informative but it was lacking in plot line which would have held your interest with highs and lows. It was written more as a journalistic set of interviews which some bookworms found uninviting and not especially enjoyable. Her descriptions, however, were often very illuminating especially when she described how it felt to be wearing a burka. The examples of the way the bookseller controlled his

family we found disturbing and hard to understand. He denied his children education and seemed to block their aspirations. It was obviously perceived differently by that culture.

We were disappointed she chose not to include her presence in the story and her arguments with males. One bookworm felt it would have given her the opportunity to justify the viewpoint she conveyed. Even with the one-sided viewpoint she gave, it did manage to give us a glimpse of a life that was unknown to us.

One bookworm enjoyed this book, another found it too despondent given the current pandemic and the others held opinions somewhere in between.

Storyline 6.5

Writing Quality 6.5

### *THE LONG SONG* by ANDREA LEVY

Andrea Levy was an English novelist born to Jamaican parents in London on 7<sup>th</sup> March 1956. Sadly, she passed away on February 14<sup>th</sup> 2019 from breast cancer. She did not begin to read books avidly until she was in her mid- twenties. She came to

realise the power of books and after the death of her father when she was in her thirties, she began writing. She was best known for her novel 'Small Island' which won three book awards and was also dramatized on television and the stage. Her novels are based on the experiences of post WW2 generations of Jamaican immigrants. She was, with her novel 'Small Island', one of the first black British authors to achieve critical and commercial success.

There are three levels of story-telling in the book with some unreliable narration. The narrator creates her life story as she wants it to be. It is a deep sad story but with some humorous incidents. It was powerful storytelling but it did not seem to flow as well as her previous novel, 'Small Island'. She has recorded an Audible version of it in which her own voice gives the narrative more flow. It is a very unusual approach to storytelling which glimpses situations from more than one viewpoint. It is mainly told in the first person, using the narrator's 'mulatto' dialogue which could make it difficult to understand.

The book brought this wide-ranging story to life. The bookworms thought it gave a good glimpse in to life in Jamaica during the turbulent years of slavery and the early years of freedom that followed. It gave a brief insight in to the challenges facing both slaves and the white privileged. There was pressure to conform to your stereotype in both groups which made it almost impossible to follow your conscience.

It was a book the we still think about. It was informative and thought provoking and for this reason we would recommend reading it. We also recalled it being dramatized on television some years ago.

Storyline 9

Writing Quality 8

Whilst this wonderful weather continues why not find your own special place and creep off with your book to dwell in the magical world of literature? Happy reading until we meet again.

*Yours truly*  
*The Keeper of the Key*



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# Is summer sun on its way?

We are all looking forward to some sunshine and feeling the warmth of it on our skin. But do we take care of it properly? I'm thinking especially of those who work outdoors for a living; gardeners, farmers, builders, lifeguards etc. Many women look after their skin, but what about the guys? Skin, is a complex organ and a reflection of our overall health. Taking care of skin starts from within.

## Skin structure

The skin is made up of two main layers: the epidermis (top layer) and the dermis underneath, which contains high amounts of collagen and elastin. Underneath this is a layer of fat cells required for cushioning and protection. The epidermis consists of several layers, which slough off regularly. Its protein and fat content is crucial to help the skin to retain moisture and act as a barrier to the external environment.

**Collagen** gives skin its toughness and strength. This lessens with age and sunlight exposure. Long-term exposure to UVA rays is associated with 80-90% of accelerated ageing, including lack of firmness, elasticity, fine lines and wrinkles. UVB rays are associated with causing burning.

**Vitamin C**, found in; citrus fruits, bell peppers, broccoli, Brussel sprouts, sweet potato, strawberries & pineapple, is essential for collagen production, so it is important to maintain a daily intake. Try adding 1 tbsp of lemon juice to salad dressings, or to a large glass of water, sipped throughout the day.

**Elastin** provides skin with the elasticity to stretch and then return back to shape. Structural changes to this may be involved in the development of wrinkles. A deficiency in vitamin C can weaken elastin fibres as you age.



Both collagen and elastin are bound in a fluid made up of several substances including water, just one of the reasons why water is so important. Deprive your skin cells of water and they will become shrivelled and saggy. Drink 1 ½ -2 litres of fresh filtered water daily to keep cells plump and taut.

Protect your skin against harmful UV rays

Whilst a certain level of bare skin sun exposure is essential for vitamin D production, too much can permanently damage your skin and increase your risk of skin cancer, so a delicate balance is needed. Apply sunscreen of SPF 25 (or above), 30 minutes before going out into the sun and re-apply throughout the day. Use a hat / sunshade

/ long-sleeved top to cover up the most vulnerable areas such as your face, head, chest and shoulders. Seek time in the shade, or stay inside when the sun is at its strongest, from 11am - 3pm from March to October in the UK. You should take more care if you have one or more of the following: skin that burns easily, light or fair coloured skin, hair, or eyes, lots of moles or freckles, a history of sunburn or a personal or family history of skin cancer.

We require Vitamin D for healthy teeth, bones and muscle as it helps with absorption of calcium. According to the NHS website, it is possible to make enough Vitamin D from being out in the sun for very short periods of

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time daily, between April – September, even with regular and appropriate application of sunscreen. Outside of those months you can consume Vitamin D rich foods in your diet.

### Oxidative stress & premature skin ageing

We are constantly exposed to oxidative stress from chemicals and environmental factors that negatively affect skin, such as premature ageing. Long-term exposure to air pollution, UV rays, chlorine in swimming pools, radiation, car fumes, smoky atmospheres and extreme heat or cold are just a few of the stresses that the skin must deal with daily. The sun's UV rays can cause permanent skin damage by oxidising the elastin in skin causing a loss in elasticity. To support your skin health you can reduce your exposure to oxidative stresses and increase your



intake of antioxidants through diet to achieve balance, by eating plenty of brightly coloured fruits and vegetables daily 8-10 portions.

Enjoy some summer living and remember to show your skin some love from the inside out.

Please note that some suggestions may not suit everyone, especially if you have a pre-existing health condition. If you are looking for support then please feel free to contact me for a personalised approach with a free 10 minute chat or speak with a doctor.

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	<b>March 2021</b>	<b>April 2021</b>	<b>May 2021</b>
Number of days with no rainfall	17	24	5
Max rainfall on one day in mm	13.2	2	27.2
Date on which max fell	9 <sup>th</sup>	27 <sup>th</sup>	23 <sup>rd</sup>
Monthly total rainfall in mm	43.8	8	154.8
Total rainfall same month last year in mm	96.8	30	12.8
Total rainfall same month 15 years ago	138.2	45.8	118.5

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## Boscastle – the Locomotive

Ever since the start of the railways, locomotives have been given names. In the late 1940s half of a class of 110, newly designed and built engines, were given names of West Country towns by the then, Southern Railway. Many were rebuilt in the 1950s and all were sent to be scrapped in the 1960s. However, some of these scrapped engines arrived at Barry in South Wales and were not immediately cut up. Ironically, not quite in view across the Bristol Channel from the village!

In 1973 one of these engines was bought by a railway enthusiast, Mr JG Tawse, and he had it transported to the site the new “Main Line Steam Trust” at Loughborough. This was the 4-6-2 Pacific, number 34039, named “Boscastle”.

At this time British Railways had said that no more steam locomotives would run on their rails and so there was a strong desire to have a proper “Main Line” preserved, where the few, large, preserved steam locomotives could still be operated. “Boscastle” was

the first such engine to arrive on the former Great Central main line.

It looked a sorry sight having been stood unloved, outside in the salty sea air for over 8 years. All the non-ferrous parts had been stripped off and the steel platework was rusting away. Mr Tawse hoped to have the engine restored and returned to steam within 4 years.

The amount of work needed and the cost escalation in the 1970s, meant that progress was slow and, in 1986, the ownership of the locomotive was shared to others in a “Syndicate” structure to increase the funding available. Finally, in 1993 the locomotive was completed and steamed again. Although based on the now “Great Central Railway” in Loughborough, the locomotive did spend some time on the Gloucestershire and Warwickshire Railway in 1994 and then on the West Somerset Railway in 1996, so did return to its namesake area.

In 2000, the boiler was needing increasing



*Steamy Boscastle leaving Loughborough Station*

amounts of attention and so the locomotive was set aside for its first overhaul in preservation. In 2005 the owning group again restructured to become a Private Limited Company – the cost to refurbish the locomotive had significantly increased as it was found that much of the boiler would need to be renewed.

That overhaul is now getting close to completion and a recent public “Zoom” presentation (which some villagers may have seen) highlighted how much has been done to return the engine to first class condition. A new tender tank has been constructed, 80% of the boiler is new and all the running gear has been reconditioned, repaired or replaced.

It is hoped that

this restoration will be completed in 2023 and that the locomotive will steam again. This will be a double anniversary - 50 years after its arrival on the Great Central and 30 years after its first restoration.

There is a website [www.boscastleloco.co.uk](http://www.boscastleloco.co.uk) which has much more information and pictures of the locomotive, together with regular updates showing the work being done.

Should any residents from Boscastle wish to see the locomotive in action, I’m sure you will be warmly welcomed in the future.

*Philip Herrick*

P.S. I did see in the press, that the nameplate “Bideford” was recently purchased for several thousand pounds and is returning to that town.



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## Gooseberry and Stem Ginger Ice Cream

Well here we are at the start of the season of summer's fruit bounty. Within a few weeks strawberries and gooseberries will be in full swing, and by mid-July the raspberries and blackcurrants will have ripened and I will be up to my elbows making jam, syrups, wine, and fruit liqueurs to brighten up the dark days of winter. I try to grow as much of my own fruit as possible but for many people – and I'm still one of them – there's nothing to beat the fun of pick-your-own. And we're lucky here in Cornwall to have some excellent fruit farms: Lifton just over the border in Devon, Pencarrow on the Camelford to Bodmin Road, Trevathan at St Endellion and Mitchell fruit farm just past Summercourt on the A30. I've got a couple of bushes for gooseberries but this year the weather has not been kind and last week I counted a solitary gooseberry! So I shall be off to Trevathan as soon as they open to pick enough goosegogs to last a year. Although gooseberry fool is an excellent and easy standby, when I have a few

left over, gooseberry and stem ginger ice cream is one of my favourite ways of using them.

400ml double cream  
400ml full cream or Jersey milk  
6 large egg yolks  
125g caster sugar  
150g fresh gooseberries pureed  
40g stem ginger (the kind you buy in syrup) roughly diced  
1 scant teaspoon custard powder (or cornflour). This helps stabilise the custard.

Measure the cream and milk into a medium saucepan and over low heat bring the mixture to just before boiling point. In a medium mixing bowl whisk the yolks, sugar & custard powder till creamy, add one ladle of the hot milk to the egg mix, blend and return the egg mix to the warm milk. Over low heat whilst stirring continuously cook the egg custard until thickened (it will coat the back of a wooden spoon) but do not allow it to boil (or it will curdle and you will end up with sweet scrambled egg), this should take about 10 minutes – just



be patient. Once thickened remove the pan from the heat, place in a bowl of cold water – to stop it cooking further – and stir in the pureed fresh gooseberries and diced stem ginger. In an ice cream machine churn the ice cream accordingly to manufactures instructions, transfer the ice cream to the freezer and use when needed. It will remain easy

to scoop for up to three days and there after the ice cream might set fairly hard. No ice-cream churning? You can still make perfectly good ice cream by hand as long as you remember that what you are doing is trying to minimise the size of the ice crystals which form, and you do this by frequent stirring and mixing. So, place the mixture in a plastic container and freeze for about half an hour. Remove and stir briskly with a fork. Repeat this process several times until you have a smooth, creamy, frozen dessert. Yummy or what?

*Pat Thorne*



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# Surgery News

Bottreaux and Tintagel Surgery would like to express a large amount of gratitude for everyone's support over the pandemic, these strange times have altered the lives of many, and the way of working has had to be adapted for us all. We continue to prioritise making sure that the staff of the practice and all the patients that use us are kept safe and have access to the care they need from our clinical team.

Since the Autumn edition of the Blowhole, we have welcomed a new GP to the practice, Dr Emily Hancock, who joined in February and has fitted into the practice amazingly. She has been praised by many patients and has certainly settled into village life since starting. She looks forward to getting to support this community and provide these essential healthcare services alongside the rest of our clinical team of GPs, Nurses, HCAs, Paramedics and Physiotherapist.

Our Admin and Dispensary team have been working extremely hard throughout this pandemic and have had to adapt their way of working multiple times to support social

distance and other key government guidance, and we are extremely grateful to each of every one of them for all they do and the support they provide for our patients daily.

However, we are incredibly sad to say goodbyes to two people from our team. Firstly we say goodbye to the lovely Julie Reynolds who has been working at the practice for an astounding 36 years! We wish her all the best and happiest in her retirement! We also say goodbye to our current Business Manager, Danielle Kirby, who will be leaving the practice at the end of June. We wish her all the best in the new chapter of her life, but we already know that she will do an amazing job! Damian Blackley-Edwards, who joined us in November, will now take on the role of Practice Manager.

In other news, we have been working closely with Bodmin Treatment Centre, getting as many of our patients booked for their vaccine as each cohort was called forward by the NHS. This has indeed put extra pressure on the practice, but we all hope this brings us one step closer to ending this pandemic. The Treatment Centre has now

closed, so patients who still need to have their vaccine will be able to arrange this themselves when their cohort is called forward, and this can be done online and through the 119 number.

The practice has been extremely proud of its ability to provide care throughout the pandemic to our patients, but we continue to see patients face-to-face as we have done throughout the pandemic. Patients will be asked for a telephone consultation with a clinician first and then seen if needed. We have a low threshold for bringing patients into the practice. Our amazing admin team will support and arrange telephone consultants for you, however please remember that if any patient has difficulty with a telephone consultation, please explain this to our admin team and they will signpost you for alternative arrangements that we can offer such as video consults and face-to-face if needed.

We are catching up on chronic disease reviews and you will be called in your birthday month for your regular reviews. If you feel that your condition requires a review sooner please contact the surgery. We have two new faces that will be taking bloods, Jasmine and Louise. If you feel your bloods are due, please contact us as we have put on extra clinics and are catching up on those that are overdue.

We would also like to remind patients that are awaiting news regarding any referrals to outpatients and routine surgery, Truro Hospital have a patient

hotline and email address that you can contact if your condition changes while on the waiting list. It is 08000357777 or email [rcht.cornwall.patienthotline@nhs.net](mailto:rcht.cornwall.patienthotline@nhs.net). These are then directed to the appropriate speciality for clinical review and appropriate action.

Bottreaux and Tintagel practice are open as usual. Our opening times are Mon to Fri 8:30am-1pm, 2pm-6pm for Bottreaux and the same for Tintagel other than closure on Wednesday and Friday afternoons. Patients are able to access reception at both sites if needed. Please keep an eye on our website, [www.bottreauxsurgery.co.uk](http://www.bottreauxsurgery.co.uk) and our Facebook page for on the day updates and any potential interruptions to service.

As always, we are so fortunate with the supportive patient population that we have, and we look forward to continuing to provide the high standard of care for this amazing community. If you have any concerns, Damian Blackley-Edwards, the Practice Manager is available to bring these to our attention.

*Many Thanks,  
Drs Walker and Radford*

**Crossword Answers:** Across: 4 Friendship, 5 Oman, 8 Prejudice, 9 Elvis, 11 Jammy Dodger, 14 Filibusters, 16 Life, 18 Dawn, 9 Polymath, 20 Reading, 23 Dog Whistle, 26 Dingy, 27 Marble, 28 Voldemort, 29 Steep.  
**Down:** 1 Recreation, 2 Shaded, 3 Spaced, 4 Form, 6 Marvel, 7 Peer, 10 Scare, 12 Yobbo, 13 Vendetta, 15 Retained, 17 Fairways, 19 Papaw, 21 Gunnera, 22 Cobble, 24 Scale, 25 Tart



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## Neighbourhood Community Cooking Project



Hello everybody, I thought I would give you all a little update on how The Neighbourhood Community Cooking Project is progressing.

We started providing a few extra meals for the community a year ago when our cooking club started, then in November 2020 as we were heading into another lock down, I stepped up my game and turned my attentions to providing around 100 meals a week supporting around 60 people in our local communities. Thirty weeks later, we are now providing

on average 430 meals & 110 puddings a week minimum and supporting over 140 people. Every week we can help a few more: people out of work, the elderly living alone, those recovering from illness, families and so many more. To date in the 30 weeks, we have been operating on this scale we have cooked and distributed a staggering 9,824 meals & 1,912 puddings/cakes.

I am still the only cook in the kitchen but without Lucy's amazing batter our toads would be nothing and the remainder of the team peel, chop, portion

out and deliver meals. I couldn't even hope to make the numbers needed to help those in the community that need our help without them and I am so pleased that Larissa gives up her day off to keep me in check and crack the whip when needed.

We are a still a small team of 4 to stay safe and keep our recipients safe. I cannot give enough thanks for the support I have received from the local Parish Councils, local businesses, and members of the public.

We are currently providing meals for residents of Tintagel, Trethevy, Boscastle,

Camelford, Delabole, St Teath, Davidstow, Slaughterbridge, and all in between. If you need help or know someone who does, please get in touch, you are not alone. All contact is 100% private. We are still solely reliant on donations but with Covid restrictions being lifted in the near future I hope to be able to hold some fund raisers such as Pay as you feel meals, Bingo night and maybe a quiz. Feel free to drop by our Facebook page for up-to-date information and contact.

*Julie Potter*

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## Hospital Woes

Tummy ache one evening a few weeks ago quickly turned to agony. Tried 111 but after what seemed hours listening to the various permutations required if I thought I had Covid in desperation dialled 999 instead and wound up in Treliske. As sole carer for my disabled wife in my plight I just managed to text for help.

It was gallstones, No warning symptoms, and anyone who's experienced it knows it's really squirming on the floor painful. The only effective treatment is a suppository, an inelegant process involving a latex glove and extended finger. But it works.

Initially, as I was not classed as an emergency, they wanted to send me home with pain killers. Not wanting to repeat the experience, I disagreed. As usual with today's NHS you have to be insistent - so I was placed at the back of the queue.

I sincerely enjoin all to avoid hospitals at this time. On the wards, apart from the inevitable background of coughs, groans and beeping, and distant youthful giggling from the nurses' station where their various grades of lilacs and blues of uniform make semblance of a spring garden, the environment is drear.

No pictures, music, TV or visitors. If you want a newspaper, be prepared to stagger down two floors to find a news agency and essential snacks. Hospital food is traditionally tasteless and poorly presented. Despite the efforts of a resolutely cheerful meals assistant, Treliske maintained that tradition.

The staff avoided contact. "No dear, I'm not allowed to touch you" when I asked a nursing assistant to help me sit up. And "No, I can't pass it to you" when the bed control slipped out of reach. As I was classed as "ambulant" there was no help either getting out of bed or using the bathroom.

It was only some time after leaving Treliske I really appreciated their level of anxiety. A Freedom of Information request reveals that since March 2020 over 40,000 patients have contracted

the disease while in hospital for other reasons. Treliske has the worst individual record in England, more than a third (37%) of those affected subsequently dying.

Astonishingly, in some hospitals up to a fifth of staff have refused vaccination for religious or other reasons. Management will not insist, instead relying on persuasion.

I waited three days before theatre space was available. Four small holes were drilled in my abdomen to extract ten pieces of calcium deposit and, to be on the safe side, my gallbladder. One can do without it providing fats and dairy products are minimised.

For a week or two afterwards the sensation is like having been kicked in the stomach by a horse.

Next morning: out. No post-op chat from a friendly consultant, just a discharge sheet and told to arrange transport. I left Treliske with decidedly mixed feelings. Despite shortcomings in housekeeping, clinical care was competent and I was grateful to be spared sacrifice on the altar of political sensitivity. We shall no doubt in time look back at 2020 and learn some bitter lessons.

Back in Boscastle this grumpy old blighter was somewhat moved by the friendship and help received. Our dear home companion Becky Culver slept over two nights and our son Ben came over every day. Invidious to choose one of many but a special mention of John Maughan for hospital transport and the lovely Julie Potter who had heard and unexpectedly provided her delicious version of meals on wheels. My best wishes and kind thanks to all.

CR

*The Blowhole team are delighted that Chris has recovered and is back in action, though sorry he had a dismal experience in hospital. Other team members commented they have received faultless care and attention in hospital over the covid-19 period. We hope that will be the case for readers as well.*

## MP Scott Mann

Our MP no longer sends a quarterly report to the Blowhole but has pointed us to the weekly updates posted on his website at [www.scottmann.org.uk/news](http://www.scottmann.org.uk/news)

At present, the most recent one is about the new animal welfare (kept animals) bill.

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## INSPIRING WOMEN

### Marshgate WI April

Knights in shining hi-vis, the heroes of Cornwall Blood Bikes ride the roads, saving lives and bringing urgently needed help – and get no funding other than what they raise or collect themselves. These biker dudes with a difference spend their free time rushing donated blood or special drugs or even human milk to those that urgently need it up and down the Duchy, as they told Marshgate WI.

Chairman Jayne Penlerick and her dad John, the charity's fleet manager, arrived by broadband fibre for the WI's April meeting, the first meeting with a speaker held since March last year. The daring duo told members and guests of the work of this organisation, formerly known as Cornwall Freewheelers, and their fleet of BMW 1250 bikes ridden by volunteers aged 30-84!

In December they liaised for the first time with their corresponding angels in the air, Cornwall Air Ambulance, and are now running supplies to the CAA as well.

### May

She's Wonder Woman and Batwoman all in one, and if there's such a thing as Hedgehog Woman, Wendy Winstanley must hold that title as well.

This charming bubbly lady runs Ravenswell Supporting Cornish Wildlife, a charity which helps and advises people who rescue injured animals and has a sanctuary for birds and animals.

Wendy visited the WI via Zoom, bringing with her a little cutie called Tobermory. Tobermory looks like a white hedgehog, but he is actually a hedgehog tenrec from Madagascar, one of the many strange creatures Wendy has collected as a result of her rescue work.

Ravenswell is planning to open an animal hospital near Penzance, and Wendy's owls and other birds are already scheduled to move onsite, she told the meeting.

After the talk members met briefly to manage WI business, including future meetings, which from June will once again be face-to-face events at Otterham & St Juliot Hall after an absence of 15 months due to Covid restrictions. A full programme of events is being organised, with some speakers already confirmed. On Thursday 8<sup>th</sup> July, 7pm at the hall, Wendy Trevennor will give a cookery demonstration on "Fried Bread" – types of bread which do not require an oven. Samples will be available to try! Why not come along?

If you are interested in joining Marshgate WI or want to find out more about events, please contact Wendy on 07795 524694 or email [marshgatewi@btconnect.com](mailto:marshgatewi@btconnect.com)

WT



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**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**

**July 9<sup>th</sup>, August 6<sup>th</sup>, September 3<sup>rd</sup>**

## NatWest Bank

The NatWest Mobile Bank visits the car park every Friday between 1.45pm and 2.30pm.

To ensure that social distancing can be maintained, there is now a policy of only one customer inside the van at a time.

## 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](mailto:camelford.library@liscornwall.org.uk)

## Waste Tip, Bowithick Quarry Sanding Road, Tintagel, PL34 0HH

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**Extended opening hours trial: tip open until 6pm on Mondays until early August 2021.**

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**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](mailto: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](http://www.boscastlecornwall.org.uk)



## Harbour Master's News



April saw the first boats in the harbour. I steamed Rene around from Padstow on the 4<sup>th</sup> April. During a smooth passage we saw dolphins in Port Quin bay and numerous sea birds both eating on the surface and also nesting in the cliffs around Long and Short Islands. I tied up around lunch time. Michael Parsons was next in a day or two later.

April was good with many calm cold days only to be replaced by May with a series of depressions wild

weather high winds and from time-to-time huge swell wreaking havoc with the pots and causing a scare or two in the harbour. The night of the 20<sup>th</sup> May was particularly bad and with a swell running outside estimated at up to twenty feet. The fishing boat Three Jays parted her stern chain and looked at serious risk, but she hung on until first light when more lines were attached and by midday it seemed she was going to be OK. Always bad to lose a boat in the harbour.

I have an app on my computer and phone enabling me to check the location of all vessels between Sennen and Hartland and I could see nobody fishing at all on the 21<sup>st</sup> May as the gale blew and blew until eventually blowing itself out.

As I write this I am hoping for a decent June. My son Alex has been complaining about a shortage of lobster and mackerel for the Rocket Store and saying that the general price of wholesale fish has more than doubled since the restaurants were able to open after the 17<sup>th</sup> May. The Rocket Store got a very brief and favourable mention in the Sunday Times on the 16<sup>th</sup> May.

*Chris Key  
Harbour Master*



*Chris Jarvis has sent us this photo of a Boscastle School Sports Day that he thinks is from the very early 1980s. Do you remember the occasion? Were you a participant or a spectator? Who won, Valency or Jordan?*



# Walks with Jet



It seems that our walk included in last quarter's Blowhole was enjoyed by a few readers, so I've decided to share another favourite ramble.

We really enjoy walking in the direction of Tintagel, although we have never made it as far as the town, usually because we take our time and enjoy the views along the way. On setting out from home our first decision is whether to go up the hill and along the main road or like this walk to go down the hill and proceed up Forrabury Hill and on to the Common. Walking towards the church and then having to divert to the bin by the football pitch. Having dumped the necessary bag, we continue along Under Road to join Tintagel Road. Making frequent stops to look at the wonderful views out to sea and to have a nose in all the gardens and also see if anyone is having fun in the playground.

Joining Tintagel Road, we have to pay attention to the traffic, sometimes the vehicles are travelling at a fair rate but mostly drivers are very considerate and we do try to get in tight to the hedge. Now comes our second decision to go down the footpath through Welltown Manor or continue by road to Trevalga, today Welltown wins. The footpath heads down past the Manor and the cottage and after that it goes through

the corner of a small meadow then straight across a field to a lovely slate stile, I keep Jet on his lead as the sheep and lambs are a little curious and we don't want to frighten them. Straight across a few more fields and over the slate stiles and eventually we come out at Trevalga. Jet enjoys the freedom and checks every bush and tussock for hints of who might have been through before us.

At the cliff path near Trevalga we head down to cross the small stream and a quick drink for Jet, sometimes we have found cattle here but they tend to ignore us - as long as we don't get too close. It's then up the slope to pass through the kiss-gate below Trevalga Manor. In the winter months this part of the path



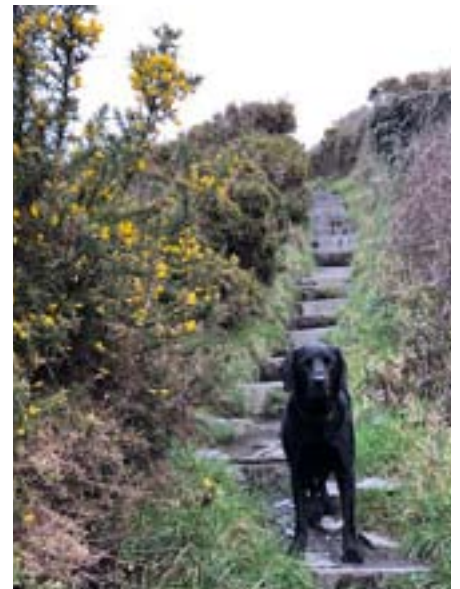
is extremely muddy and wellies are definitely needed. Today all is fine and we emerge by the seat at the top of the cliff, just a short walk and we come to the beacon point and Michael's Bench by Lady's Window. We often stop here for a drink and snack either on our way or on our return journey.

The next part of the walk gives us wonderful views to sea and the cliff formations are spectacular, we pass Trethevy caravan park and eventually come to the top of Rocky Valley. Very steep walk down to the river where Jet definitely needs to play in the water. A steep walk up the other side

of the valley and we get to look down into Bossiney Bay. There is a lovely bench at the top and we often relax here and enjoy watching the surfers and absorbing the atmosphere.

This is usually where we decide to turn for home and retrace our steps, it doesn't matter that we haven't reached Tintagel as it will always be there for another day. The return walk takes us on the coastpath and up and over spectacular steps set in a wall right at the top of the cliff. It looks far more precarious than it is and Jet goes over just like a mountain goat! The footpath takes us across a lovely open field to the top of another set of steep steps down to a stream, up the other side, more steep steps, we certainly get excellent cardio-vascular exercise on this walk.

We cross an open field with interesting remains of slate walls and signs of old buildings, making us wonder who worked here and what they were doing? The next set of steps are extremely steep and of varied depths but to Jet they cause



no problems whatsoever; he bounds up them and waits patiently at the top for me to catch up. Through the gate at the top and we are back on the Common, a rest on the seat for me and then back passed the church to home for a well-earned rest and a cup of tea.

PC