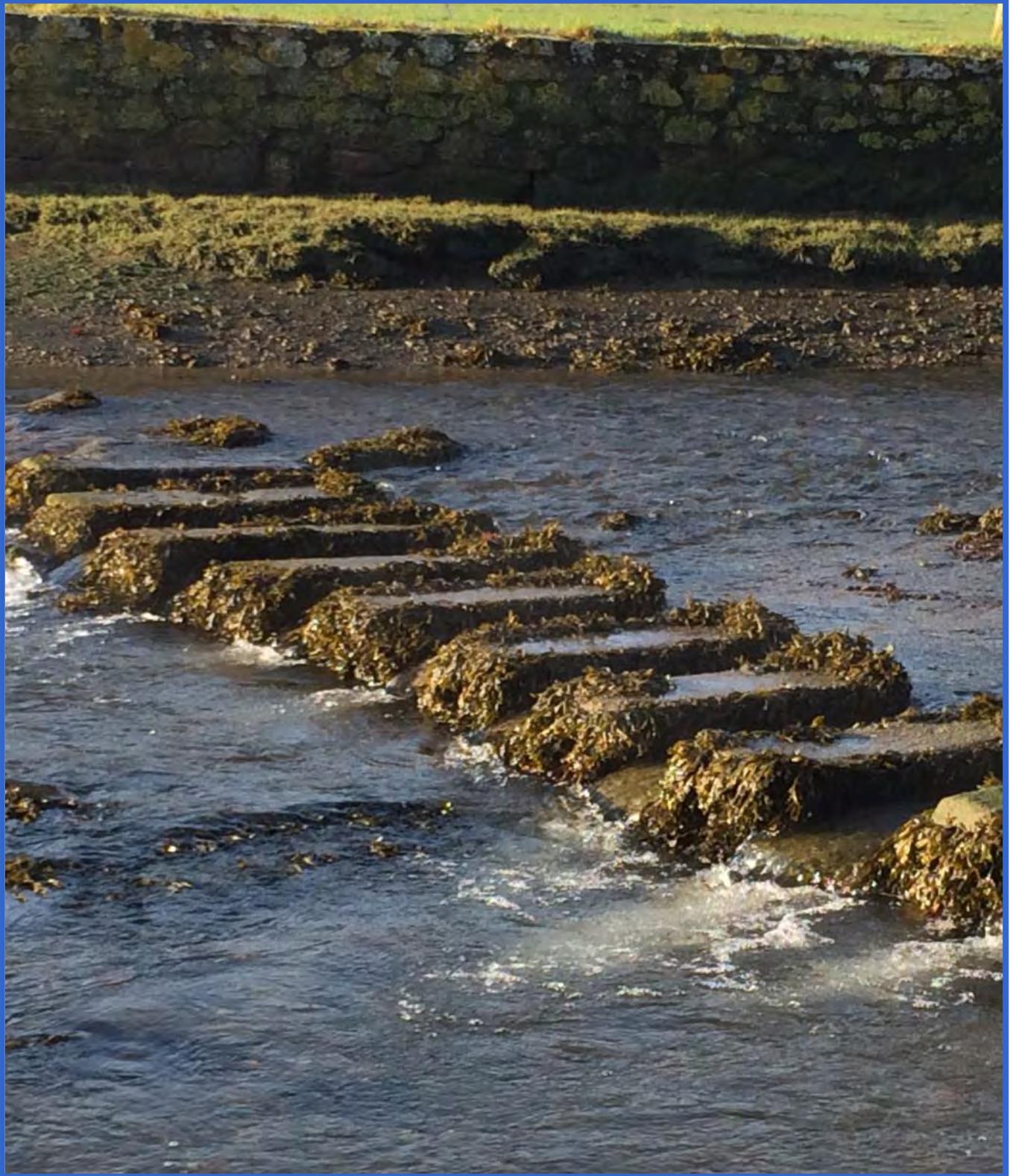




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# **MYLOR MAGAZINE**

**January 2016**



*Stepping into 2016*

*Serving the whole community*

## ***Mylor Magazine***

### **Published by:**

Mylor and Flushing  
Community Publications

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LEMON HILL, MYLOR BRIDGE

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**Cover by Geoff Adams**

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## Village Diary

### January

- 5 **TH** Lunch club restarts after Christmas
- 6 Mobile Library 2.15-3.30, Lemon Arms
- 11 **OS** Garden Club The Magic of Orchids 7.30
- 16 **TH** Friends of St Mylor Coffee am
- 20 **TH** WI 7.30
- 23 **TH** Creative writing 10-12
- 23 **TH** History Talk Local Artists by Henrietta Boex
- 25 **PH** Parish Council Meeting 7.15
- 27 **FSC** Cornwall Hospice Care Coffee morning 10.30—12
- 27 **TH** Mylor Movies Suffragette
- 27 **TH** MCPG AGM (see p.15)
- 30 **OS** Mylor Playing Field QUIZ NIGHT

### February

- 8 **OS** Garden Club Growing Soft Fruit 7.30
- 24 **TH** Mylor Movies The Martian
- 27 **FVC** Parish Council Surgery 10-12

**The Editorial  
Team wishes all  
our Readers and  
Advertisers a  
Happy and  
Prosperous  
New Year**

**Key:** **AS** All Saints Church, **FSC** Flushing Sailing Club, **FSM** Friends of StM, **FVC** Flushing Village Club, **GC** Garden Club, **LHG** Local History Group, **MC** Methodist Chapel, **MS** Mylor GP Surgery, **OS** Ord-Statter Pavilion, **PH** Parish Hall, **Sch** Mylor School, **StM** St Mylor Church, **TH** Tremayne Hall.

## *Vicar's letter ~ Revd Jeffrey James*



Shortly after the sound of Big Ben rings in the New Year, in gatherings across these islands people will join hands and sing auld lang syne. The parties may be large or small, at home or at a function. Usually we restrict ourselves to the rousing chorus but if there's a good Scots contingent in the party, the song will be sung through including the last verse;

And there's a hand, my trusty fiere!  
And gie's a hand o' thine!  
And we'll tak a right guid willy waught,  
For auld lang syne.

There's some debate about the translation though I think it goes something like this;

And there's a hand, my trusty friend!  
And give us a hand of yours!  
And we'll take a deep draught of good-will  
For long, long ago.

For many of us, the kind of gatherings when we sing auld lang syne and spend time with people we might not know very well are unusual. So the words of the song could be just a warm sentiment to welcome in the New Year, a feeling that ends when we finish singing, but what if it was continued? Suppose for a moment we set out resolved to make 2016 the year when we take one another's hands and pledge ourselves to one another and to living in goodwill during the year. It's quite a thought and one that challenges all of us to think about the balance in our lives, how we spend our time.

We may well have to spend quite a bit of time in study or work with a lot of people we don't know very well, but what about the time when we can choose who we spend it with? I suspect most of us spend most of our free time with people we know well and that's how we like to live, with larger or smaller groups of family and friends. But suppose we resolved to take a draught of deep good-will with those round about us who we don't know very well?

The message of faith that Jews and Christians share has at its heart the desire to love God and to love our neighbours as ourselves. Jesus told a famous story about the Good Samaritan to illustrate that when we think about who our neighbours might be, they include people who aren't like us and those that we wouldn't usually mix with or talk to. So as we set off into the New Year, with the strains of auld lang syne in our ears, let's see if we can keep that draught of good-will refreshing all of us through the year. Happy New Year.

A large, stylized, handwritten signature in black ink that reads "Jeff". The letters are thick and cursive, with a long, sweeping tail on the final 'f'.

**MYLOR PARISH - REGULAR SERVICES AT  
St MYLOR CHURCH and ALL SAINTS, MYLOR BRIDGE**

Website: [www.stmylor.org.uk](http://www.stmylor.org.uk) Facebook: St Mylor Church

*Sundays*

8am Holy Communion (1662 BCP) St Mylor  
10.30am Parish Eucharist St Mylor  
except last Sunday in month when All Age Worship  
(not August, December)  
5pm Evening Prayer/Bible Study All Saints

*Wednesdays*

10am Holy Communion All Saints

For feast day services and other occasions,  
see Church notice boards/website

Enquiries about baptisms, weddings or funerals should be made  
to *Revd Jeff James* on 01326 374408 or  
[priest@jayscottassociates.co.uk](mailto:priest@jayscottassociates.co.uk)

The Churchwarden, *Hazel Carruthers*, can be contacted on  
01326 374262 or at [flushinghaze@yahoo.com](mailto:flushinghaze@yahoo.com)

**Friends of St. Mylor Church**



*Reg. Charity No. 1129030*



**COFFEE MORNING**

**SATURDAY 16<sup>TH</sup> January 2016**

**Tremayne HALL, Mylor Bridge**

**10.00 A.M. – 12 Noon**

**Raising Funds for St. Mylor & All Saints Churches**

## ***Church and Chapel News***

### **Church News -**

May we wish everyone a very happy New Year. Who knows what 2016 will bring but hopefully there are only good things ahead.

Firstly I would like to remind everyone that our lovely All Saints Mission Church in Bells Hill is open during the hours of daylight for anyone who would like to spend a few minutes in quiet reflection or prayer. There is an alternative, i.e. our parish church at St. Mylor, down at the harbour, which again is open every day for the same length of time. But we felt that it would be a good idea to have somewhere more accessible to those living in the village or close by – please do go in if you feel the need – and maybe put a note in our visitors' book while you are there. I have been reminded that some of the money which has made this into a welcoming place was given through a legacy to the Friends of St. Mylor just for this purpose. We are so lucky to have the Friends. They raise a substantial amount of money each year which supports St Mylor and All Saints in both the maintaining of our services and the upkeep of these beautiful churches.

January sees the return of our all age service on the last Sunday of the month at 10.30 at St Mylor – this month it is on January 31– please join us, and maybe also for breakfast at Cafe Mylor, where we meet prior to the service any time from 9 a.m. for some welcome fellowship and great food.

*Judy Menage*

### **Chapel News:**

At the end of November we held our Annual Prizegiving service, the theme being Giving and Sharing. Ellie and Laura performed a play and sang two songs with the younger ones joining in. Michael played the piano throughout the service. The awards were presented by Mrs. Thelma Snell this year.

Sunday School, run by Martin Jewell, meets every Sunday from 10.30. All are welcome.

As I write 'Chapel News' we are looking forward to our annual Christingle Celebration. This service is led by Revd. Robbie Bowen and the children. Traditional carols are sung and Christingles are given to all children to process around the Chapel by candlelight. Money from the collection taken at this service will go to Action For Children.

For further information contact Vyv Curnow 01326 376241

*Vyv Curnow*

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## **Parish Council**

**The Parish Council** meeting was held in Flushing Village Club on Monday 30 November. During public participation frustration was again expressed about lack of progress regarding parking problems in Flushing. Following the public meeting on 6 November a Flushing Local Action Group (FLAG) has been formed by village residents. It was agreed by the PC that 2 or 3 FLAG members be invited to join the Parking sub-committee on January 5. PC representatives are to meet Councillor Bert Biscoe (CC member for Highways ) in January 2016 to follow up on the present proposed parking scheme.

Another reminder is to be sent to CC regarding the confusion of yellow line markings on Waterings Road.

Subject to a satisfactory agreement with CC and the Playing Fields Committee, it is hoped the PC will be able to keep open the unisex toilet in Mylor and prevent CC's intention of closing it in April 2016. Similarly, subject to a satisfactory agreement with Flushing Bowling Green, the PC has agreed to make a financial contribution towards making toilet facilities available to the public.

The draft budget and precept requirement (the amount we request from CC) for 2016 was approved. Details of s137 grant applications and allocation of funds were also approved. There were 16 applications from parish organisations.

The cost of street lighting within the parish is approximately £7,800 per year. This covers the maintenance, any renewals and electricity consumption. A previous stated amount of £20,000 has caused confusion and is NOT the yearly cost to the parish. Costs to possibly upgrade the lights had been included thus raising the costing to this alarming amount! Upgrading would be required if CC is to take over parish lighting.

The surgeries in both Mylor and Flushing, are to continue. Meetings will be in each village on alternate months. February 27 will be our first 2016 surgery in Flushing.

The final training session for the Flushing Flood Plan team has been completed enabling relevant roads to be closed in the event of a flood. This will stop people driving through, causing a bow wave and possibly flooding properties.

In an attempt to improve communication the noticeboard outside Mylor Methodist Church is to be used for PC information. The use of the main board at the entrance to the Leats Car Park will continue as usual.

The Parish Plan has now been distributed to various outlets for the public to collect. Further copies can be obtained from Mike Willmore, tel. 01326 372168

Council meetings take place on the last Monday of the month. Public participation is from 7.15 to 7.30pm. Concerns/comments can be sent to [mylorpc@btinternet.com](mailto:mylorpc@btinternet.com) or in writing to the Clerk. Further details can be seen on Village Notice boards or [www.parish-council.com/mylor](http://www.parish-council.com/mylor).

**Jan Robson**

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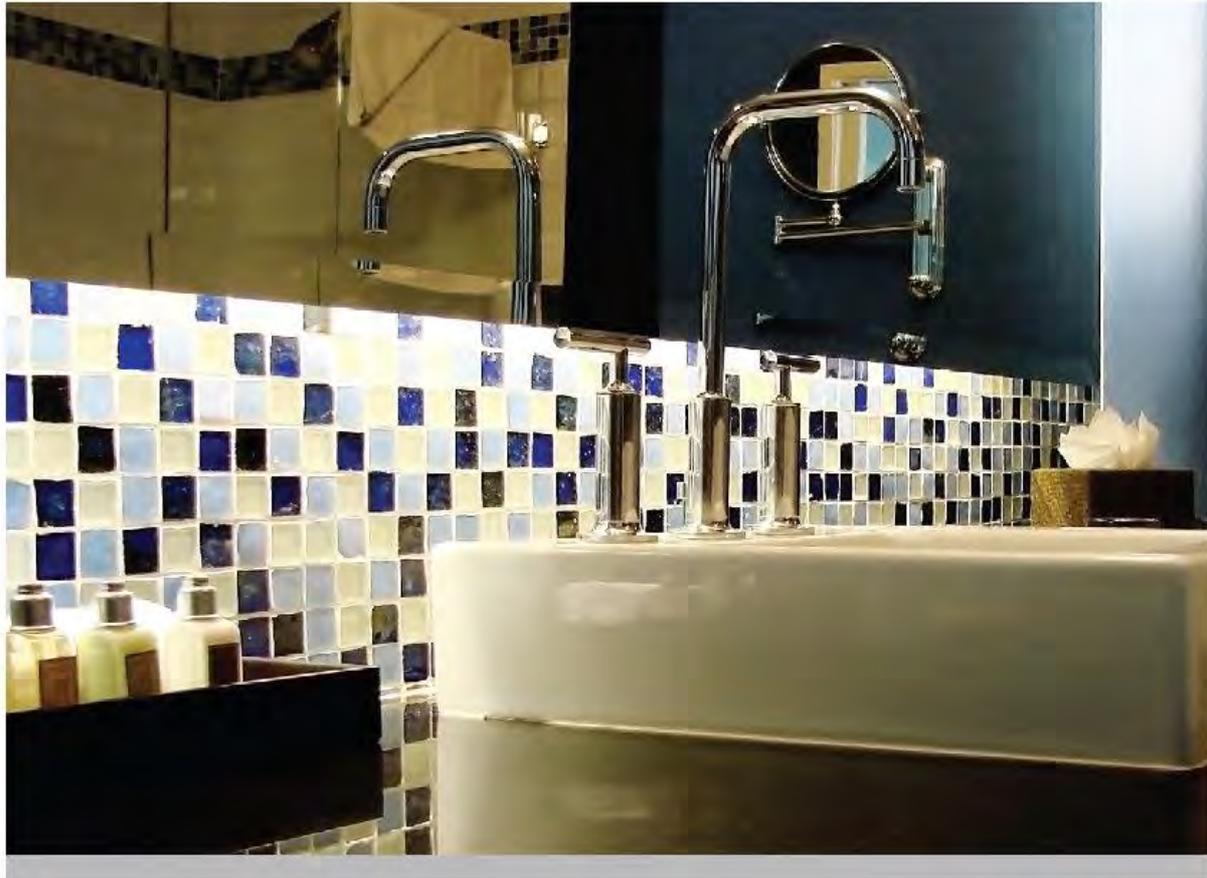


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## Community News

### Community Police—Contact:

PCSO Ashley Fuller, Falmouth Police Station, Dracaena Avenue,  
TR11 2ES; Telephone: 01326 213411

Email: [30640@devonandcornwall.pnn.police.uk](mailto:30640@devonandcornwall.pnn.police.uk).

**Note:** to report an incident or crime that needs dealing with promptly, call 101 or 999.

### Mylor Garden Club

The last meeting of this year included our now traditional 'festive drinks and nibbles'. The club provides drinks and mince pies and the members arrive with all manner of foodie treats to share. While we may not be quite ready to join the Bake Off, the variety was astonishing and of course delicious.

Our guest speaker Shaun Poland, talked enthusiastically about his passion to make the garden butterfly and wildlife friendly. He has given up mowing the grass, sounds good, as you might wipe out a whole generation of larvae before they have a chance to become beautiful butterflies. He explained that many butterflies will lay eggs on only one particular plant. If that is unavailable they may simply die out. As they have an important role in pollination this would not be good.

Monoculture is not good for butterfly survival and he encourages lots of different plants including what many see as weeds. He even takes caterpillars from his cabbages and transports them to nasturtium leaves as they will eat those as a substitute. Now that is dedication. Most people believe that butterflies have very short lives, but some hibernate over winter and others migrate from as far away as Africa. Amazing.



As you can see he was very passionate about butterflies in particular, but he also brought along bat boxes, bird houses and hide holes for tiny creatures. It was an interesting and informative evening.

The club meets on the second Monday of the month at the Ord Statter Pavilion at 7.30. After the talk there is tea or coffee and a chance to chat to others who have an interest in gardening. Visitors are always welcome.

Dates for the diary:

11 Jan The Magic of Orchids by Kit Lindsay

8 Feb Growing Soft Fruit by Martin Smith

*Maggie Farley*

## Community News

**Creative writing:** What are your writing resolutions for 2016? Make regular time for writing? Buy a new notebook and start writing down stories and ideas that come to you? Meet a friendly group of like-minded people with whom to share your enthusiasm? We can help you find the inspiration to get started. Our first meeting in 2016 is on Saturday 23 January, in the Pope Room, Tremayne Hall. We meet from 10.00am to 12 noon, hosted by local writer Jane Moss who provides exercises and prompts to help the pens flow. We have fun, with no criticism, but a lot of enjoyment as we write together around the table and compare notes about how we have responded to the themes. If you would like to make 2016 the year in which you start to write, or take it up again, do join us. The fee is £7.00 per session and there's no need to book, just come along on the day with your notebook and pen.



Contact [janeemoss@outlook.com](mailto:janeemoss@outlook.com) or call 01326 377419 for more details.

*Jane Moss*

### **Mylor Writing Competition**

Last year's writing competition was so popular that we're delighted to be doing it again, with Jane Moss and the magazine editors again judging. There are three categories:

1. A short story of up to 500 words.
2. A short memoir or something about real life, up to 500 words.
3. A poem of up to 40 lines.

You can submit up to three pieces in total. Please type your entries in either Arial or Times Roman fonts, point size 12 and double line spaced. Please do not write your name on your entry, but attach it with a covering sheet and your address and email; this is so that we can read the entries anonymously and fairly.

Send your entries by email to [janeemoss@outlook.com](mailto:janeemoss@outlook.com), or deliver to Jane Moss, Kimberley, Trevellan Road, Mylor Bridge TR11 5NE.

The deadline for entries is 29 February and we will announce the winner in the April magazine. The winners, one for each category and one overall, will each receive a prize Book Token - so get writing!

## Community News

### Mylor & Flushing Women's Institute

" *Extracts from the diary of a 19<sup>th</sup> Century Lady in Mylor Parish*" is the intriguing title for the talk on 20 January and 2016 promises something for everyone. Subjects range from 'Animals' to 'Opera', 'Spinning' to 'Hairdressing', 'Samaritans' to 'Crafts' and much more. Programme details are on the notice boards and may soon also be found on the [www.tremaynehall.org](http://www.tremaynehall.org) website. Monthly posters will be up as usual. If you are interested in finding out more, please contact Denise Carty 01326 377322 or just turn up at 7.30 pm for a 'free taster session'!

**BUT the WI is not just about monthly talks.** We are getting involved in village and county activities, for example a carol singing group went round the village in December to help with funding and training for a Defibrillator for Mylor. Small projects and interest groups will be developing, such as walking groups, cycling and board games. Have a look at our display in the Tremayne Hall foyer to see what is going on. *'The WI is what you make it'* so come and help us to do just that in Mylor!

Wednesday 9 December was our *'Bring and Share'* Christmas party. With plenty to eat and drink followed by lively musical entertainment from MyloRhythm, a good time was had by all.

*Val Jeans-Jakobsson*

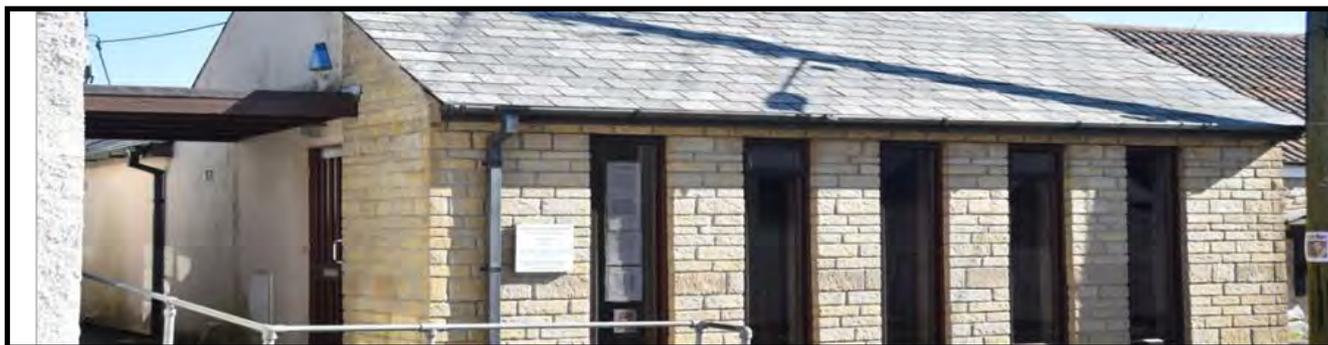


*MyloRhythm*



*Maggie Rosevink & Pam Seabridge*

# MYLOR SURGERY



<b>Doctors Clinics:</b>	Monday	1000-1130 (Walk in)
	Wednesday	1500-1730 (By appointment)
	Friday	1000-1130 (Walk in)
<b>Nurse Clinics:</b>	Alternate Mondays	0900 – 1230
	Tuesdays	0900 – 1130
<b>Dispensary:</b>	Open daily	0930 – 1330. Wednesday 1300-1800

Mylor Surgery is part of **Trescobeas Surgery**. To register or book ring **01326 315615** or visit the Mylor or Trescobeas Surgeries.

## **Mylor and Flushing Community Publications Annual General Meeting 2016**

Mylor and Flushing Community Publications, publisher of Mylor Magazine, is holding its AGM at 6pm on Wednesday 27<sup>th</sup> January 2016 in the Pope Room, Tremayne Hall, Mylor Bridge.

The AGM is open to all members of M&FCP. Anyone who has been involved in any way with the Mylor Magazine, such as a sponsor, advertiser or contributor, can become a member. If you have been involved and would like to become a member you should apply to the Secretary by 8<sup>th</sup> January. Applications received after 8th January will be considered after the AGM. At the AGM, Members will be invited to elect officers and trustees and to receive the reports of the Chairman and the Treasurer. People wishing to nominate members for these elections should contact the Secretary by 8th January. Nominations received after 8th January cannot be considered.

Rev'd Jeffrey James  
Secretary

The Vicarage, 17 Olivey Place, Mylor Bridge. TR115RX

## Community News

### Mylor Movies :

Our film for January is SUFFRAGETTE with Carey Mulligan, Helena Bonham-Carter, Meryl Streep, Anne-Marie Duff and Romola Garai. 'A drama that tracks the story of the foot soldiers of the early feminist movement, women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal State. These women were not just from the genteel educated classes; there were also working women. Radicalized and turning to violence as the only route to change, they were willing to lose everything in their fight for equality - their jobs, their homes, their children and their lives. Maud (wonderfully played by Carey Mulligan) was one such foot soldier. The story of her fight for dignity is as gripping and visceral as any thriller, it is also heart-breaking and inspirational.' Meryl Streep has a powerful cameo role as Emmeline Pankhurst. We hope that you will join us on Wednesday 27 January at 7.30 pm in the Tremayne Hall



Forthcoming films:

February	The Martian
March	The Lady in the Van
April	The Dressmaker

*Jo Robertson*

### Mylor Book Group

#### **The Sunrise by Victoria Hislop**

This book was eagerly anticipated by many members of the group who had enjoyed Victoria Hislop's earlier books.

Set in Famagusta, Cyprus in 1972 it tells the story of two families, one Turkish Cypriot the other Greek Cypriot and how they cope in the wake of a Greek coup which plunges the island into chaos.

Victoria Hislop researches her subject meticulously and this episode in relatively recent history is one that most of us could remember. It is extremely interesting from a historically factual point of view. However, on the whole the group felt that this book was rather thin on characterisation which made it difficult to become absorbed in the families' stories. Nevertheless it is well worth reading as a commentary on the troubles of the time and a reminder of how the 'good life' can evaporate in the blink of an eye.

*Pat Willmore*

## **Community News**

**Mylor Flower Club:** It was lovely to see Betty Parsons again at the Flower Club's Christmas Party on Monday, 7 December, at the Ord-Statter Pavilion. After a sumptuous supper the Chairman, Jean Frith, introduced the demonstrator, Elaine Reynolds, whose subject was "Christmas Inspire". Elaine and her shop in Delabole were awarded "The Wedding Florist of the Year for 2015" and "Business of the Year, 2015".



Her first arrangement was in a baked bean tin circled around with a red fabric wrap on top of which she arranged various foliage, red carnations and gerberas, crab apples and pine cones plus a candle.

Her second arrangement, an array of red and green flowers, was placed on a wooden pallet of lichen branches and bundles of sticks.

Her third arrangement was in a silver bowl. Elaine explained that to make a perfect round, place four pieces of same length foliage spaced equally apart, then fill in the spaces between with shorter foliage and add your flowers. Hers were all white plus silver cup cones.

Her last arrangement was a triangle which, to be correct, she said, must have five points; one tall and slender at the back, three in the front being two side arms and one in the middle, then, one half way down the middle, protruding slightly. "Imagine a triangle in your mind then fill it in with flowers and foliage", she said. Elaine's flowers were all red.

Betty Parsons gave the Vote of Thanks.

The next meeting is on Monday 1 February and is a Club Demonstration. For further information please contact either Margaret Underwood on 01326 312499 or Jean Frith on 01326 372071.

*Irene Gardiner*

### **Parish Plan action point.... Litter Pickers**

Are you one of the wonderful people who help keep our villages and surroundings free from rubbish? We know that there are folks out there, usually unrecognised and un-thanked, regularly or occasionally, who are taking care of a small area by clearing up litter etc. Sometimes it is outside their own property or on a route they use to take the dog for a walk.

We would like to thank you and encourage others to follow your example, keeping Mylor and Flushing places to be proud of.

To help coordinate this informally, areas large and small are being marked on the map when we know someone is taking care of them. Please send us a brief reference of the place you may be covering already or are willing to clear of rubbish in the future. No inspections or complaints will come your way! Many Thanks in advance.

Contact 374361 or 372168

e-mail dorritbarb@icloud.com or michael.willmore@btinternet.com

## Community News

**The Trefusis Singers:** “We have run out of chairs!” a helper exclaimed at The Trefusis Singers’ Christmas Concert held on 6 December in The Tremayne Hall as the people still kept coming - which was wonderful to see. The choir, under its Musical Director, Bridget Westlake, sang to a heart -warming audience. The concert started with Irene Gardiner reciting the poem “The Magic of Christmas” by Tom Krause, followed by the choir and audience singing “Joy to the World”. During the singing of “Rocking Around the Christmas Tree” the choir became “The Funky Ladies’ Orchestra”, playing different musical instruments, much to the amusement of the audience.



The guest artist, Margaretha Wiekens, a former member of the choir, sang “Petit Noel” by Emile Louis and “Gesù Bambino” by Pietro Yon/Fredrick H. Martens in her own inimitable style. Comedy was supplied by both Julia and Ann Angove, Julia singing a comical version of “A Christmas Carol” by Tom Lehrer and Anne, in fairy costume, excelling herself with her rendition of “Nobody Loves a Fairy when she’s Forty”. Pat Hobden sang “A Cradle in Bethlehem” most beautifully and the other soloists, singing verses of various songs, were Mary Coleman, Pauline Parkes, Hilary Jefford and Hazel Foukes.

The Chairman, Irene Gardiner, congratulated the President, Maureen Walkey, on being with the choir since the outset in 1973 when it was known as The Mylor Ladies’ Choir.

The concert raised £440 and a percentage of this will go towards The Mylor Defibrillator Appeal. We were delighted to have Annie Huxley, who is co-ordinating the appeal, in the audience.

Grateful thanks go to all who came and all who helped. For further information on the choir please contact Irene Gardiner on 01326 619019.

*Irene Gardiner*

### **Mylor Defibrillator Appeal**

Since the appeal was launched with a tea party at the end of the summer we have now raised over £1500 with money still coming in. Many thanks to all those who have attended or sponsored events to raise money to buy a defibrillator for Mylor and to the Parish Council for its grant of £500. With a further grant of £250 from Truro Lions it is now just a question of settling on the best location and installing the kit. Running costs are minimal but replacement batteries will be required in around 4 years costing about £120. Training will be offered in the use of the defibrillator - details to follow. Well done to everyone on a great community achievement.

*Annie Huxley*

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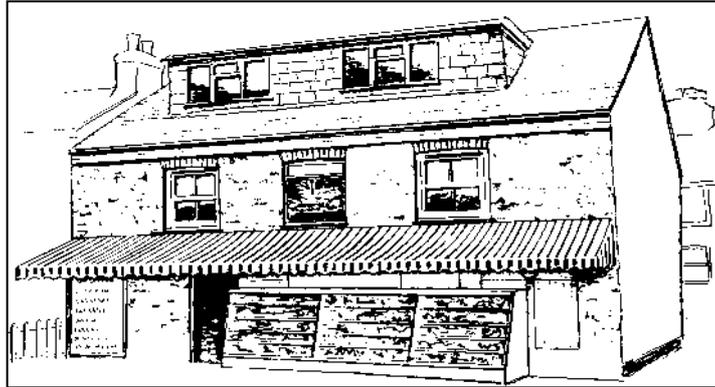
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### Christmas Lights Switch-on

As always, many people were kind enough to say how much they enjoyed our Lights again this season. It'd therefore be churlish to recount the saga we went through getting the display rigged in time: sufficient to say that having to move the speeches and carol singing inside, for only the second time in our history apparently, was just about the icing on the cake! Never mind; when I saw the state of the road close sentries by the end of the evening, I knew we'd made the right choice. Thanks go to them for their uncomfortable but vital contribution to the evening.

Thanks of course go to everyone else who made the evening such a success, despite the weather. After a soggy Santa sleigh-ride and switching on, an absolutely packed Tremayne Hall enjoyed a lovely speech from Guest of Honour Mrs Rosemary Dale, and then Rev'd Jeff led the non-denominational carols, including as ever Mylor School children's charming *Away in a Manger*, during which everyone else was invited to sit on the floor: an innovation so successful we may consider in future whether inside or out. Pendennis Brass and Treverva Male Voice Choir



sounded wonderful together despite having to perform from opposite ends of the Hall. There was then a bit of a mass exodus. People may have been wet, or tired or too warm in a bit of an unavoidable crush. Extra mince pies were nevertheless enjoyed by those of us left, and the raffle as always then helped raise the funds necessary to keep our display going and growing. Thanks to all who donated prizes or bought tickets.

All in all, another wonderful evening thanks in part to a great team effort but mainly thanks to those who supported us. Thanks indeed to the latter; those of us in the former are delighted to keep trying to make this special village even more special at Christmas.

In the hope of your continuing support, best wishes for 2016 from Mylor Christmas Lights.

*Terry Chapman*

*Photo: Val Jeans-Jakobsson*

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## ***Health and Fitness ~ Rhiannon Parsons***

**The Things People Say** Trip Advisor has changed the way we make our choices for ever. One man's meat being another man's poison is illustrated well in the reviews. So we all learn to take a large pinch of salt with some reports. The same goes for local classes and individual teachers. Yoga, Dance, Fitness and Pilates classes. What suits your friends may not be your cup of tea at all, so try a different class if you're not lucky the first time.

Here are some comments that we have heard over the years:-

- ◆ I've found that, since I've been doing the classes, my tummy has finally reduced in size for the first time since I had my kids
- ◆ I've just looked at myself in the mirror and, for the first time in my life, I no longer hate my legs
- ◆ In the gym, I never smile – I much prefer being in a class – you work just as hard, if not harder, because you're more motivated
- ◆ I've lost the 2 stone I needed to thanks to doing 2 or 3 classes a week
- ◆ Thank you for inspiring me during the classes – it's a lot of fun and works so well
- ◆ You should try doing 2 or 3 workouts a week – I lost over 2 stone really easily
- ◆ Doing 2 classes a week instead of just 1 makes a huge difference – much more than twice as effective
- ◆ I need to go shopping – my clothes have all got too big!
- ◆ I used to wake up with back pain every morning – but the day after the Pilates class, it doesn't hurt at all!

Occasionally people say less complimentary things – usually it's because they're in the wrong kind of class. Whatever your aims, moving about is good for your body. Sitting still too much of the time is really bad for your body – and your mind of course. Try something out – it's January after all – and if it's not what you were looking for, try something different, or try a different teacher. We all have our own style, work within different disciplines, use different music and different equipment. Try at least 5 new things before the end of February – get out of your rut, no matter how busy it is! Could be life-changing, life-improving, mind-saving!



Happy New Year  
Rhiannon Parsons

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## ***Proper Cornish***

Which food epitomises Cornwall more than any other? Of course it's the Cornish Pasty.

Pasties have been mentioned in cookery books dating back to around 1300 and, through the ages, chronicles and letters inform us that pasties were eaten by the great and the good including Jane Seymour, Henry VIII's third queen.

However, after the mid to late 17<sup>th</sup> century there are few references to the pasty outside Cornwall. But as its popularity declined amongst the wealthier classes the pasty became a staple of the poorer working people in Cornwall. It provided the perfect sustaining meal for miners and farm workers although the fishing industry never adopted it believing a pasty on board would bring bad luck.



In those days the pasty was filled with whatever was available – meat was scarce and expensive so they would have been predominantly vegetable. Some sources maintain that pasties often had a savoury filling at one end and sweet at the other – the ultimate takeaway! The crimped crust provided a handle for the miners to keep their arsenic contaminated hands away from their food and according to tradition the crusts were then left for the Knockers, the impish mine dwellers, to encourage their goodwill. Apparently a good pasty could survive being dropped down a mine shaft!

In 2011 the European Commission awarded the pasty Protected Geographical Indication status meaning that only pasties prepared in Cornwall following the traditional recipe can be described as Cornish Pasties – Proper Cornish indeed!

The Cornish Pasty brings great economic benefit to the County providing both employment and revenue.

As a Londoner and relative newcomer to Cornwall I am not even going to consider suggesting a recipe. You will all have your favourite. I shall just content myself with eating them!

Oggie, Oggie, Oggie! Oi,Oi,Oi!

# Farewell to 711 Squadron



# on Search and Rescue



## **Goodbye to 771 Naval Air Squadron Search and Rescue**

No matter how many times it happens it's still a thrill when the familiar red and grey Sea King helicopter touches down on Mylor Playing Field – even at 5am! But if everything goes to plan the Search and Rescue service will be taken over by Bristow on 1 January 2016 flying out of a new purpose built base at Newquay.

771 Squadron has been at RNAS Culdrose since it moved from Portland in 1974. At the time the squadron was equipped with Wessex helicopters but in 1988 these were replaced with the familiar Sea Kings. 771 Squadron carries out more than 200 rescues every year and has been involved in some extremely high profile rescues – including the Fastnet race in 1979, MV Muree in 1989, the Boscastle floods in 2004 and Le Sillon in 2014.

The courage and skill of the crews is of the very highest order. It is worth quoting directly from the Royal Navy press release which lists the following bravery awards.

“Individual honours have included 4 George medals, 3 Air Force Crosses, 8 Queen's Gallantry Medals and 15 Queen's Commendation for Bravery awards. In addition, crews from 771 NAS have received the Guild of Air Pilots and Navigators Prince Phillip Helicopter Rescue Award on 7 occasions and the Shipwrecked Fisherman and Mariners' Royal Benevolent Society's Edward and Maisie Lewis Awards on 5 occasions.”

RNAS Culdrose has entered into a local arrangement with Mylor Playing Field to land there when it needs to pick up local paramedic, Alan Cottle, to attend an emergency. Of course it's only fair that they drop him back home when he's finished so we usually enjoy a double visit.

Christmas starts for the children of Mylor when Father Christmas arrives in the helicopter. Funnily enough there always seems to be loads of adults there to enjoy the visit as well.

There are currently 5 Sea King SAR helicopters at Culdrose which will be transferred to the Navy Project Team in Portsmouth. They will be sold either to continue in service elsewhere in the world or for parts. Some of them are more than 30 years old—a great tribute to the technical staff at Culdrose.

Bristow will no doubt run an excellent service but things won't be quite the same without the Sea Kings and their amazing crews.

Good bye and thank you.

*Editor*

Centre spread photos courtesy of: Geoff Adams, Jane Fenton,  
Pat Willmore and RNAS Culdrose

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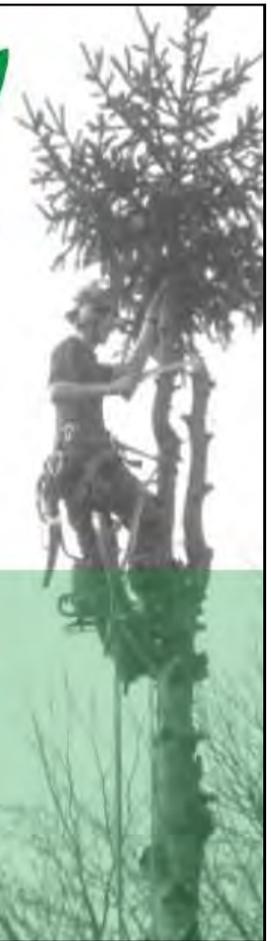
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## **Wildwatch ~ Dorrit Smith**

I banter on down the years but at the start of each new one I try to give out a little bit of the me which drives a need to share my passion for the natural world with friends.

The things of earth are all part of one family and I have come to see that both organic and inorganic matter must be included in this homogeny.

Its spirit pervades and pulsates in everything and whether it is that we are smiling at a robin in the hedge, a sleeping child or crystals of amethyst enclosed in a geode, we are experiencing the pleasure of a deep connection in which we acknowledge that spirit, a spirit present in all things.

And yet, without thinking about it, we are treating our world as a free-for-all; taking from it and not giving back, failing to understand that to be successful wild watchers we must cease to want to **have** more but rather seek to **be** more and **see** more. We need to accept the connection between all things, live more consciously, tread on the earth more mindfully and use its resources sparingly. By so doing we honour all of creation and help to conserve what there is for our children's children and beyond.

I read something recently about Hindu Mantras revealing keys to living our lives; giving values that enable us to live in peace and not in pieces, expressing ideas that tell us "protect the trees and they will protect us" and so on. The Hindu will say that the earth is our mother and we are her children. If we can take that to ourselves then we can become true wild watchers for this coming year.... in which I wish you the very best that earth can give and heaven can promise.



Walk well then, take little, go with seeing eyes,  
wide arms and open hearts.

Photo by Dorrit: Early morning at St Clements

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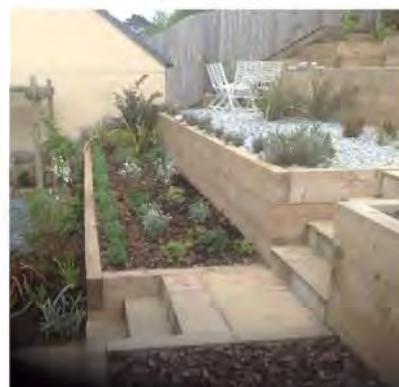
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## *On the Water ~ Peter Stephens*

Life on the water for the start of 2016 has a slightly incongruous tropical flavour. I am sitting on a beach in Saint Lucia having landed just a couple of days ago back on terra firma after completing a trans-Atlantic crossing on board a 56 foot catamaran.

The last 3 weeks have been memorable for so many reasons. The luxury of finding time to take three weeks off in the first place and to immerse myself in an environment that is so very isolated from every day life certainly has taken me out of any connection with normal life but has been incredibly rewarding.

My wife and I joined Rum Truffle, a 56 foot Lagoon catamaran, in Las Palmas in Gran Canaria a few days before the start of the ARC (Atlantic Rally for Cruisers). Both of us were complete novices when it came to sailing offshore but the rally sees over 200 boats set off together so we enjoyed the luxury of a very positive environment to support and educate all crew members. We soon learnt that the preparation is equally, if not more, important than the journey. Preparation for provisioning the boat is fundamental to a successful trip – not only do you have to ensure you have food all the way there but morale on the boat is often related to being kept well fed between watches.



2800 miles of sea lie between the Canaries and the finish line and there are no chandlers or riggers en route! The wear and tear on such a journey is something any normal coastal sailor does not usually encounter. Being well prepared and briefed by a skipper to cover all eventualities is part of ensuring that the boat and crew can deal with both day to day or emergency situations should they arise.

The final and almost the most important ingredient of a successful trip is the people you share it with. You are living with people you may have only just met in a very claustrophobic space and to whom you are entrusting both your safety and actual enjoyment of the experience! And this is all before the start!



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## ***Farm Diary ~ Matt Dale***

With the New Year come the obligatory resolutions. I am not a great one for coming up with them just because it is the beginning of a fresh twelve months. I prefer to engage them as they come along and then to try to stick to them. When, six years ago we were talking of going away for ten weeks a friend said "why not". I endeavour to live with that in mind. One such all-year resolution is to surf more secret or semi-secret surf spots around our wonderful coast. I have been checking out various coves and hidden beaches with the plan to head back when I think the waves might be breaking there. There is no shortage of quality surf on Cornwall's main beaches but there is a real buzz about surfing waves that have rarely, if ever been surfed before.

Another all-year resolution is to get my dog properly trained. Jack is a collie cross New Zealand huntaway. A leggy black and tan dog with more stamina than Paula Radcliff and an active brain that needs occupying. He is not yet two years old and is basically obedient but I need to get the very specific training that is essential for working livestock in place. I started taking him in with the cattle on a lead and gently pushing them around the field. He got far too excited and it ended up with him chasing them to the point of exhaustion when I wasn't there. Not good. It is very hard to get the balance right when doing such training. The dog has the instinct to boss and control the cattle, the trick is to shape and adapt that trait to your own ends without crushing his enthusiasm. The cattle also have to get used to the dog. They have to learn that he is in charge, they need to be wary of him but not terrified to the point that they panic, run away and damage themselves and the gates and fences.



I have decided to adopt a method that has been used by sheepdog trainers for decades – Indian runner ducks. These funny looking birds are perfect for training a dog. You can herd them, they don't get too flustered and even if they run at full bore it is little more than a fast walking pace. The dog stays calmer and the chase instinct isn't triggered in the same way as when sheep or cattle take-off. The birds will end up with legs as strong as Chris Hoy's. If the dog is calm then he is far more likely to listen to you and learn far more quickly. Years ago I had a pure bred huntaway. Max was big, 40kg in weight, totally in control of the cattle but the most affable great lump. When he was about six months old Jillie thought it would be good to take him to dog training classes; partly for him to learn the basics and partly for him to bond to her. The first session involved a whole evening of sit and stay. Max sussed it in the first ten minutes then lay down on the floor and went to sleep; job done as far as he was concerned. I have tried the same technique but I always seem to come unstuck and in deeper trouble than when I started. All year resolution – try a different tactic.

*Photo: Maris Otter Barley growing well.*



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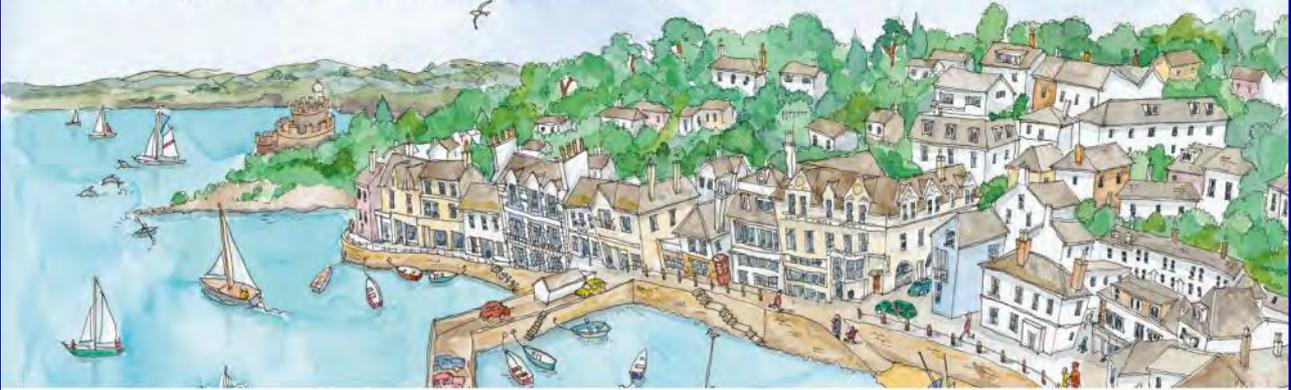
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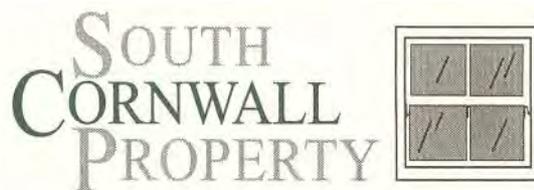
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### **Cornwall Hospice Care:**

We are trying a new venue for our Coffee Morning on Wednesday 27<sup>th</sup> January 2016 which will be the Flushing Sailing Club. It will run from 10.30 to 12.00 noon. There will be stalls and a raffle. What a wonderful opportunity to meet up after Christmas and regale each other with stories of the festive season.

Cornwall Hospice Care is a leading independent Cornish charity providing special care, free of charge, to patients with life limiting illnesses aged 18 and over at two Cornwall based hospices: Mount Edgecombe Hospice in St Austell and St Julia's Hospice in Hayle.

Cornwall Hospice Care is available to people with complex symptoms 24 hours a day, 7 days a week; the hospices are here when people need them. They also provide an advice line 24/7.

The generosity of the public is vital as only 11% of the running costs are provided by Health Authority Grants. The majority of the rest of running costs is delivered by fundraising.

Please come and support us.

*Monica Smith*



Mylor School entertaining the Tuesday Lunch Club with Christmas music

**The Archive Centre in the Tremayne Hall** is open every Thursday afternoon from 2.30 - 4.30. Do call in and have tea with us. Maybe you have something old to show us? You can also find us on [www.tremaynehall.org](http://www.tremaynehall.org).  
*Jill Quilliam, 01326 376403*



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## SUDOKU

			6				7	
		7			3	5		
3					7		4	
					2	6		
8	5						1	7
		9	3					
	9		5					3
		4	1			8		
	2				9			

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Not sure what to do? Each line, column and box should contain the numbers 1 to 9.

No maths needed, just perseverance.

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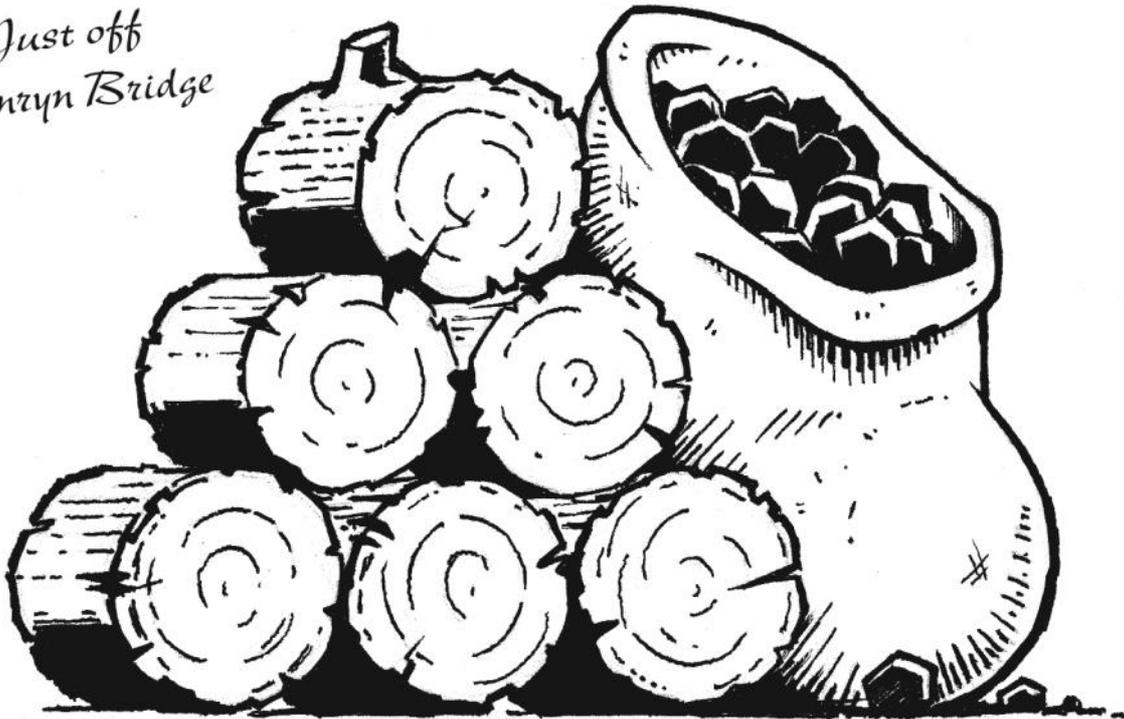
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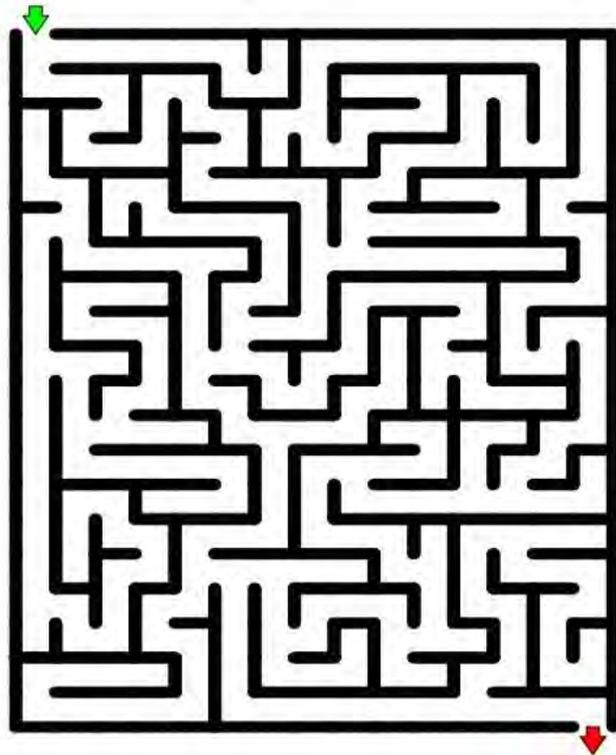
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6	1	7	4	9	3	5	8	2
3	8	5	2	1	7	9	4	6
4	7	1	8	5	2	6	3	9
8	5	3	9	6	4	2	1	7
2	6	9	3	7	1	4	5	8
1	9	6	5	4	8	7	2	3
7	3	4	1	2	6	8	9	5
5	2	8	7	3	9	1	6	4

## **Amazing Maze:**



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*Why not contact us if you have something that you think might be of interest? If somebody has moved in nearby, why not drop a copy of the magazine through their letterbox?*

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