

Grade Ruan Gazette

November 2015

Vol. 29 No. 8



Inside This Month

All our regular features, plus:

Last Posting Dates for Christmas

Mailbag

Grade Ruan Vintage Rally report

Update on the Play Equipment

Autumn Show Results and Report

Jan Halliday's Encounter with the NHS, part 1

90p

One copy free to each household,
business and holiday let in the Parish

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



IVAN'S CAR SALES HELSTON



This month's hand picked selection of pre-loved vehicles

- 2010 (60) CITROEN C3 VTR+ 5 DOOR**, in blue, aircon, remote locking, fog lights; alloys, value at **£4,299**
- 2008 (58) PEUGEOT 308 S 5 DOOR**, in silver, aircon, remote locking, lovely family hatch, value at **£4,299**
- 2004 (04) V/W TOUREG 2.5 TURBO DIESEL AUTOMATIC**, in black, beige leather, sat nav, cruise, front and rear parking sensors, well cared for 3 owner example with history, comes with 1 year warranty **£5,999**
- 2008 (08) FORD FIESTA STYLE AUTO-MATIC 5 DOOR** in apple green, low mileage bright car **£3,999**
- 2007 TOYOTA RAV VVTI 5 DOOR**, in silver with black leather, face lift model with sat nav etc. **£6,999**
- 2006 (56) FIAT SEDICI ELEGANZA 1.9 TD FOUR WHEEL DRIVE ESTATE**, in green tidy example only **£2,999**
- 2012 (12) TOYOTA AYGO ICE 5 door**, in white with black leather & alcantara trim **£4,999**
- 1999 (T) MERCEDES SLK 230 KOMPRESSOR**, in silver outstanding classic sports two seater **£3,275**
- 2006 (06) PEUGEOT 207 SE 1.4 16 VALVE 3 DOOR**, in silver with aircon & panoramic roof **£3,295**
- 2004 (53) TOYOTA CELICA**, in red, face lift model new engine and clutch fitted **£1,999**
- 2007 (07) TOYOTA AURIS TR 1.6VVTI 5 DOOR**, in blue, lovely example of this popular model **£3,575**
- 2008 (58) VAUXHALL ASTRA cdti 1.3t/diesel 5 door**, in grey, economical family hatch **£3,750**
- 2000 (W) TOYOTA MR2**, in sapphire blue with air con, stunning **£2,299**

DUE IN:

- ASTON MARTIN CYGNET 6 SPD MANUAL**, in hammerhead silver with dar moja leather. Usual AM refinements, very very rare, around 150 produced. Buy a little AM history for **£29,750**

**IVAN CAN SOURCE ANY CAR OR VAN FOR YOU
(REMOVE THE HASSLE OF HIGH PRESSURE DEALERS).**

TELEPHONE 01326 221486 OR EMAIL IVAN@IVANSCARSALES.CO.UK

WITH YOUR REQUIREMENTS

**For photos and DETAILS OF NEW stock, check my website www.ivanscarsales.co.uk
FULLY BACKED UP BY ONSITE WORKSHOP AT IVANS GARAGE 01326 221300**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

DATES FOR THE DIARY

Alternate Weds Every 4 weeks	Recycling - 4, 18 November Mobile Library: Glebe Place 10.25 am -10.45 am, 18 November
2 nd Monday	7.30pm Parish Council meeting, Methodist Chapel, 9 November
3 rd Tuesday	12.15pm Soup, Pasty, Pudding, Methodist Chapel, 17 November
4 th Tuesday Mon & Thurs Every Tues Every Weds	7.30pm Quiz in the Village Hall, 24 November 7.00pm Short Mat Bowling, Village Hall (except 3 rd Tues) 10am Coffee morning, Methodist Chapel Rainbows, Brownies & Guides. Contact Joy Prince Tel: 01326 290280
Every Thurs Every Thurs	9.00am - 11.45am Market and refreshments - Village Hall Yoga at the Village Hall - 5.30 - 6.30 pm

NOVEMBER

(SEE "WHAT'S ON" FOR MORE DETAILS)

2 November	Start of Autumn term, Grade Ruan Primary School
5 November	Bonfire and fireworks at the Rec, 6pm
6 November	"Monkey" by Puppetcraft, Landewednack Hall, 6.30pm
7 November	Craft Fair - Village Hall, see ad opposite VH News
8 November	Remembrance Sunday, 10.45am at the War Memorial
14 November	Children's Hospice Christmas Coffee Morning 10.30am-1.30pm
18 November	Book Club - Cadgwith Cove Inn, 8pm
18 November	Deadline for contributions to December/January Gazette
21 November	Under 5s Christmas Fair, Village Hall, 11 am - 2pm
24 November	Quiz Night, Village Hall, 7.30pm

ADVANCE DATES

5 December	Christmas Lights Switch On - Cadgwith Cove, 6pm
6 December	Carolaire - Village Hall Christmas Concert with "Menherion"
10 December	Christmas Market - Village Hall
13 December	Christingle, Grade Church, 3 pm
16 December	Book Club - Cadgwith Cove Inn, 8pm
16 December	Joe Carpenter & Son. Village Hall Pre-show drinks and nibbles 6.15pm. Show starts at 7pm
18 December	Last day of term, Grade Ruan and Mullion schools
20 December	Open Evening at Treleague Dairy Shop, 5-9pm
3 January	Start of Spring term, Grade Ruan Primary school
13 - 21 February	Spring Half-term, Grade Ruan Primary school
7 August	Grade Ruan Vintage Rally

DISTRIBUTORS

Cadgwith	Rose Bowcher
Cadgwith South	Andrea Betty
Chapel Terrace	Val Jane
Glebe Place	Johno
Grade	Paul Penrose
Gwendreath	Nick Whittle
Higher Moor	Janette Coates
Kuggar	Ron Wilson
Ledra Close	Helen Kemp
Long Moor	Jill Thomas
Mundy's Field	Babs Hughes
Penhale	Jane Trethowan
Poltesco	Jeff Lee
Prazegooth	Glynis Jordan
Ruan Major	Chris Hunt
St Ruan	Margaret Coates
Treal	Annie Norcut
Treleague Cross	The Green family
Trelugga/Tresaddern	Avril Evens
Village centre	Ginny Sealey
Subscribers and Retail	Judith Green

All houses in the parish, (holiday lets and those that are permanently occupied), should receive a free copy of the Gazette. If you are not receiving yours, please either speak to the person who delivers to your area, or contact Sue Cadman on 01326 291129.

CONTRIBUTIONS

Please send contributions to the Editor's email address shown below. Paper contributions can be put in the Mag Bag behind the door at Ruan Minor Stores. **The deadline is the 18th of the month prior to publication.**

Articles may need to be split over more than one issue, and might be edited.

If you have a photograph, painting or drawing that could be used on the front cover, please send it to the Editor.

Views and opinions expressed in submitted articles and letters are not necessarily those of the Editorial Team and Committee. The Editor reserves the right to alter submissions for length and / or diplomacy!

See us online at www.cadgwith.com and on Facebook "Grade Ruan Gazette"

ADVERTISING

Advertising in the Gazette is a great way of reaching everyone in the parish, and further afield.

Approx. 590 copies are distributed every month and the rates are reasonable!

A ¼ page is £5, a ½ page £8 and a full page £15 per issue, with 10 issues per year. A 10% discount is available if you pay for 10 issues in advance.

For more information, please contact Moira Hurst or Peter Martin.

GAZETTE CONTACTS

Editor:	Moira Hurst 01326 290257	graderuan.gazette@btinternet.com
	New Thatch, Ruan Minor, Helston. TR12 7JN	
Alternate Editor:	Sally Watts 01326 291395	graderuan.gazette@btinternet.com
	Bryher, Ruan Minor, Helston. TR12 7JT	
Treasurer:	Peter Martin 01326 290566	pjanddlm@gmail.com
	14 Ledra Close, Cadgwith. Helston. TR12 7LD	
Printing:	The Andover Printing Company Ltd, 01264 334220	
Advertising:	Moira Hurst or Peter Martin, as above	
Distribution:	Sue Cadman 01326 291129	patriciascadman@aol.com
Subscriptions and Over the Counter Sales:	Judith Green 01326 290118	judith@treleague.net
Subscriptions:	£17.50 per annum for non-parishioners	

The Gazette is a not-for-profit publication and is created and distributed by volunteers.

Noticeboard

Summer seems to have slipped away quietly and we are now looking forward to all the winter events, details of which you'll find in the "What's On" section.

Switch on of the Christmas lights in the Cove will be on Saturday 5th December. If you would like a lantern for your child to carry down the hill, then you will be able to get one at the Under 5s Christmas Fair; see "What's On" for details.

Many of you will have heard of Jan Halliday's recent near death experience. Her husband, Tony, kindly agreed to write an item for the Gazette outlining what happened. It's a compelling story and gives an insider's view of the NHS. You'll find it on page 42.

Happy Birthday in November to: Daniel Woodley, Derek Basey, Sam Birchmore, Fraser Thomson, Nicky Jose, Danielle Legge, Isabel V, Catherine Bird, Dawn Bishop, Toana Ellis, Sally Ellis, Brett Jose (a big 0!), Leanna Hooper, Robin B-A, Esme H, Thea H, Carolyn Ferrari, Tom S, Kate Phillips, Gwen Jane, Andreas H, Paul Penrose (officially a pensioner now?), Margaret Green, Fabian (JJ) G, Jean Smith, Jonathon Coudrille, Janet Gascoigne, Casey V, Garry Holmes, Danny Phillips, Liz Hammill, David Goddard, Joe Stephens, Richard M, Tasha Allen-Goldstone (a big 0!)

The **December Gazette** will have four pages of **colour photographs**, so please

let me have your photos for inclusion. I found last year that I only had photos of a limited number of events. Please let me have photos of any events that you organised or attended, so that we have good coverage of all the many activities that take place throughout the year.

The December issue will also contain **Christmas greetings** as usual. Please let me have your message along with a minimum donation of £5 (more if you're feeling generous), by 18th November. You can put it in the "Magbag" behind the door at the Ruan Minor Store, or drop it in the letter box at New Thatch. If you would like to do things electronically, then email your message to me and make your donation (with a suitable reference please) online to: Sort Code: 40-24-06

Account Number: 81100750

As before, half the donations will be given to a local **good cause**. This year, the Committee has decided to donate it to the Recreation Ground to go towards equipment for the new pavilion.

The **Gazette AGM** was held last month. Our Treasurer, Peter Martin, advised that we had not covered our costs over the previous financial year. However, there is no immediate cause for concern and there will be no change in the advertising rates or cover price.

The Committee would like to thank **Ginny Sealey** for chairing the AGM, **Nigel Green**

Front Cover

The team which has been working on the New Pavilion project, from left to right: Moira Hurst, Nigel Green, Mike Fleetwood, Cathy Brown, Jon Spalding. Also in the team, but not available for the photograph: Paul Ferrari and Peter Freeman.

See "Recreation Ground News" for the story behind the picture.

Photo by Chris Hunt



Recently I was offered the opportunity to take over the Phoenix Trading stall at our extremely popular Thursday market.

Consequently, it is my great pleasure to offer to you an exclusive range of beautiful greeting cards, birthday cards, special occasion cards and stationery products.

The **CHRISTMAS** range of cards, Advent calendars, roll wrap, tags and lots more is also now available.

If you can't make the Thursday market, then please contact:

Liz Newton

On: 01326 290531 for a brochure or alternatively:

www.phoenix-trading.co.uk/web/elizabethnewton



Landrivick Farm

Beef Box

Home Bred

Pure South Devon Fresh Beef

Each box includes:

3 - 4 roasting joints

Sirloin steaks

Rump steaks

Chuck steak

Mince beef

28lb box - £130



Pork

Home Reared

Each half includes:

Shoulder joints

Leg joints

Pork chops

Sausages (skins optional)

Belly pork (sliced or joints)

or, if preferred, extra Sausages

A quarter of a pig is also available

Please phone for prices



Landrivick Farm, Manaccan, Helston, Cornwall. TR12 6HX

Tel: 01326 231686

Noticeboard - cont...

for auditing the accounts, and to all the distributors for ensuring that the magazines are delivered. **Sally Sugrue** has handed over the Prazegooth round to **Glynis Jordan**. On behalf of the Committee, may I thank Sally and Simon for all the help they have given to the Gazette over many years. You've earned your retirement!

The next Gazette will be a **combined issue** for December and January. Please let me have your contributions by 18th November, otherwise they will not appear until February.

Moira Hurst

From Judith Green

Thank you to Ronnie Lingard for the very efficient work he did on installing the defibrillators in Cadgwith and Ruan Minor. It is much appreciated.

From Jill Thomas

Many thanks to Wesley, Karen, Alex and family, also to Raymond Curnow for his great disco, Jackie for my surprise birthday cake and, last but not least, a big thank you to all that came to the party. Thanks for the cards and presents; I hope you enjoyed the evening because I did. Thank you all.

Also, I would like to say a very big thank you to Simon Fletcher for my day trip to the Isles of Scilly. Rose and myself had a wonderful time, not only by Simon but also the crew and Captain. I will always remember my 70th birthday. Many thanks to everyone.

[Thank you, Jill, for your kind donation to the Gazette. Ed]

From Rose Bowcher

What a day we had! A trip on the Scillonian III to the fabulous Isles of Scilly. The colour of the sea and the sands and on the

way over a pod of dolphins made for a truly memorable day. Rose Bowcher and Jill Thomas would like to say a huge thank you to Simon Fletcher for this wonderful trip. Thank you Simon.

From Ginny Sealey

Have you a few hours spare each week? Want to work in the heart of the village? A Lunchtime Supervisor is needed at Grade-Ruan School – 12.15pm-1.15pm, five days a week. Please contact Louise in the office if you'd like more information on 01326 290613. There are also Lunchtime Supervisor roles available at St Keverne School (01326 280539) and Coverack School (01326 280529)

From Jill Prail

Attention all horse owners/riders!

We are keen to set up a group of horse owners/riders to meet landowners in order to improve, and create new, bridleways in this area to get more safe, off-road riding for all. We plan to have a general meeting at the end of November, probably at the Natural England offices at Bochym to discuss the issues (date to be confirmed). If you are keen to be involved, please let me know by e-mail at jillprail@gmail.com or by telephone on 01326 290470 (leave message). If you know of anyone who may not get this Gazette, perhaps you could pass the message on - particularly The Lizard or Cury. Thank you.

From Nicky Jose:

Hi Folks, Just to let you know that the charity for this year's Christmas Day Swim will be Meningitis Now. It would be great if you feel brave enough to join us for a quick dip (in fancy dress of course) at 12 noon on Christmas Day. If you're not feeling that brave, it would be lovely to see you on the beach.

Over the years you have given fantastic support for this event and raised a lot of



Your local drainage experts for:-

CCTV Surveys
Blocked drains
Drain repairs
Septic tanks
Soakaways
treatment plants
& pump stations

Repaired, maintained & installed

Fully insured & insurance approved

Call Robin or Dean on
Tel: 01726 824209

INCOME TAX CONSULTANT

Specialising in
completing accounts,
Income Tax returns,
VAT etc
for individuals
and small businesses.

E M TOMLINSON
01326 241049



bespoke stone design + supply

Duke Stone specialises in the design and manufacture of natural stone products for home, garden and commercial projects. Our workshop handcrafts every commission and takes an individual approach to each job. We produce quality worktops, vanities, fireplaces, hearths and many other household and garden items, manufactured from your chosen material.

A selection of natural stone slabs, reclaimed items and off cut granite is on display at our workshops. We also stock a range of tiles, setts, building and landscaping materials with a sample service available.

Local and national fitting and delivery service available.

So whether it's a kitchen worktop, bathroom, fireplace or a new outdoor look you're after, please call our friendly team to discuss your project, or visit the workshop to view our selection of beautiful natural stone from Cornwall and around the world.

Unit 7A & 19 Rural Workshops, Higher Bochym, Cury Cross Lanes, Helston, Cornwall,
TR12 7AZ • Tel: 01326 241111 • Email: sales@dukestoneofcornwall.co.uk •
Web: www.dukestoneofcornwall.co.uk • We are open Monday to Friday 8am-4.30pm
and Saturday 9am-12 noon

Noticeboard - cont...

money for the various charities. Swimmers, collectors, supporters, judges, mulled wine makers, poster and form printers, champagne donators: without you the event wouldn't happen, so a huge thank you to all.

Hopefully the sun will shine and the sea will be calm for this year. Look forward to seeing you there.

Sponsorship forms available from: The Cadgwith Cove Inn, Ruan Minor Stores, or me on 290073.

From Marea Downey

Marlan and I are excited to be spending Christmas in Cadgwith with members of our family. Many of you know me, and others may have heard of me because of my book, "In the Heart of Cadgwith". I aim to photograph the events that happen at this time of year - the Turning on of the Lights, the Christmas Swim, the Christmas decorations lit up in the village, the Mummer's Play at the pub, the fireworks on New Year's Eve. Also, if possible, I hope to photograph the Christingle Service at St. Grade, and the Nativity Service at St. Mary's. If anyone would like to have any of the images I shall be pleased to give them to you. If you see me around with my camera and do not want to be photographed, please

do let me know. I do not use social media sites such as Twitter or Facebook. I would only share the images with my family, with the requirement that they also are governed by the "right to privacy rules". I am considering creating a one-off memento book of Christmas in Cadgwith to be left at the pub, just like the Regatta, and Christmas Swim books which are there now from several years ago. I believe it allows tourists to see the wonderful happenings in Cadgwith, and may encourage them to come back at other times of the year.

So if you find yourself in front of my camera and would like the image(s) I can be contacted by e-mail at mareadowney@mindspring.com.

I will also rely on you to let me know if such an image would only be for your personal use, or it would be OK to put it in the memento book. Happy Christmas from all the Downeys!

The Saint Ruan 200 Club
Save your beautiful 11th century Church

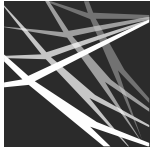
**The winning ticket in the October
2015 draw was
Ticket Number 56
Anna Berry**



COMMUNITY LAND TRUST



We are looking around the parish for plots of land on which we could build a few more affordable houses over the next few years. Restrictions on planning permission can sometimes be relaxed if the houses are affordable but the rules strictly limit the land value to no more than £10,000 per plot. If anyone owns land that they might at some time consider for housing, we would like to hear from them. An initial expression of interest, completely confidential and without commitment, would be a first step. Please contact either the Chairman (Paul Collins, 290754) or the Treasurer (Nigel Green, 565175) or the Secretary (Peter Freeman 290642) **by the end of this year** if you have.



Helston Physiotherapy Practice

Helston Physiotherapy Practice is a team of Chartered Physiotherapists who understand the effects of pain and injury on the body. We provide a range of proven treatments to relieve symptoms and ease movement.

Specialist treatment on your doorstep



We provide treatments for:

- Back & sciatic pain
- Neck pain & whiplash
- Shoulder pain
- Sports related injuries
- Post surgery rehabilitation
- Work place injuries
- Women's health
- Reduced balance

Telephone 01326 561 012 www.hppcornwall.co.uk

Email enquiries@hppcornwall.co.uk 11A Water Ma Trout Industrial Estate, Helston TR13 0LW

PROPERTY MAINTENANCE

FOR ALL YOUR HOUSEHOLD NEEDS

Carpentry - Stud wall, architrave and skirting, doors hung, shelving.

Bespoke Joinery - Windows, Doors, Cabinets.

Painting and Decorating and Wallpapering.

Tiling floor and wall.

General Interior and Exterior Maintenance.

Electrical Domestic installation and Test.

Appliance Testing (PAT)

**Roland
White**

Phone: 01326 290575

Mob: 07971 007 028



Last Stop Tackle Shop

In Lizard Village

**Open all year for
Rods, Reels, Lures, Tackle & Bait**

**During the Winter months and
adverse weather the shop may be
closed**

**BUT just call 07794666781 or
01326290698 and we can be there
in minutes**

**Follow us on Facebook for news
and special offers**

Find us tucked away in Haelarcher Farm
Courtyard behind

THE COWSHED FARM SHOP

Karen Rosevear Mobile Hairdresser

Cutting - Colouring -
Sets/Blow Dries - Perming -
Hair up

Covering: Helston - Mullion -
Ruan Minor - Cadgwith - Lizard

NVQ & City&Guilds Qualified

Unisex

**01326
241975**

07814268433



LAST POSTING DATES

CHRISTMAS 2015

(from Claire at Ruan Minor Post Office)

INTERNATIONAL SURFACE MAIL:

*[Apologies that some of these dates have
passed already - The info wasn't available in
time for the November Gazette deadline Ed]*

28 Sep: All non-European destinations (except
Canada, Far East, Middle East, South
Africa, USA)

29 Sep: Far and Middle East (except Hong
Kong and Singapore)

13 Oct: Canada, Hong Kong, Singapore,
South Africa, USA

3 Nov: Cyprus, Eastern Europe, Greece,
Iceland, Malta, Turkey

17 Nov: Western Europe.

INTERNATIONAL STANDARD & INTER- NATIONAL TRACKING AND SIGNA- TURE SERVICES:

27 Nov International Standard to operational
HM Forces Mail

4 Dec: Africa, Middle East

7 Dec: Asia, Far East, Cyprus, Japan, Eastern
Europe.

8 Dec: Caribbean, Central and South America

10 Dec: Australia, Greece, New Zealand

11 Dec Int. Standard to static HM Forces Mail

14 Dec Czech Republic, Germany, Italy,
Poland

15 Dec: Canada, Finland, Sweden, USA

16 Dec: Austria, Iceland, Ireland, Portugal,
Spain, France

18 Dec: Belgium, Denmark, Luxembourg, Neth-
erlands, Norway, Slovakia, Switzerland

UK:

19 Dec: 2nd Class and Royal Mail Signed For™
2nd Class

21 Dec: 1st Class, Royal Mail Signed For™ 1st
Class

22 Dec Parcelforce Worldwide express48

23 Dec: Royal Mail Special Delivery Guarant-
eed, Parcelforce Worldwide
express24

For a full list of last recommended posting
dates, please visit
www.royalmail.com/greetings

For British Forces last posting dates, please
visit www.gov.uk and search for BFPO.



Lifeboats

THIS YEAR WHAT IF?

WE ALL BUY OUR CHRISTMAS PRESENTS FROM SMALL LOCAL BUSINESSES AND SELF-EMPLOYED PEOPLE? FOR EXAMPLE, FROM YOUR NEIGHBOUR WHO MAKES STUNNING JEWELLRY OR A LOCAL CRAFTPERSON WHO MAKES SPECIAL AND UNUSUAL ORNAMENTS?

THE LOCAL PLANTS PERSON WHOSE GREEN FINGERS WE ENVY, AND HOW ABOUT THE LOCAL HOUSEWIFE WHO PRODUCES BEAUTIFUL HOME MADE CAKES AND OTHER GOODIES, OR ONE OF OUR LOCAL ARTISTS OR ARTISANS WHO BRING MAGIC INTO OUR LIVES WITH THEIR SPECIAL SKILLS? OR HOW ABOUT ONE OF OUR LOCAL FARMERS WHO PRODUCE THE BEST AND THE FRESHEST? IN FACT ANY OF OUR SMALL LOCAL BUSINESSES OWNED AND RUN BY LOCAL PEOPLE WITH OUR VILLAGE COMMUNITIES IN THEIR HEARTS!

THIS YEAR, LET'S MAKE SURE SOME OF OUR MONEY GOES TO THESE PEOPLE

AND NOT THE ON-LINE MULTI-NATIONALS

SO THIS WAY MORE LOCAL PEOPLE WILL HAVE A BETTER CHRISTMAS!

**You can do all this and more at
THE LIZARD LIFEBOAT CHRISTMAS BAZAAR
On SATURDAY NOVEMBER 28TH
In THE READING ROOM at The Lizard
12 noon – 4pm**

If you would like to hire table space (we can supply the tables!) then please contact:

**Pat Ashby (01326) 209760 or Jan Waring
(01326)291083**

What's ON

RUAN MINOR RECREATION GROUND

BONFIRE & FIREWORK DISPLAY

THURSDAY 5TH NOVEMBER

Those of you who saw last year's breath-taking display probably didn't think it could be bettered, but... once again Roddy Hall has kindly offered to put on a professional electronically controlled display, *with even bigger fireworks.*

This will be the most spectacular display for miles around. Don't miss it

Gates open 6.00pm

Display starts 6.45pm

Admission:

Adults: £2

Under 16: £1



You could win the chance to press the button to start the firework display. £1 per ticket.



Refreshments, Hot&Cold Food (Fat Mack), Bar

No Sparklers

Children must be accompanied by an adult.



Lifeboats

THE LIZARD LIFEBOAT ANNUAL CHRISTMAS CAROLAIRE

IN THE BOATHOUSE

FRIDAY DECEMBER 4TH 2015 FROM 7PM

**** With Helston Town Band**

FREE TRANSPORT TO AND FROM THE VILLAGE GREEN
TO THE BOATHOUSE (Starting at 6.15 pm)



*RNLI Christmas Cards & Gifts *Christmas Hampers Raffle
** Mulled Wine, Mince Pies & other Festive Refreshments Served



Cornwall in a Glass

*Britain's most
Southerly Brewery*



Cornish Chough Brewery
Trethvas Farm, The Lizard
Cornwall TR12 7AR
cornishchoughbrewery@hotmail.co.uk

PuppetCraft
presents

MONKEY

A new version by Michael Rosen

A puppet show for the whole family...
perfect for ages 4+

Inspired by the ancient Chinese story.
The adventures of a comical, fantastical superhero.



Watch **Monkey** as he learns magic, makes mayhem, flies on a cloud, plays tricks, defeats a dragon, dodges death, and eats lots, and lots, and lots of peaches... all in search of a Great Secret!

Brought to exuberant life by...
seldom seen exquisitely crafted marionettes,
leaping and swinging acrobatically...
authentic, old Chinese shadow puppets...
enchanting live music...
snappy raps and witty words,
written for PuppetCraft by the brilliant poet
Michael Rosen, Children's Laureate 2007-2009.

For 24 years PuppetCraft has been touring
far and wide, becoming one of Britain's top
puppet companies.

Shows include The Mousehole Cat,
Perseus and the Gorgon's Head, The Selfish Giant,
Nobody Rides The Unicorn.

"Superb..Brilliant..Fantastic..Amazing!"

Reviews by TimeOut, The Guardian,
The Stage & Salisbury Festival on PuppetCraft's work.

www.puppetcraft.co.uk



Carn toCove

Performing Wonders in Every Corner of Cornwall

PuppetCraft presents

MONKEY



A new version by Michael Rosen

A puppet show for the whole family
... perfect for ages 4+

Friday 6th November, 6.30pm

Landewednack Hall, 290337

Tickets:

Adult £6, Child £4, Family £16

Carn toCove

Performing Wonders in Every Corner of Cornwall

www.puppetcraft.co.uk



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



DECORATING



and general building maintenance

JON SPALDING

30 years' experience – references supplied

01326 290450 07733 440436

jonaspalding@yahoo.co.uk



The Cowshed,
Haelarcher Farm,
The Lizard.

2 minutes from the Post Office.

We are open throughout the year, seven days a week,
come rain or shine.

Fresh fruit and veg every day.

Household products, pet food.

Cornish eggs, dairy produce and bread.

Coal, logs and kindling.

Cheeses and deli treats.

Tobacco.

Confectionery.

Cards, gifts and a small selection of
antiques.

Debit and credit cards accepted.

01326 290465

CHILDREN'S HOSPICE SOUTH WEST
"LITTLE HARBOUR"

It's that time of year again - CHRISTMAS!!!! Our annual Christmas coffee morning for THE CHILDREN'S HOSPICE SOUTH WEST will be held in Ruan Minor village hall on Saturday 14th November from 10.30 a.m. to 1.30 p.m.

It does not seem possible but we have been supporting this for 27 years!!!! This year is very special to me as my great nephew now uses LITTLE HARBOUR in St. Austell. Rieley and the family will actually be in the hospice the weekend of our coffee morning for respite care, so can I please ask for your kind support with extra feeling this year. There will be lots of stalls plus a raffle. There will be tea, coffee, cakes, mince pies and hot pasties at 12 noon. Hoping to see lots of you there and thanks for your support .

Liz Outten

CHILDREN'S HOSPICE
CHRISTMAS COFFEE MORNING
AT
RUAN MINOR VILLAGE HALL
ON
SATURDAY 14TH NOVEMBER
10.30 A.M. UNTIL 13.30 P.M.

USUAL STALLS: TOMBOLA, LUCKY CHRISTMAS STOCKING, RAFFLE,
CAKES, GIFTS, ETC.

HOT PASTIES WILL BE SERVED AT 12 NOON.

PLEASE COME AND SUPPORT YOUR LOCAL HOSPICE BY HAVING A CUP OF
COFFEE OR TEA AND A CHAT WITH FRIENDS.

HOPE TO SEE YOU AT THE COFFEE MORNING.

LIZ OUTTEN

COMPUTER / LAPTOP PROBLEMS?

I can restore your Computer or Laptop
to full working order for a fantastic price.

NO FIX NO FEE

Professional repairs

Call today for a FREE, no obligation quotation.

CALL TeeCeeTech TODAY

07730283433

MULLION ANTIQUES

07887 955326 / 01326 241302

ALWAYS LOOKING TO BUY

*Costume jewellery (pre 1960's), gold and silver jewellery, scrap or
broken gold, old watches, old clocks,
old wooden boxes, vintage pens, silver items,
canteens of cutlery, Oriental, Asian or Russian artefacts, small
pieces of furniture.*

*Please feel free to telephone to discuss any items you have for
sale.*

I will happily visit you by appointment at a time to suit you.

Thank you.

Linda Wilkinson

Find me on FB Mullion Antiques

What's ON - CONTINUED

Sunday 8th November 2015

REMEMBRANCE SUNDAY

The traditional Act of Remembrance will take place at the Village War Memorial at 10.45 am.



This will be followed by a United Service in the Chapel at 11.00 am led by Revd. Nicola Thomas-Botwood.

Ruan Revellers

present

Joe Carpenter & Son

A nativity play

Written by *Graham Clarke*

Village Hall

Wednesday 16th December

7pm

Tickets will be available at Ruan Minor Stores nearer the time

The Friends of our Church Buildings

Do come and meet us before

Joe Carpenter and Son
at the Village Hall 16th
December at 6.15pm

We are providing pre-show drinks including mulled wine, mince pies and other festive refreshments

Kelynack Cornish Fish

Proud suppliers of the best Cornish Fish

**Collect your
FRESH FISH DAILY
MONDAY to FRIDAY MIDDAY
From Unit 2c, Willis Veau Industrial Estate,
Mullion
Tel/Fax: 01326 241373
Mob: 07974 141922
Email: kelynack.fish@btconnect.com**

TELSTAR TRAVEL PRIVATE HIRE

**Local transport for the
Lizard & Meneage area**

01326 221 007

What's ON - continued



GRADE RUAN UNDER 5'S PRESENT

Christmas Fair



Ruan Minor Village Hall
Saturday 21nd November
From 11.00 a.m. - 2.00 p.m.

Please come along to our Christmas fair. There will be lots of beautiful stalls selling wonderful things to fill your stockings and nestle under the tree.

We will have crafty creations for the children to make and take away with them and back by popular demand we will have the beautiful Christmas lantern packs available to buy and create, ready to be made for the Christmas light parade into the cove.

As well as Refreshments, and our Christmas Hamper Raffle.

Oh! And a visit from FATHER CHRISTMAS!!

If you would like to book a stall then please contact Tasha on 07792292665



Lizard Life Therapies

Christine Whitehorn HND

Guided Meditations £15 (1 hour)
for Spiritual Growth and Relaxation

Choice of Card Readings £25 (1 hour)
Help gain a new perspective on your
Past, Present and Future life choices

Reiki Treatments £25 (1 hour) for
Rebalancing Stress and Healing

Reiki Training Courses also available

Gift Vouchers now available

Call **07531 258588**

www.lizardlifetherapies.co.uk



Lizard Life Therapies

Christine Whitehorn HND

Confidential Holistic Counselling

- Bereavement and Terminal Illness
- Domestic Violence
- Rape and Abuse
- Victim of Crime
- Relationships and Stress
- Depression and Anxiety
- Counselling Fee: £30 per hour

Learn easy coping techniques to deal
with Anxiety and Phobias

Call **07531 258588**

www.lizardlifetherapies.co.uk

R.E. Tonkin & Son

Funeral Directors

Family run & Independent

Professional but personal service

*Providing Golden Charter
pre payment funeral plans*

24 Hour service

Lender Lane, Mullion, TR12 7HW
Tel: 01326 240752 or 240137
email: retonkinandson@yahoo.co.uk



IN THE MAILBAG

We have been holidaying in your beautiful part of the county for many years mostly in Cadgwith but the last two years we have stayed in Ruan Minor where we enjoy the warm welcome extended to us by the residents of the village. This year we came for the last 2 weeks of September.

I have been seriously ill and only able to walk again for 6 months and I have to use a walking stick. During the first week of our holiday Nick, my husband, and I were walking back to the village when two lady riders approached; one mounted on a roan horse and the other on a bay. We were at the entrance of Long Moor where Nick was stroking a cat and I was standing a few yards away from him. The riders were two abreast with one on the road and the other on the pavement. Despite the traffic trying to negotiate the corner and pass the horses, the riders were chatting away and the lady who was on the pavement only had one hand on the reins. When they got to where I was standing the rider remained on the pavement and I stood absolutely rooted to the spot praying the horse didn't spook and knock me over.

I used to own horses and I would like to point out to the rider concerned that riding on a pavement is not allowed as per the Highway Code. The ladies involved are old enough to know better, their horses are fairly large and it was not a pleasant experience. I didn't say anything to them at the time as I was rather shocked by the episode so I hope that I can reach them through your parish magazine and hopefully an accident can be avoided.

We will see you next year and all being well, I will be fit and healthy again and minus my walking stick!

Yours sincerely,
Angie Hobley
North Devon



Private Car Hire

Martin Ellis
Ruan Minor /
Cadgwith / Lizard
**07581
356591**
(24/7)
www.nuttynoaah.co.uk



Fully insured, trained, experienced, local Tree Surgeon and Consultant

- Complex / large tree removals
- Pruning
- Emergency call out 24/7
- Planting & aftercare
- Surveys, inspections & reports
- Firewood and mulch/woodchip
- Portable milling planks/beams
- **New: large hedge trimming**

Call or email for free quotations

07791540207 01326 290961

LHWilliamsArborist@gmail.com

Liam Hywel Williams BSc(Hons)Arbor, MArborA

J & L Garden Machinery Repairs & Servicing

Proprietor: John George

Providing service and repairs for all makes and models
of petrol-driven garden machinery.

I also supply new garden machinery inc. mowers, ride on mowers,
strimmers , chainsaws etc

- ★ Collection and delivery
- ★ Reasonable rates
- ★ Breakdown call-outs
- ★ No job too small



Tel: 01326 240617 Mob: 07790 276060

GRADE RUAN VINTAGE RALLY

This year's Rally, held in early August, was very successful. We had perfect weather and it was very well attended by both exhibitors and spectators. Thanks to everyone who helped run the event and also to everyone who came and supported it.

The bank balance is healthy once again, so we're in a good position to stage the Rally next year. It'll be on the first Sunday in August as usual, which next year will be the 7th, with the "Night Before" party being on the 6th.

Treasurer Needed

We are seeking a volunteer to take over the Treasurer's job. It is not an onerous task most of the year, but does require you to be available over the weekend of the Rally and to tie up all the loose ends afterwards. Catherine Bird has kindly offered to audit the books, so the main job is keeping track of all the money and looking after the bank account.

If you could help, please contact
Richard (Skinny) Williams on 290980 or Stevyn Collins on 290764.

MULLION MECHANICS

FULL WORKSHOP FACILITIES

- * SERVICING TO ALL PETROL & DIESEL VEHICLES
- * AIR-CONDITIONING SERVICING & REPAIRS
- * ECU & ABS FAULT CODE READING
- * GENERAL VEHICLE REPAIRS
- * MOT REPAIRS
- * EXHAUSTS

01326 240620 or 07977 596366

Local B&B Accommodation

COLVENNOR FARMHOUSE, CURY



Mrs Tricia Wright

01326 241208

colvennor@btinternet.com

www.colvennorfarmhouse.com

THE HAVEN, RUAN MINOR



Denise Wilson

01326 290410

denisewilsonr12@gmail.com

[www.cornwall-online.co.uk/
thehaven-lizardpeninsula](http://www.cornwall-online.co.uk/thehaven-lizardpeninsula)

CADGWITH COVE INN, CADGWITH



NEWLY REFURBISHED ROOMS!

Garry and Helen Holmes 01326 290513

garryandhelen@cadgwithcoveinn.co.uk

www.cadgwithcoveinn.com

Facebook or Tweet us at
[cadgwithcoveinn](https://www.facebook.com/cadgwithcoveinn)

CHYHEIRA, RUAN MINOR



Chrissy and Nick Etchells

01326 290343

chrissy@chyheira.co.uk

www.chyheira.co.uk

Play Area at The Recreation Ground



The next stages for renewing play equipment on the Rec are being planned following the installation of the new zip wire and the 'crabber' climber in October. A funding application has been submitted for a 'nest swing' and a 'rocker' as well as various attachments to the zipwire launch frame. All being well, these could be in place next year. The old climbing frame will need replacing eventu-



ally and ideas are invited. It would help the project to have more people on the 'play' committee. With enough interest a separate management group could be set up which would then have access to a wider range of funding than the Parish Council currently has. (Meetings could be held in the lovely new pavilion!). Do let us know if this interests you.

07964215277 Jeb Preston and 01326 290432 Wendy Eliot.

CORNWALL OVEN CLEANING

ovens - hobs - extractors - microwaves

- Non-Caustic, Non-Toxic cleaning products used
- Leaves no mess in your home
- Removes stubborn and burnt in grease & carbon
- Returns your oven to "like new" condition
- Your oven is ready to use as soon as we leave!

www.cornwallovencleaning.com

Free: 0800 566 8804 --- Local: 01326 710107



RUAN MINOR VILLAGE HALL

Reg. Charity No. 225626

WHAT'S GOING ON AT THE VILLAGE HALL?

THE THURSDAY MARKET

The market is held every Thursday morning from 9.15am to 11.45am or later in the summer. Come along, browse our stalls, for some superb purchases, enjoy a cup of tea or coffee, some toast, teacakes, or why not try our speciality 'The Village Hall Bacon Sarnie'. If you prefer, just stay for a chat and catch up with the local news.

Regular stalls include:

Art & Craft work	Jewellery & Accessories	Household Goods
Jams & Preserves	Cakes, Pastries, Foodstuffs	Cards & Stationery
Knitware & Quilting	Leggy's Pasties	Flowers & Plants
Bric-a-Brac	Needlecraft	Books

You can also try your luck on the weekly raffle to win one of the excellent prizes on offer and it's all to help raise money to keep the Village Hall thriving.

To book a stall or get further information, please telephone

Tasha Allen on 291232 or 07792292665

or just call in on a Thursday morning to see what's going on.

SHORT MAT BOWLS

Sessions are held on Monday and Thursday evenings at 7.00pm

It doesn't matter whether you're a beginner or seasoned campaigner, come along and have a go. It's only £1 per session and you get tea, coffee and biscuits thrown in. Spare bowls are available.

For more information call **Steve Griffiths on 290154**

QUIZ NIGHT

Quizzes are held on the 4th Tuesday of every month and its fun for all the family. It's £1 per person including tea, coffee and biscuits or you can BYO if you prefer. The contests begin at 7.30pm. Any changes to dates will be notified on the Village notice boards.

SPECIAL EVENTS

Check on the Hall and Village notice boards for details of the many special events held in the Hall throughout the year.

ARRANGING AN EVENT?

Are you looking for somewhere to hold a party, a meeting, fairs, sales or bazaars, community events? We have ideal facilities to help you out and can also provide tables and chairs if required. Give us a ring and let's discuss how we might be able to help.

For more information on these arrangements call

Tasha Allen on 291232 or 07792292665.

We are wheelchair friendly.



RUAN MINOR VILLAGE HALL

RUAN MINOR VILLAGE HALL PRESENT

OUR ANNUAL

CRAFT FAIR



TO BE HELD ON

SATURDAY 7th NOVEMBER 2015
FROM 11.00A.M. TILL 3.00 P.M

*Displaying beautiful crafts and creations,
A Raffle and Refreshments.*

TO BOOK A TABLE

PLEASE CONTACT TASHALLEN ON **07792292665**

(Fees are 10% of trader's takings on the day and we do ask for a contribution to the raffle)

Reg. Charity No. 225626

Herbal Medicine



Hello, my name is Deanne Greenwood and I'm a herbalist living in Poltesco. I use traditional, plant-based medicine to help heal mind, body and spirit – and I practice in a corner of Cornwall that is a natural healing environment.

I see people with all sorts of ailments, including longterm, chronic health problems that herbal medicine can be very effective at relieving.

If you are visiting Cornwall, this may be the time and space you need to start your healing process. Follow-up consultations can be conducted by phone and/or skype. Traditional herbal practice meets the modern world!



BSc (Hons), MCPP

www.deannegreenwood.com 01326 291 371

R H JANE & SONS LTD Painters & Decorators

The Orchard, Cadgwith, TR12 7JU



Telephone:

01326 290464

01326 290700

07976 928663

07970 100480

Heel 2 Toe Foot Clinic

Working towards healthy feet

Mobile foot clinic bringing professional treatment in the comfort of your own home.

Treatment of:

Callus / Dry Skin, Corns,

In growing Toenails, Nail Trimming and Thickened Nails

Contact

Demelza Vincent

SAC Dip FHPT/FHPP

01326 291173

07790420244



Church Services



Church of England Services

November

Sun 1 st	Morning Praise, St. Ruan Church	11.15 am
Sun 8 th	Remembrance Sunday, 10.50am at the War Memorial, followed by Service in the Chapel	
Sun 15 th	Evensong, St Grade Church	3 pm
Sun 22 nd	Holy Communion, St Ruan Church	9.30 am
Sun 29 th	Holy Communion, St Ruan Church	9.30am

Contact details for St Ruan Church, St Grade Church and St Mary's Church:

The Revd Peter Sharpe, Priest-in-Charge	280999
The Revd Deirdre Mackrill, Associate Priest	281178
Churchwarden, Sheila Stephens	290583
PCC Secretary, Chris and Barry Lovelock	290181
Church Treasurer, Derek Elliott	290432

Methodist Services

Rev'd Steve Swann 01326 240200

Service at 11.00 a.m. Each Sunday

Roman Catholic Mass Times

Fr. Gilbert 01326 572378

Sunday Mass at
St. Mary's Helston at 9.00 a.m.

MULLION FLOWERS

Lender Lane Mullion TR12 7HW

Fresh cut flowers

Bouquets, arrangements, weddings & funeral tributes

Helium balloons

Compost & gardening supplies

Coal & Logs

Free Delivery

Open 9am - 1pm (Closed Weds & Sun)



Briony Tonkin

07964 589 097

mullionflowers@yahoo.com



NV
electrics

Norbert Varga

Domestic Electrician

- Rewires, New Builds, Extensions
- Consumer Unit Upgrades
- Showers, Cookers, Heating
- Socket & Telephone points
- Internal / External lighting
- Testing & Inspecting
- Computer networking

FREE QUOTATION

E-mail:
varga_norbert1984@yahoo.com





School Spot



Grade-Ruan Under 5s

Mullion School

Grade-Ruan School The topic for this term has been Food Glorious Food - it has pervaded all subjects! We held a Ready Steady Cook event in school, organised by Chartwells, our school lunch providers. Two teams of children took part, in front of a very enthusiastic audience! The Red Team was Mr Jones, Ellen and Rosie, and the Green Team was Katey, Holly and Joe - both teams chosen as they were the Stars of the Week. Both teams were tasked with creating two dishes in 15 minutes - The Red Team made a tasty Chicken Noodle dish and the Green Team a yummy Rice and Bean dish with the Green Team winning the vote by a narrow margin.

Orca Class went on a foraging expedition in Poltesco, with the National Trust. They foraged for nettles, seaweed, blackberries and different types of edible leaves for a stew that they cooked for lunch. They also split into groups to press the apples they had picked, make bread, sort the seaweed and leaves and chop the nettles for the stew. According to Poppy and Ryan, the best part of the day was eating the nettles and berries!

The weekly cookery club is going strong; the most recent recipe was 'Oaty Fruity

Scones' - some of the children were not that keen on putting fruit into their scones but were all pleasantly surprised when they tasted the cooked result!

The children are very much enjoying being part of the Mullion Sports Cluster - the first event was a KS1 Multi Sports Competition held at Mullion School. They concentrated hard on all the activities and were pleased to come 3rd out of the eight schools that took part.

A huge thank you to everybody that donated harvest gifts for the Harvest Festival. We were overwhelmed with the generosity and are sure the members of the community that received the packages were very pleased. Thank you to our year six children who very kindly distributed the packages for us. Thank you to everyone who attended our Harvest service on Wednesday. It was lovely to see so many family and friends join us. A special thank you to Reverend Steve Swann who kindly ran our Harvest service and Julie Swann who played for us.

Mullion School have been out and about with the Y10 Art and Dance students taking a trip to St. Ives, where they visited The Barbara Hepworth Museum

cont.



Walled Garden Spa

In the grounds of Trelowarren

Hot stone back treatment
£40

Including free swim during
October

Call now to book

01326 221224

info@trelowarren.com

www.trelowarren.com

Drawing/Painting

Plein Air Drawing/
Painting

(Weather Permitting)

Holidaymakers, Visitors
or Private Tuition

MAY KIMPTON

(BA Hons)

Details: 01326~291106

Email:

maydcards@gmail.com

Find me on
artmaps.co.uk



Treleague Dairy

Local Cornish Milk "As It Used To Be"

We are selling our lovely fresh milk from our cows here in Ruan Minor and we will deliver (locally) to your door free of charge on Mondays, Wednesdays and Fridays.

We are producing premium pasteurised non-homogenised whole, semi-skimmed, and skimmed milk at £1 per litre, presented in beautiful glass reusable bottles (£1 deposit).

Look out for:

- Our '**Ansom bit o' butter**' that is made to order and churned on the farm.
- Our '**Ansom bit o' cream**' that is Cornish Clotted Cream at its best.
- **The Dairy Shed** by our farm gate where we are selling our fresh farm produce, eggs cheese, vegetables and a range of gifts.

Find us at **Treleague Farm** near the crossroads. Open **10am to 6pm** every day.

Why not support your local farm, cut down on those food miles and landfill, and enjoy a truly local bottle of milk from the cows you see every day in the fields around you.

If you have any questions or wish to place an order for delivery, please either phone **290118** or text **07891 714065** or email **dairy@treleague.net**

and Sculpture Gardens, as well as an exhibition at Tate St.Ives called Images Moving Out Onto Space. The exhibition was titled after Bryan Wynter's amazing sculptures with light and movement - known as IMOOS. As well as one of these installations, some of his large paintings developed on the theme of the movement of water were also featured. Other works exhibited included paintings and sculptures by 'Op Artists' Bridget Riley and Lilian Lijn.

The theme of movement was also explored through sketches, notes and photographs of the patterns in the sea and on the sand at Porthmeor beach. We had a beautiful bright sunny day with a fresh wind, which made working outside there and in the Hepworth Gardens a pleasurable experience for the students, who gathered a useful and varied collection of information (verbal and visual) from which to develop work back at school.

The rugby season has kicked off, with Mullion giving a better showing than

England with matches so far against Penryn, Humphrey Davy and Redruth. The sides are showing plenty of promise and commitment.

The annual Year 7 Beach Day was 'great' - which is praise indeed from an 11 year old boy. They walked from the school to Poldhu Beach - a glorious cliff top walk with a stop at the Marconi monument. Once at the beach, each tutor group built a sand sculpture and was judged on it - the Bs came first, the Ys second, Gs 3rd and Rs fourth. They had a pasty lunch, tug of war battle and the bucket game before walking back, a little tired but having really got to know their tutor groups. It is always a memorable day for them - and when the photos flash up five years later in their leaving assembly and at their Presentation Evening, they are given a taste of the feeling that older adults are only too familiar with - how fast time flies. This year's group to experience that, the 2015 Leavers, will have their Presentation Evening on 2 December, hope you have it in your diaries.



"Stitch & Sew"

**Ladies & Gentlemen's Garment repairs & Alterations
(zip replacements, shortening & hemming etc.)**

Curtain making for small windows / matching cushions.

Christmas Stock Now Available

Contact Lorraine on 01326 291226 or

**Drop & collect on my stall at Ruan Minor Village market
every Thursday morning**

Grade Ruan Horticultural Society Autumn Show Trophy Winners 2015

Ruan Minor Village Hall Jubilee Cup Best overall exhibit	Margaret Evans	J.C Trewin Cup Most points Farm Produce	Alan Combellack
Charles Kynaston Studd Cup Most points in the Show	Clarence Thomas	Tony Girling Cup Most points in Handicraft classes 123-144	Loretta Ruse
Mrs Wilks Cup Grade Ruan parishioner with most points in show	Joy Bosustow	Mrs Jill London Trophy Most points classes 133-162 by a Grade Ruan Parishioner	Andrew Fletcher
Mrs P Lindsay Cup Most points in show - up to 16 years	Cloe Price	Grade Ruan WI Cup Best Exhibit in Needlework/ Knitting & crochet	Margaret Evans
Garden News Oak Shield Most points Flower and Vegetable Classes	Clarence Thomas	Francis Trewin Cup (1) Most points under 18 Photography	Matthew Price
Jenette Agatha Pugsley Memorial Cup Best exhibit in fuchsia and rose classes	James Bosustow	Francis Trewin Cup (2) Best Exhibit under 18 Photography	Matthew Price
C.J Trewin (1) Most points in flower classes	Clarence Thomas	Arthur Carter Cup Best exhibit in Photography - Grade Ruan Parishioner	Andrew Fletcher
C.J Trewin Cup (2) Most points in fruit classes	Doug Stevens	J.F Bosustow Perpetual Trophy Most points Grade Ruan School Pupil classes 170 to 187	Chloe Price
Dr & Mrs P Cuff Cup Best Collection of Herbs	Mary Keeley	Mrs E Pogson cash prizes Best Exhibit in each School Year	
Frank Skewes Cup Most points in Vegetables by Grade Ruan Parishioner	Mary Jones	R Rosie Holmes	1 Arthyen Wood
Grant Hart Cup Most Points in flowers by a Grade Ruan Parishioner	Joy Bosustow	2 Elizabeth Shearer	3 Harry Albone
Helston & District Floral Art Society Cup Best Exhibit in class 30 display	Mary Keeley	4 Esme Harman	5 Jenna Bray
Committee Cup Most Points in Floral Art classes	Di Peters	6 Jowan Handford	
June Curtin Cup Most Points in Preserve classes	Sally Watts	Mr D Julian Cash Prize Most points Grade Ruan Parish child Classes 163 to 187	Boy Tamlyn Carter Girl Chloe Price
Cookery Cup Most points in Cookery classes	Janette Eathorne	BEST IN SECTION WINNERS	
Mrs Brierly Goblet Most Points in Cookery by Grade Ruan Parishioner	Sally Watts	Flowers	Doug Stevens
Ruby Carter Trophy Best Exhibit in Cookery Classes	Sally Watts	Floral Art	Beryl Cullen
Dr J Wilks Cup Best exhibit in Cookery by under 18 years old	Tamlyn Carter	Vegetables	Alec Foreman
		Fruit	Doug Stevens
		Preserves	Sally Watts
		Cookery	Sally Watts
		Farm Produce	Joy Bosustow
		Needlework	Margaret Evans
		Knitting and Crochet	Loretta Ruse
		Arts and Crafts	Margaret Green
		Photography	Andrew Fletcher
		Children 12 to 16	Lowenna Radcliffe
		Children 8 to 11	Bella Jane
		Children up to 7	Mailli Carter

Grade Ruan Horticultural Society Autumn Show 2015- Report

Well we were lucky that, after a couple of benign weeks, the weather stayed fair for the Autumn Show. I think a good day was had by all that came, entered and viewed the show. This year the show was opened by our local County Councillor Carolyn Rule. She made special mention of the children's entries which were bright and colourful and she thought that the show had a good future if these children's exhibits were anything to go by. Councillor Rule was particularly taken by a Rocket sculpture made from vegetables.

An intricate cross stitch picture of the West Riding of Yorkshire made by Cadgwith's Margaret Evans was chosen as the best exhibit in the show. This had stiff opposition from a set of Kelsae onions grown by Alec Foreman, Pears and Alstromeria from Doug Stevens and Sally Watts' Dundee Cake.

We had great support this year from all over West Cornwall, none more so than in the vegetable section which had some wonderful exhibits. Once again this year Clarence Thomas won most points in this section along with the most points in the show. We were all pleased when Joy Bosustow won the trophy for most points in the show by a Grade Ruan Parishioner. Joy was the secretary until a few years ago and served tirelessly on the committee for more years than it is polite to mention. Joy entered a little in most sections and was well rewarded, even getting the best exhibit in the Farm produce section with some eggs.

This year has been a wonderful year for apples for most people and we had our best display for many years. Competition was hard fought between Doug Stevens, John Bosustow and Charlie Coates. But it was Doug Stevens who came out on top. It was great to see the old Cornish varieties and one that stood out was called Bottle Stopper; not the prettiest apple you have ever seen but it is obvious where the name came from.

Sally Watts retained both the June Curtin cup for preserves and the Mrs Brierly Goblet for cookery, so we all now know where to head to for a spot of afternoon Tea. The most points in the Cookery section was won by Janette Eathorne who used to be heard on Radio Cornwall with her own programmes and reporting. She was entering for the first time although it was not her first visit as she opened the show quite some time ago. Another new face to win a trophy this year was Mary Keeley who had the best collection of herbs, plus she also won a trophy for her floral art.

Matthew Price showed his prowess with a camera by gaining most points and the best exhibit in the under 18's photography and Chloe Price won the most points in the children's section. Young Tamlyn Carter won a trophy for his crispy cakes and the Desmond Julian prize for the most points by a boy from the parish.

Many thanks to all of you that entered, came and viewed and sampled the tea and cakes. Unfortunately we were missing several regular faces this year but we hope everyone enjoyed the event. Also many thanks to our sponsors without whom the show would not go on. Lastly preparations start afoot now for next year and we hope to see you all there.

David Endean



The Cadgwith Cove Inn

as featured on BBC's 'The Fisherman's Apprentice'

Garry and Helen would like to update you on

What's New for November

A NIGHT AT THE RACES

14th November

£10 Ticket includes:

Race Compere,

Glass of Bubbly on arrival,

Free First Bet,

Bar Meal

A bottle of Prosecco for the winning Horse Owner.

Funds raised will go to the Lizard Lifeboat

WINE & BEER & CIDER TASTING!

21st November

Sponsored by Mathew Clark Wine Merchants

Feedback will be used to create our 2016 drink offering.

Our evening includes:

Plenty of free drink!

Blind tasting

Quiz with alcoholic prizes!

Let's make The Cadgwith Cove Inn the social hub of our community

We look forward to seeing you all very soon

Cadgwith, Helston, Cornwall. TR12 7JX

Telephone - 01326 290513 Website - www.cadgwithcoveinn.com

Email - garryandhelen@cadgwithcoveinn.co.uk

Facebook and Twitter - [cadgwithcoveinn](https://www.facebook.com/cadgwithcoveinn)



Recreation Ground News

The Pavilion: We scarcely dared believe it, but finally the day came when everything was in place and work on the new pavilion could begin. The cover picture shows some of the Project team members, caught somewhere between starting the demolition and turning the first sod. In the end, we decided to leave both to the professionals and just posed for the photograph. Thanks to everyone who turned out to witness this milestone in the project.



By the time you read this, we expect the old pavilion to have been removed completely and work on the new building to have begun. We hope to have the roof on by Christmas and the building completed by Easter.

You can see the progress being made on the building from the comfort of your own computer or phone, by following us on Facebook, where photographs of the site will be posted regularly.

The Rascals Children's Football club will still meet for training each Sunday morning and the tennis court can be used.

Using the Rec: The main funding for the pavilion was provided by SITA and Sport England, in the expectation that having a new pavilion would encourage more use of the Recreation Ground for sports and social activities. Please start considering whether you would like to lead an activity at this venue, e.g. tennis club, netball practice, darts team, men's and women's football teams, rounders, in fact anything that would benefit from having a lovely new pavilion with excellent changing facilities and a welcoming social space, with kitchen and bar facilities.

Bonfire Night: Despite the ongoing building work, the Bonfire Night spectacular will be going ahead as usual on Thursday 5th November. There'll be food and a bar, but there won't be any mulled wine this year. Toilets will be available on site.

Roddy Hall will once again be putting on an awesome professional display. Tickets will be available on the gate to enter a draw for the chance to press the button to start the display.

The bonfire is extra large this year, because all the wooden components of the old pavilion have been added to it. So, all in all, it should be an unforgettable event. We hope to see you there.

*Recreation Ground Committee
c/o Moira Hurst tel: 290257
moira@ruanrec.uk*



See us on Facebook:
"Grade Ruan Recreation Ground"



**CORNISH GARDENING
SERVICES**

PAUL WILLIAMS

All general garden maintenance

Lawn mowing

Hedge trimming

Light/heavy strimming

Pruning etc.

Basic DIY

Free quotations

Call Paul on:

Home: 01326 241960

Mobile: 07749 815358

**JONATHAN CARE
PLUMBING & HEATING**

OFTEC TECHNICIAN

Oil fired central heating

Boiler installations, service and repair

Underfloor heating

All domestic plumbing

Reliable, local service -
we guarantee to return your call
promptly

01326 231495 or

07791 079002

Penvounder, Manaccan, Helston.
TR12 6HR

**Mobile Hairdresser
Unisex**

All services:

Cuts, perm, blow-dry, set, colour, etc.



Rebecca Langdon



01326 573556

07799 898003

City & Guilds

NVQ 1, NVQ 2, NVQ3



QUIZ NIGHT NEWS

Long awaited and well earned holidays necessitated team changing and the shuffling of chairs and tables on September's 'Quiz Night At The Village Hall'. As starting time approached, seven mean and hungry teams sat poised with brains (and 'sustenance') at the ready waiting for the bell to sound for Round One heralding the start of yet another epic battle.

It goes without saying that the contest was closely fought throughout with every team in with a very realistic chance of success right to the last round. However, that situation was well and truly blown sky high when, once again, the 'All-Nighters' proved to be the decisive factor. A tremendous score of forty-seven points out of a possible sixty points maximum saw **THE MIXED BUNCH** forge their way ahead to take the champions' crown from **THE BUCCANEERS** by a mammoth thirteen and a half points - one of the biggest winning margins in Quiz Night's history!

The gap between Champions and Runners-Up apart, it was 'business as usual' for the remaining places with just eleven and a half points the difference between second place and 'The Wooden Spoon' position. At the final reckoning just one and a half points

separated **EMPTY HEADS** from **BOB'S BAND** who left proudly holding aloft the coveted 'Spoon'.

Julia Nunn posed some 'Little Crackers' in her Guest Round presentation and there was much brain searching and head scratching before she put everyone out of their misery with the solutions to her tricky posers. Thank you very much Julia and we shall see how well teams cope with next month's guest teasers!

When the dust had settled and pulses were returning to something like normal, the final 'scores on the doors' were as follows:

<u>Position</u>	<u>Team</u>	<u>Score</u>
1 st	The Mixed Bunch	126.5
2 nd	The Buccaneers	113.0
3 rd	Just Us Three	111.5
4 th	The Motley Crew	104.5
5 th	New Blood	103.5
6 th	Empty Heads	103.0
7 th	Bob's Band	101.5

Thanks again everyone for another super evening of quizzing fun and games. Take care and see you all next time.

Quizmaster Dave.

Next Quiz Night Dates: 24th November and the Christmas Quiz on 15th December.

CLOSE ENCOUNTER WITH THE NHS

By Tony Halliday

It's now been around 5 months since Jan first noticed some signs of Jaundice and 3 months since the cause of that led to a liver transplant. So much has happened in the intervening time that we as a family have struggled to make sense of it, one thing we are all sure of is that we are incredibly indebted to so many people. The role and abilities of the NHS in particular is very much in the public focus right now – our recent experiences couldn't be more positive.

Once the first signs of something not being right had become evident Jan was immediately referred to a Jaundice clinic by the Health Centre at Mullion. Following more blood tests (and many, many more to come!) there was enough concern to warrant Jan being admitted. An Ultrasound suggested that the more straightforward diagnosis of gallstones was unlikely to be the cause, there were however many more possibilities of varying severity. One Consultant felt that Autoimmune Hepatitis (where the bodies natural defence mechanisms attack the Liver) was a likelihood but all other potential causes had to be investigated too. This led to an initial eight day stay at Treliske, Jan had few secondary symptoms and appeared stable so was allowed home for a few days. The close monitoring continued and following another set of blood tests at Mullion there was enough concern to readmit to Treliske.

Various scans and procedures followed – including a biopsy of the liver itself – whilst an exact cause was still unavailable it was being made perfectly clear to us that by far the most likely scenario was that the liver had failed and that a transplant was becoming inevitable. There followed much Googling, we tried to be as responsible as possible and looked at the NHS and the British Liver Trust websites whilst avoiding all chatrooms, particularly outside of the UK. This did give us a good understanding of what was going on and allowed us to ask relevant questions to the Nurses, Doctors and Consultants.

We didn't always like the replies that we were getting but we certainly felt that everyone involved in Jan's care was 100% focused on just how serious her condition would become. Whilst Jan continued to remain in an apparently healthy state we were being warned that as the Liver fails there is an inevitability as to how the body reacts. The key symptom is encephalopathy, this is the brain's reaction to the build-up of toxins in the system where fluids in the skull build up to prevent the toxins affecting the brain. Unfortunately the resulting increase in pressure can lead to extremely serious consequences so the patient's priority in terms of transplant is partly based on this.

There are hundreds of patients awaiting Liver transplant at any one time, there is a rating criteria whereby there have to be at least 3 criteria present before a patient is considered suitable for emergency transplant. Whilst Jan's diagnosis indicated Liver failure she could not be considered for transplant until her condition became more serious which would trigger the third criteria. On July 4th it became clear that the slight disorientation that we had been warned to expect became evident. From that moment it became clear that there were well rehearsed plans in place and we were all about to gain a further appreciation of how fantastic this type of care is in the UK.

We had almost been getting blasé about how things were going to progress, we were

cont.

waiting for the signs of encephalopathy but to us it seemed that Jan was the least disorientated patient on the ward! Suddenly the signs did appear, fairly subtle at first and would only have been picked up by a close friend or family member. A badly written text (never happens) suggested an out of visiting hours trip to the ward might be an idea. Jan was allowed to leave the ward providing we stayed in the grounds - we met just outside of Endoscopy – nicer than it sounds – and it was clear that we needed a Consultant's opinion. In spite of it being a weekend, one of our main points of contact was working and he quickly agreed that Jan's slight disorientation and listlessness was the trigger and immediately contacted King's College Hospital. Within minutes anaesthetists had arrived with a very clear message about their plans in terms of preparations for transfer, unfortunately most of their message would have been lost on a disorientated patient and some fairly stressed family members.

It was clear that we were now exposed to a very different kind of NHS – critical care. As events are literally a matter of life and death, things happen quickly and providing the patient is stable there isn't much deviation from the plan. For any patient we were told that the preferred option is to transfer in a medically induced coma so that their condition can be monitored and maintained most effectively. There was a transfer to ITU at Treliske, the environment became much quieter but the focus had clearly increased, logistical plans were being put in place as well as some serious medical preparations. There was, however, still time to keep us informed – much appreciated at that point.

As things turned out, we had lost the bed at King's so Jan was made comfortable for the night and the situation was reviewed overnight. An early hours call confirmed that the bed was available again and the situation warranted a Sea King transfer. Weather conditions drove the timing to an extent as thunderstorms passed over Cornwall but Jan was eventually underway around midday. Travel via road in early July from Cornwall didn't bear thinking about so this was a huge relief. In spite of my family's heroic efforts to get me on a train at Truro straight away we failed and I settled for an afternoon train as there would be some very stringent admission procedures preventing me from visiting at King's. I got there at around 9:30 on a Sunday evening and the Lead Consultant was still there and refused to leave until I'd asked every possible question about Jan's condition. I left just before midnight after being introduced to a representative of the transplant team who brought me up to speed with the huge organisation involved.

We were now told that Jan was 'Super Critical', multiple organ failure follows Liver failure and Encephalopathy. There was one-to-one 24 hour nursing, a phone by the bedside that we could ring (and did, regularly) at any time 24hrs a day to speak to Jan's nurse. We could visit at any time although we were asked to respect that there were 21 other critical patients on that ward, there was local accommodation available to relatives of critical care patients which was a massive help in a summer of tube strikes!

There is a system that manages organ donation and transplant. Being a Super Critical patient, Jan's team had first option on any available offer. There is no 'standard' wait but 3 days was suggested as a 'norm'. We had to respect how information was passed to us, none of the professionals could offer reliable facts as the situation changed by the hour (or minute). However, almost without exception they would make time to answer any question and give us any piece of information that we requested. We were

cont.



The Watch House



Cadgwith's Ice Cream & Gift Shop



Christmas is Coming ...

Jigsaws, Christmas Cards, Stocking Fillers,

Local Products and many gifts, etc.

Pictures by Local Artists

Don't Forget ...

Cornish Pasties, Drinks, Sweets,

Jewellery, Souvenirs & Books

Fine Selection of Wines, Beers, Cider, etc.

Open Thursday to Sunday

(weather permitting)

Tel: 01326 290365

Facebook: The Watch House,

Email:shop@thewatchhouse.co.uk

Smugglers Fish & Chips

Fresh local fish delivered daily

Opening Hours

November until 19th December

Thursday, Friday and Saturday

4.30 pm - 8.00pm

Sunday 1.00 - 7.00 pm

20th December until 18th February

Closed

Tel: 01326 290763

1 Kynance Terrace, The Lizard TR12 7NH



at the mercy of the donation system insofar as it was only possible to keep Jan's condition stable for so long, and as her condition deteriorated so the quality of a potential donor organ got higher and higher.

Between us we spent many hours watching the nurses, doctors, registrars and consultants at work. ITU is not a private place, Jan was in bay B and the bays extended to K and beyond. Other families recognised us as they walked past and we were aware of those in similar circumstances too. It was great to see people's moods change as their situation improved, unfortunately there were exceptions but thankfully they were very much in the minority.

We were aware of six potential donors in that week and all had to be refused as the unit operated to very strict guidelines. Some were refused quite early but others were thought of as good potentials, the final decision being made very late on occasions. As a family we strongly expressed that we wanted to be made aware of all possibilities and would take responsibility for the disappointment that we would inevitably feel should the donor organ not be suitable. That didn't fit with the department's main protocol but they did make a concession. This did affect us badly as the 6th refusal was minutes before the operation was to take place with the outlook bleak. We did feel though that the few hours of extreme optimism were worth trading against simply not knowing. We were very, very lucky. On the 12th of July we were told that there was another potential match.

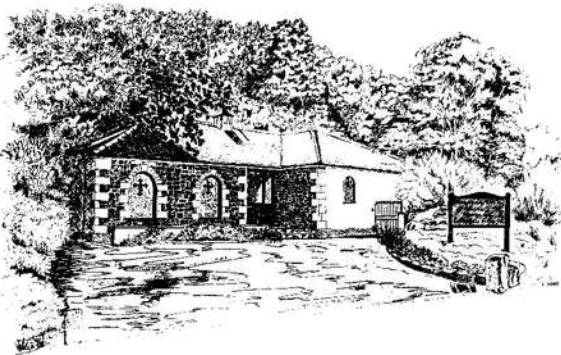
[And in the best tradition of all thrillers, this is to be continued next time.... Ed]

Pendle Funeral Services

For a caring and dignified personal service

Prepayment Funeral Plans accepted

Tony and Dee Richards



FUNERAL HOME

The Firs, St Johns

Helston TR13 8HN

Tel: 01326 573080

Farthings, St Keverne

Helston TR12 6NS



Gardening in November

by David Endean

Well, as I write this, the season seems to have truly changed overnight. On October 14th I saw the last of the Swallows and with them were the first of the Redwings. The previous night was also cold and I had the first small pockets of frost - something you soft sea-siders will not encounter for a week or two yet. All this coincided with a new moon which many old wives tales looked to for a change in the weather. Some people have a set plan of their gardening jobs, dictated to by the phases of the moon; this is fine if you have all the time in the world and can take advantage of the right weather conditions with the right phases. In short, not truly practical in my opinion.

November is the traditional time to plant Tulip bulbs, as it is meant to stop the risk of the plants getting fire blight which disfigures the foliage and affects the flowering. Choose an open well drained site, work it well, add a little fertiliser and possibly some well-rotted organic matter. Plant the bulbs deep, covering them with at least twice the depth of soil compared to the height of the bulb itself. Doing this helps the plants stand up to the weather, especially the wind. I think tulips lend themselves particularly well to growing in pots and then these can be placed around in prominent positions when they are looking good and then moved away again. Most tulip varieties do not put on such a good show in following years, so many people treat them like annual bedding. The choice is yours, but do not be too disappointed if the display is not the same in subsequent years. There are some really good multi-headed varieties on the market these days and these are great for

extending the flowering time from a single variety.

If you want to have some bulbs flowering at Christmas, now is the time to think about potting up and starting off those Amaryllis bulbs. They are really easy, put the bulb in a pot which is slightly larger than the bulb. Half the bulb should be above the soil surface. Use compost or bulb fibre. Soak the compost and bring the pot into a warm bright spot and growth should soon start and flowering will occur in about 8 weeks. Often they are given as Christmas presents and when they are planted just into the New Year they flower in March.

Narcissi like Paperwhites are even quicker and need less warmth. A sheltered spot will suffice and I have often used an unheated greenhouse. These will be ready in four to six weeks so, if you have quite a few bulbs, spread out your planting over a few weeks. If you plant Soleil d'Or narcissi at the same time these will flower in succession after the Paperwhites. When you force bulbs like this you do not need to plant them as deeply as normal. Often you will see them with their necks out of the soil, but once they have flowered I tend to plant them out in the garden back down at the normal depth of twice the depth of the bulb, below the soil surface.

Now November is here we do expect winter to start with more cold and frosty weather but it can also be more windy and this can do just as much damage. If you have some tender plants out in the garden or on the patio, it is a good idea to move them to a more sheltered frost free but light position. An unheated greenhouse is very handy for this. Some of the plants that I am talking

cont.

about are the tender fuchsias, pelargoniums and lots of the perennial salvias. If you have grown them in pots or tubs, it is easy to just pick them up and carry them to the new site, but if planted in the open ground you will need to dig them up with a good root ball and put them in some spare flower pots. Water them when you pot them up but once they are rehomed water only sparingly: just enough to keep them ticking over. Well drained plants tend to survive colder temperatures much better because it reduces the chances of rot and freezing damage.

Some of you may also have citrus trees growing in pots on the patio; these really should have been housed by now but get them inside but preferably in your conservatory where it is warmer and you can enjoy the scent from the blossoms which are produced all year. Also house other tender shrubby climbers like Plum-bagos and potted jasmines; they will have more chance in the conservatory.

Now the decision is yours whether to lift and store your dahlias or to leave them in the ground over winter. I must admit mine are generally left in situ all winter and lifted in the spring for maintenance. Lifting has the advantage of being able to clear and improve the ground, you can get a head start in the spring and get them into growth earlier. You could even take a few cuttings and you will protect them from slugs and snails, which I find kills more of them than anything else as they eat all the fresh tender new shoots in the spring before you realise they are shooting and soon all the tubers' energy has been used up. Conversely it is much less work to leave them in situ and just put a big label in to mark the tuber and mulch over the top to give some added protection. If you do decide to lift the tubers, cut the tops back, dig them up then bring them into the greenhouse or dry spot and turn

them upside down so that all the excess moisture drains out. Leave them there for a few days to a week, then box them up into dry compost and put them somewhere cool but frost-free and make sure there are no rodents around as those tubers are really tasty to them. After all, plant hunters originally brought dahlias back to Europe not for the flowers but they thought the tubers could become a useful food crop like potatoes. Note that I do not recommend eating them as from all reports I have read while breeding for their ornamental values, the tuber flavour is very variable to say the least.

The drop in temperature will see more of these rodent house guests now, so I advise a plan of attack before they cause too much damage. I always think the best method is to use the classic nipper traps, as you know exactly what you have caught, they are dispatched quickly and there are no toxins left around which you have no control over.

Some other jobs that can be done now are: sowing Sweet Peas but I will wait until the early spring. Also sowing seeds that need a period of vernalisation before germination, this means they need a cold spell like winter. These are generally large seeds like many of the trees so if you are planning to reforest Cadgwith, now is the time to start sowing some of these in pots. It is often a bit of fun for children to sow conkers which they have collected and then watch them grow.

Now deciduous trees and shrubs are in their winter lull, the time is here for larger pruning jobs. So prune for shape and structure, prune your apple trees, rose bushes and cut back those Buddleias. But time is on your side as you have all winter except for periods of extreme cold.

The days are shorter but there are still jobs to do so get out there and enjoy your gardening.

CHENPUMP UK LTD

THE PUMP DIVISION OF CORNWALL PUMP & MOTOR REWINDS LTD
WATER PUMP & ELECTRIC MOTOR SPECIALISTS
SALES, SERVICE & REPAIRS

BOREHOLES * WELLS * PRIVATE WATER SUPPLIES
SEWAGE PACKAGE STATIONS

SWIMMING POOLS * POND PUMPS * MARINE PUMPS
PH, UV, IRON AND UNDER SINK WATER FILTERS
PRESSURE BOOSTING * DIRTY WATER SYSTEMS
HIGH PRESSURE JETTING

SERVICE & MAINTENANCE CONTRACTS

ELECTRIC MOTOR REWINDS, SALES & CONTROL PANELS
SITE & FULL WORKSHOP SERVICE

24hr Penzance (01736) 330440

AARON BRAY 07973 120244
Aaron.bray@chenpump.com

www.cpmr.co.uk

www.chenpump.com

A family company providing a professional service
Branches also in St Austell & Plymouth



Holiday cottage to let?

Cadgwith Cove Cottages

is your local friendly professional
holiday property letting agency.



We offer:

- The most competitive commission rates around
- Excellent knowledge of the area
- An office team always on hand
- A desire to offer a good service to owners and visitors alike

Most of our visitors return year after year and so, if you have a holiday cottage, why don't you give us a call and we can give you information and advice with no obligation.

Debbie Collins

Tel: 01326 290162

e-mail: covecottages@aol.com

Website : www.cadgwithcovecottages.com



The Herbal Medicine Cabinet

by Deanne Greenwood BSc (Hons) Herb Med, MCPP

Cold and Flu Remedies

There are lots of herbs and spices, many of which are likely to be in your kitchens, that make fast and effective remedies for colds and flu. They all, variously, have potent antibiotic, antiviral and antiseptic properties, promote sweating (which is the body's way of reducing temperature and fever) and, not least of all, are soothing and comforting.

Ginger, lemon and honey: The classic herbal cold and flu remedy. It's best to use fresh ginger (*Zingiber officinale*), chopped or grated (you don't have to peel) and freshly squeezed lemon juice (*Citrus limon*). Make a tea with the ginger and leave to infuse for at least ten minutes before straining and adding honey and lemon juice. The stronger the better, but make to taste – the idea is to enjoy it!

Cinnamon (*Cinnamomum spp.*), clove (*Syzygium aromaticum*) and cayenne (*Capsicum frutescens*): Lovely warming spices that are so comforting when you are feeling cold and shivery. They stimulate circulation, warming you right down to the tips of your fingers and toes. Add to your infusion, as above.

Yarrow and elderflower: I gather and dry elderflower (*Sambucus nigra*) in the spring and yarrow (*Achillea millefolium*) in the summer – I never have to travel far to find either of these wonderfully fragrant plants on the Lizard – to make teas with. They are renowned diaphoretics (induce sweating), but they also soothe the mucous membranes in the nose and throat, which helps reduce catarrh.

Thyme and lemon balm: These are my favourite herbal teas to help relieve the muscular aches and pains you can get with colds and flu. I grow them in the garden, harvesting and drying in the summer. Elderflower helps too, and blends well with thyme (*Thymus vulgaris*) and lemon balm (*Melissa officinalis*). Inhaling the vapours of aromatic herbal infusions is part of the healing and comforting process, by the way! You can also add strong infusions (use about 25g dried herb) of thyme and rosemary to a bath to help relieve aching muscles and soothe the senses.

Sage (*Salvia officinalis*) and rosemary (*Rosmarinus officinalis*): The antiseptic and astringent properties of these garden herbs make them ideal for sore throats and infections. Use the cooled teas as a gargle. Thyme works well, too.

Go for garlic! If you can bear it, garlic (*Allium sativum*) is one of the best herbal remedies for colds and flu. Its antimicrobial properties are unsurpassed. The best way to take it is to squeeze through a garlic press, pound in a pestle and mortar, mix with honey (ideally local and organic), and eat it. Smelling it on your breath indicates that it has passed through your lungs, confirming its deep, penetrative action.

And finally, when you have a cold or flu, look after yourself. Drink plenty of fluids such as herbal teas, and juices and smoothies made with antioxidant-packed berries (hopefully you bagged and froze lots of blackberries that were particularly fat and lush and abundant on the Lizard this year). Cut out dairy products as they are so mucous-forming. Keep warm. Rest as much as possible. And trust in the healing powers of nature and the body's innate ability to heal itself, given the right support!

**CARPETS & THREE PIECE SUITES
SAFELY & PROFESSIONALLY
'STEAM CLEANED'**



**With the ever-increasing cost
of carpets & upholstery,
it makes sound financial sense
to have them cleaned**

Ring your local specialists

CLEANSWEEP

for a quote

01326 240936

21 Trembel Road, Mullion TR12 7DY

**DENNIS ARCHER
CHIMNEY SWEEP**



TELEPHONE:

01326 240936

Leggy's Pasties

Gwelmor, Ruan Minor

Telephone: Christine Legge

Home: 01326 290683

Mobile: 07976 511317

**Cooked or Uncooked Frozen Pasties
made to order**

Opening Hours

9am - 1pm Tuesday to Saturday

(Closed on Mondays throughout the winter)

Evening bakes Thursday and Friday

November Quiz

1. In which country was Francis Bacon born?
2. Who was the first celebrity champion of Strictly Come Dancing?
3. What is Switzerland's largest city?
4. What was the name of the first U.S. space shuttle?
5. Which John always sang in black?
6. When was the football World Cup first televised?



Answers to the October Quiz

1. Who created the Cornish detective Wycliffe? *W J Burley*
2. What does DVD stand for? *Digital Versatile Disc*
3. Who killed Lee Harvey Oswald? *Jack Ruby*
4. Who won the first Rugby World Cup in 1954? *Great Britain*
5. What rope is used for tying up a ship? *Hawser*
6. How many pecks in a bushel? *Four*

Questions set by Norma Gossip

KUGGAR STOVES (01326) 573643

St John's Business Park, Helston

Over 60 display
models including

VILLAGER
HUNTER
STOVAX
AAROW
JOTUL
YEOMAN

at unbeatable
prices



Glass
Supplied



Closed
All Day Sunday

9am-5pm Weekdays 9am-1pm Wednesday 10am-2pm Saturday

Minutes of the Monthly Meeting of the Grade Ruan Parish Council held in the Sunday School Room of the Ruan Minor Methodist Chapel on Monday 14 September from 7.30pm

Present: Parish Councillors, N Green (Vice-Chair: Acting Chairman for this meeting), J Clifton, P Collins, M Fleetwood, P Freeman, J Lee, S Stephens, J Trewin, Clerk J Castle. and 1 member of the public.

- 1. Absences and apologies:** There were apologies from Councillors Preston and Jones, Cornwall Councillor Rule and PCSO Berry. These apologies were accepted
- 2. Declarations of interest:** There were no declarations of interest.
- 3. Public time:** A report had been provided by Wendy Elliott regarding grant applications in respect of new playground equipment. An application has been sent to Cornwall 100 Club for £3,000 towards a nest swing. This is the maximum grant available. The likely cost of the swing is £3,365 plus VAT so limited extra funding would be required **if** the grant was successful.

The application to Coastline was unsuccessful as there is not a member of the play equipment committee who lives in a Coastline house. It would be worth finding someone who lives in a Coastline house to join the committee to aid any future applications.

The next application is to the Gannett Foundation but this needs to be made by a registered charity – either the Community Trust or the Recreation Committee. Councillor Freeman agreed to help with this.

- 4. Police report:** In the absence of PCSO Berry, the Clerk read out the report. There had been 7 crimes dealt with by the police during July and August, including 2 thefts, 2 incidents with dogs, an assault and a burglary.

PCSO Berry also reported that whilst on patrol she had noted and given words of advice to members of the community that do not wear seat belts. Not wearing a seat belt is one of the “Fatal Four” main causes of injuries and deaths on the region’s roads and if caught driving without a seat belt you can receive a fixed fine of £100. Information about government legislation and guidelines can be found at www.devon-cornwall.police.uk/advice/road-safety/

- 5. Cornwall Councillor's time:** In the absence of Cornwall Councillor Rule, there was nothing to report.
- 6. Minutes for acceptance:** Having been previously circulated, it was proposed by Councillor Freeman and seconded by Councillor Fleetwood that the minutes of the meeting held on 13 July 2015 be accepted. Carried 7 votes in favour and 1 abstention.
- 7. Planning: Planning Applications for consideration**

- PA15/06825 Erection of an agricultural building for livestock housing, Trerice Farm Tresaddern, Ruan Minor. **The Chairman had discussed and agreed a tree-planting scheme with the applicant on site to run in conjunction with this application.** Following review of the details of the application, it was proposed and seconded that the application be supported. Carried 8 votes in favour.
- PA15/06826- Erection of an agricultural building for livestock housing, Trerice Farm Tresaddern, Ruan Minor. Following review of the details of the application, it

cont.

was proposed and seconded that the application be supported. Carried 8 votes in favour.

- PA15/06890- Proposed extension and alterations including a balcony, Yesnaby Prazegooth Lane, Cadgwith. It was noted that Cornwall Council had decided in favour of this application today, before the Parish Council had chance to comment.

Planning applications decided by the planning authority since the last meeting

- PA15/05841— Land adjacent to White House Farm Ruan Minor, Proposed garage and installation of solar panels, amended design to an existing consent [Approved]. As the Parish Council's response in support of this application had been determined by e-mail to meet the consultation deadline, it was proposed and seconded that the response be ratified. Carried 7 votes on favour and 1 abstention.
- PA15/05021 – Demolition of existing garden room and attached greenhouse and erection of new garden room with solar panels on roof , Square Cottage, Cadgwith [Approved]
- PA15/04440 - Conversion of existing building to residential dwelling , The Square, Cadgwith [Approved]

Pre-applications ,consultations and appeals:

- PA15/02178/PREAPP – Pre-application advice for erection of a dwelling with adjoining studio (live/work unit) ,Land North Of Prazegooth Lane ,Prazegooth Lane, Cadgwith [Advice given]
- PA15/07095 -Submission of details to discharge conditions 7 and 8 in respect of decision notice W2/PA09/00767/F , Kennack Sands Inn, Kuggar [Discharged- No comment required]

8. Finance

- Financial Report – the Financial Report was noted.
- Payments Schedule - it was noted that a request had been received in respect of the village Poppy Appeal. It was agreed that a donation of £100, in line with last year, should be made. It was proposed by Councillor Lee and seconded by Councillor Fleetwood that the payment schedule totalling £2284.98 be approved, subject to confirmation by Councillor Preston regarding the work carried out by Bob Sanders in respect of his invoice for £1282.06. Carried 8 votes in favour.

9. Matters arising from the minutes:

- Play Area update – the sketches provided by Alastair Guy of the Phase 1 equipment were looked at. It was noted that it had been suggested that an old boat to be half buried in a gravel play area would provide interesting play and a notice would be placed on the village notice board/ Facebook page asking if anyone had a boat they would donate. Concerns were expressed about ongoing planned maintenance and also the need to check the quality of the fittings in view of the climate. It was agreed that the Play Area committee would look at the specifications for the fittings and enquire as to ongoing maintenance with the equipment supplier. **Action: Play Area Committee**
- School Bus Shelter – it was noted that the quote for a shelter to be supplied by Rozen is prohibitively expensive. The Clerk was asked to explore the possibility of any funding from Cornwall Council and also to get costings for a cheaper and
cont.

smaller metal design. **Action: Clerk**

- Emergency Plan – it was agreed that an outline of the required plan be circulated to Councillors ahead of the next meeting. **Action: Clerk**
- Speed humps – the very expensive cost of road humps was noted and concerns were also expressed about the noise impact. The Clerk was asked to get costings for an automatic speed warning sign. **Action: Clerk**
- Sign for Kennack – it was noted that the Highways department would replace the crossroads warning sign with one that has Kennack Sands clearly marked on it should funding become available later in the year.
- Ruan Pump Sign - the photographs of the new sign were noted.
- Defibrillators- it was noted that these have been installed and a training session held. The Parish Councillors expressed their thanks to all involved in the project. It was agreed that there needed to be signage of the locations of the keys together with a warning that the unit is alarmed.
- Rural Housing Survey – concerns were expressed about the proposed extension of the Right to Buy Policy to housing associations and the impact this would have on the availability of housing to rent. It was proposed by Councillor Freeman and seconded by Councillor Clifton that the Clerk should write to the local MP to express the concerns of the Parish Council. Carried 8 votes in favour. **Action: Clerk**

10. **Matters for consideration:**

- War Memorial – this item is to be carried forward to a future meeting, giving time for the extent of the necessary work to be considered. It was noted that the cut-off for applications for grant funding is 31 December 2015.
- CLT update re S.106 – it was noted that, with the help of Cornwall Councillor Rule, the funds of £257,198 arising from the development in Kennack Sands Inn had been re-assigned for the sole use of Grade Ruan Community Land Trust and this also enabled the deadline to be extended to 01 July 2018.
- Distribution of minutes – the concerns expressed by ex-councillor Carol Cooper were noted.
- Cruse Bereavement Care Cornwall- 2015 Appeal – it was proposed by Councillor Fleetwood and seconded by Councillor Collins that a donation of £50 be made. Carried 8 votes in favour. **Action: Clerk**
- Helston & Lizard Community Network Panel update – Councillors Freeman and Lee reported on the recent meeting, attended by Cornwall Councillor Edwina Hannaford. It was noted that Cornwall Council are under pressure to build 7% more houses than the number already included in the Local Plan. Although, the production of a Neighbourhood Plan was recommended to give more power to parish councils with regard to planning decisions, Councillor Freeman was not convinced of the actual benefits unless a conglomeration of parishes was involved.

11. **Correspondence:**

- Paperless Planning – the Clerk reported the large amount of correspondence over the last couple of months regarding Cornwall Council's decision to withdraw

cont.

the distribution of paper copies from January 2016. It has been suggested that Cornwall Council will make a grant to each parish council to purchase equipment to display the electronic information. It was noted that training and better presentation of information in the planning portal would be helpful. The Parish Council would need to consider purchasing the necessary equipment, rather than relying on Councillor Green's personal laptop and printer.

12. Footpaths, environment and treewardens:

- AONB Signage update- the proposed designs for the signs were considered and the black sign was preferred. The Clerk was asked to report this to the AONB unit, together with a proposal that the sign should be mounted on rough serpentine natural stone rather than a formal shape. **Action: Clerk**
- Steps at Little Cove Cadgwith – it was noted that the erosion at the top of the steps is being caused by a blocked drain, work on which has been deferred by Cormac due to lack of funding. In view of the health and safety implications of the erosion, the Clerk was asked to contact Cormac and ask if this could now be dealt with as a matter of urgency. **Action: Clerk**
- Request for railings on Footpath 6 in Cadgwith – it was noted that this is for the side of the steps on the path down from the car park. It was suggested that Councillor Preston look into whether this could be combined with forthcoming work on the path. **Action: Councillor Preston**

cont.



TRIMMING

GARDEN RESTORATION & MAINTENANCE
FULLY TRAINED AT MERRIST WOOD IN ARBORICULTURE & HORTICULTURE
LET US RESTORE YOUR GARDEN TO IT'S FORMER BEAUTY
ANY GARDEN SIZE WELCOME
&
WORK CONSIDERED
PHONE US FOR A CHAT ABOUT YOUR GARDEN
MOB: 079 84 64 96 98
TEL : 01326 29 05 86
RUAN MAJOR, LIZARD

 Merrist Wood



- Little Cove knotweed, Cadgwith – after discussion it was agreed that the Parish Council should take no action regarding this as it is the responsibility of the land-owners and if necessary they should be pursued to take action. Rachel Holder of the National Trust is to be notified of this decision. **Action: Clerk**
- Giant Hogweed – it was noted that as this relates to Ruan Major churchyard it is the responsibility of Cornwall Council.
- Tree warden request – it was noted that the Tree Wardens had requested a sum of £250 to cover autumn planting. It was proposed by Councillor Lee and seconded by Councillor Clifton that the request be granted. Carried 8 votes in favour.
- Mundy's Field car park - Councillor Trewin had carried out the monthly inspection and had nothing to report. He did consider that some clearance of the grass areas might be beneficial. Councillor Preston will cover the next month.
- Roadside trimming – it was noted that some trimming had been undertaken by the Highways Department but that they had confirmed that Poltesco Lane and other minor lanes would not be trimmed and should be cut by the relevant land-owners. There was nothing to update on the verge trimming project. **Note:** After the meeting, notification was received that Treal and Poltesco lanes would receive annual 'treatment' (verge cutting), and indeed those areas had been trimmed.
- Pavement near Rozen – it was noted that work on the trip hazard reported on the pavement near Rozen is ongoing.
- Obstruction of footpath, Buller Day – it was reported by Councillor Clifton that concerns had been expressed to her that some visitors had obstructed the path from Cadgwith car park to the village. It was suggested that a representative of the Community Trust talk to the Buller Day organisers regarding this. **Action: Community Trust**
- Litter on second beach, Kennack Sands – Councillor Clifton reported that there was a great deal of litter, including dog poop bags, in the area behind the wall and would like to suggest some wording for a laminated sign pointing out where the appropriate bins are located. **Action : Councillor Clifton**
- Inspection of Closed Church at Ruan Major – under the terms of the insurance for the closed church, a monthly visual inspection of the church is required. The Church Uses Committee has requested whether a local person might carry this out on behalf of the church. Councillor Stephens agreed to speak to the Venerable Bill Stuart-White, Archdeacon of Cornwall regarding the requirements. **Action Councillor Stephens.**
- Noise at Kuggar – concerns had been raised by a parishioner regarding loud noise and light pollution arising from a beer festival and disco at 2 sites in Kuggar over last weekend. It was noted that it is the responsibility of the individual to report this to the police and Cornwall Council. It was agreed that the Clerk should reply to the individual raising the concerns regarding this and also notify Cornwall Councillor Rule. **Action: Clerk**

13. In Committee:

It was agreed that the next part of the meeting be held in 'closed' session

The meeting closed at 10.25pm.

Need an Electrician?
let me help

ESP Installations

a friendly and reliable service

- from fixing a light
to a complete rewire
- landlord certificates
 - PAT testing
 - BT wiring
- electrical problems solved

Phone Ronnie Lingard
07751 456160 or

01326 291228 (Ruan Major)

Elecsa registered.

Quality of the work guaranteed.

Part of Electrical Safety Register

www.electricalsafetyregister.com

SURGERY HOURS

Ruan Minor Surgery - 290852

Monday 9am - 12 noon
Appointments 9.10am - 11.20am

Tuesday 3pm - 5.30pm
Appointments 3.30pm - 5pm

Wednesday CLOSED

Thursday 2pm - 6pm
Appointments 3pm - 5pm

Friday 9am - 12 noon
Appointments 9.10am - 10.40am

Mullion Health Centre - 240212

Mon 8.50-11.10am & 3.50-5.40pm

Tue 8.40-11.10am & 3.50-5.40pm

Wed 8.40-11.10am & 3.50-5.40pm

Thu 8.40-11.10am & 3.50-5.40pm

Fri 8.40-11.10am & 3.50-5.40pm

NUMBERS YOU MIGHT NEED

ST RUAN CHURCH & ST WYNWALLOW

Churchwarden: Sheila Stephens 290583

Treasurer: Derek Elliott 290432

ST MICHAEL'S, MULLION &

St Mary's, Helston. Fr. Gilbert 572378

METHODIST MINISTER

Rev Steve Swann 240200

SURGERY

Mullion 240212

Ruan Minor 290852

Out of Hours 0870 242 1242

NHS Direct 111

POLICE

Helston Police Station 08452 777444

Emergency calls 999

Non urgent calls 101

Crimestoppers 0800 555111

MOBILE LIBRARY 0300 1234111

GRADE-RUAN UNDER FIVES

Jan Halliday 290978

GRADE-RUAN C OF E SCHOOL

Secretary: Louise Raybould 290613

MULLION SCHOOL 240098

GRADE RUAN PARISH COUNCIL

Chairman: Jeb Preston 07964215277

CORNWALL COUNCILLOR

Carolyn Rule 240144

VILLAGE HALL BOOKINGS

Tasha Allen 291232 or 07792292665.

RUAN MINOR STORES & POST OFFICE

Claire Bollard 290138

RECREATION GROUND COMMITTEE

Chairman: Mike Fleetwood 290365

CADGWITH GIG CLUB

Secretary: Mike Hardy 290282

NATIONAL TRUST

Rachel Holder 291174

ADVERTISERS' INDEX

B&B Accommodation	p26	Norbert Varga <i>Electrician</i>	p32
Cadgwith Cove Cottages	p48	Pendle Funeral Services	p45
Cadgwith Cove Inn	p38	Phoenix Trading - NEW	p6
Chenpump UK Ltd	p48	Physiotherapy- Helston Practice	p10
CleanSweep/Chimney Sweep	p50	Private Car Hire - Martin Ellis	p23
Computer Repairs Tee Cee Tech	p18	Property Maintenance <i>R. White</i>	p10
Cornish Cough Brewery	p14	RE Tonkins <i>Funeral Directors</i>	p22
Cornish Gardening Services	p40	RH Jane & Sons <i>Decorators</i>	p30
Cornwall Oven Cleaning	p27	Ruan Minor <i>Post Office & Store</i>	p60
Cowshed <i>Farm Shop</i>	p16	Smugglers Fish & Chips	p44
Deanne Greenwood - <i>Herbalist</i>	p30	Stitch & Sew	p35
Drawing & Painting Classes	p34	Telstar Taxis	p20
Duke Stone	p8	Tree Contractor, LH Williams	p24
ESP Installations - <i>Electrical</i>	p57	Trealeague Dairy	p34
Flow Patrol - <i>Drainage</i>	p8	Village Hall	p28
Heel2Toe - <i>Foot Clinic</i>	p30	Walled Garden Spa	p34
Ian Noble - <i>Electrician</i>	p58	Watch House	p44
Income Tax Consultant	p8		
Ivan's Car Sales	p2		
J&L Garden Machinery Repairs	p24		
Jonathan Care <i>Plumbing&Heating</i>	p40		
Jon Spalding <i>Builder</i>	p16		
Jumunjy Garden Services	p55		
Jumunjy Thai Cuisine	p59		
Kelynack Cornish Fish	p20		
Kuggar Stoves	p51		
Landrivic Farm	p6		
Last Stop Tackle Shop	p11		
Leggy's Pasties	p50		
Lifeboat Christmas Bazaar	p12		
Lifeboat Christmas Carolaire	p14		
Lizard Life Therapies	p22		
Mobile Hairdressing - Karen	p11		
Mobile Hairdressing - Rebecca	p40		
Mullion Antiques	p18		
Mullion Flowers	p32		
Mullion Mechanics	p25		

Ian Noble - Electrician

Available for all types of electrical work, including repairs, installations, testing, PAT testing.



Fully qualified
Professional insurance
NAPIT registered.

Call IMN Electrical
for a free quote
24 hour emergency service
01326 291237 or
07980 285513

JUMUNJY

THAI CUISINE 

free home delivery service

**Cadgwith
Ruan Minor
Kuggar
Lizard Village
Mullion**

Please view our
menu @ www.jumunjy.com

**Monday to Saturday
5pm till 11pm**

Meals are prepared fresh to order. Jumunjy is a small family run kitchen, quality takes time so please book from 4:45pm
We are not a hi-speed take-away service Thank You

01326 291 306



Oh my goodness – its November already! It's hard to believe it when I'm writing this in glorious sunshine in late October. Those few weeks of glorious sunshine in October certainly made up for the less than sunny Summer this year.

It will soon be bonfire night and I hope you'll all support this year's event. I only got to watch over the roofs from the shop doorway last year but it was still amazing. New in store, to keep you warm as the temperature outside begins to drop, we have sourced some fresh chilled soup. Made in Devon, Rod and Ben's soup uses local, seasonal ingredients.

With Summer and Halloween behind us, we start to turn our attention to Christmas. We already have a selection of cards, gift wrap and chocolate. We're also looking into food hampers and meat orders, so please check with a member of staff if you're interested.

As always, we have Euros available in the Post Office on demand. Other currencies can be ordered and if the order is placed before 2pm, will be available the following afternoon. The Post office also offers competitive travel insurance and travel money cards that you can 'charge up' before you go away and use like a debit card, so pick up a leaflet next time you're in.



Telephone 01326 290138