

CARDINHAM & MILLPOOL COMMUNITY MAGAZINE

JUNE - JULY 2020



A deserted Cardinham Woods
Photo thanks to Lesley Leahy

Issue 86

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- a Microsoft Word file is best.

Photos should be sent in
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We accept files and advertisements
as high res **PDFs** (preferred).

If typed or handwritten, please send
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The opinions expressed in articles in this magazine are those of the authors, and are
not attributable to any member of the magazine production team.

FROM THE EDITOR

Hello! We would like to introduce ourselves, we are Polly & Marc from Cornish Printworks and have taken over the reins from the very capable Sue and Peter to design, print & produce this Community Magazine. You probably have seen us around (well, before the lockdown anyway...) our children go to Cardinham Primary School, we've been living in this wonderful area for 3 years at the edge of Cardinham Woods and have been made to feel very welcome by all the local community & editorial team. Putting together this issue has been interesting to say the least! What strange times we live in. We would like to express our heartfelt thanks to Sue and Peter who have held our hand producing our first issue, and a big thanks to all the team, contributors, subscribers and YOU for taking an interest in and being part of our lovely community.

With very best wishes to you all,

Polly & Marc

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ST. MEUBRED'S CHURCH UPDATE



As I write, second week in May, the church is still locked and is likely to remain so for the time being. We will let you know as soon as it is re-opened. In the absence of services in St Meubred's we are enjoying services from Bodmin Team Ministry <https://www.bodminteam.church> every Sunday morning available from 9.30 am, Daily Reflections from 9.30 am and Compline on Wednesday evenings from 9.30 pm. Also Bishop Philip streams services

from Lys Escop on Sunday mornings. There is plenty of choice and opportunity to join in worship with fellow Christians across the team and county. Just not quite the same as being part of a live event!

We held a plant sale on Monday 4th May, not our usual coffee and plants morning, but an outdoor event. This coincided with Baker Tom's visit with the mobile bakery van from 1pm on Mondays at The Parish Hall. With everyone following social distancing guidelines, we had a most enjoyable hour or so on the verge outside Tregell. Thank you so much to all who contributed, bought plants and supported us. We raised over £250 for church funds which is fantastic at a time when there is precious little money coming in. We hope to hold more similar sales but it is dependant on how many plants we can produce!

Finally, as the church remains locked if you are in its vicinity pause to have a look around to make sure all is well and maybe spend a moment or two in prayer, close to the building, where for centuries parishioners here have done the same in their bleakest hours.

See you all soon.

Libby, Churchwarden
Tel 01208 821303

*Right: Plant stall outside Tregell
Above: St Meubred's early Sunday morning in May.*





Dear Friends,

We live in in-between times. We are between the start and the end of lockdown. It started very suddenly more than 7 weeks ago but the ending is going to be protracted and full of uncertainty. Many of us find ourselves with conflicting emotions – on the one hand feeling frustrated with the lockdown measures and their impacts on our lives and on the other fearful of a new surge in Covid 19 cases.

75 years ago our country was living in in-between times. We have just marked the 75th anniversary of Victory in Europe day, but the war carried on until VJ day and the consequences of war for much longer.

In the church's calendar we are in in-between days. A few weeks ago we celebrated the death and resurrection of Jesus but we recall His ascension to heaven on 21st May. During those in-between times the resurrected Christ appeared to his disciples on a number of varied occasions, re-assured them of his victory over sin and death and prepared them for their role in the years to come.

How do we live in these in-between times? Do we just carry on doing our normal day to day activities as best we can? That is what the disciples did, returning to their fishing nets. Judging by social media this is what a lot of us are doing – gardening, DIY, baking, spring cleaning and watching tv!

Whatever we do during these days I think there should be two underlying attitudes. As we look back we should do so with gratitude and as we look forward we should do so with hope. Look back with gratitude to all that has been good in our lives. Be thankful that here in Cornwall we have not experienced so great a loss as elsewhere. Be grateful for those who have put their own lives at risk to keep us well and safe. Be thankful for the small, everyday mercies. This is not to deny the mourning and grief for those we have lost but to do so with thankfulness for the way their lives enriched ours.

As we look forward what are we hoping for? A return to "normal" – or a move to something better. I am hoping that as a nation we might do things differently. That our NHS and social care sector would receive proper funding. That communities would continue to care for one another and that the environmental gains of lockdown would continue.

Beyond this my Christian hope is in creation restored and renewed with an end to death and disease and everlasting joy, peace and light.

Every blessing, John Hereward

PS. We are producing daily reflections and Sunday services which are available online. I find the easiest way to access these is via the Bodmin Team Ministry facebook page. We are also holding regular leadership team meetings via Zoom and keeping in touch by phone and e-mail.



CORONAVIRUS SUPPORT

SHOPPING, PRESCRIPTION COLLECTIONS, DOG WALKING ETC.

Contact coordinators: Shirley 821304, Julia 821216 or Gill 821745



Lockdown 2020

Tis lockdown at Bridge Meadow
Life suddenly brought to a halt
Staying in's the new going out
It's all Covid 19's fault

Stay at home protect yourselves
And the work of the NHS
No visiting friends or family
This virus is a pest!

Social distancing is a must
To stop the virus spread
No visiting the grandchildren
No tucking them into bed!

No kisses and no cuddles
It really breaks my heart
That to protect each other
We're forced to stay apart!

I know at times it's lonely
For some a troubled day
But before we know it
We'll all go out to play

The parks again will open
The beaches golden sand
Will welcome friends and family
Throughout this green and pleasant land.

We remember in the meantime
With a very heavy heart
All our fellow human beings
Who from their loved ones they have part

So let us all be patient
It's just a few weeks of our life
We'll find a way through this virus
Without trouble or strife

As we travel through this crisis
Exploring new ways to keep in touch
To ensure we let each other know
we love them very much!

Shirley Doran

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CARDINHAM CROSS

While taking your lockdown exercise why not have a good look at the wheel-headed cross outside the south porch of St Meubred's church, Cardynham. We have many crosses. What's so special about this one? It is one of the best in England. If you can, examine it when the sun is low, when you can see clearly the knotwork, scrolls and plaitwork. When the sun is low all the curls will come to life. Andrew Langdon says in **Notes from Stone Crosses of East Cornwall** (in Bodmin library) *"This is perhaps the finest sculptured cross of its type in Cornwall. Until 1872 this cross head and shaft were built into the external wall of the chancel along with a second cross head. The 2 cross heads had been positioned below the chancel window while the cross shaft acted as a quoin stone set horizontally across the wall just above the plinth. Clearly by the 15th century they were no longer revered as religious monuments or were no longer fashionable. Through the efforts of the rector Rev Gerald Hyde Smith, rector for just 3 years from 1870-1873, the monuments were rescued and erected in the churchyard."* Can you decipher the remains of a commemorative inscription on the southern face of the shaft? The face is divided into 3 panels inscription in Saxon lower case letters reading *"ar thi +."* On 17th January 1942 a bomb was dropped on the north side of the church and parts of a second four holed cross were discovered but no one knows what happened to it. Can anyone throw any light on its whereabouts?

Our cross dates from the 9th century. Cornwall was still then an independent kingdom. This kind of cross with a ring is widespread in areas influenced by Irish missionaries. The earliest examples are in Ireland and around Iona in Scotland. This was a time when the Saxon kingdom of Wessex was expanding westward and then later, when the kingdom of Wessex was fighting for its life against the Danes. In 875

Continued on Page 13 >



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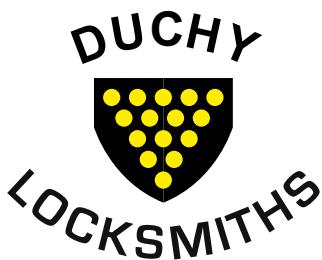
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Village Greens

Village Greens Shop and Cafe is closed in its usual form for the time being.

Click and Collect or Delivery is available for fresh food and household basics.

For details go to www.warleggan.net

Select 'What's On', then 'Village Greens Shop'

In the 5 weeks since Village Greens changed from a Shop and Cafe to an online store, offering Cluck and Collect (for egg lovers) and Deliver-Ewe (lamb sausages) the food trade into our local community has been brisk.

We've dispatched almost 200 litres of milk, from a herd of cows living at East Taphouse, and almost one tonne of fruit and vegetables, plus lots of baked stuff, groceries and household products. While some of the fruit has arrived from further afield, much of the veg has been UK grown, a large proportion from Devon, and some from within our own parish boundaries.

There's something quite special about 40 or so households sitting down each week to their meals, all made from the same set of ingredients. In these times of social distancing, there's still a feeling of community to be had through food. The food miles are also a fascinating set of statistics. If each collection from Warleggan Jubilee Hall is an average round trip of 4 miles, and replaces an average round trip of 14 miles to visit a supermarket, then that's 400 less road miles per week, totalling a (slightly staggering) 2000 fewer road miles over the 5 weeks so far.

We have learned so much in a short time. The kindness and sharing of resources, the ways of working together to achieve a common goal. New friendships have been forged, yet to be cemented by face to face meetings, old friendships have been strengthened, and best of all, we have learned to appreciate everything we have here. Although hard at times, it has been a truly *Splendid Isolation*.

MOUNT & WARLEGGAN EVENTS

Visit www.warleggan.net for details of postponed events in Mount and Warleggan

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Cardinham Sports Club

www.cardinhamsporths.org
Facebook - @cardinhamsporths

Anyone for tennis?

All being well, our tennis court will be open by the time you read this...

Drawing on national guidance, it'll likely be limited to singles play (or doubles only where all players are from the same household). Each player will need to bring their own racket, their own marked tennis balls, their own sanitiser or soap/water/towel, their own refreshments and a rubbish bag. Wash your hands both before and afterwards, avoid touching shared surfaces, and maintain social distancing at all times. Note that the clubhouse and toilet facilities will likely be closed.

Please check our website or noticeboards to confirm whether and under what conditions the court is open. You can book the court online or by phone.

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Please check the website and individual concert listings for more details. Some have new dates already with tickets transferable.

THE CAVERNS AND GARDENS ARE CLOSED.

We are waiting for clearance from the Government to re-open.

When permitted latest details will be on our website.

We look forward to seeing you soon!

For all our events visit our website www.carn glaze.com
any enquiries and for tickets please phone 01579 320251

CARDINHAM CP SCHOOL



A Word from The Headteacher Written 14th May

Dear Cardinham,

At the time of writing, we are just beginning to make plans for certain groups to return to school; however, in the current ever changing landscape, I am conscious that things may be very different by the time you read this. One thing that certainly won't change is my gratitude towards everybody who makes up our local community. Therefore, I just wanted to write to you to say a great big thank you to you all.

Thank you for all you brave parents and carers who are home-schooling. You have had your children home now for over six weeks and you have nourished, educated and supported your children during a period of national and international uncertainty and fear. Many of us are feeling exhausted and unsettled but please know that you are amazing! You have juggled work, loneliness, boredom and emotional turmoil and as a community we stand together, appreciating everybody's efforts and understanding that all families have different circumstances.

Thank you for making the most of your time together with your family, time is the most precious thing we have and I hope that most of you will be able to look back on this period with some pride and good humour.

Thank you to all my staff who are working a few days a week at Lanivet school looking after a small group of children and are also busy uploading work and giving feed-back to pupils at home. Thank you to everyone who is staying in touch, it's lovely to get messages via email, text, a safe chat over the gate or a phone-call. Thank you to our Admin team and thank you to our Free School Meal team, who make sure that around 40 families get their weekly lunch boxes.

Finally, a huge thank you goes to the wider community who have rolled up their sleeves and ensured the most vulnerable groups are being thought about and looked after. Whether it be information about Coronavirus support sent out by the Cardinham & Millpool Community Magazine, emails about local food deliveries, home visits or our Friends of Cardinham School offering £5 to each family at school to purchase home schooling resources, we have never felt like we've had to battle on alone.

Stay safe!

Ingrid Bennett

If you would like to be kept up to date with the latest school news, you can subscribe to our weekly newsletter by emailing secretary@cardinham.cornwall.sch.uk

MILLPOOL METHODIST CHAPEL NEWS

Two weeks ago John and Shirley took delivery of 50 smart new chairs. They then had the unenviable task of unwrapping them and putting them in position. You will see the results of their labour somewhere in the newsletter. Thank you again to all those who so generously contributed to the chair fund and helped to make this possible. Obviously our plans for a dedication concert are on hold.

We have had plenty of opportunity to worship at home with Rev. Sally's weekly reflections and Rev Alistair's weekly podcast service. The circuit newsletter is proving popular.

Shirley has a meeting on Zoom each Sunday afternoon which has now evolved into a quiz session and a chance to chat. Jenny invites us each Monday to a Zoom choir meeting. It is lovely to keep in touch in these difficult times and we must thank Shirley and Jenny for their initiative.

Keep safe – we will be able to meet again one day. In the meantime a quote from Sunday mornings podcast:

"Our buildings may be closed but the Church is alive"



< Continued from Page 6



(maybe 871) Dumgarth king of the West Welsh was drowned. He may be the same person as the Doniert whose stone is near Minions. In 878 King Alfred of Wessex defeated the Danes at Ethandun. In 926 King Athelstan established the Cornish border on the Tamar. In 981 St Petrocs monastery at Padstow was sacked by Vikings. They ravaged the entire coast again in 997. This cross dates from difficult and dangerous times, when death and destruction were everywhere. In our own difficult times its reassuring to know our ancestors have met and survived all kinds of disaster and created such beautiful things as this cross for the glory of God despite their troubles.

Ann Kerridge

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Cardinham Parish Hall Events

There are no plans at the moment as the hall has to remain closed,
we will update the hall website and Facebook page
with/if anything changes.
cardinhamparishhall.weebly.com

The Kernow Bedroom Choir

1st May – 12th June 2020

<https://www.intobodmin.co.uk/bedroomchoir>

In these extraordinary times, whilst distanced communities, families and friends are looking for ways to stay connected. Coming together to learn songs and sing them presents an opportunity and a challenge. Local community and arts organisation, intoBodmin and local musician Daniel Woodfield have teamed up to create a short series of online tutorials to teach people the lyrics, melodies and harmonies for some of Cornwall's most cherished folk songs.



Singing songs has been a way of bringing communities together for generations. The stories that make up our Cornish culture and identity have been passed down through songs that are popular to this day. The project invites anyone to learn a part, record themselves and submit it to the virtual, FEAST funded, Kernow Bedroom Choir. And hopefully, when this time passes and we're allowed to socialise, we'll meet up and sing the songs that we've learnt together.

The project has two aims - the first is to introduce people to Cornish singing culture whilst challenging those who are familiar with the songs to learn some simple harmonies to songs, such as Cornwall My Home, Little Eyes and South Australia. The tutorial videos will introduce people to the full song with all harmonies and will then break the song down into parts. People will be able to choose which part they wish to learn based on their confidence and skill. They will then be asked to record their part, or multiple parts and submit it. The videos and voice recordings will be edited together to form a virtual choir. Music notation and chords are also supplied so that anyone wanting to play an instrument can do so too. The result will be a video of each song the community choir has collectively created being published on the intoBodmin website and social media platforms.

The second aim of the project is to bring people together during the COVID-19 Crisis and set them up for a more social gathering when social distancing restrictions are lifted. While there is a short term ambition to create a virtual choir, the longer term goal is to bring all the people who take part in the project together in person, to sing and play the songs that they've learnt.

No previous experience is necessary. The tutorials reflect this and have been designed to be simple, accessible and easy to follow with clear explanations.

USEFUL PHONE NUMBERS

(preceded by 01208 unless otherwise stated)

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Cardinham Bellringers (Captain)	Peter Tucker	821382
Cardinham Hall Bookings	Edna Vallis	821727
Cardinham School (Head)	Mrs Ingrid Bennett	821326
Cardinham School Nursery		821558
Cornish Guardian Correspondent	Lesley Martin	821200
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Film Club	Debra Best 821554 Sonia Tucker 821382	Julie Best 821227 Nic Best 821459
Flowers for St. Meubred's	Libby Pidcock	821303
Friends of St. Meubred's	Loveday Sutton	821350
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Parish Council Chair	Julie Best www.cardinhamparish.net	821227
Parish Council Clerk	Jo Wilson	01841 520796
Bodmin Team Ministry, Team Rector	Paul Holley	07470 192378
Sports Club	Les Spong	821591
St. Meubred's PCC Secretary		821303
St. Meubred's Reader	Ann Kerridge	76714
St Neot Brownies	Karen Cunningham	01579 321581
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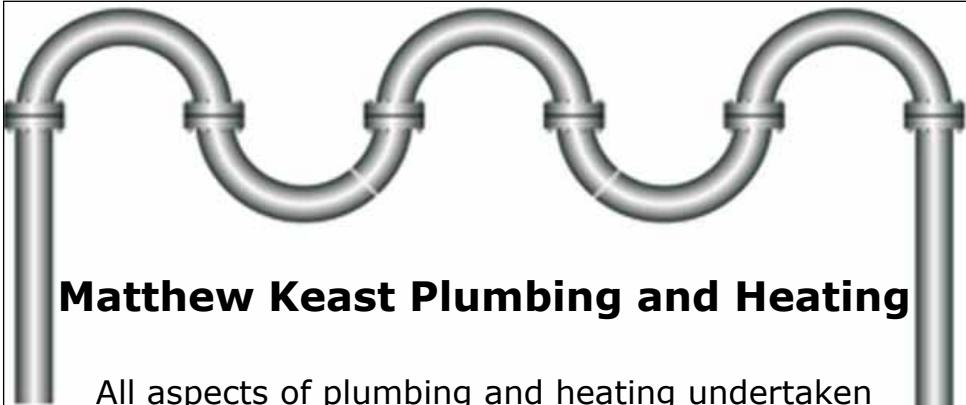
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CARDINHAM & DISTRICT GARDENING CLUB

No surprise to report we have not held a meeting since our last one early March. Our planned trips to RHS Rosemoor and Delamore have been cancelled and the trip to Exeter gardens in June looks doubtful at present. However this wonderfully kind spring and enforced confinement has meant members have had plenty of time to work in their own gardens. There will be some lovely ones out there and all the evidence demonstrates that gardening really is good for you! Not that us gardeners really needed research to tell us this. Since I was very small I have always found it relaxing, therapeutic and rewarding. A good dig can work wonders to relieve stress and anxiety, but just being with plants is enough for me. After a hard day at work getting the lawn mower fired up, sorting out a few plants or just being out there, helped me to get things back into perspective.

As I write the greenhouse is full to bursting with pots and trays of marginally tender plants I want to get in the garden and containers, but these late frosts remind me May is still pretty early to take a risk with my precious babies. Thank goodness for Bodmin Plant Centre deliveries, a welcome reminder things will get back to something like normal, but in the meantime we can have delivered what we would normally have gone to choose. Prevents those impulse buys which I am very susceptible to! There is always something to do and plan to do, never dull if you have a garden and it will be even more of a treat when we can go and visit real gardens once more.

Enjoy your garden and I hope to see you soon. Remember you are less likely to catch the virus outside than anywhere!



P.S. Mike has just despatched a baby rabbit which has been happily enjoying gourmet meals in the herbaceous border! One battle won!

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CARDINHAM PARISH COUNCIL MEETINGS

Due to the current situation with Covid-19, the Cardinham Parish Council has not been able to hold its usual monthly meetings, the last one having been held in February this year.

However, the Parish Council is still carrying on, but in a different format, so that it can still comment and make decisions on planning applications, and it is still possible for the public to be involved in this.

People should still enter their comments via Cornwall Council's website

<https://www.cornwall.gov.uk/environment-and-planning/planning/online-planning-register>

But they can also, if they wish, direct their comments via email to the Parish Clerk - **cardinhamclerk@gmail.com**,

so that their comments can be considered by the Parish Councillors. This will help in the decision-making process, and local people's views and comments can be taken into account when the Parish Council makes its decision, before sending its final response to Cornwall Council.

All of the instructions and information regarding the new procedures are on the Cardinham Parish website:

<https://cardinhamparish.net/consultation-on-planning-applications-emergency-scheme-of-delegation>

We hope you will still continue to be involved with the planning process as local knowledge is an important aspect of planning decisions.

May 2020

'I hope so very much that this article finds the World in a better place.' For some reason my mental health struggle (albeit self labelled nonetheless I'm not ashamed to confess it's there, along with self acceptance).... and in the current climate of the unknown ... reminds me of an essay I wrote in the early 70's as a young girl. It was an RE lesson and it was entitled 'Does charity start at home?' I remember this question putting a fire in my belly of questioning, passion and compassion. I couldn't control the difficulty there was at home. So, of course charity should start at home, where else could it start?! I was amazed anyone could think it could start elsewhere. In the years since, I still have this belief but it's moved from home to my immediate surroundings. The pebble in the pond effect. To us, Cardinham is the pond and there are many pebbles. How can we repay the kindness, caring and support we have been afforded during our relatively short time here? We don't want thanks, it's simply a small gift back to the community. We are donating the disabled toilet pack for the extension in the village hall. Let us all continue to be our beautiful selves, whichever pebble we are

Anonymous

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Local photos during Lockdown



A very quiet A30



*Peaceful cycling
at Wooda Bridge,
Warleggan*



*Early morning
walk in Cardinham
Woods*



*Deserted roads on the
A30 near Jamaica Inn*



Bluebell fields above Millpool

*The footpath down from
Bury Castle*



***Thanks to John Hereward,
Jenny Saunter and Sue Crier
for the photos!***

This Farming Life - Bodmin Moor Style

1st April

Latest Government Guidelines suggest that domestic and wild animals may be obliged to take over essential jobs due to Coronavirus.



Sheep are being interviewed over the next few days to work as Baa Tenders, and a Squirrel has applied for the post of Kernel in Chief of our Local Police Force, he is reputed to be a bit of a nutter, so beware.

Dairy Cows will temporarily manage the Council Chambers, (just an udder day at the office for them.) We are lucky to have a Giraffe interested in maintaining all the overhead power lines in the Parish, and a team of Moles is to be put in charge of clearing Drains and Gullies. Word has it, a couple of local pooches will be playing their part too. Sarah, the Retired Guide Dog from Mount will supervise all aspects of road safety, and Monty the Wriggly Terrier is going to start up his own Window Cleaning Round. He will plunge himself into the nearest water trough, hurl his entire body at your windows, slide gracefully to the ledge, and disappear from view. Just leave a couple of dog treats on the doorstep if you require his services.

Pigeons will be delivering the post, cats will be among the pigeons, and all being well, come Friday, Village Greens will pull a rabbit out of the hat and supply all your shopping needs!

8th April

Farm life actually continues very much the same as before. The animals are loving the sunshine after a hard winter with much rain. One of my regular tasks is to ring my Mother who is isolating herself in Yorkshire. I have been chatting to her whilst walking the dogs, describing in detail the progress of the season, through wildflowers coming into bloom, leaves budding on the trees and birdsong filling the air. Later in the day, she visualises all this whilst taking herself for a walk around the confines of her house.

I also give her a ring when I go on my late-night sheep check, we count the sheep, make sure no births are imminent and that all lambs are settling down for the night with their mum. However, I've had to give strict instruction, Mother is NOT to recreate sheep checks in her living room. The last thing we need right now is her blundering around in the dark, wrestling an armchair to the ground to help it give birth, or taking a pot shot at a footstool because it looks like a fox.



29th April

The rain that arrived this week was welcome, it will get the grass growing, and with the lambs growing fast there's a lot of hungry mouths to feed around the farm. One lamb met an unfortunate end when he was attacked overnight by a predator. His mum has been brought in and given a new lamb to adopt, they will hopefully soon turn into a happy family who are ready to go back out in the field.

Meanwhile, cameras have been set to try and catch a glimpse of any intruders. No incriminating evidence from "lamb cam" has been forthcoming so far, and no further attacks have taken place. I've spent the last few nights on guard duty in the field, an activity now known as a "shleepover."

The orchard is looking pretty, the apple trees weighed down with blossom. Let's hope this leads to a bumper harvest in Autumn. Wild garlic, bluebells and gorse flowers are welcome signs of seasonal progress, filling the air with scent.

I'm still chatting to my Mum every day, she's a bit worried that the Government will forget to "let her out" and she'll be kept on lockdown forever. Obviously it's my job to comfort and reassure her. So I've started calling her "the skeleton in the closet" I'm sure that's helped.



6th May

It's been a steady week on the farm, no births, deaths or marriages! The sheep have been moved to our biggest field and the lambs are racing around doing their own version of Olympics. You may think sporting events have all been cancelled, but little flocks of lambs everywhere are testing their abilities in running,

jumping and other disciplines.

Occasionally this leads to a minor injury and someone has to limp off to the side lines, but so far no one has needed an emergency "Lambulance".

Other lamb pastimes include lying very flat in the field and playing dead, and we have some fully qualified members of the "Lamateur Dramatic Society"



It all makes a change from some of the busy days when it was raining and quite a few lambs needed rescuing, noted in the diary as "Lamageddon"

Regular phone calls to Mum continue, she's always listening for the background noise to guess what I am up to. Sometimes while walking on the moor it's so windy she thinks I'm in the Death Zone at the top of Mount Everest. One day, the phone was propped up while I was cooking and she correctly guessed that an egg was being cracked, she might not have video call technology, but to be honest she doesn't need it, the Mother Radar is in pretty good working order!

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CORNWALL COUNCILLOR

Chris Batters



Without doubt, at the time of writing we have, for the past eight weeks, been living in a world none of us has ever seen or experienced before. It has been extremely hard for many, but it has been amazing to see so many people prepared to deliver goods, and medicines to those isolated at home. Well done everyone.

It has been most noticeable, and commented on, that the rural areas have coped admirably with these Covid-19 conditions. The strengths of the rural areas has been the result of very close communities, each knowing who lives in and around the parish, and those who might need or will need assistance and support. Parishes seem to know who 'lives in that house 400 yards down the road' whereas in Urban areas people are not as close or knowledgeable of their neighbours. Each of my parishes are to be praised for the manner in which they have got themselves organised so well. Some updates follow, but bear in mind this is being written mid-May, so will probably have changed by publication.

COVID-19

I have been quite busy dealing with questions and concerns from the public, ranging from the expected Covid-19 rules and regulations including 2nd home owners sneaking into their properties, but generally the influx of visitors is still being controlled well by the Police and the Cornwall Council teams. Policing of the county will still continue to a high level and any member of the public wishing to report any of the rules being broken or any other concerns can do so by going onto the Covid-19 website on Cornwall Council. Strong monitoring will continue to take place by CC teams and the Police, and anyone travelling to Cornwall for a day out with plans to remain here, will be strongly advised by the Police to return home at the end of the day. Vehicles clearly loaded for more than a day journey out, or caravans and mobile homes will clearly stand out, and the fines imposed on those breaking the rules has now been doubled, with the highest being just over £3,000!!

Government Business Grants

To date Cornwall Council has paid out over £210 million to Cornish businesses. I unfortunately do not have the total up to date number, but such has been the speed of the payments being made by Cornwall Council to businesses, that Cornwall Council has been recognised in writing by the Government department as being one of the best authorities in the country for their speedy service. Surprisingly there are still in the region of 5,000 businesses that have not as yet applied for the grants.

Transport

By the time you read this, Rail services will be increased back to over 60% service. 1st June - Strategy relaxing with Bus numbers increasing (at present 50%). All of these changes will include strict social distancing measures, and the expectation that these rules will be complied with. 4th July - further relaxing measures may be announced dependent on the progress of the Virus.

In conclusion, I am working full time as usual from my home office, but I can be contacted at anytime 24/7 on ANY issues connected with any of the above, or any NORMAL everyday issues that may arise, like the one last week where an overgrown tree was ruining Sky TV reception for a resident, which is somewhat more serious during this lockdown period when one is restricted to remaining at home more!!! Anything else, you know where I am.

Email: chris.batters@cornwallcouncillors.org.uk

or ring me on either 07714-323897 - or - 01208-269991.

Best wishes and stay safe.

Chris Batters - Cornwall Councillor

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EXCERPT FROM MY LATE FATHER FLIGHT SERGEANT JOHN D.L.MOORE'S POW DIARY WRITTEN IN STALAG IVb GERMANY

on 20 June 1944 (Ed: a year after his RAF Stirling Bomber was shot down.)

It seems an age since I last sat down to write my last letter on the squadron to my own darling wife telling her that everything was okay when I knew that in all probability it would be my last for ever. The night before on Hamburg was a near thing. I did my best to make Ruth believe I was happy and cheerful, I hope I succeeded. How, after what past, I regretted having written because the poor sweet darling would get it the day after the (tele)gram from AM (Air Ministry) informing her that I was missing on operations. All the time I was safe walking my way to Holland, oh how I prayed to my God that he would comfort her and give her strength. I was torn between love and duty. Love to my sweetheart and love for my king and country.

Flt Sgt John D L Moore with his bride Ruth Oates 2 months before being shot down over Essen in July 43, captured & spent rest of war in POW Camp Stalag IVb, Germany.

If I gave myself up my wife would know definitely pretty soon, on the other hand I would be posted, believe killed, within six months if I didn't get home within that period. I chose the latter knowing full well the possibility of breaking my own heart, as it turned out that fear was never realised because I was captured on the Dutch frontier.

(Ed: where a family had taken him in, fed him but sadly informed the Germans.)

I often think over and wonder why it is that after Ruth and I promised that pride or anything else should never come between our love - that my duty was clear to me and I know I had to close up the human part of my heart, that greater part that was near to breaking all the time I did it. I belong to the finest service in the world and I had to hold up the honour and traditions of it and, above all, my King and country and the fact that I am a Britisher. No I am sure I did right, I couldn't give myself up willingly to my enemy - God forgive me if I did wrong.

Now I am a POW, far from being happy about it, I'm ashamed of having been captured so simply and now I hope for swift deliverance when I have no nights left, for in four years so called active service I have done nothing of constructive use to the cause I wanted to do so much to.

I do truly thank my God for my wife's and our baby Richard's sake for having saved & protected me. This is his goodness and loving kindness, I have been snatched from the very jaws of death and destruction.

That never to be forgotten night of 25–26 July 1943 at 01.30 hours (BDST) when just approaching Essen (8 miles distant) we were hit in the wing by heavy flak, also under the fuselage, blowing a huge hole in No 2 Tank & causing fire which stretched 100 yards behind & causing fires amongst the incendiary bombs & blowing part of the fuselage in.

I can still follow very vividly every minute of that hellish time altho', in fact, it couldn't have been longer than seconds.

Lizzy Smart

Ed: To be continued. This harrowing account will continue in the next August & September issue



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You make it - We take it

Robin Hanbury-Tenison

Robin's recent brush with COVID19 left our local community very concerned, here he tells his story.

Louella and I were only slightly worried about whether we should go skiing on 7th March as there was little in the news about the corona virus in February. We checked to see if there were any cases in Savoie in France where we were going. None. We rang our insurance company who assured us there were no travel restrictions except to northern Italy. It seemed safe to go and so we did. Towards the end of a week of glorious conditions and energetic skiing I started to feel incredibly tired. Given my age I merely thought perhaps I had overdone the skiing a bit. I felt achey, but some skiing muscles are only used once a year and tend to remind you they are there. I felt slightly breathless, but we were high in the Alps and I was trying to keep up with my much younger wife! I wasn't worried and never thought it could be the virus.

When we got home these symptoms got worse and I had to come clean and tell Louella I was worried I was actually ill rather than tired. I spent a day in bed and the following day my breathing was difficult and I felt exhausted. Louella called 111, an ambulance came some time later, my oxygen levels were dangerously low and much to our surprise I was bundled into the ambulance and driven off to Derriford.

The first day in hospital I was monitored and prodded and poked, and it was apparent things were getting worse not better. During the night I was admitted to the intensive care ward after being told quite frankly that I had tested positive for Covid19, it attacks first your lungs, then kidneys and then heart. I was told I had a 20% chance of pulling through and I would be sedated and on a ventilator for possibly 10 days.

Thirty three days later I lay in my bed, hooked up to monitors, drips, catheters and a feeding tube and felt a peace and calmness that made my curiously overcome my inability to wake up. I opened my eyes. I saw blue sky, flowers, small trees, strange people in masks and visors from another planet, and I heard a bird sing. This was the moment I woke up and knew I was alive. I was in the newly opened 'secret garden' for intensive care patients: the only one in the UK.

Weather permitting from then on I was taken out to breathe in the fresh air and enjoy up to an hour a day in the garden. At first in my bed, later in a wheel chair. My fellow Covid patients and I were put through our physiotherapy in the garden, we felt joy and we started to recover.



I then spent two weeks in an acute ward learning to speak again. I had spent three weeks on a ventilator, ten days on dialysis and a further ten days with a tracheotomy in my wind pipe. Most of this was whilst in an induced coma and I can only know what I am told.

Sedation delirium is the intense and all encompassing disorientation patients experience when being weaned off the medication that puts you to sleep and allows you to tolerate the intubation and other invasions on your body. I spent three weeks shaking this off and am happy to say I now exist in this world rather than the parallel one I found myself in.

Forty nine days of incredible care from a huge team of dedicated, kind, utterly amazing, hugely skilled and determined doctors and nurses saw me being clapped out of Derriford, many of them in tears with relief I had beaten the virus and could come home to continue my recovery. It will take the summer for me to be well again, but I rejoice in being back at Cabilla, lucky to have views and a garden, a patient wife and to see my dogs and horses once more.

I implore everyone to stay hunkered down and safe. This virus is brutal and deadly. I am not sure why I managed to survive at 84 years old, but I am so grateful to be alive.

Louella's account

When Robin was bundled down the hall and out into the ambulance at 10.00 p.m. on the 16th of March we were both in shock. We did not even say goodbye. One minute he was there and then the front door shut and I was left with the words of the ambulance crew ringing in my ears to totally isolate for 14 days and see no-one.

I next saw him exactly seven weeks later when he was returned in a wheelchair by ambulance, not the fit skier I had last seen but an exhausted and de-conditioned invalid. I had been told to wear a mask and gloves and that I could not touch him. His carrier bag of possessions had to stay in the garage in quarantine for 72 hours. He was wheeled into the house and put straight into the shower to scrub, whilst I had to take his clothes and put them into a 60c wash and then disinfect his belt buckle, his mobile, charger, his watch, spectacles and hearing aid. Only then could we unmask and weep with relief in our first hug for 49 traumatic days.

Of course it is a shock when someone you love is committed to the hands of strangers whilst you are forbidden to see him. In these strange days we have all learnt that contact is potentially dangerous to others and clearly visitors are not allowed into intensive care, and rightly so. When Robin started to wake up the hospital excitedly told us they had been allotted an iPad and we were the second people to try a Zoom call to not just speak to him but see him. Robin could not speak and was not responding well to the withdrawal of all the sedation drugs, but

he could hear us. Our son Merlin, his wife Lizzie and I, all social distancing but no longer on the initial strict isolation of 14 days, were able to tell him how much we missed and loved him, how the camellias and daffodils were out, the spring had really arrived and we wanted him home to share it with us. Sometimes he would smile at our voices and it was important that we rang and spoke to him to try and anchor him to this world, our world, where we wanted him back. Later when he could see us he would try to speak, and we would encourage him by taking our mobile around the garden to show him the flowers. He told us he was up the Amazon in a small boat with a Major General, 12 burrowing owls and some small green men with hairy legs who were guarding the owls. Another time he said he was stroking a giant cat beside his bed whilst huge fat moles were popping up from under the floor boards. Our conversations were often hilarious, but with every call he was becoming more lucid.

As he improved he was reunited with his mobile telephone, and although at first he couldn't remember how to use it, once he mastered how to ring us we found ourselves enjoying multiple virtual hospital visits when he felt up to ringing us. We tested him on the names of trees and flowers; we took the mobile up the drive to show him the bluebells, Merlin even took him for a ride across the moors by holding the mobile as he cantered and Robin could almost imagine he was on his horse. I rejoice in some of these new measures. No doubt some hospital visits will still happen and rightly so, but for quality of visit for both patient and visitor it is so much more satisfactory to do it when convenient and for as long or short a time as the patient is up to. Equally it means visitors are not bringing germs into hospitals, or indeed taking them out. Less work for those cleaning hospitals, whose job is increased with stranger danger and the wiping of floors and surfaces after members of the public have tramped in and out.

Robin is now home and recovering so much more quickly in his own surroundings. I have to make him do his exercises; I have to make him walk short distances with his Zimmer frame. I am told a week in intensive care equates to a month of recovery time, so we know he will need between five and seven months to gain his strength and vigour. I also know he can do it, and probably quicker than predicted. He wants to climb Brown Willy on the 2nd October to raise money for more ICU gardens. I hope some of you will join us on the climb, and everyone will support such a good cause.

P.S. Robin's latest book "Taming the Four Horsemen" was published in February and even has the word Pandemic on the front cover! So it is somewhat ironic the White Horse came and bit him on the bottom and he was first to be struck down!

If you would like to read this fascinating book please order one through
www.robinbooks.co.uk and he will sign it and send it to you immediately.
£9.99 plus p&p £1.50.

EXTRAORDINARY TIMES

The last few weeks have been crazy. Days and weeks none of us have ever experienced before...and it's not over yet. We have been given messages, quotes, instructions by the government and our lives have been ruled by this unseen menace. But what about the words that have been bouncing around... words we have never used before. Social distancing, self-isolation, furlough (had to look this one up when first it reared its head), unprecedented, ramping up and so on.

There is one word however that has really changed us. A word that is used to enable us to communicate with several people all at once... **ZOOM**.

So what is ZOOM and what does it do? It is a cloud-based video conferencing platform that is used for video conferencing meetings, audio conferencing, webinars, meeting recordings, and live chat. Ideal for business workers currently working at home, even Boris has used it (no, I won't go there) AND anyone can use it at home. You can 'talk and see' your friends and family members...a get-together for several people at the same time.

Over the past few weeks several of us in the village have been having ZOOM quizzes. We log into a scheduled 'meeting', each of us have a list of, usually five questions and within 40 minutes all the questions have been answered, at least an attempt has been made, few laughs, few hello's, goodbyes and all from the comfort of our homes. By using the freebie ZOOM package, we have this time completely free.

At the start of the 'lock-down' period ZOOM share prices rocketed. Many, many firms were paying for the privilege of buying time for conferences and meetings. However, their latest share prices have fallen. One of the reasons being is that Donald Trump is reducing the 'lock-down' period and firms are getting back to work in a slightly more normal fashion. There have also been rumours and problems with the security aspect of this program but, from what I have read, I think they have cracked this problem. So we wait and see!

It's really easy to use...if you search for the word ZOOM you can sign-up, won't cost you a penny, schedule a 'meeting', send a link for this meeting to your friends and, at the allotted time, you all meet up, all properly 'socially distanced'. <https://zoom.us/download>

Now must ZOOM off...got to sort some questions out for our quiz tonight.

Richard Sutton

REGULAR EVENTS

DATE	WHEN	WHAT AND DETAILS ON PAGE	WHERE
Mondays	9.30 - 11.30am	Little Robins	CRM
Mondays	7.30pm	Warleggan Young Farmers' Club	JHM
Mondays	7.15pm	Millpool Chorale Practice	CRM
Tuesdays	12.00 - 1.00pm	Pilates Mixed Ability Class	JHM
Tuesdays	7pm	Table Tennis (821409)	JHM
Tues (1st in month)	2.30pm	Book Club (821208)	CRM
Tues (except 3rd)	7.30pm	Bell Ringing	St. Meubred's
Tues (3rd in month)	7.30pm	Parish Council Meeting	CPH
Tues (last in month)	10.30am	Millpool Coffee Morning & Book Swap	CRM
Wednesdays	9.15-10.15am	Pilates Mixed Ability Class	CRM
Weds (4th in month)	7.30pm	Warleggan History Group	JHM
Thurs (1st in month)	2.30-4pm	Community Tea	CPH
Thurs (3rd in month)	12.45pm	Helpline Lunch	CPH
Fridays	9am to 2pm	Village Greens Shop	JHM
Sun (1st in month)	10.45am-12	KIDZ CLUB	CRM
Sunday (2nd in month)	4pm	Café Church	CPH
Sunday	10.30am	Table Tennis (821409)	JHM

CRM = THE COMMUNITY ROOM, MILLPOOL METHODIST CHURCH,

CPH = CARDINHAM PARISH HALL, JHM = JUBILEE HALL MOUNT

**PLEASE NOTE: MOST EVENTS HAVE BEEN
CANCELLED/POSTPONED UNTIL THE END OF JUNE EARLIEST.
PLEASE CHECK IF YOU PLAN TO ATTEND ANY OF THEM.**

Some events may restart in July and August.

Please check village notice boards, emails and organisers for details.

We will continue to send out email updates of local information and any events which are planned. If you have an event you would like us to publicise send details to cmcmag@outlook.com



**VILLAGE GREENS:
UPDATES AND STOCK LIST AT
www.warleggan.wordpress.com/village-greens
and www.facebook.com/pg/villagegreensmount**

The deadline for placing orders is MIDDAY EVERY MONDAY



**BAKER TOM'S BREAD VAN:
1PM ON MONDAYS AT CARDINHAM PARISH HALL
<https://www.bakertom.co.uk/bread-van/>**