

CARDINHAM & MILLPOOL COMMUNITY MAGAZINE

FEBRUARY – MARCH 2021



*A couple walk through Cardinham Woods
Photo by Lesley Leahy*

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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
it to one of the Editors.

We select articles based on local
interest and reserve the right to edit
for clarity and length.

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Contact Julia on 821216

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 everyone, we hope you are well. As we write this there is ice on the ground, a nip in the air and our bird-feeders are full of nuthatches, blue tits, great tits, jays, long-tailed tits and chaffinches, all trying to fill their little beaks with peanuts and fat balls.

Inside the house there's lots of arguing over whose turn it is next on the computer, asking the children to get dressed (over and over again) and lots of bribery with chocolate - happy home-schooling days! We're going to try the Apple & Cinnamon Muffin recipe (on page 15) from The Old Library Cafe to help lighten the mood.

However, there are signs of Spring being just around the corner, snowdrops are out, daffodils are sprouting up and the days are starting to be lighter. Onwards and upwards...

Be safe out there everyone, hopefully our lives will resume soon,

Polly & Marc

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ST. MEUBRED'S CHURCH UPDATE

As with the other churches in Bodmin Team Ministry we were able to continue to hold services until Christmas and it was lovely to be able to worship together. It was especially good to be together on Christmas Day for a short Family Communion service, we also sang carols on 22nd December in the car park at Poundstock Close and Poundstock crossroads. On this occasion we were able to sing together too, and about fifteen of us enjoyed doing so!

Sadly, since Christmas Day, we have not held any formal services and will not be doing so until further notice. Services are streamed from the St Petroc's Church at <https://www.bodminteam.church/> at 9.30am on Sundays, you can also access the services on your phone On **01208 628013**. However, St Meubred's remains open for private prayer and everyone is very welcome, please adhere to the social distancing and sanitising guidelines.

Keep well, I hope to see you soon. Libby

WHEELCHAIR AVAILABLE FOR OCCASIONAL USE

We hope to have a wheelchair available for anyone to use on an occasional basis. It will be stored at the back of the church and if required please call Libby on 01208 821303 or email libby@cardinhambb.co.uk

Are you fed-up with doing the same old walks?

Walking in Cornwall www.walkinginengland.co.uk/cornwall is the website for you! With hundreds of walks to download and print, free, it also has books of walks, contact details for all the walking groups in the county and much more. Whether you want to walk on your own or with a group all the information is there in one place.

John said "There is so much walking information on the web but it is difficult to find. Walking in Cornwall (part of the Walking in England suite of websites (see below) – one for each county in England) has brought it together in one place so whether you are walking from home, or away on holiday, you will be able to find a walk suitable for you".

With walks from 1/2 mile to 12 miles + long, and a note of suitability for pushchairs and wheelchairs, everyone can find a walk to enjoy. So home or away, check out the websites and get walking!

John Harris www.walkinginengland.co.uk email: john@walkinginengland.co.uk



Dear Friends,

There has been more than usual discussion this year about when is the right time to take down Christmas decorations. Some are hasty and want them down and put away as soon as Boxing Day has passed. In church circles many wait until 6th January, **Epiphany**, when the church recalls the Wise men arriving in Bethlehem. Some are more pragmatic and do it the weekend before the schools go back – tricky this year. Many have remarked this year that decorations have stayed up longer as if people have wanted Christmas, however muted the celebrations, to last that little bit longer.

If you were looking for an excuse to keep the decorations up longer, then February 2nd marks the end of Christmas in the church's calendar. This is the **Feast of Candlemas** recalling the presentation of Christ in the temple. It was the Jewish custom in those days to bring children to be blessed at the end of their mother's forty day confinement.



When Mary and Joseph bring Jesus to the temple they are met and recognised by Simeon and Anna – elderly temple officials who have been longing for the coming of the Messiah. They bless the holy family but also warn of the heartbreak that is to come.

The service for Candlemas refers as this being one last look back at Christmas before turning our thoughts to what lies ahead in **Lent Holy Week** and **Easter**. It is a turning point in the church's year. Hopefully we have now reached a turning point in the fight against Covid-19 with the rolling out of a vaccination programme. As we look to the year ahead may we do so with thankfulness and hope.

Every blessing, John Hereward



Although it was not possible to host our Christmas lunch in the Parish Hall in 2020 we hope you enjoyed receiving the Christmas goodie bags distributed by Helpline volunteers. Grateful thanks to all those who made contributions towards the contents. We would like to acknowledge and thank Davidstow Creameries and Trewithen Dairy for their generous support.

Sadly, for the present, we are not yet able to meet but be assured that as soon as this is safe and permitted we will be ready to go again.

A Happy New Year to you all.

Shirley, Gill, Julia and Rosemary

HURRAY! Fundraising Success for ICU/Rehab Healing Garden at Treliske!



As you know, Robin Hanbury-Tenison was very ill with Covid 19 last March and spent seven weeks at Derriford Hospital. Five weeks in Intensive Care and then 2 weeks on a High Dependency Ward. He started his recovery when he was wheeled into their healing garden and opened his eyes for the first time, saw the sky and felt the sun on his face. On returning home we felt his recovery would move forward more quickly if we gave him a challenge, and so the idea of climbing Brown Willy exactly five months from the day he left hospital was born. He knows that the healing power of nature is hugely important to anyone who is ill, and the fact that Derriford were brave enough to wheel high dependency patients outside was extraordinary. Over the ten months the garden has proved to help so many of their patients. It is also a lovely space for the rehabilitation of patients and a place of respite for the exhausted nursing staff.

Robin decided he wanted to see more healing gardens in more hospitals and where better to start than our own County Hospital at Treliske. We opened a GoFundMe page on 1st September (it is still open!) and put an ambitious target of £100,000. A healing garden is not just a garden. It needs power for plugging patients back in, oxygen and other needs for high dependency patients, a 'garden room' for days when it is too cold or wet to actually go outside but lovely to be able to see out into the garden. Each healing garden costs nearly half a million pounds, so our fundraising is just a start. The hospital has other means of raising the balance and has already got more money to add to the pot. When restrictions are lifted and confidence comes back they will also ask local businesses to help finance something so important to all those who live in Cornwall and we can all benefit from. Treliske have identified a large internal courtyard for their garden and plans are now in their infancy. It will take time, but offers of help with design, content and plants have all been made, and Kurt Jackson has kindly offered to do a sculpture as a gift to the garden.

This week we achieved our target, and there should be a dollop more to come when we know how much gift aid can be claimed. We are very proud to have got there. We thank everyone who kindly sent in a donation to get this garden to happen. The fundraising page will stay 'live' until March in case anyone wishes to give it a further push.

<https://www.gofundme.com/f/climbing-for-nhs-hospital-gardens>

Thank you. Louella Hanbury-Tenison



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- GP appointments etc.

**For more information
and to book call:
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MOUNT & WARLEGGAN EVENTS

WARLEGGAN HISTORY GROUP

It is hoped that the postponed New Year's Day Walk may now be held at Easter. Please check their website for up to date news:

<https://warleggan.wordpress.com/history-club/>

Brenda from Little Downs here:

I wish to thank everyone for their kind thoughts and help since my **"argument with the kettle"** at the end of October which gave me a nasty burn and required weeks of hospital treatment. Lifts via 'Help Line' and others to Derriford were much appreciated and also friends who have since stepped in and helped keep my garden under control. I'm pleased to say that now mid-January, although still with some covering, the area is healing well and no more hospital visits needed. Again, thank you everyone and the co-operation of the Cardinham Community, where would we all be without you? Stay safe, obey the rules of the restrictions and carry on helping those mostly in need of help. By the way, I still have some Bramley Apples for sale as donations to the Air Ambulance, just give me a call on 821435.

We're so pleased you're on the mend, Brenda!



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www.cardinhamparishhall.weebly.com
cardinhamhall@btinternet.com

Village Greens

feastofbodmin@gmail.com

A combination of cold weather, Covid, and Brexit are all conspiring to make the vegetable choices a bit challenging, but it won't be too long before the weather improves and we start to see some really good local veggies coming through.

For those who enjoy making pizzas we not only have passata and plenty of tinned tomatoes but we currently have some Mozzarella cheese arriving which is great for pizzas along with the sheep and goats cheese. There are also some tubs of bouillon powder, perfect for sauces, gravy, casseroles and soups. Veggie boxes were looking great this week, they contained a selection of the following: potatoes, carrots, onions, swede, celery, calabrese, savoy, cauliflower, cucumber and tomatoes. We had roasted calabrese scattered with garlic and chilli a couple of nights ago, it made a tasty change rather than boiling. The fruit selection is naturally quite limited at this time of year, but this week included apples, pears, bananas, blood oranges and pineapple. Seville Oranges for marmalade are likely to be available soon, we will offer them as a separate item, in 1kg bags, look out for news of their arrival.

There is a box of **"Emergency Supplies"** in the old telephone box outside the Hall. This is to help anyone in the Parish who is in need, whether that be limited finances, forgetfulness at the shops, or unable to travel in icy conditions. Cash or replacement donations are welcome to keep the box well stocked, please speak to Tam Hill, or any of the Village Greens team for more information.

Standing Orders. Quite a few of our customers order the same each week and therefore have a standing order, in other words we automatically put their items on the list each week. This removes the problem of forgetting to order, although additional items can easily be added and equally the order can be cancelled for a week if you are away or overstocked. If you would like a standing order, just send me the items for weekly listing.

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cardinham Sports Club

www.cardinhamports.org
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Anyone for Tennis? Our tennis court is beautifully resurfaced and has given many people much joy. Once lockdown is over, we should be able to re-open - do come along and make use of this wonderful facility. When we do re-open, it will be open for singles or doubles play – do read the latest guidance for safe play as posted up at the court and on the website. Members can book online or by phone.

Be reminded that the clubhouse and toilets will likely still be closed.

Standard annual membership is just £12 a year (May to April) for junior, £50 adult, £85 couple, £98 family.

More info: contact Les 821591, Malcolm 821216 or Chris 821409

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NEXT CONCERT

Due to the current Covid 19 restrictions

2021 concerts to be released end February (hopefully!)

A38 ~ From Liskeard: Turn right at the brown tourist sign just before Trago Mills.

From Bodmin: Turn next left at the brown tourist sign after Trago Mills

A30 ~ East and West: Turn off at the sign for Colliford Lake, follow the signs to St Neot.
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Cardinham School

Grow your mind; aim high

Cardinham School are calling all parents whose children are starting school in September 2021

We understand that choosing a school for your child is an important decision and would like to help parents make the right choice. Please feel free to get in touch with us if you wish to know more about our school before making this decision. See below for a brief synopsis of who we are.

At Cardinham Primary School, we encourage children to: 'Grow your mind; aim high'. Set in the centre of Cornwall, our small school caters for the children of the village of Cardinham, outlying farms and hamlets and children from larger towns who can benefit from the friendly, caring, nurturing and family atmosphere of which we are proud. We pride ourselves on our involvement in the community. The beautiful Cardinham Woods are within safe walking distance from our school and we aim to utilise the outdoors at every given opportunity. Our behaviour management is based on emphasising the positive and drawing attention to what children are doing well, not on criticising their faults. We follow the message, 'treat children as they might become, not as they are'.

We very much look forward to hearing from you.

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



News from Bodmin Airfield

Coronavirus update:

For the time being, the Airfield will be closed to the public but will continue to be open occasionally for purposes solely related to Engine Health flights. Aircraft flying to, and from, Cornwall Aviation Services for maintenance purposes are permitted. Unnecessary journeys to the airfield must be avoided. Flight experience flights will resume as soon as the current lockdown restrictions are lifted.

In the meantime if you are looking to buy a gift, how about buying a **flying experience voucher**? Please call the Airfield office - **01208 821419** or buy direct through the website: <https://www.bodminairfield.com/flight-experiences/>

Pat Malone

MILLPOOL METHODIST CHAPEL NEWS

Christmas and New Year were very different for everyone this year, but we are thankful that on the whole all have kept well and managed to have some happy times at Millpool. Here is a round up of 2020.

The year started with a bang with Johnny Cowling in early January, before all the decorations were taken down. It was a wonderful festive evening and someone who attended said it was one of her most happy times of 2020. It feels so distant now. When you see photos and even a video of the evening you remember how wonderful it was to have a chapel full of people enjoying themselves.

Our application for a grant from the Callywith Wind Turbine Fund was successful and we now have a smart new floor in the Community Room. Unfortunately the dedication service for the refurbishments had to be cancelled, as did the Big Bap Breakfast. When you are once again able to come to chapel you will see the plaque is in place and, hopefully, before too long we will be able to hold our dedication service.

Although some socially distanced services have taken place over the year we have been grateful for Rev Sally's weekly reflections and Rev Alistair's You Tube services. The 37th weekly edition of the Circuit Newsletter has just arrived. It has been a good way of keeping in touch with the rest of our circuit.

Zoom has become increasingly important in helping to keep in touch with our weekly choir practices, Sunday afternoon quizzes and even an online Christingle Service. We have just held our first Zoom Book Club. Sadly no tea and cake but still a good discussion. In September we held a Zoom MacMillan Coffee Morning and Quiz raising £165 for the charity. The response to our appeals for the Food Bank at harvest and Christmas was very generous.

Our usual Candlelight Carol Service was changed to a Candlelight Crib Service led by Rev Sally using some recorded music. When this was over we walked to the Village Christmas Tree! Another new venture for us! This year we donated a Christmas Tree to the Village and invited the villagers to help us decorate it. This was very well received and some villagers joined us on Christmas Eve, socially distanced and wearing masks, to sing some carols. Sadly no real conversations or mince pies, but the spirit of Christmas lived on in Millpool and it felt good to sing, even quietly, at last. There have been some lovely comments from the villagers, including;

"I just wanted to say thank you for the carol singing round the Millpool tree. What a lovely safe way to celebrate with friends and neighbours."

Hopefully next year we can sing carols around the tree followed by mince pies and mulled wine in the Community Room! Another first!



Once more we're back in lockdown and the news is very sobering, Thankfully, the vaccine has arrived and we all hope and pray things will start to slowly improve. In the meantime please stay safe.

Julia, Shirley and all from Millpool Chapel

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Cardinham Parish Hall Events

Sadly the Parish Hall remains closed due to Covid restrictions.
We hope to open our doors to the community again soon.

In the meantime, Baker Tom continues to be at the Parish Hall
every Friday morning from 10am - 10.30am.

Selling a plentiful supply of freshly baked bread, buns and cakes,
as well as flour and eggs. Customers are reminded to ensure that
social distancing is maintained, and to use contactless payment
if at all possible, or exact cash amounts as change can't be given.
<https://www.bakertom.co.uk/bread-van/>

THE OLD LIBRARY CAFE *by Lisa*

Apple and Cinnamon Muffins

*These muffins are well-loved by our customers and are
a delicious, comforting treat.*

I like to use sour or tart apples.

*Wonderful warm from the oven, they will also be
good for up to 3 days.*

Makes 12

225g plain flour

2 tsp baking powder

200g light muscovado sugar or golden caster sugar works fine too

200g butter

3 large eggs

100g sultanas

3 or 4 apples, depending on size and preference

3 teaspoons ground cinnamon

Juice of half a lemon

Heat oven to 170 C

Prepare 12 cases in a muffin tray.

Core and chop apples. You can peel them but I leave the skins on as it's less
waste and easier! Add the sultanas, stir in the lemon juice and cinnamon.

Mix flour and baking powder.

Beat butter with sugar until light and fluffy.

Beat in the eggs, one at a time. Fold in the flour and baking powder.

Fold in the apple mix. Spoon into muffin cases. Bake for 30 mins.

Leave to cool for 15 mins and enjoy.



USEFUL PHONE NUMBERS

(preceded by 01208 unless otherwise stated)

Police NON emergency		National 101
Blisland Inn, Blisland		850739
Cardinham Bellringers (Captain)	Peter Tucker	821382
Cardinham Hall Bookings	Julie Best	821227
Cardinham School (Head)	Mrs Ingrid Bennett	821326
Cardinham School Nursery		821558
Cornish Guardian Correspondent	Lesley Martin	821200
Cornwall Councillor	Chris Batters chris.batters@cornwallcouncillors.org.uk	269991 / 07714 323879
Film Club	Debra Best 821554 Julie Best 821227 Sonia Tucker 821382 Nic Best 821459	
Flowers for St. Meubred's	Libby Pidcock	821303
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Gardening Club	Loveday Sutton	821350
Helpline	Gill Long/Shirley Searle	821745 / 821304
London Inn, St Neot		01579 326728
Methodist Circuit Office	office@bpwccircuit.org.uk	895157
Methodist Minister	Rev. Sally Long	369129
Millpool Chapel	Shirley Doran	821186
Millpool Coffee Morning	Julia Maynard	821216
Millpool Institute/Snooker Club	John McDonald	821448
Mother & Toddler Group 'Little Robins'	Crissie Butler Sophie Searle	07540 181416 07891 346070
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 Focal Minister	Revd John Hereward	79078
St. Meubred's PCC Secretary		821303
St. Meubred's Reader	Ann Kerridge	76714
St Neot Brownies	Karen Cunningham	01579 321581
St Neot Scout Group	Nick Hinchcliff	01579 320776
Warleggan Young Farmers	Laura Colwill lauragco@hotmail.co.uk	07913 330078

Please send corrections or additional numbers you would like to see to lizzysmart@gmail.com Tel 821101



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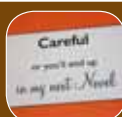
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Chairman's Report 2021

A report on the year - certainly not how we envisaged our meeting a year ago when we met in those halcyon days before Covid! I hope you are all keeping well and looking forward to a much easier and healthier 2021. Thank you for continuing to support the club. One thing about gardeners is that we have to be optimists, otherwise why would we spend so much time and energy doing things that we only hope will result in wonderful additions to our gardening space?

I am sure, like me, you have few regrets at the passing of 2020, and as a club we managed only to get together for three of our planned meetings, but they were all well worth waiting for. Luckily the speakers who were cancelled last year, have been willing to re-schedule for 2021, so we look forward to talks from: Sir Robert Owen, Chair of Cornwall Garden Club, Jane Hampton who will talk about growing plants for dyeing and a special Christmas quiz evening with Becky Martin.

As you will know we have cancelled all meetings until April 14th when we kick off with a self-drive visit to RHS Rosemoor. Hopefully by then we will be able to share lifts to this lovely North Devon garden, which always has some delights and inspiration. We will not be asking for subs this year, but our meeting on May 14th at the kind invitation of Tony Ryde, will be something of a fund raiser and also a celebration, a year late, of the club's 30th anniversary. There will be a celebration cake and a special raffle, as well a chance to look around this beautiful valley garden. Our other visits are to three NGS gardens in Hemyock, Devon, Lethytop and a garden safari around members' gardens. The summer season, will be rounded off by our Annual Fruit and Vegetable Show.

It all sounds marvellous and hard to believe at the beginning of our third Lock-down, that any of this will happen, but I am sure it will and like our gardening we have to trust our efforts will pay off and continue to be optimistic.

We are very grateful to Claire and Sue for getting the new look website up and running. Claire has spent many hours re-designing the new page, please have a look at **www.cardinhamgardening.co.uk**. We look forward to seeing pictures of members' gardens and gardening on the new Members' Page, so please send them in to Claire.

As Loveday has made clear there will be no subs this year, but if anyone would like to contribute part or all they would have paid it would be a great help to our depleted funds. If you wish to do so please contact Loveday direct at **lovedaysutton@gmail.com**.

Thank you so much for your continued support. All being well next year's AGM will see us back to a bit more 'normal'!

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Mother and Toddler Group - 'Little Robins'

Millpool Community Room

Mondays 9.30 to 11.30am

Tea, coffee, cakes and a warm welcome!

Contact Crissie Butler 07540 181416 or Sophie Searle 07891 346070

CARDINHAM PARISH COUNCIL

As the Parish Council still aren't allowed to have face to face meetings we held a Zoom Council meeting last month and we are planning to hold another this month. If anyone has any issues that they wish to raise with the council please either email the clerk

cardinhamclerk@cardinhamparish.net or me at bestja20@gmail.com

We are still updating our website with details of planning etc.

The Cardinham Parish website is: <https://cardinhamparish.net/consultation-on-planning-applications-emergency-scheme-of-delegation/>

Julie Best January 2021



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See website for latest information. Visit www.blisland.info

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WIND TURBINE GRANT

Cally Barrett Wind Turbine Community Fund

welcomes grant applications from organisations
based in the Cardinham Parish
and whose work benefits its inhabitants.

For more details or an application pack please email
charlottematthews@btconnect.com

We received a little note from one
of Cardinham's residents,
Ana Jackson:

***"I took up soft pastel painting
when the first lockdown
happened (never having
drawn a straight line before).
Needless to say I'm hooked!
I find art immensely
therapeutic.***

***Here is a painting that I did
of Golitha Falls."***

Super painting, Ana! Well done!



This Farming Life - Bodmin Moor Style

21st November

I spent a second day trying to improve my fences in the orchard. The thorns were fighting back as vigorously as ever, leaving me in need of tweezers and a magnifying glass by tea time to remove a few splinters. Whilst my fence repairs will not be winning any prizes, all that matters to me is they keep the livestock in the field of my choice, rather than allowing them to leak into other areas. This is only the beginning, with one of my largest fields next on the list for the perimeter to be brought back from the brink of extinction.



Meanwhile, in the garden, the hens are showing their age, egg laying has gone into steep decline and an egg is now a luxury item at the farm. In order to earn their keep, the hens have made themselves useful in the veg plot now harvesting is finished. I have turned them into the polytunnel and raised beds, which they have scratched over, eaten up lots of slugs and other creepy crawlies, and left ready for next season's planting.

28th November

The days are getting shorter, and all the work has to be fitted into a tighter timescale if it's to be completed in daylight. Checking livestock in the dark with the help of a head torch can be done, but often yields an extra set of watchful eyes caught in the glare, inevitably a fox, prowling around looking for an easy catch. My battle to keep the wildness at bay is ongoing, another rabbit has found a weak spot in the fence surrounding the veg plot, the fox would be welcome to sit in wait for that one, but it doesn't really work like that. Squirrels are scampering around everywhere, stocking up on the last of the Autumn bounty before the cold really begins to bite. As for the moles, they've been working overtime, pushing up heaps of topsoil everywhere. If only I could harness all these industrious creatures and persuade them to help me, along with a team of beavers to keep my trees and hedgerows neatly trimmed I would indeed be "*living the dream.*"



17th December

Dear Mum has been battling with present wrapping this week. The sellotape put up a good fight, but she won in the end. Aided by the fact that in this case she is **UNLIKE THE OLD DOG**, having opposable thumbs rather than furry paws, which no doubt would be a further hindrance when wrangling sticky tape and scissors. She was also keen to have it known that her ears do not flap about when she is running, and have never been known to turn inside out in a stiff breeze and get stuck. However, presented with additional evidence, she did concede that in many other ways, herself and the dog are indistinguishable.

24th December

Well it's been quite a year. But if one thing has been reliably, consistently and comfortingly familiar, it's life on the farm. Our patterns of work and routines are dictated by the seasons, the weather and the availability of daylight and waterproof clothing. We are already well versed in working from home, we've been doing it for generations. The dirty and smelly nature of the work means that social distancing comes pretty naturally too.

After a busy day among the sheep, my family are known to edge their seats a little bit further away from me in the evenings, but are not yet sporting a face mask for further protection. I remember as a young child sitting wedged among my cousins at Chapel on a Sunday, and I would know which of them had tackled sheep, pigs or dairy cows by their individual aroma.

Most of all, we are ready to take what nature throws at us, and work with it to achieve the best possible outcome. We've been in training for 2020 all our lives.

2nd January

As always, life on the farm has just kept going, the sheep have now been sorted into two flocks, one all female and the other all male. This is so that our lambing time in Spring will have a start date (about 5 months after the ram went in, on Halloween) and an end date (5 months after he came out, on New Years Eve). A (hopefully) pregnant group of sheep are contentedly munching hay and growing tummies full of baby lambs.

9th January

Moles. Do they have nothing better to do than dig tunnels under my fields? Their activity has reached record breaking levels, and traps are being set daily to try and get things under control. So far, they have proved elusive, and we remain fully stocked with moles. A friend asked if I was hoping to make a pair of moleskin trousers, but at this rate, a face mask seems a more realistic goal. Delving hands into freezing cold, wet soil, and setting snappy, springy traps with fingers numbed and dirty is enough excitement to get the adrenalin flowing for the start of 2021. We are ready for whatever challenges lay ahead.



16th January

The moles must be laughing their little short sighted heads off under my fields. They are all still digging away like troopers, and my traps have stayed empty for over a week now. In my entire life, I have never seen so many mole hills concentrated in one area. I am going to have to up my game somehow. An old Uncle, who is still actively trapping moles at over 80 years old, said that a mole will travel around his tunnels once every four hours, then go for a sleep. Quite how he found this out remains a mystery, but I am happy to believe it is true, along with his other words of wisdom *"You'll catch one out in the end."* Moles, be warned, I will not give up.

D. L. Lewis

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CORNWALL COUNCILLOR

Chris Batters



During this period of Covid-19, I have dealt with many individual cases revolving around businesses and organisations suddenly facing having to close their doors and, of course, loss of income. Initially many were unable to get any financial compensation. Although working from home, and having to self-isolate, I was able to ensure, via virtual laptop meetings and communication, that I was able to support those with their issues, and get it sorted for them. The Cardinham Flying Club was suddenly facing difficulty and were initially told they were not eligible for any financial help, but I was able to steer them in the right direction, and financial assistance was forthcoming.

Modern technology allowed us all to ensure we continued to serve the needs of our electorate. In fact I had more meetings working from home on the laptop. It was also great not to have all the travelling around the county to meeting venues.

Can I emphasise that I am still available to any of you who might have an issue that needs addressing. I am your quickest route to getting any Cornwall Council issue dealt with, and even if not Cornwall Council business, I may still be able to help you. Just give me a call.

In the past couple of weeks I have been inundated with calls for a variety of issues including fly tipping, serious flooding and drainage problems during the heavy rain we experienced, some in fact in Cardinham, followed by several very cold days last week bringing with it icy conditions throughout my seven parishes. One of the icy days saw me dealing via laptop with icy roads causing sixteen traffic problems in Nanstallon, Lanivet and Withiel, including six road accidents, one of which involved several vehicles on the Fletchers Bridge road.

Although working from home, as is always the case, feel free to contact me direct at any time, by email (include your phone number) or by phone direct, and I promise you I will be back to you within a matter of hours.

You can contact me by email on - **chris.batters@cornwallcouncillors.org.uk** or by phone on **01208 269991** or my mobile on **07714 323897**.

Remember, the threat is still around so stay safe.

Chris Batters - Cornwall Councillor

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CARDYNHAM CHURCH



Have you ever fancied time-travelling? During your daily walk why not take a turn through Cardynham churchyard? As you walk up the steps from the road look up at the cross to your right. The shaft of this cross is the oldest monument here. It is late 6th or early 7th century. That means it's 13 - 14 hundred years old. Look around you. The churchyard is at a much higher level than its surroundings. That is 13 or 14 hundredths worth of burials raising the ground level. Back then someone thought that this was a special spot. Perhaps it was the spot where St Meubred, maybe a hundred years previously, had built his cell. For whatever reason, this was where Cardinham people decided to bury their dead. They dug a ditch round the outside. They constructed a bank inside the ditch. This is called a 'Lan' - a holy burying place. The

shaft you can see commemorated an important early burial here, maybe the most important burial. This is a good example of an early Christian memorial stone and provides rare information about this period. It is one of thirty seven in Cornwall. It wasn't originally in this position. It was found against the south east corner of the churchyard wall and erected here in 1896. It is said that there is a Latin inscription in two parallel lines running down the shaft reading "*Rancori fili Mesgi*" - *Rancorus son of Mesgus*. I've never been able to make it out, can you? If you want to see what an inscription looks like go to Lanivet church. They have two similar shafts, inside, at the back of their church and the inscription there is picked out and still clear. The medieval cross at the head of the shaft was found embedded in the church.

When you've completed your time travel to the 6th century, walk up the path towards the church porch. The wheel-headed cross outside the south porch is one of the best in England. It is the most southerly example of Scandinavian style. It is decorated with knotwork, scrolls, ringchain and plaitwork. Look closely. Can you see the different patterns. When the sun is low they stand out particularly clearly. You are now visiting the 9th century, two or three hundred years later. I wonder how far the height of the churchyard had increased over that time? This cross like the other one was used as building material when the church was rebuilt. This was found in the east wall of the chancel. When it was made, Cornwall was still an independent kingdom as it had been in the 6th and 7th century, but the kingdom of Wessex was fighting for its life under King Alfred against the Danes. This was the time of the '*Last Kingdom*'. This cross is in Scandinavian style, what story lies behind its creator? A craftsman far from home? An exile? Who paid for his work?

11 - 13 hundred years in the future, what will be left of us, what stories will people tell? When you've returned to the present. Why not pop into the church? It's open during daylight hours for private prayer. Give thanks for such a beautiful and fascinating place. Enjoy the quiet and stillness, stay safe!

Ann Kerridge

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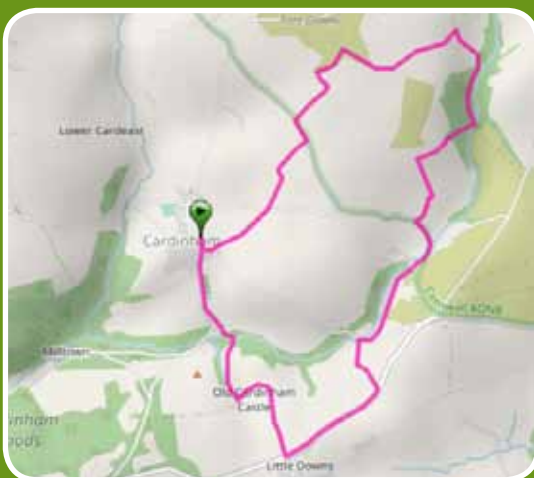
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OUR LOCAL AREA

CARDINHAM AND BURY CASTLE - CIRCULAR WALK

The walk starts at the church and descends into the valley, passing below the site of the Norman castle. The walk then turns upriver, criss-crossing the valley on footpaths, tracks and small lanes to reach the Iron Age hillfort of Bury Castle (where the ramparts are still over 14 feet high even after more than 2000 years). The return route is a gradual descent from the Downs with views over Cardinham village and woods.



For the app guided walk go to:

http://www.iwalkcornwall.co.uk/walk/cardinham_and_bury_castle/



The Iron Age hillfort of Bury Castle

OUR LOCAL AREA

LEAFLET

The Cardinham leaflet produced by Bodmin Live contains lots of interesting facts, history, places and helpful information for those new to Cardinham & for people wanting to explore the local area.

To view and download the informative leaflet please go to:

<https://bodminlive.com/wp-content/uploads/2019/03/3-Cardinham.pdf>

WELCOME TO CARDINHAM

St Meubred's Church dates back to the 15th Century and is dedicated to an Irish missionary who came to preach to the moorland folk but then travelled to Rome and was beheaded. His body was later returned and buried in St Meubred's which is the first Cycling Church in the UK, with a Prayer Station decorated by pupils from Cardinham Primary School. Cyclists and walkers enjoying the delights of the surrounding countryside are especially welcome.

Millpool Methodist Chapel was built in 1860 and now also serves as a Community Room hosting many local events including a popular village Choir. Nearby there is a holy well at Trezance, and on the edge of Bodmin Moor an Iron Age Fort at Bury Hill and the remains of a small chapel at St Bellarmin's Tor dedicated to St Bartholomew who reputedly lived and preached there.

Cardinham Primary School was built in 1882 and the original Victorian building still forms the main part, with an annex and its own playing field a short distance away. There is also a popular Pre-School and Mum and Baby group.

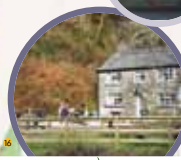
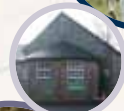
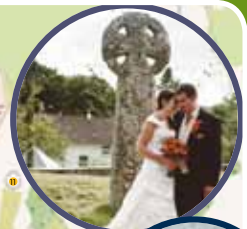


HWITHREWGH KARDHINAN — EXPLORE CARDINHAM

- 1 St Meubred's Church
- 2 Cardinham Parish Hall
- 3 Information Hub & Defib
- 4 Cardinham Primary School
- 5 Former Methodist Chapel
- 6 Holy Well, Trezance
- 7 Millpool Methodist Chapel
- 8 St Bellarmin's Tor
- 9 Colvannick Tor
- 10 Cardinham Airfield
- 11 Bury Hill Iron Age Fort
- 12 Treslea Cross
- 13 Cardinham Castle
- 14 Inscribed Stones, Welltown
- 15 Laneskin Woods
- 16 Leball & Cabilla Woods
- 17 Cardinham Woods

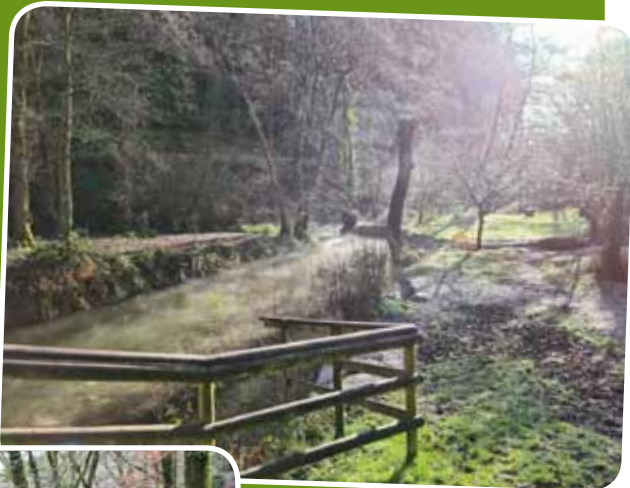
BACKGROUND

Nestling on the southwest edge of Bodmin Moor, the Parish of Cardinham is one of the largest in Cornwall with most dwellings clustered around St. Meubred's Church in Cardinham and the Methodist Chapel in the hamlet of Millpool. The area boasts a number of fine ancient crosses, holy wells and monuments, and beautiful countryside for visitors to enjoy peaceful walks on the Moor and in nearby Cardinham, Laneskin, Leball and Cabilla Woods.



OUR LOCAL AREA

Thanks to John, Lesley & Polly for the pics!



LOCK-DOWN DISCOVERIES



We've walked down the 'gallops' on the southern edge of Millpool rifle range. We turn left at the bottom and follow a fairly distinct 'path' northwards to St Bellarmin's Tor. This tor, with a trig point and height of 268m looks down on most of Cardinham/Millpool with the A30 roaring in the background. Another route is to take a bridle path from Millpool.

We can see the flagpole there. This bears a red warning flag when the range is active. All is quiet today. After a mile or so we come to the 'clitter' around the tor itself. We contour around the slope until we are due south, about 200m, away from the trig point and what do we find?

You see this tor has a secret... something that isn't obvious on the current Ordnance Survey map (Explorer 109). On the southern edge lies the remains of the medieval St Bellarmin's Chapel and holy well. This monument is scheduled under the Ancient Monuments and Archaeological Areas Act 1979. *'The chapel survives as a small drystone walled building within an enclosure.'* The enclosure measures 27m long by 12m wide and the chapel 6m long by 4m wide and up to 1.2m high. Only three of the enclosure walls are clearly visible. Many Cornish historians have referred to the chapel and holy well close to the summit of the tor, including M and L Quiller-Couch in 1894. The location of the well is unknown.



I must admit, although the external enclosure is very obvious, the chapel isn't. It is possible to 'see' it ... at least a squarish 'lump' standing proud of the ground. The area surrounding the building and enclosure has been subject to surface stone quarrying and, littering the whole site, are large chunks of granite and quarrying waste.

I have been looking at an old OS map dated 1881 and the enclosure and chapel are distinctly shown, presumably this was mapped before the quarrying took place. I would be very interested if anyone has got any further details about this special place.

Richard Sutton

Top: View of Bellarmin's Tor Right: Entrance in enclosure

REGULAR EVENTS

DATE	WHEN	WHAT	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 HAL,

JHM = JUBILEE HALL MOUNT

PLEASE NOTE: MOST EVENTS HAVE BEEN CANCELLED/POSTPONED.

PLEASE CHECK IF YOU PLAN TO ATTEND ANY OF THEM.

Some events may restart in the next few months.

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

If you have an event you would like us to publicise send details to cmcmag@outlook.com