

# CARDINHAM & MILLPOOL COMMUNITY MAGAZINE

AUGUST – SEPTEMBER 2021



*Saturday evening, 17th July, on the top of Bury Hill Iron Age Fort, just above Higher Treslea where both coasts are visible. Photo by Lizzy Smart*

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Please send your contributions to  
**cmcimag@outlook.com**

- a Microsoft Word file is best.

Photos should be sent in  
uncompressed **jpeg** format.

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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## Copy Date for October / November Issue

**Typed / Handwritten: WEDNESDAY 15<sup>th</sup> Sept 2021**

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### Advertising Rates & Sizes

Advertising is free for all local community and charity events.

All commercial advertising and events will be charged: 1/4 - £24pa. 1/3 page - £36pa.  
1/2 page - £60pa. Whole page - £120pa.

Single entry Commercial Announcements are also accepted from £6 to £25 (whole page)

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## Need an extra copy?

**Subscriptions min £4pa (postage £6pa) Single Issue £1.25**

**Contact Julia on 821216**

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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 everyone, and welcome to the latest issue of the magazine. At the time of writing this, our mini heatwave is no more. We had a week of utterly glorious weather, thankful that we live so close to the sea, enjoying bathing in clear cool waters, mucking about in boats, incredible sunsets, heaven. Then the children finished school and the weather changed!*

*In this issue we have a list of events that may tempt you, information regarding Bodmin Airfield's wonderful Bader Braves event, how to collect seeds at Pinsla Garden, we welcome the new lay worker at Millpool Chapel, news that our Village Hall can be booked again (!) and a fascinating article about Kerdroya Labyrinth.*

*We were sorry to hear that John Jory of Mount passed away a few weeks ago. All at C&MCM send their heartfelt condolences to Shirley & the family at the sad passing of John - he'll be greatly missed.*

*Lizzy, Sue, Simon, Peter, Julia, Gill, Polly & Marc*

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# ST. MEUBRED'S CHURCH UPDATE

## Services for St Meubred's, Cardinham in August and September 2021

August 1st	9.30am	Holy Communion
August 8th	4 pm	Cafe Church in Cardinham Parish Hall?
August 15th	9.30 am	Holy Communion
April 22nd	9.30 am	Morning Prayer
August 29th	9.30 am	Team service at St Petroc's
September 5th	9.30 am	Holy Communion
September 12th	4 pm	Cafe church in Cardinham Parish Hall?
September 19th	9.30 am	Holy Communion
September 26th	9.30 am	Morning Prayer

*Please note all the above services are subject to alteration in the light of changes in Covid restrictions.*

We are hoping we can mark **Harvest Festival** in some way, look out for posters and messages as we learn what may nor may not be possible!

Thank you to all those who so generously contributed  
and bought plants from our annual plant sale,  
to date approximately **£470**  
has been raised for church funds.

An amazing figure!

Looking forward to seeing you all soon.

*Libby, Churchwarden*



***Dear Friends,***

As I write this we are on the verge of Covid restrictions being lifted. Whilst I am sure many of us are feeling excited and relieved many are also feeling anxious and cautious. One thing I am certainly looking forward to is being able to sing together in church again. It has been one of the things I have missed most during lockdown.

Singing hymns together in church is not only a matter of us individually praising our maker but also an act of unity. It is something we do together regardless of how good we are at holding a tune. It has given rise to the expression "*singing from the same hymn sheet*". We have over the last few months, weather permitting, gone outside to sing a final hymn which has been uplifting.

Hymns express in popular and memorable ways some of the deepest truths about God and our relationship with Him. One that regularly makes the top 10 is "***Dear Lord and Father of mankind***". I wonder what makes this such a popular hymn? Obviously the tune is good and easy to follow. I think part of the appeal is in the expression of finding the peace of God among the strains and stresses of life.

***"Drop thy still dew of quietness till all our strivings cease,  
speak through the earthquake wind and fire the beauty of thy peace"***

Many of us lead busy, noisy, chaotic lives and it can be a struggle to hear the voice of God amidst the turmoil. When we succeed then the beauty of His peace can transform our lives. I find I am most often attuned to the voice of the Creator when I am out and about in this wonderful world He has made. I often walk the Callywith walk in Cardinham woods going anticlockwise. When coming down the hill you round a bend and all the traffic noise from the A38 is blocked. The peace is palpable. Bird song becomes louder and I find myself at peace.



So what is your favourite hymn and why? How does it speak to you about God and your relationship with Him?

***Every blessing, John Hereward***

Unfortunately, at the time of writing, I don't know when the Parish Hall will be open for our lunches. As we don't normally get together in August I hope that by next month there will be some news. I will contact all of our regular 'lunchers' nearer that time to let you know what is happening.

Meanwhile, do enjoy the sunshine which hopefully will last for a few more weeks.

We are still available to supply lifts for anyone in need.

Just contact Shirley on 01208 821304 or Gill on 01208 821745 to book.

Kind regards Rosemary

## TALES FROM PINSLA GARDEN

### Seed collecting

At Pinsla we find *Omphaloides nitida* is a reliable perennial for making a sky blue carpet in the shade, but we need lots more. It is easy from fresh seed but deciding when to collect the seed can be confusing. They need collecting when they are still green or they drop off. If you feel along a stem each spent flower feels hard, like it might be a seed, but look closely, under a microscope and you see each capsule contains 4 carpels (I think) that clasp individual seeds, as the ovary opens, the comb-like clasps release the seeds leaving a hard receptacle.



Happy Gardening  
from Claire and Mark at Pinsla Garden





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Please pay your distributor as usual, or if you prefer, by Bank Transfer.

The magazine bank account details to use are:

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# Eliza Carthy

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## MOUNT & WARLEGGAN EVENTS

### A WARLEGGAN PARISH GET TOGETHER

CHURCH FIELD, FRIDAY 13TH AUGUST  
from 5.30pm

*A day of joy & celebration*

Hog Roast 6pm (Veg option available)

### MOUNT CHAPEL

EVERY SUNDAY AT 11:00AM

*All welcome*

### PARISH LUNCHES

WED 22ND SEPTEMBER 12.30pm

JUBILEE HALL, MOUNT

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# Village Greens

*feastofbodmin@gmail.com*

We will have a box outside the Hall (or in the telephone box if wet) for Foodbank donations. If you want to order something with your weekly shop, then place it straight in the donation box, your help would be greatly appreciated. Equally, if you have anything to bring from cupboards at home, this is also most welcome. We do ask for only longlife products though, regretfully fresh and chilled goods cannot be accommodated at this time.

Thanks to everyone who has pre ordered lamb, we still have availability of most cuts, so do get in touch if you would like to reserve anything.

We also have rhubarb, lemon curd and plenty of eggs, stock up on local treats while they are available.

**ORDER DEADLINE: MIDDAY ON MONDAY**  
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Facebook - @cardinhamports

**Anyone for Tennis?** Come along and make use of this wonderful facility, recently refurbished, on the edge of the village, just past the church and hall.

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

**Non-members are also welcome to use the court, paying a small fee each time, but conditions apply.**

The club also organises a range of activities open for everyone - tennis fun days, cycling trips, croquet tournaments, and the ever-popular quiz.

Check out latest details this summer from posters or our website, or 'like' us on Facebook @cardinhamports

[www.cardinhamports.org](http://www.cardinhamports.org)

**For more info please contact:**

**Les 821591, Malcolm 821216 or Chris 821409**



Reliable person sought to act as housekeeper for a local holiday let. Duties include customer liaison / key holding and cottage cleaning services. Change overs every Saturday during letting season average 25 wks per year.

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**Tours | Weddings | Concerts | Events**

#### **NEXT CONCERTS**

**The Beach Boyz (in aid of MNDA Charity) | Saturday 4th September | 8pm | £18**

**The Darkside of Pink Floyd | Saturday 18th September | 8pm | £21**

**Good Old Fashioned Lover Boys | Saturday 24th September | 8pm | £16**

**BOOK ON LINE VIA WEBSITE**

**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

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## Goodbye Mrs Penter and Thank You!

We are extremely sad to announce that Mrs Penter will be leaving us at the end of this academic year. Mrs Penter has had a long running affiliation with the school including being a parent, grandparent, caretaker, cleaner, governor, volunteer and life coach to many of the staff past and present! We wish her all the best and hope that she will remain with us in some capacity.



## Sports Day and School Trips

We were delighted towards the end of the school year to be able to start getting back to some kind of normality. The children enjoyed a wonderful sports day: all of the children should be extremely proud of their efforts and well done to Pinsla the eventual winners. All of the classes were able to go on a school trip during the penultimate week of the Summer Term. All of the classes were exceptionally well behaved and fun was had by all.



## Goodbye and Good Luck Year 6!

It is with a heavy heart that we say another goodbye to another cohort of Year 6 children. All of the children will be missed as they each bring so much character and enthusiasm to the classroom. We wish them all the best for their time at Bodmin College.

---

## DATES FOR YOUR DIARY

### LITTER PICK

Jenny Cruse, our Cornwall Councillor, is doing a Litter Pick  
at the Preeze Cross flyover area on Sunday August 1st 9.30 am.  
Litter Pickers provided.

### GARDEN PARTY

A Garden Party at Millpool Grange will be held with  
Scott Mann and Merlin Hanbury-Tenison on  
Saturday 31st July from 3 - 5 pm to include cream tea  
£7.50 tickets to be booked beforehand through  
[office@northcornwallconservatives.co.uk](mailto:office@northcornwallconservatives.co.uk)

# MILLPOOL METHODIST CHAPEL NEWS

By the time this magazine is delivered we would have said our farewells to Rev Sally Long who is leaving after five years in our circuit. We wish her well as she takes up her new appointment in Lincolnshire. Sally is being replaced for the next twelve months by Caroline Bailey, a lay worker, who has introduced herself below.

## Diary dates:

**Tuesday 28th September 10.30am**

**Sunday 17th October**

**Macmillan Coffee Morning**

**Harvest Festival**

## Services:

**August 1st**

**August 8th**

**August 15th**

**August 22nd**

**August 29th**

**Church Fellowship**

**Mr Tilling**

**Church Fellowship**

**Mrs Houghton**

**Church Fellowship**



Hello everyone! My name is **Caroline Bailey** and I'm the new lay worker at Millpool Methodist Chapel. It's a pleasure to be sharing in your Community Magazine – I've really enjoyed reading the last couple of copies since starting, and as gardening, music, ceramics and pilates are some of my interests I see I will be well served by your community and kept very busy if I join everything going!

I moved to Cornwall in Summer 2019 and now live in Quoit near St Columb with my husband David and our 12 year old daughter. We run a small holiday let in our garden, so are getting a dab hand at a 'covid deep clean!... if only it extended into our house! Our 21 year old son has just graduated from Portsmouth Uni and we have wider family in Peterborough and Yorkshire.

I grew up, lived and worked in Orpington. Kentish villages and countryside were on our doorstep. I was part of an Anglican church and involved in many aspects of local church and community life. My background is in primary teaching and as our family grew, I combined working part time as a music teacher in primary schools with working as a freelance ceramic artist occasionally running school or church exterior mosaic projects. I have also worked with a Christian charity, taking lessons, assemblies and exploring R.E through the Arts.

I trained as a Licensed Lay Minister in the CofE from 2013-2017. Using the creative arts as a way to explore life, faith and spirituality with all ages is something I love, often using ceramics, writing, music or movement as a tool for this. I believe that people of all faiths and no faith can come together to build community and grow places of love and support. We holidayed regularly in Cornwall since our honeymoon here in 1993, including 12 years camping as a family near St Just, come rain or shine! Through my husband's love of surfing, we got involved at Tubestation, Polzeath and I exhibit some of my ceramics in the gallery there. I started with the Methodist 'Bodmin, Padstow and Wadebridge Circuit' as a part-time school's worker just before the pandemic and was then promptly furloughed and plunged into home-schooling our daughter. I think it was a shock for both of us, although we enjoyed the more relaxed routine!

After returning after furlough, I now combine some Lay Pastoral work at Millpool, Bodmin and Lanivet Methodist Chapels with some school's work as schools begin to reopen to visitors. This means that I will be around more at Millpool and I look forward to being part of the community here.

**Caroline Bailey**



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# Cardinham Parish Hall Events

The hall is available for hire, but there will be some restrictions. There needs to be a large enough gap between bookings if held on the same day so that the hall can be checked that it has been cleaned and tidied after each use. It will be the hirer who has the responsibility that the hall is left exactly as they found it, cleaned, floors swept (this does include the toilet areas) and rubbish collected put outside in the bin etc.

Please continue to use the hand sanitiser provided when entering the building. There is a dispenser on the wall to the left as you enter the building and more inside the hall.

We have been advised to continue to provide the NHS QR code poster for track and trace and also the logbook of attendees if the QR code is not used.

If you are an organised group and know who your attendees are and have your own list then it only needs to be the organiser to sign in then they will be contacted to let everyone else know if they need to self isolate through the track and trace system. If for example it's a coffee morning then everyone should either scan in or sign in.

Now that the restrictions are lifting, we would ask that everyone still be mindful of others, consider still wearing a mask in the hall, especially if there are many people and it's not so easy to distance yourself. If you feel unwell in any way please stay home.

If the Covid 19 rules change again then obviously we will review and change things as required.

If anyone would like to book the hall please contact Mrs Julie Best on 01208 821227 to discuss your requirements.

**EXTENSION UPDATE:** Our Application to the Cally Barrett Wind Turbine was successful and we were grateful to receive £2050.00 which has covered the cost of the tiler who laid all the new floor tiles in the extension. We are waiting on the delivery of the internal doors and then the carpenter can make a start on the door frames, doors and skirting boards. As with many items at the moment there is a supply and manufacturing delay.

*Debra Best*

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(preceded by 01208 unless otherwise stated)

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Cardinham Bellringers (Captain)	Peter Tucker	821382
Cardinham Hall Bookings	Julie Best	821227
Cardinham School (Acting Head)	David Jones	821326
Cornish Guardian Correspondent	Lesley Martin	821200
Cornwall Councillor	Jenny Cruse cllr.jennifer.cruse@cornwall.gov.uk	07710 219465
Film Club	Debra Best 821554      Julie Best 821227 Sonia Tucker 821382      Nic Best 821459	
Flowers for St. Meubred's	Libby Pidcock	821303
Friends of St. Meubred's	Loveday Sutton	821350
Gardening Club	Loveday Sutton	821350
Helpline	Gill Long/Shirley Searle	821745 / 821304
London Inn, St Neot		01579 326728
Methodist Circuit Office	office@bpwcircuit.org.uk	895157
Methodist Minister	Rev. Sally Long	369129
Millpool Chapel	Shirley Doran	813685
Millpool Coffee Morning	Julia Maynard	821216
Millpool Institute/Snooker Club	John McDonald	821448
Mother & Toddler Group	Crissie Butler	07540 181416
'Little Robins'	Sophie Searle	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

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# ✿ CARDINHAM & DISTRICT GARDENING CLUB ✿

## July 2021

We have enjoyed two very different garden visits since the last newsletter. Our trip to East Devon was a real treat, out of the county for a start! The three gardens were looking beautiful, **Regency Manor** with its large walled garden, lake and borders gave us so much to see, admire and learn from. Our host, Jenny Parsons, who has gardened on this site for 30 years, is very knowledgeable and so generous in sharing that knowledge. She even supplied a very comprehensive plant list. Our guided tour was at a relaxed pace; just as well as it was pretty hot! We had our picnic lunch beside the lake watching the wildlife and admiring the natural planting. **Pound Farm** was a delight: the roses were at their best and every wall, post and fence was clothed in glorious blooms. Not only roses but many choice herbaceous plants and shrubs. Once again Diana Elliott was on hand to answer questions and showed us her choice specimens.

Finally at **Ashculme** our delicious tea was served under the shade of parasols; yes, it was that hot! From there we appreciated the glorious view over the Blackdown Hills and this very pretty garden. Once again so much to see and learn, thanks to Lucy Ball for inviting us and hosting welcome refreshments to set us on our way. Our visit in June to **Lethytep**, near Pelynt, was inspiring in a different way. This is a 50 acre farm given over to growing organically and the implementation of sustainable farming practice. We were given a talk and then tour by Philip Hambly, a passionate advocate of changing farming to a more environmental and sustainable approach. He guided us through fantastic hay meadows full of wild flowers and insects, woods and copses, water meadows and lake shores. Faith Hambly provided a delicious tea in an open barn as swallows flew low over our heads to their nests. Another really inspiring visit, giving us plenty of food for thought and some really simple ways of encouraging more wildlife and flora into our gardens.

We are looking forward to our Annual Social at the end of July by kind invitation of Tony Ryde at Fletchersbridge, marking this our 30th anniversary year. In August we are hoping to hold a members Garden Safari and talks in the hall hopefully to resume from October. Do go to our website at <https://cardinhamgardenclub.wordpress.com/> to find out more, or contact me at libby@cardinhambb.co.uk or any other committee member.

We look forward to seeing  
you soon.

Happy gardening, *Libby*

*Lethytep Gardens,  
photo by Lizzy Smart*



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*Taken from 'Dr. What's the Alternative?' by Doctor Hillary Jones*

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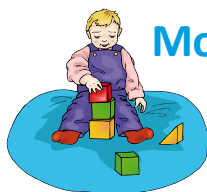
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Millpool Community Room

Mondays 9.30 to 11.30am

Tea, coffee, cakes and a warm welcome!

Contact Crissie Butler 07540 181416 or Sophie Searle 07891 346070



## Kerdroya Labyrinth

The Cornish walking group my husband and I belong to, were walking by Colliford Lake on Bodmin Moor mid-July and had parked by the **Kerdroya Labyrinth** being created by the *Outdoor University of Cornish Hedging* and *Golden Tree*.

Many of us had watched the Cornish TV programme about this the night before so we were delighted when the tutor on site agreed to tell us more and show us around.

The main reason behind this project is to celebrate 4,000 years of Cornish hedging and its biodiversity, 60 years of Cornwall's Areas of Outstanding Natural Beauty, to train up young people in this skill, to get local schoolchildren to come and learn about it too, plus put their own Time Capsule in it and, when completed, for visitors to come and experience this unusual space by walking round it in this lovely peaceful lakeside setting.

Apparently, there are many parts of Cornwall running on-site Cornish Hedging projects manned by volunteers so keep your eyes open and let us know if you find one. Photos always welcome.

For more information or you'd like to get involved, click on: <https://goldentree.org.uk/>

*Photos from goldentree.org.uk and Lizzy Smart*

**Lizzy Smart**





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**See website for latest information. Visit [www.blisland.info](http://www.blisland.info)**

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## Relaxing in the heat on Bodmin Moor

*by Lizzy Smart*

*Thanks for sharing  
such gorgeous photos!*



# This Farming Life - Bodmin Moor Style

## 12th June

Visiting the family in Yorkshire was full of the usual fun and events. We emptied Mum's garden shed and took the contents to the tip.

The shed had limped along through the previous two winters, threatening to collapse on several occasions. So the decision was taken that it had suffered enough, and it was humanely dispatched with the help of a large axe and a chainsaw. My brother started asking if it was "chainsaw time?" at 08.30am, but being a bank holiday weekend I managed to hold chainsaw time back until 9.00am. Once the debris was removed, we broke up the concrete base and carted that away in two trailer loads.

We managed to avoid the bank holiday crowds by planning a riverside walk near the sewage farm (another family favourite) and the icing on the cake was filling the garden waste bin to capacity with hedge trimmings. Us Northerners know how to have a good time!

## 19th June

The sheep are skipping around like happy youngsters since they were sheared last week. It's the first time we've seen our new ram without his clothes on, and he is a fine figure of a sheep. The wool is piled up in a bag, sadly it has very little commercial value, despite being a wonderful natural resource. Maybe the time will come when it is a premium product again, but perhaps not within my farming career.

For only the second time in over ten years a hedgehog has been seen on the farm. In my younger days they were commonplace, but now it is a rare treat to see one. I am hoping it was a female and there might be a family on the way. Also hoping all the baby hedgehogs are born head first, otherwise it might be off the scale of maternal discomfort!



## 1st July

It's silly season on the farm, with lots of crops reaching their peak. We're hoping for a spell of good weather to make hay and pick soft fruit. Wild strawberries are ripening in the hedgerows, a little treat to be eaten while walking the dog.

A young fox cub was having the time of his life ambling through my fields without a care in the world, I watched him for ages before he realised I was there and bolted for the hedge. He is welcome to stay as long as he likes so long as his diet consists of rabbit rather than chicken or lamb. I will stick a menu to the gate post, that'll clarify things.



### 3rd July

We're eagerly awaiting the return of dry weather so we can make some hay. Weather watching is a continual preoccupation for farmers, and it's not about to change. I compare weather conditions with my Mum in Yorkshire over the phone on a daily basis. My brother has been helping our cousins bring in their hay, so they are ahead of us in filling the barns ready for winter. There's no better sight than a trailer stacked high with sweet smelling hay bales, knowing that your livestock will have plenty to eat in the winter. Our Great Uncle used to tell us about horse drawn hay making, they had a cart horse who was so reliable that she didn't need anyone to go with her on the journey between the hay field and the barn. She would faithfully plod from one to the other, drawing the load to the barn, where someone would be waiting to meet her and unload, then returning to the field for more. Those days are now gone, but there's still a joyful camaraderie when working together to complete the harvest.

### 10th July

The pigs have made the transition from "cute" to "boisterous" in a matter of weeks, and there's no going back. They know when it's nearly tea time, and wait by the gate, drooling. Then it's game on. My goal is to get most of the food in the trough, theirs is to trip me up and ambush the feed bucket at all costs.

Perhaps the England football squad would benefit from this as part of their training. You might not be so quick to dive to the floor if it meant being trampled by half a dozen hungry porkers. But fair play to the national team, they've done well to reach the finals, and we wish them the best of luck.



### 24th July

So much harvesting has taken place in the heatwave, for some, the days must have been a blur. Hot, prickly, dusty, but oh so satisfying. The loft is full, the barn smells of sweet dried grass, the winter feed is secure, we can relax. The blisters on our hands after flinging bales around will have plenty of time to heal, and the joy of another successful haytime will stay with us.

The abundance of young birds everywhere reveals that it must have been a good breeding season. There are dozens of young chaffinch, goldfinch, siskins, sparrows and blackbirds about. The latter seem to be learning how to get into the fruit cage and benefit from our carefully grown fruit. The heat has brought out dozens of butterflies and 'The Big Butterfly Count' which is now on, may be in for a record year if the warmth and sunshine continue.

**D. L. Lewis**

***If you would like to take part in counting butterflies  
please sign up at:  
<https://bigbutterflycount.butterfly-conservation.org/>***





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## News from Bodmin Airfield

### FOG Fly BADER BRAVES 2021

Hi All,

On **Saturday 21st August** we are very privileged to be able to help the **Douglas Bader Foundation** by taking young '**Bader Braves**' flying from Bodmin Airfield.

The 'Bader Braves' are all young folk from the West Country that have disabilities and we know from past experience that we are able to bring a lot of joy and laughter to their lives enabling them to experience the wonderment of flight in a light aircraft.

If you are able to assist as either a pilot or ground-crew at this event would you please contact me.

Pete White,

Chairman, FEET OFF the GROUND (FOG)

**01752 406660 07805 805679** [pete@aeronca.co.uk](mailto:pete@aeronca.co.uk)



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## CORNISH SAFFRON BUNS (From Cornwall Guide)

Rich yeast buns, coloured a vivid yellow with fresh saffron and loaded with currants; **saffron buns** are a staple in bakeries throughout Cornwall, alongside their bigger brother the *saffron loaf*. The delicately flavoured, 'cake' can be enjoyed sliced and spread with butter, toasted or fresh\*, though many a Cornishman or woman will attest that they are best simply, unadorned and delicious.

In the 1800s, the treat of a saffron bun was incorporated into the outings organized by the church or the Methodist chapel in villages across the county. On Feast Days the village band would lead the people, often a procession of children from the Sunday School bearing religious banners, to a nearby field or beach. Games and races were often an integral part of the day, but ubiquitous was an especially large saffron bun, commonly known as the tea treat bun, which was given to each child. Some villages have continued or resurrected this tradition, **Pendeen** in Penwith being a case in point, and nearby bakers *Warrens* sell them in all their outlets.

The ingredient which makes them special is, of course, the saffron and any colouring substitute just wouldn't have the same effect of richness of colour and flavour. To obtain a single ounce of saffron, the stamens of literally thousands of crocus flowers must be harvested, making it the dearest spice in terms of weight. No surprise then that, to exclaim the expense of something, the Cornish coined the phrase '*dear as saffron*'. Native of Southwest Asia, and popularly used in much Mediterranean and Asian cooking, one may well ask how it became essential to a traditional Cornish recipe. The answer probably lies in Cornwall's ancient tin trade with the Phoenicians, where the spice and also the flower bulbs would sometimes be exchanged for the metal.

[\* Sorry to all our readers that think adding clotted cream or jam a terrible idea but we love adding these as it adds moistness.]



**Lizzy Smart**

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## WHAT'S ON THIS AUGUST & SEPTEMBER

### **A Summer of Celebration at Eden** until 5 Sept 2021

Join us for a summer celebration of pop-up performance and theatre – from carnival and parkour, to storytelling and dance – inspired by Eden's unique setting.

### **Kurt Jackson's Clay Country** until 5 Sept 2021

Wheal Martyn Clay Works is delighted to present an exhibition of new work by renowned contemporary artist Kurt Jackson, entitled 'Clay Country', now on display in the museum's brand new gallery space!

### **Cornwall's Wildlife Gardens** until 26 Sept 2021

Cornwall Wildlife Trust will be showcasing stunning wildlife gardens across the county in aid of their work to protect Cornwall's wildlife and wild places. Expect to find hidden gems and delicious cake at a range of gardens across Cornwall.

### **Dive in for Adventure** until 5 Sept 2021

This summer, dive into our new guidebook, which is included in the museum's admission price, and let the children take the reins and guide the family through Europe's largest private collection of shipwreck artefacts.

### **Hegarty's Boatyard at the Maritime** until 5 Sept 2021

Hegarty's Boatyard is a photographic exhibition by Kevin O'Farrell of the last surviving traditional wooden boatyard in Ireland. In Falmouth.

### **Into the Deep Blue** until 3 Sept 2021

This summer holidays prepare for a spectacle as the acclaimed aerial dance company, Yskynna, take to the sky and bring to life sea creatures with dance, music and storytelling. In Falmouth.

### **Paul Ainsworth's Travelling Feast** 6-20 Sept 2021

Holiday, camp, and party at Paul Ainsworth's Travelling Feast – The ultimate food lover's road trip, staycation & festival.

### **The Legendary Joust at Pendennis** 10-12 Aug 2021

Experience the exhilarating spectacle of speed and skill as our legendary knights compete for honor and glory in the Grand Medieval Joust.

### **Eden Sessions: Ben Howard** 11 Sept 2021

Ben Howard is the first act to be confirmed for a series of Eden Sessions due to take place in September 2021.



## < WHAT'S ON THIS AUGUST & SEPTEMBER

### Eden Sessions: McFly 12 Sept 2021

Pop icons McFly are the latest headline act confirmed for this year's Eden Sessions in September.

### Eden Sessions: Snow Patrol 16 Sept 2021

The Eden Project have announced that Snow Patrol will be performing at this year's Eden Sessions in September, making their long-awaited return to Eden after their memorable sold-out gig in 2006.

### IDLES at the Eden Sessions 18 Sept 2021

IDLES are the latest stellar act announced for the Eden Sessions later this year. The band are riding high after the release of their successful third studio record, *Ultra Mono*, which went straight to number one on the UK Albums Chart in October last year.

### A Grand Family Day Out 17-19 Aug 2021

Roll up, roll up.... Get ready for a fun-filled extravaganza as we invite your family to a grand day out at Pendennis Castle this summer.

### BODMIN JAIL

Aug-Sept 2021

#### Heritage Guided Tour

Every day, 9.30am and 4.30pm  
(2 hours)

**Scary Cinema and Paranormal Tour**, every Thursday from 9pm - 1am. (4 hours)

**Bodmin Town & Jail Ghost Walk**  
Every Wednesday from 8.30pm  
(3 hours)

**Historical Jail & Paranormal Tour**  
Every Fri & Sat from 6.30pm  
(2 hours)

**After Dark Experience**  
Every Fri & Sat from 9pm  
(6 hours)



## FUN ON THE FOLLY

Enjoy a summer of free, fun, family theatre on Mount Folly, Bodmin.  
For more information about our upcoming events find us on social media, or visit our website



#### Zoo Humans by The Urban Playground Team

5th, 6th & 7th August - 12pm & 2.30pm

The UPG Team bring their distinctive performance-parkour to Mount Folly. Through a unique language of dance at speed and height, they ask, what will it take to get us moving again, before it's too late?

#### Blast Off by Big Bang Brass

12th, 13th & 14th August - 12pm & 2.30pm

Big Bang Brass bring you an amazing mix of music inspired by Space - sure to get big toes tapping and little feet jumping.

intoBodmin

#### Uncle Tacko's Flea Circus by Promenade Promotions

13th August - 1.30pm & 3.30pm

Uncle Tacko is itching to show you his international troupe of personally trained fleas...gasps in amazement!



#### Team C.L.A.W by Running Dog Theatre

12th & 14th August - 1.30pm & 3.30pm

Join us for the ongoing Case of the Curiously Convoluted Cat's Cousins! A fun detective discovery mission for all the family. Help C.L.A.W track down some curious creatures!

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#### The Cameraman by Bashstreet Theatre

20th & 21st August - 12pm & 2.30pm

The incredible Bashstreet Theatre bring The Cameraman to Mount Folly. This new family show offers a comic view on the digital age.



#### Stones and Bones by Squashbox Theatre

27th August - 12pm & 2.30pm

Stones And Bones is a marvellous mix of history and mystery! Hear stories of giants and wizards, see a volcano erupting before your very eyes, and maybe even glimpse a dinosaur or two...



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for more information

# CARDYNHAM CHURCH

From the high ground all around Cardinham you can see the church tower. Have you ever wondered why almost all our churches have a tower? When parishes were set up in the early Middle Ages, there were two essentials to show that a church was a parish church with its rights and privileges - a bell and a font. The bell or bells were rung to announce a service.

Even when I was a child in the suburban 1960's as I made my last minute way to church, I knew I was still in time if the bell was still ringing and late if it stopped before I arrived! Bells were rung in welcome, in times of rejoicing and times of mourning. In the famous Dorothy Sayers detective novel '*The Nine Tailors*', the nine tailors were the number of times the church bell rang to announce the death of a man in the village. From the 1570s, bells were rung to mark the anniversary of each monarch's accession to the throne, and to celebrate deliverance from national danger. A vicar could be disciplined if he didn't ring his bells to welcome the bishop when he visited. During the World War II, church bells were not rung at all as it was the signal that we had been invaded.

Bells don't last forever, they crack, they go out of tune and have to be recast. As taking them any distance would have been very expensive, the casting was often done in the church. Not everyone enjoyed the sound of bells. People complained about "disorderly" ringing. Some even complained about bells being left "rung up" (meaning 'ready to ring') and ringing by themselves all night or the wind blowing them down. "*Change ringing*" (ringing bells according to a mathematical pattern developed in the late 17th century), didn't take off in Cornwall until much later.

Athelstan Coode, the vicar of Cardinham for a tragically short time in the late 19th century, was an enthusiastic ringer and responsible for us retaining our tower. When he arrived in the parish the tower was unsafe. He started a subscription list raising £400 in 6 months by letters and personal visits, which was half the cost. He gave the rest himself. The tower was taken down as far as tops of the windows. The bells were re-hung and 3 new added. He formed a hand bell class to train ringers

for the re-hung bells. On 24th November 1896 the work was finished. The Bishop came to preach; no danger of Athelstan Coode being disciplined for not ringing his bells - 5040 changes were rung after the service. The vicar took the tenor bell himself. This was the second peal ever rung in Cornwall. The first was at Penzance.

Today we still have a team of ringers who ring for special occasions including when the Duke of Edinburgh died. If you hear the bells, think of all the generations in Cardinham who have heard them before you, and when you look across at the tower think of the changes across the centuries it has seen.



**Ann Kerridge**

# Cornwall Councillor - Jenny Cruse



I hope this letter finds you all well in Cardinham and surrounding area. I wonder, if like me, it feels as if we are about to hit the 'Perfect Storm'. With Cornwall being the No. 1 holiday destination for staycations, many long lets being turned into holiday lets, families and workers being unable to find accommodation, and hoteliers and restaurant owners having the impossible task of finding staff when there is nowhere for them to live. So we shall see, but like all things in life storms pass and if we hang on tight we may well weather the storm.

Of course our economy does depend very much on the holiday trade, but a great deal is now being done to introduce a wider variety of opportunities for employment, particularly in the green sector. We do need to build homes that are good quality, carbon neutral, ecologically sound and affordable. A high mark to aim for, but one we as a Community deserve.

In Cornwall we are taking the climate emergency very seriously with much work being done behind the scenes to ensure a greener future. The '**Cornwall Planning for Biodiversity**' document makes biodiversity a material consideration for development and this is good news for the environment. Disturbingly, there has been evidence of high phosphates in the River Camel which is an internationally protected area. So there is an embargo on all building applications in the designated Camel SAC and this will take some time to be satisfactorily mitigated.

I was horrified to find a huge pile of magazines dumped at the Preeze Cross exit a week ago. I reported it on the CC '**report it**' website and it was cleared within a few hours. Please do use this service, and please if you see anyone fly tipping take the registration number and report it to the Police and me.

I am pleased to say we will still be able to offer the **Community Chest**. This is an opportunity for a **community group** to bid for assistance with a project or equipment that would benefit the community as a whole. Please do contact me if you are a community group and would like to be considered for this.

The summer holidays are upon us, and restrictions about to be lifted. The vaccination programme has given solid protection, and I hope very much we will be able to return to a more normal and relaxed mode of living. Quite apart from the tragic loss of life this pandemic has, without doubt, caused a great deal of mental health issues, living under such restrained circumstances for so long can never be a good thing.

So take care, be sensible, stay safe but please enjoy our new found freedom. Have a wonderful Summer I think we are all ready to take a deep breath and enjoy our beautiful Cornwall.

**Email:** [cllr.jennifer.cruse@cornwall.gov.uk](mailto:cllr.jennifer.cruse@cornwall.gov.uk) **Mobile:** 07710219465  
**Follow on Facebook:** <https://www.facebook.com/jennytostand>

**Jenny Cruse**

# REGULAR EVENTS

DATE	WHEN	WHAT	WHERE
Monday	9.30 - 11.30am	Little Robins	CRM
Monday	7.30pm	Warleggan Young Farmers' Club	JHM
Monday	7.15pm	Millpool Chorale Practice	CRM
From August			
Tuesday	11.45 - 12.45pm	Pilates Mixed Ability Class	JHM
From September		Pilates Mixed Ability Class	JHM
Tuesday	12.00 – 1pm		JHM
Wednesday	9.15 – 10.15am	to be confirmed, please see P9	CRM
Tuesday	7pm	Table Tennis (821409)	JHM
Tue (1st in month)	2.30pm	Book Club (821208)	CRM
Tue (except 3rd)	7.30pm	Bell Ringing	St. Meubred's
Tue (3rd in month)	7.30pm	Parish Council Meeting	CPH
Tue (last in month)	10.30am	Millpool Coffee Morning & Book Swap	CRM
Wed (4th in month)	7.30pm	Warleggan History Group	JHM
Thur (1st in month)	2.30-4pm	Community Tea	CPH
Thur (3rd in month)	12.45pm	Helpline Lunch	CPH
Sun (1st in month)	10.45am-12	KIDZ CLUB	CRM
Sun (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 OR ARE AWAITING TO RESTART. PLEASE CHECK IF YOU PLAN TO ATTEND ANY OF THEM.**

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](mailto:cmcmag@outlook.com)