

# CARDINHAM & MILLPOOL COMMUNITY MAGAZINE FEBRUARY – MARCH 2022



**\* PLEASE NOTE THAT YOUR SUBSCRIPTION  
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THANK YOU! \***

*Frosty flowers by Polly Airey*

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- a Microsoft Word file is best.

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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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***Copy Date for April/May 2022 Issue***

***Typed/Handwritten: WEDNESDAY 16th March 2022***

***Email: FRIDAY 18th March 2022***

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***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

Welcome to this issue of the Cardinham & Millpool Community Magazine.

We were so sorry to hear the sad passing of dear Millie and Dora.  
On page 10 you can read the Eulogy that Millie's son John read at the funeral.  
We hope to have a tribute to Dora Cousins in the next issue.  
Our thoughts are with both families.

On Page 17 we find out what the children at Cardinham School are reading  
and learning about - mainly food related it seems!

We have a fascinating account of moor life, recounted by Tommy Courts' diary  
notes regarding Mount Leat on page 24, with thanks to John Keast.

On page 33 we discover the history of Pancake Day - now we're really hungry!

Enjoy reading!

*Lizzy, Polly, Gill, Simon, Marc and Julia*

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# ST. MEUBRED'S CHURCH UPDATE

## Services for St Meubred's, Cardinham in February & March 2022

February 6th	9.30am	Holy Communion
February 13th	4 pm	Cafe Church in Cardinham Parish Hall
February 20th	9.30 am	Holy Communion
February 27th	9.30 am	Morning Prayer
March 6th	9.30 am	Holy Communion
March 11th	12.30pm	Lent Lunch in Cardinham Parish Hall
March 13th	4 pm	Cafe Church in Cardinham Parish Hall
March 20th	9.30 am	Holy Communion
March 27th	9.30 am	Morning Prayer

**LENT LUNCH** in Cardinham Parish Hall, 12.30pm, March 11th  
Suggested donation of £5. Proceeds to **CLEAR** a local charity supporting children and young people suffering emotional trauma as a result of abuse or other factors.  
We look forward to your company.

## BOOKS FOR SALE OR SWAP IN ST MEUBRED'S CHURCH

If you have books or DVDs you are happy to donate to our library for others to read or watch, please leave them on the bookshelf as you enter the church. Do help yourselves to either. There is also a table near the North Door where there is a selection of books for sale. Please put any cash in the wall safe beside the fonts.

## Tea Party and Chat

**on the first Thursday of the month,  
2.30 pm, in Cardinham Parish Hall,  
February 3rd and March 3rd.  
Join us for a cuppa, cake and chat,  
everyone warmly welcome.**



*Libby, Churchwarden*



*Dear Friends,*

I am writing this at the end of a week when we have buried two long standing members of the community in our cemetery – Millie Willcock and Dora Cousins. Although any funeral is a sad occasion and we all miss loved ones who we see no longer, there is something very natural and quite peaceful about a burial. The familiar words remind us that we are all mortal and will sooner or later be joining those whose loss we now mourn.



Very soon it will be Ash Wednesday when the traditional words used at the imposition of ashes remind us again of our mortality: ***"Remember that you are dust and to dust you will return, repent of your sins and turn to Christ"***.

When speaking of being dust and returning to dust we might use "earth" or better still ***"Humus"*** to be more accurate. It is the word from which humility comes and there is nothing like a reminder of our mortality to inspire humility.

Being told that we are but humus and to humus we will return, reminds us that we are not above nature but are part of it. There is much that we share in common with all living things. Perhaps one area above all others that we need to exercise humility the most is in our attitudes towards creation. Too often we see ourselves as above / separate from nature but we are simply a part of it.

The next time you visit or pass by the cemetery as well as remembering loved ones, remind yourself that we are but dust and to dust we will return.



*Every blessing, John Hereward*



At our well-attended AGM on January 18th, **Shirley Searle** said that she wished to relinquish her position as one of our Co-ordinators. We are very grateful and thank her for all the time and effort she has given to **Helpline** over the past years.

We welcome **Jenny Saunter** who was elected to fulfil this role, and together with **Gill Long**, they will be arranging drivers and lifts to your medical and other appointments etc. See new phone numbers below.\*

Our accounts for 2021 show a loss of £ 500+ due to not being able to hold monthly lunches for most of the past 2 years, these being our only source of profit to supplement drivers fees. After some discussion it was agreed that we would have to increase the charge for our lunches to £6. The increase in petrol costs also contributed to this decision, however, charges to passengers will remain as before.

We believe lunches are very good value and will welcome you to our

**February lunch on 17th in the Parish Hall at 12.45pm.**

It will be so good to meet together again.

With all good wishes Rosemary.

\* **Jenny Saunter 07854 545467 or 01208 821217**

**Gill Long 01208 821745**

## Lanhydrock Blooms in Winter photos by Lizzy Smart







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

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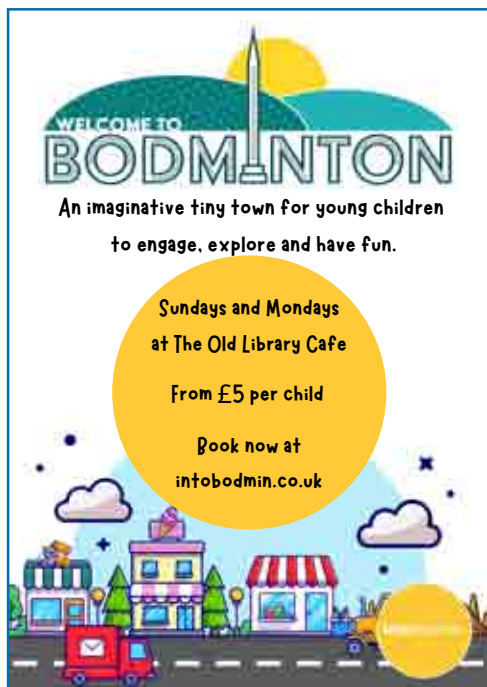


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# Village Greens

feastofbodmin@gmail.com

- ❖ BAKING Sausage rolls, scones
- ❖ BOOKS Bargain second-hand books
- ❖ CAFE Hot food and drinks
- ❖ CARDS Greeting cards & jewellery
- ❖ CLEANING Environmentally friendly household materials Ecover, Ecolife
- ❖ DAIRY Organic milk, cheese, cream, yoghurts, butter, etc.
- ❖ FRUIT Organic fruit from Riverford
- ❖ GROCERIES A good selection - organic & Fairtrade
- ❖ MEAT Organic local beef, pork & lamb
- ❖ PRESERVES Marmalades & Jams
- ❖ VEGETABLES All organic

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Julie Best  
01208  
821227

[www.cardinhamparishhall.weebly.com](http://www.cardinhamparishhall.weebly.com)  
[cardinhamhall@btinternet.com](mailto:cardinhamhall@btinternet.com)

# Village Greens

*feastofbodmin@gmail.com*

A question for you – If we are able to offer the organic fruit as separate items, i.e. by the kilo, would you be more likely to order this way rather than order a box?

Several of you have been favouring your ground coffee in decaffeinated format. So to add to your selection I have ordered some decaffeinated Café Direct Machu Pichu organic coffee as it is on offer at present and I can recommend it. As our usual ground coffee has shot up in price I also added some that is not decaffeinated to the order, do give it a try. We've also found another source of fruit juice, this time in recyclable glass bottles which, along with your milk bottles can be returned to us. If there is anything else you would like us to stock, just drop me an email.

**The Village Greens Café 1st THURSDAY p/month 11.00 – 3.00.pm**

**Please send your orders to Lynda on [vilaverde@btinternet.com](mailto:vilaverde@btinternet.com)**

**Your orders are always acknowledged within 12 hours.**

*Lynda & Di*

## IF YOU GO DOWN TO THE WOODS TODAY...

You're sure of big surprise. Not many teddy bears but you may find people staring, with their phones, at an insect, a bird, some moss, a tree. So what are they doing?

They're possibly using the new identification free app called iNaturalist. From birds to butterflies, insects and plant life found on the forest floor...all easily identified and can be logged. The main idea of the app is to connect people to nature and to generate scientifically valuable biodiversity data.

A user review, on the website, states that *'Before starting I knew nothing about insects and bugs. I can now keep a record of everything I see in the woods / garden. My phone takes pictures well enough for the app to be able to identify them. You don't need a professional camera.'*

If you want to know more have a look at Cardinham Woods website. **<https://www.forestryengland.uk/cardinham-woods/forest-find-cardinham-woods>** download the app, and start discovering and learning about what you can see and hear in the woods.

**Richard Sutton**



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# cardinham Sports Club

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

Facebook - @cardinhamports

## Chilli Quiz Evening - Saturday 26 March

All being well, our Quiz Night will be back on the evening of 26th March at Cardinham Parish Hall. Malcolm has questions ready, and we hope to have chilli, baked potatoes, and maybe a treat for afters. Veggie option also available. Check website or posters nearer the time for details and to book your place.

**Fancy a game of tennis?** We would love to see more people making use of the tennis court, young and old. Get in touch if you want to have a go. We can help you find new friends to play with, or to get you back on the court if you haven't played for a long time - or even if you have never played before. 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.

More info and membership forms: contact Les **821591** or Chris **821409**, or go to [www.cardinhamports.org](http://www.cardinhamports.org) or Facebook @cardinhamports

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## A Eulogy for Elizabeth Amelia Willcock (Millie)

Given by her son John



Mum, where do I begin? How do I even finish? You were incredible, just incredible. Although you were small in stature you stood so tall, a true, one of a kind character.

Your passing has left a huge hole in the fabric of Cardinham and beyond. So, we gather here to celebrate a life - your life!

Mum was born on the 17th March 1930, at Church Gate Cottage, Blisland, to Richard Wesley Rowe and Violet Fredrika Rowe. She was one of five children. As a child, growing up in Blisland, mum had fond memories of her birthplace. And would often tell me snippets of memories from her time at Blisland, growing up during the war etc.

As a family, Mum moved to No. 3 Whitley Barn in the early '50's and it was then, during that time she met my dad. I often wonder how things might have been had Dad not offered her a lift home on his motorbike..., They were an inseparable item right up until June 19th 2005, when Dad sadly passed away.

They were married on March 25th 1954, both being 23 years old.

Their first home was at Pinsla Park Cottage, Cardinham, where Dad worked for Matthew (Mathy) Cawse, from there they moved to Dreason Cottage, where my sister Anne was born in 1956. Dad then worked for Jack Jones at Colesloggett.

After several moves, the next notable point to mention was Brighton Water Cottage, Lower Treslea, Cardinham, where in 1966 I came along ... then in 1968, the four of us moved to 1, St Meubreds also in Cardinham. Several years later, the 3 of us (Anne, by that time being married to Tim, my brother-in-law), moved up the road to Treslea Cross, I know it was Mum and Dad's dream to have their own livestock.

In 2002, Mum, Dad and me moved to 4 Poundstock Close. Their final move.

Mum, I know how you loved to tell people you were 91, and how they couldn't believe it, but I'm here to tell everyone you were 91 and three-quarters, the three-quarters being the most important part!

You never liked to make a fuss Mum, you always helped anyone. So, today we're all here for you. You and dad are reunited again, finally ...

Please forgive me everyone if my eulogy has been sparse, but Mum had a very long life and it was so hard to cover everything without spending too long before you all.

I close, by simply saying, God bless Mum, sweet dreams, we love you ... John

\*

### **The Empty Chair...**

*(written and spoken by John after the Eulogy)*

Where once you sat is empty now

But I see you still, pen in one hand, word search in the other,  
trying to find that last word on a page

You'd oft ask if I could see it, if your patience grew thin

You'd loose the remote, for me to find, usually it was down by your feet

Yes, your chair is empty now. But not to me,  
you're still there...

\*



*'Reunited'*

## **She Has Gone**

*By David Harkins (as read by Barbara Bullion)*

You can shed tears that she has gone  
Or you can smile because she has lived

You can close your eyes and pray that she will come back  
Or you can open your eyes and see all that she has left

Your heart can be empty because you can't see her  
Or you can be full of the love that you shared

You can turn your back on tomorrow and live yesterday  
Or you can be happy for tomorrow because of yesterday

You can remember her and only she has gone  
Or you can cherish her memory and let it live on

You can cry and close your mind, be empty and turn your back  
Or you can do what she would want: smile, open your eyes, love and go on.

*Ed. You will be greatly missed, Millie, with love from your community x*



## *Time to get walking again!*

At this time of year we start to think about the mud drying up and getting out to walk in the beautiful English Countryside again, but where to find new and interesting walks?

**Walking in Cornwall** <https://www.walkinginengland.co.uk/cornwall> has hundreds of walks to download and print, free, it also has books of walks, details of 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 Harris (the custodian of the website) 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 website – 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 half a mile to twelve miles plus 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!



### **January Café Church's Pop-Up Labyrinth**

Thanks Lizzy for the photos!



[Ed. We learnt about Cornwall's Labyrinth or 'Kerdroya' in the Aug/Sept 21 issue, a giant labyrinth made entirely from Cornish hedging in the heart of Bodmin Moor. It will be 56 metres wide diameter and construction is now underway near Colliford Lake. ]

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# MOUNT & WARLEGGAN EVENTS

JUNE 2nd or 3rd (To be confirmed)

RESERVE THE DATES FOR A PARISH PARTY TO CELEBRATE

## THE QUEEN'S PLATINUM JUBILEE

HOG ROAST, BAND & ENTERTAINMENT, Church Field, Warleggan



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WEDNESDAY 23rd FEBRUARY

7.30 p.m. JUBILEE HALL, MOUNT

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# MILLPOOL METHODIST CHAPEL NEWS

We were delighted with the response to our invitation to join us for the dedication of our chairs and screens. Around fifty attended the short ceremony by Rev Alistair Sharp. This was followed by tea and a short Christmas Concert by the Chorale.

The Chorale made their first appearance for two years when they sang at Bodmin's late night shopping, and a couple of weeks later sang in St Petroc's Church before Jonny Cowling's Christmas Concert. After two cancelled productions some of our members went to the Theatre Royal to see 9 – 5.

Caroline Bailey led a lovely Candlelit Service on Christmas Eve with the help of some of the younger members of the congregation. Once again we finished up by singing in front of Millpool's Christmas Tree. Sadly, once again, no refreshments to follow.

Our monthly **Coffee Mornings (last Tuesday of the month 10.30 am – 12.00)** and **Book Club (first Tuesday of the month 2.30 pm)** are taking place. Come along and join in. It's good to meet up and after so many months of having our activities curtailed.

The **Spring Church Council** is on **Tuesday 8th March at 10.30 am** followed by a pasty lunch. **Edith's Quiz** is on **Friday 11th March at 7.00 pm**. £5.00 to include a pasty supper. Teams of up to four. Book with Julia - 821216.

Finally, we were sad to hear of the death of Millie Willcock at the age of ninety one and three quarters. Over the years Millie has supported many of our events and in recent years regularly attended Sunday services. Our thoughts and prayers are with John and Anne.

## Services for February:

6th  
13th  
20th  
27th

Church Fellowship  
Caroline Bailey  
John Tilling  
Church Fellowship

## OLD CORNISH PROVERBS

Promises are like pie - crusts, made to be broken.

Like an old sheep, always seeing greener fields farther on.

A stew that do boil is a stew that will spoil.

Like Lanson gaol, oal upside down.

Carry a knife, a piece of string and some money, you can cut, tie and buy.

Taken from Jan Bedella's Fiddle by Kathleen Hawke.



## Hedgehog Class

The children have all come back to school full of enthusiasm ready for a new term. We have been investigating the new season of Winter and making the most of our beautiful setting at Woodside. We learnt the story of *'The Magic porridge Pot'* and we have had fun acting it out and are now getting reading to write our own version of the story. We are really looking forward to some delicious porridge tasting. The children are really enjoy practicing and developing their ball skills and coordination with *Plymouth Argyle*.



## Squirrel Class

The first half of the Spring term began with a mystery. The first day back after the Christmas break children found a basket in the classroom containing different items such as some glasses, apples, fruitcake, cheese and a red cloak! This was to help kick off a dazzling start to our new class story *'Little Red Riding Hood'*. The children couldn't wait to get stuck in learning the new text! The children have worked incredibly hard learning their new story text through the use of storytelling actions and drama techniques to recognise how different characters might be feeling at certain points in the story. We have started a new topic for our Geography lessons as we find out *'Where does our food come from?'* It sounds like it could be a tasty topic! Science started with sorting and comparing different types and uses of materials. The children will be conducting investigations and going out on material hunt to seek out what different uses of materials they can find around the village! So, keep an eye out for some investigating Scientists!



## Fox Class

In English, the Year 6s started the term making windmills and writing their 2022 wishes on them. Their new text, *'The Old Mill'* has captivated them and they're off to a dazzling start. The Year 4s and 5s had a spooky visit for their text *'The Nightmare Man'*. This term we will be continuing to use the village hall for PE where we are improving our dance moves. In Geography, we will be looking at our vast ocean and all its uses. In RE we are looking at the Hindu faith and hoping to have a visit from someone who follows the faith to talk to the children. In music, we have the pleasure of Mr Harrison sharing his musical talent with the children. Finally, in Science, Miss Toms is passing on her science passion to the children as they carry out lots of investigations that look into separating mixtures.

**The Friends of Cardinham School** will be supporting the school by providing funds to put towards the creation of a sensory garden. To help our funds go a little further, we hope to source some items, plants and help from the community and we, along with the school, will be sharing details soon of how to get involved if you can!

Working closely with the staff and pupils, we hope to maximise the area to benefit our children's learning and create a space for the children to relax, play, engage and explore. **Friends of Cardinham School PTA**

# 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 (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 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
Gardening Club	Loveday Sutton	821350
Helpline	Gill Long/ Jenny Saunter	821745 / 821217
London Inn, St Neot		01579 326728
Methodist Circuit Office	office@bpwccircuit.org.uk	895157
Millpool Chapel	Shirley Doran	813685
Millpool Coffee Morning	Julia Maynard	821216
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Mother & Toddler Group	Crissie Butler	07540 181416
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	Rosemary Rowe	821225
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

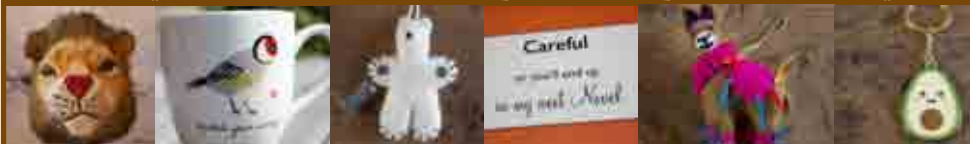
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# ✿ CARDINHAM & DISTRICT GARDENING CLUB ✿

The Gardening Club is hosting meetings in the Parish Hall again and the December meeting saw twenty of us take part in an excellent quiz hosted by Becky Martin. Becky tested our horticultural knowledge, but not to the extent anyone felt it was too hard! She used slides which brought the questions to life, although they did not always make the answers any easier! We also took part in teams which was much more fun and less stressful! To get over the stress of it all we enjoyed mulled wine and mince pies. A great start to Christmas!

We were able to hold our AGM in the Parish Hall on January 17th. Fantastic to see at least forty members and friends to join us in person! The business side of the meeting was held at the beginning of the evening, you can see the current committee and officers online at **[www.cardinhamgardening.co.uk](http://www.cardinhamgardening.co.uk)**. We are sorry Tony has resigned from the committee and so grateful for the time he has given the club, not least his generous hosting of several events in his beautiful garden. We understand how little time he has with his other commitments, but we are delighted to welcome Sue Muir on to the committee.

Adrian Langdon's illustrated talk, *'The Natural History of the River Camel, from Source to Mouth'* was excellent: wonderful photographs of mammals, birds, landscape and habitats and informative narration. We always enjoy evenings with Adrian and this was no exception.

The February meeting on the 14th is a talk by Jim Stephens, formerly of Duchy Nursery, on *'Trees for Small Gardens'*. We are being encouraged to *'plant a tree for the Jubilee'* and if you are thinking of doing so this may be the talk for you. Jim and his partner, Sue, have a beautiful garden in Dobwalls which we shall be visiting as a club on July 11th. He is a passionate plantsman and extremely knowledgeable.

We welcome back an old friend on March 14th: Nick Bacon, who will tell us about *'Growing Veg the Old Fashioned Way'*, another not-to-be-missed talk if you currently grow or want to start growing veg. Learn how to grow succulent veg in the way our fathers and grandfather's did, reducing environmental impact.

We are always delighted to welcome new members or you may come as a guest to see if the club is for you. For more details please get in touch on **01208 821303** or visit the website at **[www.cardinhamgardening.co.uk](http://www.cardinhamgardening.co.uk)** where you will find the details of the programme for 2022. We look forward to seeing you soon.

Enjoy your gardening new year, no doubt plenty of challenges ahead, let's hope not too many of the Covid variety!

*Libby*

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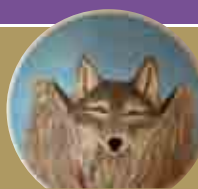
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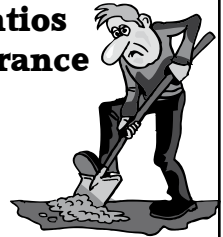
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## MOUNT LEAT

Tommy Courts was born and lived in Mount all his life, except for the period of the Second World War when he saw service in the army in Iceland, Africa and Italy. Tom was a carpenter by trade and a true craftsman. He lived in the Smith's Shop at the bottom of the village on the left.

Until his death in February 1986, aged 69, Tommy devoted his life to the parish and its amenities. He was one of the pioneers in the building of the Jubilee Hall and was the Hall Committee Secretary for almost fifty years.

During his life Tommy observed the life around him and luckily for us made some notes on the daily happenings that would otherwise have been lost forever. I copy below extracts from his story of the Mount Leat. For those of you who are new to the area this was a constant stream of water that originated below Bury Castle and flowed from the moors above down through the village of Mount emerging in the shute opposite the Post Office and then on down to the farms below. Another branch of this leat flowed down to the former standpipe by the School at Cardinham.

"I would not be at all surprised if you said that you had never heard of it or never had any idea of what its purpose was. Until the coming of pipe water service, this stream played a very important part in the life and livelihood of the local people of this village and surrounding farmers.

> *Continued on page 28*



# Notes from Portugal



6th January 2022

Here in Portugal the olive season has given way to the citrus season. When we first decided to buy out here, my criteria was that it had to be somewhere that oranges would grow, on the surmise that if it was warm enough for oranges it would be warm enough for me! It has more or less worked, although a ground frost is virtually unknown there is the rare air frost and last year one put paid to the lemon, lime and grapefruit blossom. However we still have plenty of oranges and loads of tangerines, so the daily routine either includes making

marmalade, juicing oranges and eating oranges or tangerines. Yes, I shall start to look like one, but think of all that Vitamin C. 'Marmalada' out here is totally different, being made from quince. I have never seen Seville oranges here and when we were planting our fruit trees a 'Seville' orange tree was unheard of, they are grown in Spain, specifically for the British market.

13th January 2022

Anyone who has ever had a smallholding or productive veg patch will know what I mean when I talk of shortage and surplus. One just can't waste what one has grown, so weeks of eating lettuce is followed by weeks of eating beans and the person who can come up with a book on '*101 Ways to Cook Courgettes*' is on to a winner.

So our orange & tangerine glut continues, we're not keen on too much cake, but orange trifle, crêpes, orange curd which can be turned into orange ice cream, duck à l'orange, and orange and pork curry work well. Orange liqueurs entails buying loads of vodka and mine has never come close to Cointreau.

If anyone has some recipes do pass them on.

Of course recipes that do not include orange zest would get a gold star. When is someone going to come up with a nice little gadget that will shave the zest of oranges and lemons? Determinedly gripping fruits and trying not to grate the ends of my fingers is not my favourite occupation, although it is a little easier if the fruit comes straight off the tree. I have a tool that will take strips of zest off, but they are not what you want in your curd.

[Ed. Anyone remember Inspector Gadget?]



20th January 2022

Living in the middle of nowhere I am very conscious of the natural cycle of life. To me it is the sounds of the birds that are the clearest indicators of this. In November all the cranes arrived from the north, about one quarter of a million overwinter in the Iberian peninsula and we have several hundred around here. Each morning they arrive to feed amongst the oak trees [they like acorns], on the other side of the hill across the valley. We only see them when they are in flight but their calls to each other are a

sound not to be forgotten. At Christmas the storks arrive from their summer break in Africa. We have a storkery [is there such a word?] near us and the beak clattering as they welcome each other is another distinctive sound. House renovation is now under way and they have to produce their offspring and fly off before everything turns brown in June. The cranes will be heading back north in March. The hoopoes have started calling and the serins [little finches] are singling loudly from the tops of the trees. All we need now is for the swallows to arrive.



*Birds of Portugal: Top: Cranes, Bottom left: Hoopoe, Bottom right: Serin*

**Lynda**

## CONGRATULATIONS !

- Simon & Lizzy Smart are thrilled to announce the birth of their third granddaughter **Elysia** who was
- born on 11th January in East Surrey Hospital, Redhill
- to Nika & their son Tim. The 'Little' One weighed
- 10lb 7ozs/4.8kg! Big Sister Octavia is over the moon
- as are all of us!
- *Wonderful news! And welcome to the world Elysia!*



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(< From p24) The origin of this stream, as far as I know, is not very well known, but it has been always understood that it was first done to bring a water supply to the ancient Manor House of Trengoffe, but we do know that the water from this stream rises on the moorland near Higher Bury Farm in the parish of Cardinham and flows in an open gutter to Trengoffe Farm, and on the way the stream is tapped for other places as a supply, including Mount village and part of the stream is used to supply farms and the village of Cardinham.

In Mount village we had a shute where the people came to draw water with their buckets and baths, several of the houses had the stream run into their washhouse and was used for all purposes such as washing clothes, watering the garden, etc., but I never knew of people using it for drinking, excepting gypsies who camped on the downs many years ago and they reckoned if you caught water from the stream early in the morning, when it had been running all night undisturbed that they were quite prepared to drink it.

The business of keeping the water flowing was rather a time absorbing one as when animals came to drink from the stream they would break away the ground and the water would soak away and change its course. This job of keeping the water flowing to its many places was known locally as keeping it "home" and for many years all the people who would benefit from the stream supply would once or twice a year all arrange a day and time to go and clean out the leat which over the year would get much growth of trees and grass vegetation along its banks and bottom. This was a great occasion when all the workers would set off with shovels, prongs, paring hooks and attempt to clear at least the worst obstructed parts of the leat.

Most farms and blacksmith shop which used this water all had great big granite troughs for the animals to drink from and the period steam threshing equipment all used the water to replenish the steam boiler when passing the stream and we all as inquisitive boys would be near the engine when they took on this water and often the engine driver would turn the steam back in to the water tank and scare the wits out of we boys.

The stream crossed the road at the parish boundary where you enter Mount village from the Cardinham side and I remember as boys we used to make small what we called boats and raced under the road in the stone gutter drop them in one end and wait the other end to see whose boat won; these boats were just a rush that grows by the stream rolled up flat and then pinched together with a furze or thorn prickle. The many hours of fun we had that did not cost us a penny, when boys today are not happy with an electronic game which cost them Fifty pounds.

Water has been always such a valuable commodity that even this open leat supply was so valued and used for so many general purposes that the only alternative was rain water which was caught and stored in galvanised tanks and barrels.

Outside the school gate the stream came down the deep cut open gutter by the road hedge of Shop Field, and this being so near the school was an ideal site to dam the water back with "tabs" from the gutter bank and side of the hedge, great reservoirs of water would be pooled back and then without warning the dam would burst and away would go the great volume of water, the number of boys who went

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home with wet socks and feet after this great feat of engineering must have been many and afterwards if we only had a recording of all the stories they must have told their parents how they had got wet feet must have been many reasons.

We could never mention Mount Leat without mentioning the tadpoles that were to be found along this stream, what a number of visitors the stream had from Mount school. In the spring school children would flock to the stream with jam jars, fruit tins and old saucepans to bring back tadpoles and some managed to exist in the school window until they must have disappeared as young frogs.

Just outside Higher Mount entrance gate was a lovely shute and I have known people from the village wash out pigs bellies there and in later years it was used to keep milk cool, by standing the churn close to the shute so it could run down the side of the churn and keep the contents cool to await the milk lorry collection. The large granite trough, still in its original position in Bofindle Farm yard, no longer full of water but gaily full of delightful flowers no boy could pass that great trough of water without putting a stick in it and stirring up the mud settlement, and how we always tried to unplug the bottom and let the water cascade across the yard in a stream as from a fireman's hose.

I have been wondering what has happened to all the stone troughs which were used with the Mount Leat. Gran Jory had a lovely rough granite trough which the stream filled in the back kitchen, the old granite trough that stood for so many years in the blacksmith shop was taken away up to the top of the field at Westlands now Trevelyan Farm and used as a header tank for the cows house drinking bowls and for washing down; and what ever happened to the trough that was in the local "killing house" in Muddy Lane, (the lane that runs from the top of Mount Village southwards to Pool Park) the stream was only turned in to this trough for the purpose of cleaning when the slaughtering was carried on and the amount of water used would run away into Muddy Lane carrying with it blood, fat and animal offal – what a treat for the birds and vermin. So much water would have been used that it made the lane impassable on foot as it made a great pool in the low part of the lane – what a chance it would be today for the Public Health personnel to be able to exercise their authority.

I cannot remember traffic passing through "Muddy Lane", not even anybody on horseback, but we boys used to go there in the lane, bird nesting, blackberry picking and nutting. Where the lane comes out at Pool Park there is now a great heap of earth and rubbish stopping water or people coming out. Just remembered there was some lovely crab apples in "Muddy Lane".

When Mount Leat does overflow and flooding of road surface takes place and it has been common knowledge to me passed on by my father that a noted Mr Harris known as "Warrior" Harris was known to have gone down Mount road in a washing tray or wash tub which the local carpenter made in those far off days for all the families to do the weekly washing, so the size of the overflow stream was sufficient to float a wash tray with a man in it."

How simple but uninteresting it is to now turn on a tap for an endless supply of water!

**John Keast**



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<https://cornishpastyassociation.co.uk/about-the-pasty/world-pasty-championships/>

### **Oi Frog & Friends, Hall for Cornwall** 4 - 6 February 2022

Join Frog, Cat and Dog in the action-packed stage adaptation of Kes Gray and Jim Field's bestselling books. Expect songs, puppets, laughs and rhymes.

<https://www.hallforcornwall.co.uk/playhouse-tickets-shows/oi-frog-friends/>

### **Gangsta Granny on Stage, Hall for Cornwall** 16 - 19 February 2022

Award-winning West End production of the story by David Walliams.

<https://www.hallforcornwall.co.uk/playhouse-tickets-shows/gangsta-granny/>

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<https://www.english-heritage.org.uk/visit/whats-on/pendennis-feb-half-term-quest2/>

### **We Will Rock You – The Queen Musical, Hall for Cornwall** 21-26 Feb

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### **Tim Peake: My Journey To Space, Hall for Cornwall** 5 March 2022

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### **Moonlight Memory Walk Falmouth 2022** The Moor, Falmouth

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Five mile Moonlight Memory Walk to remember loved ones while supporting the families who use the Children's Hospice South West.

<https://www.facebook.com/events/1100221843702443/>

## WHAT'S THE HISTORY OF PANCAKE DAY?

**Pancake Day**, or **Shrove Tuesday**, is the traditional feast day before the start of **Lent** on **Ash Wednesday**. **Lent** – *the 40 days leading up to Easter* – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “*shriven*” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “**Pancake Bell**” and is still rung today.

**Shrove Tuesday** always falls 47 days before **Easter Sunday**, so the date varies from year to year and falls between February 3 and March 9.

Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients.

A pancake is a thin, flat cake, made of batter and fried in a frying pan. A traditional English pancake is very thin and is served immediately. Golden syrup or lemon juice and caster sugar are the usual toppings for pancakes.

The pancake has a very long history and featured in cookery books as far back as 1439. The tradition of tossing or flipping them is almost as old: “*And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne.*” (*Pasquil's Palin, 1619*).

The ingredients for pancakes can be seen to symbolise four points of significance at this time of year:

**Eggs ~ Creation**  
**Flour ~ The staff of life**  
**Salt ~ Wholesomeness**  
**Milk ~ Purity**

In the UK, pancake races form an important part of the **Shrove Tuesday** celebrations – an opportunity for large numbers of people, often in fancy dress, to race down streets tossing pancakes. The object of the race is to get to the finishing line first, carrying a frying pan with a cooked pancake in it and flipping the pancake as you run.

The most famous pancake race takes place at **Olney** in Buckinghamshire. According to tradition, in 1445 a woman of Olney heard the shriving bell while she was making pancakes and ran to the church in her apron, still clutching her frying pan. The *Olney pancake race* is now world famous. Competitors have to be local housewives and they must wear an apron and a hat or scarf.

Each contestant has a frying pan containing a hot pancake. She must toss it three times during the race. The first woman to complete the course and arrive at the church, serve her pancake to the bellringer and be kissed by him, is the winner.

At **Westminster School** in London, the annual *Pancake Grease* is held. A verger from Westminster Abbey leads a procession of boys into the playground where the school cook tosses a huge pancake over a five-metre high bar. The boys then race to grab a portion of the pancake and the one who ends up with the largest piece receives a financial reward from the Dean, originally a guinea or sovereign.

In Scarborough, Yorkshire, on **Shrove Tuesday**, everyone assembles on the promenade to skip. Long ropes are stretched across the road and there might be ten or more people skipping on one rope. The origin of this custom is not known but skipping was once a magical game, associated with the sowing and spouting of seeds which may have been played on barrows (burial mounds) during the Middle Ages.

Many towns throughout England used to hold traditional Shrove Tuesday football ('*Mob Football*') games dating back as far back as the 12th century. The practice mostly died out with the passing of the 1835 Highways Act which banned the playing of football on public highways, but a number of towns have managed to maintain the tradition to the present day including **Alnwick** in Northumberland, **Ashbourne** in Derbyshire (called the *Royal Shrovetide Football Match*), **Atherstone** in Warwickshire, **Sedgefield** (called the *Ball Game*) in County Durham, and **St Columb Major** (called *Hurling the Silver Ball*) in Cornwall.

(From <https://www.historic-uk.com/CultureUK/Pancake-Day/>)



## **FEET OFF THE GROUND ( F O G )**

We are, FEET OFF the GROUND, an Aviation Based Charity and we team up with Organisations, Airfields and other Charities using our member's aeronautical skills and knowledge to bring about life changing opportunities. The following quote from our constitution sums up our aims in a few words

*"To work with other organisations which address the personal developmental needs of young and/or disadvantaged persons, broadening their experiences and horizons by providing experience of light aviation."*

To date our team have worked with The Douglas Bader Foundation (Bader Braves), CHICKS (Country Holidays for Inner City Kids), Children's Hospice South West (CHSW), Cornwall Accessible Activities Programme (CAAP), The Scout Association, the Air Training Corps, the Royal British Legion, Help for Heroes, local Schools and Colleges.

Regrettably the Covid 19 pandemic has prevented us from maintaining a workable programme to satisfy the original remit of our charity during both 2020 and 2021. However we are treading softly and to remain within the confines of the government guidelines we plan to go ahead in 2022 with a Bader Brave's Flying Day and possibly visits by schools to the airfield. Talks in the early part of the year with organisations and charities will determine the depth of involvement that we are able to operate under.

On the day the aim for the ground crew is to assist with helping young disabled children to realise the dream of a life time ... to fly in a light aircraft. Our volunteer pilots will need to have flown at least 250 hours and to be in current practise. The safety criteria and briefing details will be given to our pilots if they apply to join the FOG team for the day. On the day of the flying events each child will be given a local flight which will last about 15 to 20 minutes and all the necessary precautions will be adhered to for a safe and enjoyable experience. It is very rewarding work and provides great joy for all of the people that are involved and what better 'payment' to receive than seeing the smiles on the faces of the young souls as they leave the airfield after a fabulous day of fun.

We are also hoping to return to holding two Scout Aerocamps on the airfield per year or at least have a Scout Activity Day to introduce scouts to the world of aviation and to enable them to complete some course work for their scout badges.

**Pete White**

# CARDYNHAM CHURCH

What do you think is the oldest inscribed object, on public display in Cardinham?

A good candidate is the shaft with the cross on top, above and to the right of the entrance to St Meubred's churchyard. Thanks to the wonders of modern technology you can examine a 3D image of it even more closely than for real at the website:

<https://www.bodminway.org/st-meubred-heritage>

<https://sketchfab.com/3d-models/churchyard-cross-at-st-meubred-cardinham-250k-66ab63b621ed4bb3bb457e1e3e777486>

The 3D models were done by the Historic England, Geospatial Survey Team. You can also view the wonderful Cardinham cross there.

The shaft dates from the 6th or 7th century. The cross fixed to the top is medieval. It was removed from the church wall in 1872. The shaft has a latin inscription incised in two parallel lines running down it. It is said to read '**Ranocorus fili Mesgi**' That is '**Ranocorus, son of Mesgus**', but no one has been able to see this for a long time. Can you see the inscription on the 3D photo? What do you think it says?

The Cardinham cross, outside the south porch, is decorated with relief carved knot-work, interlaced key pattern, a vine scroll and a Manx ring-chain. There is also an inscription on the front. You can see all of this much clearer on the 3D image than examining the cross itself.

We are surrounded by so many wonders but sometimes technology can show us more than our eyes can!

**Ann Kerridge**





# Cornwall Councillor Jenny Cruse



As I write this newsletter there is a chill wind blowing, but the snowdrops are looking sprightly and the first daffodils are poking their way through, so spring is on its way.

I am happily munching the last of the Christmas cake and just thankful that I got to spend Christmas at home after a long spell in hospital. During that time I was more than grateful for technology as I was able to keep abreast of my Councillor emails and attend meetings via Teams and Zoom.

So to Cardinham matters: as always the wheels of Highways grind exceedingly slowly and after much chasing I have confirmation that a special coating will be placed on the cattle grid at **Preeze Cross**. I was also promised the cattle grid at **Treslea** needed a special kind of pump to clear the mud and that was to be actioned in December, likewise the replacement of cattle grid signs at **Five ways**. I understand we are still waiting! The outbuild at the **Woodside Cardinham School** is now scheduled for February and I am hoping this will at last materialise.

I have some urban saplings arriving in March and 7 of these are to be planted by **Cardinham School** in the pre-school playing field each to celebrate 10 years of our **Queens' reign**. *Cardinham Gardening Club* have very kindly offered to organise the planting of red white and blue displays at our signposts into the village. This will be funded from the Community Chest and may be in pots as well as planted near the signs. I am also working with the *Blue Tits* in Bodmin to brighten up the Dunmere and Launceston roundabouts ready for the Jubilee.

At the next Parish Council meeting we are discussing the feasibility of a bus service coming to Cardinham and Blisland. In principle I am in favour of this, but would be very interested in receiving comments from our community. This has some support from our Transport Leader, but of course we need to assess demand and where our buses best serve the public.

Council has approved an additional £45,000,000 to go to Adult Social Care. We plan via many agencies and emergency deployment of staff to alleviate the problem with securely placing patients back into the community or their homes. We are currently unable to meet the demand and therefore we need a different level of response. I certainly saw this to be the case during my stay in hospital.

Do take care especially on those wet and slippery paths and roads. Spring will soon be with us and those lovely sunny days we sometimes enjoy during the winter when they come are always so very special. As always please contact me if you need advice or help.

**Jenny Cruse**

**Email: [cllr.jennifer.cruse@cornwall.gov.uk](mailto:cllr.jennifer.cruse@cornwall.gov.uk) Mobile: 07710219465**

# REGULAR EVENTS

DATE	WHEN	WHAT	WHERE
Monday	7.30pm	Warleggan Young Farmers' Club	JHM
Monday	7.15pm	Millpool Chorale Practice	CRM
Tuesday	11.45 - 12.45pm	Pilates Mixed Ability Class	JHM
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
Wednesday	9.15 – 10.15am	Pilates Mixed Ability Class	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: 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)