



Wassail in Polmear Orchard by Phil Oules



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Par office team: 01726 812271



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Hello and welcome to all our readers as Spring arrives in PL24

Wassailing involves blessing an orchard to ensure a good harvest for the year to come; and Polmear Orchard's very own Wassail is pictured on the cover of this Spring edition. Just as PL24 gardeners nurture seeds at this time of year for our own gardens, for Par Community Garden and for those gardens which open for charity such as Gardens Cottage in Prideaux, so volunteers at PL24 Community Association (PL24CA) are busy looking at what we might be able to create to lift our spirits and enhance our lives on an everyday basis.

In particular, we are delighted to welcome three new volunteers who have offered to help with admin including researching and putting together funding bids: Bob, Denise and Tony. Bob lives locally and is out and about investigating sites for projects, drafting plans and getting quotes together. For quite a while, we have been looking for somewhere to store our equipment, and working with the Friends of St Andrews Wetlands Reserve (FoSAWR), we are now in a position to bid for external funding for a community storage facility to be shared by FoSAWR, St Blaise Feast and Fete, and GrowStBlazey. Denise and Tony come down to Par on a regular basis, and like so many of our "visitors" have fallen in love with the area. Denise suggested we consider creating a Friendly Corner where people could get together and have a chat. So off we went and plans are progressing well. Applying for funding is rather like planting seeds – you start off doing the groundwork, then plant the ideas with funding organisations, and cross fingers that they will be keen to help bring the ideas to fruition!

As we go into Spring, it may be that you too might like to help "grow" our community in a positive way. Some volunteers are hands-on and out in the community.

Others help remotely from further afield, with the website for example. PL24CA volunteers reduce plastic pollution by sewing bags from recycled material, bags we then donate for free. Volunteers also litter pick; maintain the orchard and various planters; paint and refurbish benches; and produce and distribute PL24 Magazine. We are always interested in ideas for improving our local environment, so let us know your thoughts, and if you can help out in any way too, you would be most welcome. Just get in touch - preferably by emailing Alison at pl24community@gmail.com - or phone and leave a message for Judy on 07599 405 518.

With best wishes for a lovely Spring!

Community Litter Picks

2025

Sundays 1000-1200

23rd March, St Blazey Co-Op for St Blazey

20th April, Burrows Centre for Biscovey

18th May, St Blazey MX for

Tywardreath Highway

15th June, Cornubia Hall for

Par and Tywardreath

21st September, Carpark for Spit Beach

19th October, St Blazey Co-Op For St Blazey

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Licence refused for test drilling in St Austell Bay!

Almost a year after South West Water applied for a licence to carry out test drilling in the bay, the Marine Management Organisation (MMO) have refused the application.

The Desalination Information Group (DIG), who encouraged public objections to the application, say they are 'delighted' with the decision, adding, 'The test drilling is an essential precursor to laying any pipes in St Austell Bay. The original plans for a 1.2km pipeline for abstracting seawater for desalination, along with a 3.4km pipeline to facilitate the discharge of brine and other waste back into the bay, cannot proceed without preliminary tests.'

The MMO twice asked South West Water to provide additional information to support their application, but in the absence of any further details being made available the licence for test drilling was refused.

DIG say, 'We understand that the MMO received an unprecedented number of objections to this licence application - we're very proud that so many people voiced their opinion, contributing to this hugely successful result. It would seem that South West Water have massively underestimated the strength of public opinion against desalination – local people are clearly passionate about preserving the unique marine and land environment in and around St Austell Bay.'

The MMO have also deemed that the desalination scheme needs a full Environmental Impact Assessment – not just for the marine element but for the entire project. Bizarrely, Cornwall Council decided an Environmental Impact Assessment was not required, leading to South West Water's claims that, despite the impact on both the land and marine environments, their revised 'Phase One' option could largely be considered 'permitted development'.

Interestingly, at a recent presentation made to Fowey Yacht Club, South West Water stated that the desalination scheme, originally planned to be operational by the end of 2024, is currently 'under strategic review'.

The Desalination Information Group added, 'whilst this is clearly a setback for SWW it does not bring closure. We will continue our stated mission to 'investigate and challenge SWW's proposals, exploring all the implications and alternative solutions.'



www.saynotodesal.co.uk

Facebook: desalination information group

Fun, Friendship, Food



You will find us at: Cornubia (Moorland Road entrance), Par.

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See our Facebook page for more details: [thehubatcornubia](https://www.facebook.com/thehubatcornubia)

Or contact Sonia: 07980 838578
Jayne: 07766 826428

Free Activity Days and Workshops for Families Facing Terminal Illness

Families with children experiencing the challenges of a parent or carer having a terminal illness are invited to take part in a series of free activity days and workshops, designed to provide support, connection, and meaningful memories. Organised by Gunners Kids CIC, these events offer unique opportunities for families to spend quality time together while accessing resources and guidance for the journey ahead.

Information Session and Karate Activity at St Blazey Family Hub

When: Saturday, 23rd March

Where: St Blazey Family Hub

Adults can gain valuable insights into practical topics like wills, power of attorney, and insurance, while children engage in a fun Karate activity session. **To book, go to** forms.gle/aakMaNh3cVf4mERV7

Free events aim to provide families with an opportunity to bond, learn, and find moments of joy amid challenging circumstances. By combining activities for children and resources for adults, Gunners Kids CIC aims to support families in a holistic way.

Gunners Kids CIC also offers support boxes specially designed for children. Families can register to receive a box by completing the form available at:

forms.gle/ZPYEdJALjciSfgPW6.

The registration link can also be found on the organisation's Facebook page.

Set up in memory of Chris Gunner who passed away in April after a three year battle with bowel cancer, the organisation aims to enable families to create lasting memories with their loved ones by offering activities, workshops, information, and peer support in a safe, understanding, and welcoming environment.

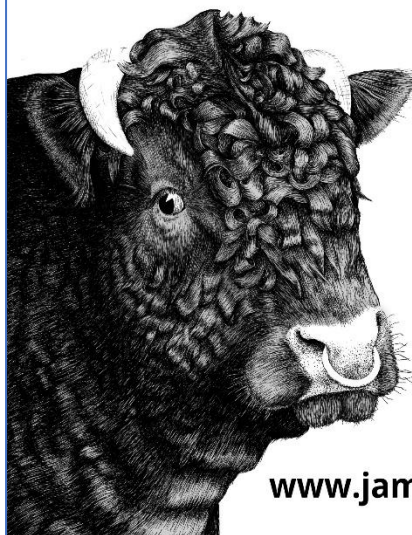
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Pact launches in Cornwall to unite parents in delaying childhood smartphone ownership.

A quarter of 3 and 4 year olds now own their own smartphone according to data from Ofcom. By the age of 12 it rises to 95% of children. Designed to be addictive, smartphones encourage children to use them regularly, and parents can then find their child has excessive screen habits leading to poor sleep patterns, less time to play with friends, exposure to harmful content and poor mental health. In February 2024, a couple of parents decided to make a pledge to delay getting their child a smartphone, believing that childhood is too short to be spent on a smartphone. Initially they set up a WhatsApp group to bring like-minded parents together. It quickly spread and now there is a **Smartphone Free Childhood** WhatsApp community in every area of the UK, including an active community in Cornwall and the Isles of Scilly.

Peer pressure is strong on the issue and parents feel compelled to buy one for their child, so they aren't left out. With this in mind **Smartphone Free Childhood** launched a pact in September 2024, which allows families to pledge to delay getting their child a Smartphone until 14, the age recommended by mental health professionals. Parents can then see the results of the pact, which are anonymous. The results give the school name and year group and this reassures a child that they will not be the only one without a Smartphone. The movement is gaining momentum and Virgin Media O2 have reported their sales of non-smartphones or basic/retro style mobile phones have doubled in the last year, as parents are choosing these for their children instead.

Jo, a parent from mid Cornwall, described how the pact had helped her. "No one in my child's school had signed the pact, so my school didn't appear on the results. I signed as the first person for my child's school and then told other parents at school about it.

Now lots of other families have signed too, so it's been helpful for my child."

Since the pact launch, parents of over 870 children in half of the schools across the region from the Five Islands Academy on the Isles of Scilly to Sir Robert Geoffrey's school near Saltash have signed the pact to delay giving their child a smartphone.

If you are interested, please look at parentpact.smartphonefreechildhood.co.uk

Emily Hudson

Par Carnival Team 2025

The evenings are getting brighter and after our winter months of hibernation and planning, we have roused for another Carnival year. Each year we request more volunteers, every year the paperwork increases and every year we seem to have more unsettled weather, but let's get ready for another exciting year at Par Carnival. We are looking for any photos from previous years that we can use in this year's Carnival Programme; if you have any, just Facebook post them to us.

The full list of events is still being assembled but for those interested in some early dates: 2025 Carnival Queen choosing Sunday 9th March, St Blazey Railway Club 2pm
2025 Par Carnival AGM Sunday 9th March, St Blazey Railway Club 3pm
2025 Par Carnival Annual Fete Sunday 13th July, running track sports field 11am to 3pm [Fete Stall pitch booking is now open, just email us. Don't leave it too late as pitches go quickly and we only have limited space for stalls.]

2025 Par Carnival procession starts at Par Track carpark Saturday 19th July [provisional, weather permitting; reserve dates in place]
Full details/updates

<https://www.facebook.com/parcarnival/>

Email: teampcouk@gmail.com

Getting close to nature

A recent study in Japan has shown that one way of reducing your stress is to have a vase full of flowers near to you. The study showed that employees who had a bunch of flowers on their desk became calmer even after just a few minutes.

Many other studies have shown that people in hospital can recover faster when they can see nature rather than a wall, and that students can perform better in the classroom when they can see greenery.


Why would this be? Behavioural scientists have suggested that we are predisposed to pay attention to nature and that looking at vegetation can help us deal with stress. This may be due to our evolution when we looked to nature to help us survive.

Apparently, it is not just looking at nature that can be of benefit to us. Our sense of smell can also help us deal with our emotional state. Many trees emit a compound known as pinenes which are responsible for the scent of trees such as conifers and just a few seconds breathing this compound has been shown to help reduce blood pressure. Other scents such as cypress and juniper may help to boost your immune system. Various studies have shown that areas that have the greatest number of trees appear to have lower rates of prescribing for antidepressants.

How can we apply the findings of these studies to help improve our own wellbeing? We can do things such as going for a short walk in nature and taking time to notice the smells and sights around us. Other helpful suggestions include getting some house plants, putting some plants outside your front door and spending some time out in the garden (when the weather allows) enjoying the sights and sounds around us.

So, plants and flowers are not just to look at but can also be good for your health. I am now off to water my house plants.


Lesley Pallett






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Tywardreath and Par Parish Council

Devolution of Vine Place

At the last meeting the council agreed to take over the car park, green space and old toilets. This is likely to happen very quickly, so watch this space. Please come to our Annual Parish Assembly in April to give us your views on this project. What would you like to see done with the green space? The old toilet block is in very bad repair. Do you have any ideas for future of this? We have our own thoughts but would like to hear what people think. We have instructed solicitors to progress transfer.

Devolution of Polmear Orchard

As part of the Vine Place package we have also been promised this area. This protects it from the risk of council selling it on. If you want to be involved, we are looking to continue working with the volunteers that have been helping in this area. We will be looking for someone to cut the grass so if you would like to quote for the work, please let our clerk know.

Allotments

We have got through our waiting list. If you're interested in an allotment, please email the parish clerk, and she will let you know when one becomes free.

Par Beach Toilets

After very extensive damage by vandalism, we had to negotiate with our insurance company. One toilet is now open as a start. If this continues, we may need to review this provision, as parts are expensive and difficult to get.

Elections

Despite what you may have seen on the news, there will be elections in Cornwall in May. Details can be found on Cornwall Council's website. Both Parish and Cornwall Councillors are up for election.

Flooding

We have been out reporting blocked drains and the ones we have reported to Cornwall Council have been cleared.

If you see any, please report them on the Council's website. We are looking for extra flood wardens, so if you are able to help, please get in contact.

Budget

Councillors have agreed not to increase the precept this year.

Caroline Wildish, Chair

Coastal Communities Matter A Time & Tide Bell project

SHARE YOUR MEMORIES OF PAR BEACH

As part of a national project celebrating the history and heritage of coastal communities, an oral history project is launching in Par. We're looking for people in the PL24 community with a strong relationship to the sea, the beach, or Par Docks, to take part in interviews that will capture and share the memories and perceptions of our beach as it has changed over the years.

We're looking for people who have worked on the fishing boats, in the clay works at Par Docks or any other industry with a direct connection to the sea. We're looking for holidaymakers whose families have visited Par sands for years and maybe ended up moving here. We're looking for people who have lived here for generations, who have experienced flooding, who have noticed how the beach has changed.

Do you have memories and thoughts of the beach you'd love to share? Then get in touch. We're hoping to run both individual interviews and group chats. They will be recorded, and what we learn will have two big outcomes: The first will be work with local schools to preserve this important local knowledge. The second will be an audio trail at the beach, preserving and sharing local voices and memories for all.

Email us at info@prodigalupg.com for more information.

In Search of Tywardreath (ISOT)

2025 started with the very successful wassailing on 11th January.

In February, our talk was given by Barry West, completing his Charles Dickens evening, and we learnt about Charles Fox.

Future events:-

27th March Samantha Barnes from Historic England at Well St Chapel 7pm £5 on door

24th April Garry Tregidga on Cornish Rebellions 7pm Chapel £5 on door

22nd May Tom Goskar inscriptions Chapel 7pm £5 on door.

25th April joint fund raiser with St Andrew's Church with the Velvets and Beatnik Skiffle 7.45 pm Church £5 on door.

3rd /4th May Newhouse Farm our annual Tiwardrai Fest 10am to 4pm celebrating all things Cornish - arts, crafts, culture, history with lots of entertainers, stalls, learn new skills, have a go etc. Keep a look out for the posters and on social media for more details.

ISOT meet every 3rd Thursday of the month at Well St Chapel everyone is welcome.

Email insearchoftywardreath@hotmail.com
tywardreath-uneathingthepast.co.uk/timeline-draft-elementor/

Facebook: [tywardreathhistory](https://www.facebook.com/tywardreathhistory)

Helen Barden

Par Track junior parkrun.

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St Blaise Town Council

Since my last report we have had Christmas and the New Year; I hope you all enjoyed the festivities. Last year's carol concert was on Sunday 8th December which went very well, and the Church was pleased with the collection; I would like to thank all of you who attended. I attended Rev. Jules' last service on Christmas Day at St Blazey Church and wished her well for the future. I attended the Christmas Day lunch at Cornubia, where everybody enjoyed themselves. I would like to congratulate the Cornubia team.

Due to bad weather, work on Trailblazer Park was delayed but all the new equipment has now been installed; we are waiting for the grass to dry out and the repair work to be completed so that it can be opened. Once this is done, we will be holding an opening event. If you feel you would be interested, please contact the Clerk.

There have been several posts on social media where there seems to be a presumption that St Blazey Town Council are not taking seriously complaints about speeding along Station Road, Middleway, St Blazey Road and other areas, or doing anything about it. Please allow us to explain the problems we face and what we are trying to do.

We have had new lighting installed in King Edward Gardens but unfortunately within one week rocks had been thrown at it and it is now damaged. It is a shame that one or more vandals are ruining the park for everybody else. The Town Council has been given permission to take on the maintenance of the War Memorial at St Blazey Church and we hope to see improvements there shortly.

We continue to hold Council Surgeries at St Blazey Community Rooms (the old police station) on the first Saturday of each month from 10am to 11am, where two councillors will be in attendance to take note of any complaints, comments or suggestions.

All these are discussed at the next council meeting and an answer provided, if not acted on sooner. We on the Town Council are here to help you, the residents, to make St Blazey a better place to live, work and play, but we do need your input. It's no good complaining or making suggestions on social media alone as we may not see the post; so either contact the Town Clerk or pop along to a Council Surgery. If we don't know about a problem then there is nothing we can do about it.

On May 1st this year, there are to be local elections; if you think this is something you may be interested in, please contact the Clerk. St Blaise Town Council needs all kinds of people to stand to become a councillor. The qualities you need are a desire and passion to make a difference and improve the community you represent. If you are passionate about your local community, we need you. Councillors make a huge difference to the quality of life for local people. We need people from all backgrounds and experiences who reflect the whole of the town to stand for election.

Councillors play a vital role in shaping and directing the effectiveness of local services for the benefit of local people. They work with public, private and charitable bodies to improve their community. The role of a councillor can be varied at the best of times. Your council is the voice and champion of the parish. Being a local councillor can be exciting, intimidating, interesting, and even frustrating at times. Above all it is a chance to make a real difference in the place where you live. You will be asked to keep an open mind and take part in decision-making for your area, including spending money for local services and facilities.

Tony Nethercott, Mayor

Tiwardrai Fest promises to be even bigger and better in 2025!

Organisers of the annual Tiwardrai Fest, which celebrates Cornish Culture, Crafts and Heritage are looking forward to welcoming even more traditional music, dancing, events and stallholders this year.

In particular they are delighted to be joined by The Black Company, who portray a household of mercenary soldiers during the Wars of the Roses between 1455 and 1487. They will be staging a number of combat re-enactments over the weekend as well as sharing their passion for life in this period with visitors to the event.

The Tiwardrai Fest will be held at Newhouse Farm in Tywardreath over the early May Bank Holiday weekend, Saturday 3rd and Sunday 4th May.

Can you help?

In Search of Tywardreath who organise the event would love to hear from anyone who would like to volunteer over the weekend, book a stall, or showcase their talents – including craftworkers as well as performers. Contact helenbarden@hotmail.com

They would also welcome contributions from anyone who could spare herb or vegetable plants / seedlings for sale on their culinary plant stall – if you have any surplus plants, or could nurture some seeds on their behalf please contact deborah@aboutwords.co.uk
All funds raised support local causes.

Welsh Speakers ~ 'Croeso' - Welcome

Any Welsh speakers in PL24?
Would you like to meet up with others for friendly chat over a cuppa in 'yr hen iaith' ?

Mae grŵp bach yn cwrdd tua unwaith y mis am hwyl a hiraeth. Cysylltwch i drefnu mwy.

von.evans@hotmail.co.uk





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Saturday	9.00am – 1.00pm

Hacking Confusion

“I’ve received - or people I know have received - emails from me that I didn’t send. My email account must have been **hacked**” – **FALSE.**

It is EASY for someone to send an email pretending to be you. It does not mean your account has been “hacked”. It just means that your email address is known. People cannot hack your email just because they know your email address.

It is important that we keep our email accounts secure. Our username can be easily guessed - it’s probably our email address - and our passwords often are made up of things that relate to us personally, so we need to secure our accounts by:

- **creating strong passwords**, Made up of three random words. (not personal information)
- **having separate passwords for our accounts**, so if something else is subject to a data breach your email account is still safe.
- **enabling two step verification (2SV)**
This way even if your username and password are compromised, people still cannot access the account. Go to settings on your email account.

In summary just because someone knows your email address that is not necessarily a problem. Think of your email like your home address. Expect it to be known by other people - it doesn’t mean that they have access.

What is hacking then?

A criminal **hacks** someone’s account by working out the username and password. Once they have done that, they can access the email account itself and see other information.

If your account is hacked, what other information can the criminal see?

- They can see all of the emails you have sent and received.
- They can get all of the contact details associated with that email account.
- If they only know your email address, they **cannot** see or get to any files and documents stored on the device on which the email account is operating.

But they can email your contacts from your account, and then launch a **phishing attack** to access your contacts’ accounts.

What is phishing?

Phishing is when a criminal sends you an email and encourages you to do the wrong thing such as sharing information or clicking a bad link which takes you to a fake website. Maybe they say there is a problem with your computer and you need to click on a button to download a file. And if the email from a friend doesn’t sound like your friend, it might well not be. Give your friend a ring and check instead!

We should all remember our A, B, C Never Assume Never Believe

Always Confirm – It’s OK to challenge and it’s OK to be challenged, if we are in any doubt of the legitimacy of information, email, SMS, telephone calls, - **VERIFY (Confirm)** with the sender. More guidance can be found with the Government’s new Stop ! Think Fraud Campaign. This is the link.

[Stop! Think Fraud - How to stay safe from scams](#)

Cyber Protect Officers provide individuals, community groups, businesses, charities and public sector organisations, with government approved cyber security advice. If you are interested in any of the services, or face-to-face presentation on Cyber Awareness, the Cyber Protect team can be contacted using their dedicated email address:
cyberprotect@devonandcornwall.pnn.police.uk

Fowey River Camera Club

Hello to all

Spring is officially 'almost' here, although the daffodils have been coming through from the end of January. The light and the skies are particularly eye-catching this time of year, so mornings are a great time to get outside with your camera, to capture the sun's rays on the surrounding landscape or seascape. I have been taking the opportunity to take some photos on my walk to work, quite a nice way to start the day.



This month, on 13th February, our Nature/Wildlife images were judged by Liz Webb. As always, I very much looked forward to some stunning wildlife shots from our members.

On Thursday 27th March, we will be viewing our seasons 'Photography Project', which will showcase our themed images arranged on panels.

April will bring a close to the current season, but although the meetings finish, we can be out and about taking photos of different genres and practising our editing skills in preparation for a new season of competitions. For anyone who might be interested in joining us, you would be most welcome. Your first meeting is free of charge to give you a 'taster' of what we do. There will be no pressure on you to join us.

If you would like more information, you are welcome to contact us by email:

foweyrivercameraclub@gmail.com

And last but not least:

Photography Tip for Spring: Get low down. Lots of spring flowers grow close to the ground, so a low angle will give a different perspective for your images.

Jane Bell

Fowey River Camera Club

www.foweyrivercameraclub.co.uk

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Councillor Pauline Giles

Hi Everyone,

Hope you are all well and you managed to avoid the dreadful virus which has been going around. Another roller coaster report, charting the ups and downs of PL24!

I was sad to hear that Eden were having to make redundancies. I have spoken to Andy Jasper CEO of Eden who said they need to reduce their payroll by around 20% which equates to about 80 redundancies.

19 members of staff have elected to leave through voluntary redundancy or retirement. There is currently a statutory consultation going on, exploring all options to minimise job losses. I remain in close contact with Eden and if anyone has concerns regarding their employment, please contact me, and I will do my best to help.

I know the Desalination proposal has been featured in the press, and there is a suggestion that SWW are going to walk away. I have spoken to SWWs Head of Local Government Liaison, Alan Burrows and he has stated that is not the case. The MMO have asked SWW to reapply as they are requiring further information; I have asked to be kept informed.

I recently received an update regarding the Mid Cornwall Metro. The second platform at Newquay has been completed and they have started the 400m passing loop at Goss Moor, so there will be no trains from Par to Newquay until Monday March 24. Those wishing to go to Newquay will need to travel to St Austell and board a bus!

I noted that in the update there was no mention about the Lift Bridge at Par Station, which is, I believe, the most important part of the project! Apparently, it is all about the budget! The bridge is the final piece of the jigsaw, and is 'hoped' it will be built. I have been very forceful, and made it quite clear that if we don't get that bridge, all hell will break loose!

Without the bridge, this project would be nothing more than a vanity project aimed at the holidaymakers who would have more frequent trains from Falmouth to Newquay and not have to change at Par! Without that bridge, our OAPs, disabled and young parents with pushchairs would still not be able to use the train service, and that would be a travesty. The powers that be know I am like the She Devil over this and I won't be quiet if it's overlooked.

I know there has been a lot in the media about the Council Budget. The job for the Officers and Cabinet was hard enough, and then when we received £5million less than expected, it meant more soul-searching about where savings could be made. We have had a perfect storm brewing in the last few years - Covid being the catalyst. Adult Social Care and Children's service have taken 75% of our entire spend for many years but since Covid the mental health provision has increased exponentially, meaning more staff are required. This is a statutory service set down in legislation, meaning we have a duty of care and it must be acted upon. With this budget need growing rapidly, other services have taken a hit. I know this is really exasperating when you see things around you not getting done, but in most cases, there is little choice. Remember, Councillors are residents, and we pay our council tax too.

I was delighted to see the huge turnout for the St Blaise Lantern Parade. So many local groups in support which was so nice to see. A huge thank you to Jenny Moore and the Feast and Fete team for their hard work and to everyone who joined in. Community grows when people join in. It would have been easy to say it's too dark, or too cold, I can't be bothered! I look forward to seeing even more people there next year. St Blazey Recycle Reuse Resale CIC has limped along since it lost its warehouse in August.

continued on the next page →

We managed to organise a Christmas Fair to raise money for the Children's Grotto with presents from Santa. We saw over 70 children, even though the weather was dreadful, and we supplied hampers for families struggling over Christmas.

There has been a great deal of work going on in the background and I am delighted to tell you that we have a new warehouse on the old Kelly's Ice Cream factory site behind the Co-op, right in the heart of our Community. We are not open yet, so please don't go there and dump bags etc. as the goods will be ruined by the weather and our landlord will not be impressed! There will be a lot of media coverage around the opening, so keep your eyes peeled. We are all very excited to be opening up again and we look forward to seeing you all soon.

The last four years have been rock and roll, G7, the Jubilee, the Queen's demise, the Coronation and many more opportunities to celebrate as a community; God knows how many cupcakes I have made. It has been an honour to serve you all. Thank you for your support, and regardless of however you vote, go put your X in the box on 1 May.

Pauline

The Royal British Legion

The Royal British Legion, Tywardreath Branch, held their first meeting for 2025 on the 5th February when all committed members attended along with visitors. After opening the meeting, the Chairman Ivan Barrett presented WO Liam Metcalf RN, who was Parade commander at the 2024 Remembrance, making him the Parade Commander for the future. The 19-year old was delighted

There were discussions on further events as to how to make the Legion more relevant in this modern age.

All members are very welcome at meetings which are held at The New Inn in Tywardreath on the first Wednesday of the month at 7.30 pm. The next meeting will be on the 5th March.

Warren Nicholls, President.

Heavy Transport Bowling Club

We're getting ready to sing this in our best Allan Clarke impersonation, "Here we go again", no, not falling in love but into another season of outdoor bowls. Well, OK, that might mean falling in love again with our wonderful sport.

So, are you looking for something to get you outdoors, enjoying the air that you breathe, exercising, socialising & basically having some fun? Have the knees said, 'please let that be the last football/rugby/hockey season', and you are looking for something else to get the competitive juices flowing? Or did the recent World Championships on the BBC get you thinking about trying something new? Then, just one look will tell you that bowls is the sport for you and a look through any of our windows will tell you that we are the club for you.

Our new season gets underway on 12th of April, and if you say to yourself "Yes I will" go along to give bowls a try, then please get in touch using the details below. You will always be welcome. We have great coaches who can help you get started and improve if you are already a player.

Remember, we may sound like lorry drivers but no driving skills are necessary, nor is any connection to Imerys. We're based on Cypress Avenue, just off Par Moor, and there is a bus stop nearby for those coming on public transport.

We are looking forward to our new season, renewing friendships, and making new ones as you come along.

James Wombwell

For more information contact:

facebook.com/heavytransportbowlingclub/ or via email heavytransportbowls@gmail.com, or call James on 07976 322331

PS Just because you haven't heard of Allan Clarke it doesn't make you too young to join. He was lead singer with The Hollies and I may have used a bit of artistic license with one or five of their songs.

The Spring Night Sky over PL24

March:- This is a time of change in our seasons. The Sun crosses the equator on its way north on the 20th – Spring Equinox. Then a few days later on Sunday 30th, the clocks go forward one hour into British Summer Time; this means it gets dark one hour later than before. Make the most of the remaining darkish nights to observe the early Spring constellations. The Summer Triangle is moving away west and getting lower in the sky. This means it is easier to get a telescope on the interesting objects contained within them. Planets:- Mercury is high in the sky on 8th March. Mars:- 4th March is Mars day so make the effort to observe it. We will have a special evening at the Observatory. Jupiter is at its best before midnight.

April:- The Milky Way is looking good this month now the brighter parts are above the horizon. Look at the Plough and pick out the naked eye double star (Mizar and Alcor), in the Handle of the Plough. A small telescope or binocular will show the brighter star to be a binary. The Orion group of constellations is well to the West. This is the month that the early Moon and the Pleiades are pretty close together to resemble the layout of the Nebra Sky Disc – indicating the time for planting. NB Google 'Nebra Sky Disc' to get more background. The Lyrid meteor shower peaks 22nd April close to the last quarter Moon so pretty good. Planets are mostly fairly difficult to see although Mars is good in the evening.

May:- See if you can pick out the Double Cluster between Cassiopeia and Perseus, spectacular in a binocular. Arcturus is one of the brightest stars in the sky - it hangs off the end of the Plough. There is evidence that this star marked important events during the Neolithic and Bronze Ages. At this time of year, it gets dark later, so look out for the brighter objects e.g. the Moon, and check to see what craters you can see as the Lunar month progresses to first quarter, 4th May. The Planets are generally unfavourably placed.

The Space Station:- This month use www.heavens-above.com to check when it is visible in your sky. It is so bright it can be seen in twilight.

Two eclipses this month:- 14th March total lunar eclipse, 29th March partial solar eclipse.

Brian Sheen



March Events

Pollinator talk and bug house building workshop - joint event with Golant Heritage Group (Donations welcomed)

Date: Saturday 22nd March

Time: 11am for talk, 2pm for workshop

Meet: Golant Village Hall

Booking essential for bug house building only: Peter Edwards

01726 833141 peterj.e.golant@gmail.com

AGM & Talks

St Austell Bay seagrass, maerl beds by Katie Bellman, Cornwall Wildlife Trust

Introduction to 'Tor to Shore' Project by Oscar Miller, Cornwall Wildlife Trust

Date: Wednesday 26 March

Time: 7.30pm

Meet: Golant Village Hall

April Events

Rockpool Ramble

Date: Saturday 12 April

Time: 10am – 12:00 noon

Meet: Readymoney Beach, SX117512.

Car Park PL23 1DG

Note: Children must be accompanied. Wear sensible footwear.

Spider Survey and Riverside Walk

Led by Ty Berry

Date: Saturday 26 April

Time: 11am – 2pm

Meet: Shirehall Moor, Lostwithiel

Note: Limited parking at Coulson Park. Wear sensible footwear.

Friends of St Andrew's Wetlands Reserve (FoSAWR)

We have talked about the wildlife that calls our Reserve home, and so we thought we might give a spotlight on some of the bird species that have been regular visitors over the winter, inspired by some of the wonderful photographs we have seen on our Facebook Group. Do check them out!



Goldcrest (Latin name *Regulus regulus*).

The Goldcrest (and its close relative the Firecrest) is Britain's smallest bird – it weighs only 6 grams and has a wingspan of 14cm! Their tiny bodies are greyish green and they have a distinctive yellow & black stripe of feathers on their crowns. They are slightly easier to see in winter when there are no leaves on the trees. Watch for them flitting between branches, particularly in pine trees, picking out tiny morsels of insect food and spiders and moth eggs.

Water Rail (*Rallus aquaticus*) – although this wetland loving bird is quite common, it is so secretive few people really ever get to see it! A little bit smaller and slimmer than a moorhen, it is very striking in appearance, with chestnut-brown and black upperparts, a grey face and underparts, black-and-white barred flanks, and a long red bill. Water rails love the wetlands around St Andrews and Par Beach, where they forage for small fish, snails and insects, but you will have to move very quietly and gently, and be very patient, if you are to spot one!

Mandarin Duck (*Aix galericulata*) – wow, the male Mandarin Duck is a real show-stopper – he has very elaborate and decorative plumage with distinctive orange feathers on the side of the face, a purple chest, large orange feathers that stick up like sails on its back, and pale orange flanks. Originally introduced to the UK from China, escapees have settled and become naturalised but as far as we know are not posing any threat to our native wildlife. We believe there is a breeding colony in North Devon. Always a very popular sighting at St Andrews when one

does appear. Unlike most ducks they build nests in trees so wet woodlands would always be attractive to them.

If you would like to be more involved in the Friends of St Andrews Wetland Reserve, or simply would like to hear a bit more about what we hope to do and how the Reserve is managed by

Cornwall Council, then do come along to our Annual General Meeting, which is open to the public.

Our AGM will be held on Thursday March 20th at Gott Hall, Par Green, Par starting at 7pm. We will have our AGM formal discussions and an update on the Cornwall Wildlife Trust Tor to Shore project by the Tor to Shore team and how it will help to enhance the reserve for users and wildlife. We can be contacted on **01726 814430** or you can email us on **info.fosawr@gmail.com**

The Committee

Friends of St Andrew's Wetlands Reserve

Par Churches Together

People who attend churches in Par will be gathering together on Tuesday mornings and evenings during Lent, to think about the "Fruits of the Holy Spirit" - Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self Control.

Even if you don't attend a church, you are welcome to come along. The sessions will run every Tuesday from 11th March to 8th April, at 10.45am at Par St Mary's Methodist in Par Green (by the railway bridge) and 7.30pm at Tywardreath Methodist chapel.

St Mary's Methodist Church

Everyone is welcome to our coffee mornings on Tuesdays from 10.30am to 12 noon.

We will be holding a Beetle Drive on Saturday 5th April at 6pm. Have you never been to one? All will be explained if so! All are welcome.

The du Maurier Fowey Literary Festival

Festival Dates: 9th – 17th May 2025

We are delighted to announce that tickets for the line-up of festival events will go on sale mid-March. Go to www.foweyfestival.com for full details and to book your tickets.

Friends of the Festival: Becoming a Friend of the Festival is easy, simply head to: www.foweyfestival.com/friends where you can read about the different memberships and sign up online. By becoming a Friend, you will receive advance notice of the Festival programme and exclusive Friend's early bird ticket booking in addition to discounted tickets. A membership starts from as little as £30 and is a great way to support the Festival. We look forward to you joining us.

Adult Short Story Competition 2025

This year, the Festival Adult Short Story Competition is titled '**Making Waves**'. The story must be your own work and not previously published. Other than that, let your imagination roam and have fun '**Making Waves**'. We are looking forward to hearing from all those budding authors who can let their creative mind wander, resulting in wonderful intriguing, and engaging short stories. For full details, please visit www.foweyfestival.com **All entries must be received by noon, on March 28th, 2025.** Winners will be announced in time for an award ceremony at the Festival in May.

Fowey Secret Gardens

Friday 16th and Saturday 17th May 2025

Join us in May to discover some of the Fowey estuary's hidden gems, from gardens with spectacular views to secluded havens, walled gardens, hidden terraces and much more. Follow the garden trail to uncover a glorious mix of vibrant gardens with a diverse variety of planting.

Some gardens will provide refreshments and there may be a surprise or two in the making. Watch this space! Entry to the gardens is free, with donations to the Festival very welcome. Further details from mid-April will be available on the festival website at www.foweyfestival.com Also, the Secret Garden maps will be available to pick during Festival week.

Fowey Art Trail

Saturday 10th – 17th May 2025

The Fowey Art Trail welcomes visitors and residents as artists and craftspeople open their homes and studios in Fowey. You will find more inspiring artists exhibiting and selling their work throughout the town. Please join us for this once-a-year opportunity to visit our talented local artists. Further can be found, mid-April on:

www.foweyfestival.com

You can keep in touch with us as follows:

www.foweyfestival.com

Email: info@foweyfestival.com

Twitter: [fowey_festival](https://twitter.com/fowey_festival)

Facebook: [@FoweyFestival](https://www.facebook.com/FoweyFestival)

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or gillbutler1@gmail.com**

News from St Andrew's, Tywardreath with Tregaminion

Somehow the spring flowers are making sure we feel that spring is at least on its way even if the weather is undecided as yet. All the high winds over the last few weeks may have reminded some of you that back in April last year the high winds caused our cherry tree to topple over. Although it had stood valiantly propped up, it was never going to re-root itself and the council have now felled it, so that a replacement tree can be planted nearby. It is always sad to lose familiar features in the landscape (churchyard in this case) but it was not safe, and a young tree will grow and give us all plenty of years of enjoyment, just as the old tree has done.

We are planning to start a Family Service on a monthly basis in the near future. Details are still to be finalised but it is likely to be on a Sunday morning at 10am and will be quite informal, lasting around 45 minutes in total with time for some worship songs, a bible story and prayers, a craft activity and refreshments. We very much hope it will offer an opportunity for families to come together in a relaxed setting. If you enjoyed the Christingle service you will find a similar interactive approach to our Family Service. Keep an eye out for publicity on our website and Facebook posts in due course.

Easter is late in the calendar this year and so Lent does not begin until we are in March. We shall be joining with other churches locally for a Lent course which this year will focus on the fruits of the Spirit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Nearer to Easter we hope the children from school will be able to “Experience Easter” through the telling of the Easter story in activities around the church. We then plan to open that up to the wider community to come and see what the children have been doing. Watch out for details!

Every blessing
Shona

Tywardreath Tots at St Andrew's for 0-4s with their carers

Every Monday in term time in church
10am -11.30am. Free play, story time, singing and healthy snack. £1 per family. We look forward to seeing you!

Upcoming Services – please join us.
Everyone welcome.

St Andrew's is open daily (10am to 3pm approx.)

Every Sunday 11am Usually Service of Holy Communion with choir

Mothering Sunday

30th March 11am We join our friends at Well Street Chapel. No service in St Andrew's

Easter services

17th April 7pm Service of Holy Communion in Tywardreath (Maundy Thursday)

Easter Sunday 11am Celebration service of Holy Communion with Easter Egg hunt

Tregaminion – usually 3rd Sunday in the month at 10am

Sunday 16th March 10am BCP Holy Communion

Sunday 20th April 10am Easter Sunday reflective Morning Worship for Easter

Sunday 18th May 10am BCP Holy Communion

All are welcome to this small and friendly gathering. Parking and wheelchair accessible but please note we have no facilities available as there is no water supply.

Revd Shona Hoad contact information

Tel: 07476 900623

Email: shona@tandgchurches.uk

www.tywardreathandgolantchurches.uk

Volunteer at Fowey Museum

Do you have a few hours to spare each week? Would you like to support your local museum? We are looking for volunteers to help with different aspects of running our museum, from welcoming visitors to cataloguing. You don't need any special knowledge or experience - a friendly welcome awaits you. Please contact curator 01726 852458

LostFest: a great tradition supporting local artists

LostFest is a great local tradition at the start of the summer festival season. It is a free music festival with something for everyone: incredible local artists, shanty choirs, buskers, folk, blues, Morris dancers, amazing local food and drink and children's fun.

The festival is a celebration of the beautiful town and people of Lostwithiel and gives back to the community through donations. Last year, we supported eight local groups, including children's art packs for Lost in Art, compost for Lostwithiel's plant swap, an IT system for the community minibus and a writer for a poetry workshop. So please come along and support us.

We like to support young local artists and always showcase new performers, as well as 'old favourites'. This year we are pleased to welcome **Theifso** ([@theifso](#)), an amazing young band from St Austell / Par area, who play alternative/ rock music, ranging from the Clash to the Beatles, plus originals. They describe themselves as loud, lively and something not to miss out on. We also work with St Austell College and the students are making us bunting and will have a stand on the day.

This year's headline performer is **The Cabarats**, described as "The Sounds of Tarantino meets Tiger Lillies at a Gypsy Wedding..." (Chris Tofu, Continental Drifts). No genre is safe from this band: dub-infused rhythms collide with exotic melodies, knees-up traditional music and infectious vocal hooks form an alluring and energetic sound, based on an eclectic and expansive range of instruments.

Humm also play the Main Stage. They are a southwest contemporary folk duo with stories to tell, minds to change and worlds to re-imagine. Rooted in traditional music, Humm have created a new, eclectic sound, with influences ranging from John Martyn and Joni Mitchell to Radiohead and XTC, so "brace yourself to traverse a musical odyssey that

surpasses conventional boundaries" (Fame Magazine). LostFest is on **Sunday 18th May**, starting at 11am. There are extra trains to Lostwithiel, so please come by train. Updates and performance times will be on Facebook: (LoveLostFest) and our website (www.lostfest.co.uk). We look forward to seeing you.

News from The Creation Works

The Creation Works is now entering the last stages of construction as we start gearing up towards opening in May this year. With funding from the UK Shared Prosperity Fund and Arts Council England, we've been able to achieve a sustainable and brilliantly practical building.

We now have further match funding confirmed from The Foyle Foundation that will ensure the studio space opens with an energy efficient theatrical lighting rig and sound system, requiring additional expertise, and steel work in the studio ceiling space, again supplied by Hewaswater Engineering working with our main contractors Sureflow Building Services Ltd (based in Holmbush). Additional funding from The Clare Milne Trust also enables us to exceed 'building regs' when it comes to accessibility, meaning this is a space that will function well for a far wider group of users. As well as wheelchair access throughout, we're now able to add a hearing loop, a Roommate for our accessible wet room, accessible kitchen, bedroom and more.

With all the block work completed, the electrics are now being installed, and our windows and doors are on the way. We're looking forward to solar panels being added to the south-facing pitch, and seeing energy efficient heat systems installed throughout. We're also extremely excited to share the news that we will be replacing the old wire-fence border to Par Track with 40m of traditional Cornish Hedgerow

continued on the next page →

This will be built by a locally based Guild hedger and planted with native species. Do follow us on Facebook and Instagram, where over the coming months we'll be sharing more news. We're really looking forward to inviting the community in soon!

Youth Panel

We're seeking members for The Creation Works Youth Panel. Like our Community Panel, youth members will help us curate a programme of activity with theatre, dance and circus artists that you'd like to work with. If you live in the PL24 postcode area, are aged between 13 and 19, and would like to get involved, then we'd love to hear from you! Contact Alister & Miranda on info@prodigalupg.com (If under 18 you will need permission from an adult/carer).

Travelling beyond Cornwall by Coach

On many occasions I have heard people complain, rightly, how expensive it is to travel by train. I ask them if they checked the coach, and they say they didn't think of that. With a couple from Newquay making national news recently for their trip to Manchester by plane via Malaga, this guide to travelling beyond Cornwall by coach might be of interest.

The PL24 area is served by National Express, with stops at '**St Blazey Gate**' or '**St Blazey for Par**' (the bus stop by the entrance to Polgrean). Even if you've booked in advance, always flag down the coach as the driver doesn't necessarily have a passenger list. This is the 504 service that travels direct between **Penzance** and **London** via **Plymouth**. For a day trip to Plymouth, you could get the coach up at 10.45, and down at 16.45, for around half the price of a train. For a night out in London, there is a coach leaving Plymouth at 6.15am, if you can cope with that.

For PL24, Plymouth is the gateway to the rest of the UK by coach, as Megabus operate from the same coach station. Megabus offers a service from Plymouth to **Bristol** which runs nearly hourly, whereas National Express

offers up to 3 coaches to Bristol each day. Unfortunately, destinations along the south coast aren't well connected by Coach; for example, National Express connects **Bournemouth** to Plymouth via **Heathrow**! However, it's better up North, via Bristol and/or **Birmingham**. Megabus doesn't offer a ticket between Plymouth and Birmingham anymore; you have to get two separate tickets via Bristol. So, if you're travelling to Birmingham, see what deals you can get by comparing using different coach operators via Bristol, versus a single National Express ticket from Plymouth to Birmingham.

If your destination is further than Birmingham, there are likely to be as many routes from Bristol as there are from Birmingham, so for the best deal, check each coach operator for journeys from both. Do bear in mind though that you need to leave sufficient time to allow for traffic making any of your coaches late, especially around Birmingham, and extra especially around lunchtime and rush hours. I have never been left stranded and having to purchase a last minute ticket due to a delay, although I have had close calls around Birmingham, but cannot recall any around Bristol. It was always the coaches from the North (M6) that delayed journeys leaving Bristol. An hour buffer should be sufficient. I have often given less time, but I also enjoy leaving more time for lunch and shopping. I hope that by sharing some of the things I learned while on the buses can save my fellow PL24 residents some money, and I'd love to see some posts in the PL24 group with some of your successes. To summarise, check where the changes are, and explore the different ways of getting to each change. This is how to get the best price for your journey. In general, look to Bristol, Birmingham or London as a main leg of the journey, and separate onward travel from there which may be by train; especially for leaving/entering Birmingham. Life is too short for the M6.

Will Nicholls

Par Old Cornwall Society

There are only two more meetings this session. On Saturday 29th March we have a talk about the many Holy Wells that are to be found all round Cornwall, and on Saturday 26th April a member of Wadebridge Old Cornwall Society is coming to tell us about her research into the wreck of the barque "John" which went down off The Manacles in 1855.

Our committee will have a busy summer organising another walk in June as part of the Federation of Old Cornwall Society's annual Festival of Walks. The two we arranged last year were very popular and well attended, so we hope for the same support this year. In August we are planning a Heritage Day to be held at the Bishop Gott Memorial Hall. The dates and full details of both events will be in the next edition of PL24 and on our Facebook page. We shall also be finding and booking speakers for the next season which starts at the end of September.

Tuesday 2nd September sees the 80th anniversary of the official end of WW2, although fighting continued in many parts of the world after this date. We have in our archives several photographs showing the St Blazey Territorials, both the St Blazey and the Penpillick Home Guard, the auxiliary Fire Service and those who guarded the anti-aircraft defence post on The Mount as well as detailed drawings of those buildings. We also have a list of local men who formed the secret British Resistance Auxiliary Unit. Whilst Plymouth bore the brunt of German bombings, many were dropped locally including at Landreath and Tywardreath where sadly people lost their lives.

Do you have any family history from WW2 in the PL24 area that you could share with us to add to our existing records?

Diana Osborne.
01726 814017.

Old Grammar School Garden, Fowey

Fowey Town Council (FTC) was very disappointed to read the statement published in the PL24 magazine announcing that FTC's longstanding lease of the Old Grammar School Garden would not be renewed in June 2025. Whilst we had been made aware of Trustees' intentions, we had hoped that they may have reconsidered and allowed the lease to continue, or at the very least consulted with residents about the loss of this very special place.

Contrary to the suggestion made in the Trustees' article that areas of the garden have not been suitably maintained, FTC has a dedicated gardener working in the garden and has invested many thousands of pounds of public money there since the original lease was granted back in the 1990s, including an extensive makeover of the lower garden in 2015-2018 led by local garden designer Alison Siddall. This work took three years to complete and included new oak sleeper benches, wooden sculptures and associated new planting schemes. The upper garden, long known as the 'Quiet Garden,' has recently seen the siting of the bronze 'Rachel' statue generously donated by Richard Ryan, who commissioned it with the nationally acclaimed sculptor John Doubleday.

FTC is also extremely concerned that the dilapidations schedule served by the Trustees suggests that the residents of Fowey parish (via FTC) should pay the Trustees a huge sum of money. We have instructed an expert to deal with this claim on the parish's behalf as clearly, if this is payable then the funds cannot be used for projects elsewhere in the area, such as the successful refurbishment of the Squires Field play facilities.

Losing this unique space will be a sad day for everybody. If you would like to express your thoughts about the future of the garden, please contact the Town Clerk, Sally Vincent, via email to sallyvincent957@btinternet.com or by post to Colcerrow Farm, Par, PL24 2RZ.

Cllr Lynn Simms, Mayor of Fowey

The Parish of Par. St Mary the Virgin St Blazey Gate and the Mission Church of The Good Shepherd Par Green.

Thank you to the readers of PL24 Magazine who supported the **Festive Coffee and Carols** morning at The Gott Hall in December. A very good number attended, and many mince pies and tea cakes were eaten! The morning donations amounting to £426 were sent to St Petroc's Society. At the **Little Lambs "Animal Nativity"**, the congregation, actors and animals all behaved, and enjoyed the story and the seasonal refreshments which followed. Donations, sent to Little Harbour Children's Hospice, came to £128.

Looking forward to events in 2025, the ever-popular monthly **Soup N Sweet lunches** at £7 will continue to be served on the 1st Monday each month. All the soups and desserts are homemade. The soup is served with bread and butter and the sweets with custard or cream. Hot and cold drinks are included and there is no requirement to pre-book. The Hall has facilities for anyone using a wheelchair. Food is served from 12 noon to 1.30pm. The next lunch dates are 3rd March, 7th April, 2nd June, 7th July and 4th August.

On Monday 12th May, the Parish will be supporting **Christian Aid Week** with a **Pie & Pudding Lunch** served in the Bishop Gott Memorial Hall at 12.30pm. There is a choice of Meat or Fish Pie with a selection of vegetables and a choice of homemade puddings. Tickets at £11 will be on sale at Soup N Sweet on 7th April or by booking on 01726 814017.

A **Spring Bazaar** will be held in the Gott Hall, Par Green on Saturday 15th March from 10.30am to 12 noon, with games of chance, homebake stall, bacon rolls, bric-a-brac and refreshments. We look forward to meeting those who enjoy the atmosphere and stalls of a village bazaar.

The ever-popular **Plant Sale and Homebake Stall** will be staged in the Gott Hall, Par Green on Saturday 17th May between 10.30am and 12 noon.

A Music & Merriment Evening, hosted by the Gott Hall Music Group, with a Buffett Supper will be held on Tuesday 17th June between 6.30pm and 8pm. Details to follow.

The Parish now has an **Assistant Priest**, the Revd. Canon Chris McQuillen-Wright, who will be working alongside Fr Paul with weekly services, occasional offices and pastoral work. The Parish of St Blazey is to be added to the Benefice which consists of Par, Charlestown and Treverbyn.

The **Parish monthly Magazine** contains all the relevant information on events, services, news and other interesting features. It is obtainable from both Churches any day. If you would like a regular magazine delivered, or have a feature about your group you would like included, or to advertise in the magazine, please contact Anne who can advise or arrange delivery. Or visit www.parparish.co.uk and our Facebook page, Parish of Par

Priest in Charge: Revd Canon K Paul Arthur
chapartre@gmail.com
Jill Hore & Anne Weaver
maw144@btinternet.com

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Par & Tywardreath Wassail 2025

Saturday 11th January saw the second annual Par & Tywardreath Wassail event. where the ancient tradition, first mentioned in Cornwall in 1624, has been revived.

The two Morris sides kicked off this year's Wassail with the high octane energy of Catseye contrasting with the presentation of traditional "Cotswold" style dances by local side Tywardreath. It wasn't long before a large and appreciative audience had gathered in the beer garden of the Ship Inn. After some 40 minutes everyone decamped to the rear garden where an ancient apple tree was wassailed, with the singing led by a slightly damp band. Last year's wassailing certainly had one effect which was a bumper harvest of apples on this vintage tree.

The Mistletoe Woman and the Green Man were again on hand to encourage the trees to grow with renewed vigour and produce yet more fruit in the summer, this year abetted by 'Oatley,' Dartmoor's Granite Grey mare. We then processed up to the Polmear Community Orchard led by local musicians playing Cornish tunes where we were met with a roaring fire. The Morris sides each performed one more dance and this year we were delighted to have a performance of an Irish slip jig by local dancer Geraldine. After Wassailing a selected young tree, a great noise erupted to chase away any evil spirits that might be lurking around the trees; in olden days shotguns would be discharged into the trees! Although only one tree could be wassailed, all of the orchard trees will be connected by the 'Wood Wide Web' through fungal hyphae that transmits messages between the plants. This is science! The young people then hung pieces of toast dipped in cider on the trees throughout the orchard – a feast for the local birds – to wake the trees from their mid-winter slumber. Sadly the 'mizzle' then blew in off the sea curtailing the planned serpent dance.

We then made our way back to the welcoming warmth of the Ship Inn as dusk was falling where there was music in the upstairs room. Many people stayed to enjoy a hearty meal or just a warming mulled cider.

David Quoroll



Open letter to our community from Steve Jones, President of Fowey River Lions.

Since my earlier "open letter" Fowey River Lions has been welcoming some new members, and the new and potential new members are all kindred spirits, each wanting to be "giving something back to the community" and they are already helping us to raise awareness of our charitable mission and raising funds for worthy causes and recipients.

After 47 years of unwavering commitment, our membership numbers have dwindled somewhat in recent years, and although we're certainly encouraged by the recent interest shown and the addition of some new members, we are still looking to ensure our future long term survival, for the benefit of the generations to come.

With regeneration and growth being the focus of the previous letter, we're now embracing this NEW ERA, and it is certainly exciting, as we are quietly but surely looking to secure the future of Fowey River Lions and our endeavours.

That's where you might like to come in... We invite you to consider stepping forward and to offering your energy and support by becoming a Lion yourself. Your involvement could potentially be the very lifeline that our club needs to continue vital work for many years to come.

continued on the next page →

We are still seeking further enthusiastic and like-minded individuals to join us and help us revitalise our Pride. Many of our members have been with us for over 40 years, and are a bunch of committed enthusiasts, despite ageing. Some now have limitations on their ability to do many of the things that have been their pleasure to do and they will continue to do, to the best of their ability for the community.

By becoming a Fowey River Lion, you'll have the opportunity to make a tangible difference to the lives of those around us. You will find being a Lion a fulfilling way to give back, build meaningful connections and friendships, and contribute to the betterment of Fowey and surrounding areas. This is your big chance to take part. To learn more about joining our Pride, to explore volunteer opportunities, or just for a chat, then please reach out to us on foweyriverlions@gmail.com, via our Facebook page or on 0345 833 7484. If you leave your name, phone number and best time to call, then I'll call you back myself, no obligation of course.

We meet at The Ship Inn, Polmear PL24 2AR, at 7pm on the first Monday of each month, to discuss applications we've received for funding and explore future projects. You'll find a warm welcome, and it's not all work either. In fact, it's also great fun, with social events that are as informal and as varied as they are voluntary to attend.

Working together we aim to ensure that the legacy of Fowey River Lions endures, creating a brighter future for all. But please, don't leave it until it's too late. If we don't continue to grow our numbers, then the good work could eventually stop and so would end the legacy of Fowey River Lions, and we certainly don't want to be fading away any time soon. We've made a start, but your Lions' President needs YOU. I look forward to hearing from you. Together we can make a difference and fulfil our motto "**We serve**".

Steve Jones



Some stories about Cornish Church Building with special reference to the Fowey area

A talk by **Joanna Mattingly**

Fowey Town Hall

Saturday 8 March 2025 at 2pm

This talk will focus on some Cornish Churches with interesting construction stories. Joanna will look at the churches of Fowey, Lansallos and St. Veep and explain why the typical Cornish Church is unfinished.

Joanna is a retired extra-mural lecturer and museum curator, who specialises in Medieval Cornish Church History and is the author of 'Churches of Cornwall'.

Crossing the River The History of the Fowey Ferries

A talk by **Chris Bradish**

Whitecross Village Hall, Bodinnick

Saturday 12th April 2025 at 2pm

Passage across the River Fowey has always been essential. In this talk the history of the Bodinnick and Polruan ferries will be explored; A tale of changing ownership, duels, diamonds and bankruptcies. Some notable incidents will be described.

Chris Bradish is a Fowey resident, a retired surgeon and a keen local historian.

Bookings can be made at Ticket Tailor
buytickets.at/foweyharbourheritagesociety
kathpearce@gmail.com
www.foweyharbourheritage.org.uk

Members free; Non-members £10;
complimentary tea and coffee
FHHS Annual Membership £18; £30 for two
adults at the same address

The Lonely Duck (True Story) by Hilary Keam

A farmer near Probus kept 'ens an' sum ducks,
The farmyard resounded with their quacks an' their clucks.

Th'ens wuz quite numerous, but the ducks
numbered three,

An' always around in the farmyard they's be.

The ducks wuz in 'eaven, they swam on the pond,
Guzzlin' weed ov which they wuz particularly fond.
But one day their idyllic life style cummed to an end

When ol' Reynard, the fox, appeared roun' the bend.

The poultry could run, but 'ee could run faster
So that day on the farm wuz to end in disaster.
The fox grabbed one duck, then loped off to 'is den,

'Ee obviously rather eat duck than eat 'en.

Farmer John grabbed 'is gun, but 'ee wuz too laate,

The fox 'ad escaped through the farmyard back gaate.

The fox cubs wuz delighted when their dinner they saw,

Orange sauce wadn' needed, cuz they ate the duck raw!

'Ess, duck 'on the "oof" wuz so taasty to eat,
An' nuthin' remained except two webbed feet!
Nex' day 'ee wuz back, to repeat 'is bold theft,
Grabbed one ov the drakes; now there wuz only one left.

The one that remains is lonely fer sure,
'Ee spends most ov each day outside the back door.

'Ee waddles around, as 'ee looks fer his friends,
'Is despair an' 'is loneliness jus never ends,
But there, in the farmyard against the barn wall
An old mirror lies, quite wide an' quite tall.
So the one drake that is left, 'ee looks in the glass,
An talks to 's reflection, as each day de pass.
Then, after a while, 'ee gives a loud quack
An waddles around, an' peers round the back
No doubt 'ee is 'opin' that soon 'ee will find
'Is missin' companions are 'idin' be'ind.
But, alas, we de know that there is no 'ope,
So I de wonder 'ow that poor fella will cope.
A reflection in a mirror is all that 'ee've got,
An existence much like the poor Lady ov Shalot.

'Is confusion an' sorrow 'ee jus' can't disguise.

When you watch the poor creature, it brings tears to yer eyes.

Fer now 'ee exists in this sad, lonely staate,
But le's 'ope, one day soon, 'ee may find a new maate.....

'Humorous Poems and Others' is available soon from 01726 882586. All proceeds from the book will go to Mount Edgcumbe Hospice where Hilary was treated with loving care. A Cornish Bard with a keen sense of humour, Hilary Keam is a well-known poet and teller of tales. Many of her favourite poems can be found on You Tube.

Heaven, Sea and Earth Extreme Sports Triathlon

THE NOAH JORDAN FOUNDATION is a charity founded by Ben Jordan after tragically losing his 9-month-old son, Noah, in early 2024 to Alpers-Huttenlocher Syndrome - a rare and currently untreatable disease. Ben and his team launched the foundation to fund vital medical research, raise awareness, and support affected families. Their goal? £100,000 to fund a 3-year PhD dedicated to finding answers.

Local barbers Stella and Darren Endean will be pushing themselves to the limit this summer with the HEAVEN, SEA & EARTH CHALLENGE - an extreme sports triathlon involving:

SKYDIVING (Heaven)

SCUBA DIVING (Sea)

EARTH (Caving)

This won't be easy, but it's NOTHING compared to what families like Noah's go through! How can you help???

Please kindly donate to help us reach our target. Share and Spread the word about THE NOAH JORDAN FOUNDATION (RCN 1208933)

Website: www.tnif.org.uk

Instagram: [noahsfoundation/](https://www.instagram.com/noahsfoundation/)

Facebook: [tinyurl.com/4s442fdz](https://www.facebook.com/tinyurl.com/4s442fdz)

Friends of Par Beach

Well, the weather may have been awful in early 2025, but Friends of Par Beach have still been busy! Thursday January 23rd was our second winter talk, this time from the newly formed Cornwall Wildlife Trust's Tor to Shore team. We joined forces with Friends of St Andrew's Wetlands as their patch (like ours) stands to benefit from this ambitious project and the packed Gott Hall showed that plenty of people were interested. Lots of activities coming up to join in with! To find out more please go to

cornwallwildlifetrust.org.uk/tor-to-shore

February always heralds 'Love Your Beach' activities for all marine groups around Cornwall involved in the Your Shore Network, and this year, as in 2024, Friends of Par Beach elected to lead a beach clean plus creation of some great sand art! The pictures below are from last year when 60 people took part. We're hoping for at least as many people and more creations this year.



We're also working hard on two on-going projects for the beach – information boards to explain a bit about different sections of the site and rubbing posts that will form a Nature Trail around the site.



We've now installed 7 rubbing posts (including this great Kingfisher one along the Polmear Stream) and hope the completed Nature Trail will be ready for Easter holidays or the Early May Bank Holiday! This project was supported through a Magic Little

Grant plus a donation from the family of Maureen Smith, who loved Par Beach.

We continue to work with site owners, Cornwall Council, and the Making Space for Sand team on managing Par dunes, helping to encourage native dune plants and remove fast-growing invasive species. In some places where large areas of dense scrub have formed, light is blocked out, suppressing smaller native plant growth and preventing natural movement of sand. This stops continued building of dunes. As the dunes form part of natural defences against flooding, their continued healthy growth and movement is important. Some larger areas of this scrub will be removed, which is likely to include use of mechanical diggers before bird nesting season begins this year.

Moving on to future plans, following the success of our first Rockpool Ramble along the groynes on Par Beach last year, we'll be repeating this in early summer and we're hoping to run another wildflower walk/talk too. The Silent Disco beach clean was also quite popular so we hope Cornwall Wildlife Trust will kindly lend us their audio gear again.

Do check for our updates and volunteering opportunities on Facebook! We always love seeing new faces! And if you'd like to join, your £5 membership helps support these wonderful activities (£8 for couples / families).

www.parbeach.com/membership.php

Finally, huge thanks to everyone who helps support Friends of Par Beach. We're so lucky to be part of such a great community.

Jenny Tagney, Chair, FoPB

St Blaise Lantern Parade

This year's lantern parade was an overwhelming success. Children and adults alike enjoyed the festival atmosphere of our parade. This year, in addition to the band we were joined by amazing stilt walkers and a fantastic, illuminated sculpture of St Blaise.

The small committee behind the event St Blaise Feast and Fete would like to say a **MASSIVE THANK YOU** to all those involved with this year's celebration of St Blaise and St Blazey!

Thank you to; St Blazey AFC for allowing us to fundraise with our Craft Fair, All at St Blazey Railway Club for allowing us to hold our Textile Fair, PL24 Community Organisation for insuring and advertising our event, Par Carnival Committee for loan of the Road Closure Signs, St Blaise Town Council for lending us King Edward Gardens for the night, Salt Projects Cornwall for bringing, designing, creating and carrying the sculpture of St Blaise, Prodigal UPG for bringing the stilt walkers and adding magic to our spectacle, The Horners Band for leading our parade in style and playing in the church, the leaders at the Scouts and Brownies and Kernow Youth Group Leaders for bringing their packs and with their beautiful lanterns, the Air Cadet Leaders and the other local volunteers for helping us close the road, the residents of Station Road for cheering us on and their fabulous windows decorations, Colin and the Gateway Club for bringing the Wonkey Donkey and the grooms, Cllr Pauline Giles and Imerys for helping us fund our events, St Blazey Services (Gulf), Mace Stores, Walter Bailey's and St Blazey Stores and all the other local businesses that contributed to our fund raising raffle prizes, our new Vicar Chris McQuillen-Wright and bishop Rt Revd Hugh Nelson, Suffragan Bishop of St. Germans for a spectacular traditional church service, the St Blaise Church Wardens for putting on a wonderful spread of refreshments amongst other organising...

Our apologies if we've forgotten to thank you. It's hard to keep track. Lastly, thank you to all the town's children and adults who came along and had fun!

Our AGM will be held in the St Blazey Railway Club, 6pm, 18th March 2025. Please come along and join the team as we prepare to make next year's event even better. Find out more on Facebook. Search for St Blaise Feast and Fete

Poetry Corner

Eastertide

Eastertide – when we celebrate a returning of light,

Perhaps there's a vigil or a ceremony at night?

Praising new life returning, breaking forth from dark earth,

Rejoicing in sunlight and signs of re-birth.

Traditions around Easter had their roots in rebirth

But now many are exploited for what they are worth.

Chocolate eggs have become standard symbols of Easter,

Along with a Bunny, who'll deliver them and greet ya!

Easter bonnets (hats we've decorated) seem things of the past

Yet the Spring flowers used celebrate life that grow fast.

Easter gardens, once popular when our children were small

Have dwindled and now we don't make them at all!

But an Easter fire – that's more like it! Pyromania's winning!

And so practical for burning all the prunings and clippings.

We gaze peacefully as flames flicker and light up our faces

And we celebrate rebirth of our lives in outdoor spaces!!

Jenny Tagney

Par Knitwits

Ladies, do you knit or crochet? Embroider?

Come and join us at one of our sessions in Par. We're a friendly bunch of fun loving ladies who don't take ourselves too seriously.



We meet Monday and Thursday in The
Welcome Home, Par Green, 10am to 12 noon.

We also meet on Tuesday in the community room in Cornubia, Moorland Rd, Par from 10am to 12 noon.

There's no obligation to come to every session- just pop in whenever you feel like it. Well-behaved dogs with well-behaved owners welcome!

Donations of yarn / patterns / needles / hooks
etc also very welcome.

Any queries ring Marie on 07702015927 or email meercottage@hotmail.com.

Poetry Corner

The Things She Said

Have you done your homework love?

Please be home by ten

Knowing she'll repeat herself when she says
I won't tell you again.

It's very cold outside my dear, you're going to need a hat.

Go back upstairs, put something on, you can't go out like that.

It's getting dark outside love, so don't walk back alone.

I'm fed up with your bickering, wait till your dad gets home.

Tell me that you've brushed your teeth and washed behind your ears.

I know that was your brother's coat, but it'll last you a few more years.

Tie your shoes up proper, you'll trip up on that lace.

I'll just spit on my finger to wipe that off your face.

Please don't talk to strangers, don't show me up in here.

Be careful as you cross the road, hold my hand tightly dear.

All things our mothers said to us, we think of
now and then

And wish that we could hear that voice just one more time again.

So, if she comes to visit you, appearing in your dreams,

She's only come to check that you're eating all your greens.

Barry

Thank you to everyone who has submitted poems to us at pl24magazine@gmail.com. We've included a small selection in this edition, and we will have more in future. For more poems, go to pl24community.org/poems.



The Inner Wheel Club of St Austell is holding a

CHARITY FUNDRAISER
AN EVENING WITH
JOHNNY COWLING



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Website Volunteer



PL24 Community Association is looking for a volunteer to help us maintain and develop our website at: pl24community.org

No coding skills are required but you would need to be relatively happy with technology.

We are looking for someone:

- willing to upload content
- happy to keep the website files organised
- interested in using the website tools
- open to sharing and discussing ideas with others, so that the website is developed to best effect. We usually liaise via Zoom.

This role is totally flexible. You can choose when and how much time you volunteer.

Interested? Please contact Ryan or Alison at: pl24community@gmail.com

LET'S GO VISITING

Yippee... it's Spring (or as I write this it almost is!). What a relief! Lighter mornings and evenings, green shoots, early bulbs, seeds germinating in greenhouses and windowsills and absolutely EVERYTHING to look forward to. Rather than focus entirely on our own gardens in this edition, I'd like to suggest visiting other people's gardens, especially those that belong to the **National Garden Scheme**.

I can think of so many reasons why it's good to get visiting.

- ❖ First, you will get so many ideas for your own space, however large or small. I must confess to having very few original ideas for my own garden... rather they have mostly been stimulated by visiting someone else's space.
- ❖ Second, most of our gardens provide amazing tea and cake. In my humble opinion this is a REALLY good reason to venture out!

- ❖ Third, your visits really do make a massive difference to the fabulous charities that are supported by the National Garden Scheme. Last year the scheme donated over £3.5 million to some of our best loved nursing charities. Plus, we also support smaller charities including community gardens (our very own **Par Bay Community Garden** being a local example of funding from the National Garden Scheme).

In Cornwall last year we contributed £67,000 to the national fund, a sum of which we are very proud indeed. If you would like to know more about where the money you pay at the garden gate goes you can find all the information on our website:

ngs.org.uk/who-we-are/beneficiaries.

Boconnoc Estate, with its fabulous parkland and woodland setting is open on **Friday 18th April**, 2pm to 5pm in aid of the NGS charities.

(continued on the next page, lower part →)



Wassail arriving at Polmear Orchard

Photo by Phil Oules



Catseye Morris

Photo credit: Ship Inn



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or visit www.queenstreetshutters.co.uk

As well as looking after my own garden in Prideaux, I am also privileged to be County Organiser for the **National Garden Scheme in Cornwall**. This means I am in a perfect position to let you know about all the fabulous gardens that will be opening their gates to us this year. We have over 80 gardens of every type in Cornwall... country gardens, town gardens, groups of gardens (look out for **Polruan** and **Lostwithiel**), gardens which include vegetables, tiny back gardens and large estates.

You can find details of all the gardens online at ngs.org.uk or you can pick up one of our yellow County booklets when you are out and about. You'll find them in local garden centres, shops and community hubs. Oh, and by the way ... if you are looking for my very own **Gardens Cottage**, we are number 20 in the book!

Finally, your jobs for the season. Well, I'm guessing you will know what most of them are, so here's just one from me; get out and about visiting gardens, pinch ideas, stimulate your senses and enjoy the exercise... then you have earned that excellent cake.

Hope to see you in a garden somewhere.

Sue



Visit ngs.org.uk @ f



St Blaise Feast and Fete 2025

Photos by Kelvin Simms



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Healthy 2025

The spotlight seems to be even more focused on health and wellbeing this year. Here at Fowey Valley, our Apple Cider Vinegar and Extra Virgin Olive oil have always been extremely popular, but we have seen a significant rise in sales which may be due to recent widespread media coverage about their apparent health benefits.

A couple of articles in the Times seem to sum up this rise in popularity. Among other benefits, Apple Cider Vinegar apparently helps improve digestion and enhance nutrient absorption. It can also help regulate blood sugar levels by slowing down the digestion of carbohydrates, which can prevent spikes in blood sugar.

Extra Virgin Olive Oil's health benefits are attributed to its high content of monounsaturated fats and antioxidants which help reduce bad cholesterol levels (LDL) and increase good cholesterol (HDL). Among other benefits, it is rich in polyphenols which contain anti-inflammatory properties, and can protect cells from oxidative damage, help to reduce joint pain and improve overall wellness.

Come along to our shop in Lostwithiel where you can try them together with all our other lovely products for free! Made on the premises, our apple cider vinegar stems from our Vintage Cider. Developed over three years, it is preservative-free and because it's not pasteurised, it contains the 'mother.' We've just taken delivery of this year's Nocellara extra virgin olive oil which we import from our family in Sicily's Belice Valley. We think it's the best in the world!



Our oil and vinegar come in 250ml, 750ml and 5 litre sizes and are also available from our website foweyvalley.co.uk

You can also get them at The Tywardreath shop.



VISIT US

Unit 11, Restormel Est.
Lostwithiel. PL22 OHG

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