



What a Load of Rubbish!



The fantastic team of River Clean-up volunteers and the main load of rubbish they collected!

We have been organising our river clean-ups for quite a few years now, but after adverts, phone calls etc there is always a moment where you wonder if anyone is going to turn up. Have we ordered enough pasties? Will the weather be good enough for us to get out?

Thankfully, we didn't have to worry – we had a fantastic turn out of nearly forty people, and managed to cover a large part of the estuary, from towards Milltown, Lerryn river, Penpol, and downstream as far as the docks.

We had three 'support boats', supplied by Peter Edwards, Robin & Liz Anderson, and David in *Encounter's* rib. They went up and down the river collecting the large and heavy items, filling them up as we went.

Students from *Falmouth Eco Society* and *Newquay College* were our very first volunteers to sign up, and did a brilliant job collecting from the top end of the estuary, along with a family from Lerryn who saw the poster and came along to help.

We also had a great turn out from the village – with a very special thanks to Golant's wonderful *Boatwatch*. Not only did several members turn out to help and support, but we also had donations of the most fabulous food from Friday's Boatwatch dinner, made, we believe, by Nick in *The Fisherman's Arms*. All this on top of the pasties, supplied by *Niles Bakery*, who kindly donated towards the event.

We found doors, hatches, canisters, a chair, a pair of oars, even an 'S' bend from a toilet.....along with plastic bottles, one particular brand of cider that always crops up in the river, and bags of twine, rope and fishing line. It is the smaller pieces of plastic, balloons, twine and line that we are most concerned about, as they pose the most immediate danger for the wildlife, so at least the river is several bags lighter for now!

So a HUGE thanks to everyone for their help, support and effort – it really does make a difference!

Karen Wells-West

Fowey Harbour Commissioners & St Sampson Parish Council had offered to match fund towards the cost of rubbish removal to the Council Landfill site, but this has now been arranged without charge by **Clean Cornwall**, who have organised **Biffa Waste Management Services** to come to Golant to pick up all the rubbish– first at the Boatshed, where the bulk is, and then the second load at the Quay. Proper job – wins all round.

Many thanks to David & Karen at *Encounter Cornwall* for putting all this together.

Robin Anderson

More pictures on page 2

FROM THE EDITOR

One of the most disturbing facts repeated in the media recently concerns all the waste plastic which is to be found in all the waters of the world. Even the tiniest creatures have minute quantities in their stomachs. We are told that many toothpastes now contain miniscule balls of plastic which are doing untold damage to sea creatures of all kinds. Local news in recent weeks has focussed on the huge amount of plastic bottles & other rubbish collected each week by volunteers from the beaches in Cornwall. Some five years ago, *Encounter Cornwall* decided to attempt an annual clean-up of our lovely river. Help at that time came mainly only from students at local university campuses.

What a triumph it was to see how many local organisations as well as students from Falmouth & Newquay were involved this year! It proved the truth of the old saying: ***Tall oaks from little acorns grow.*** Let's acknowledge the teamwork between *Clean Cornwall*, *Encounter Cornwall*, *Fowey Harbour Commissioners*, *Golant Boatwatch*, *Golant Quay Users*, *St Sampson Parish Council* and, most important, the *Volunteers*. So many people of varying ages tried to offer their help that a waiting list had to be kept. Cleaning up the river in this way must be tiring but so satisfying. All praise to *Nile's Bakery* who very generously donated pasties to help stave off the hunger of the helpers and, also, to our *Boatwatch* for providing more food.

One has to admit that to browse the list and sizes of items taken from the water in our river is disturbing. All credit to that large team who gave their time and energy to make the day such a success.

Our pub has a new landlord! It's a pleasure to welcome Nick Budd (p7) who, assisted by his parents, Chris & Anne, has taken over the running of *The Fisherman's Arms*. Nick is no stranger to Golant as his parents have had a house here since 2006. Already he has revealed a few new ideas, and it's thanks to him that we had a visit from the *Morris Minor Club* which jogged fond memories for many of us (p7).....

We owe a big *Thank You!* to Steve & Anne-Marie who gave us all marvellous service for over 9 years. It's so good to note that they are now permanent residents in the village.

Mike Harris

More images of the big River Clean-up...



Dave sends a young kayaker out to 'scoop the poop'!



Kayak crew with a big oily drum on the foredeck.



Manhandling large pieces of flotsam ashore from the work boats.



They're off....!!



Longliner full of gash!

All above photos & text by Robin Anderson

Village Hall Committee

This month, the fantastic *Frog Racing Night* stole the show at the Village Hall. (See page 8 for the full review). Plenty of hard work went into the production by the whole Village Hall Committee. Thank you all for coming. What a splendid evening it was... watch out for the repeat performance.

Golant C-Film Club showing of *In Search of the Wilderpeople* was a huge success. It even won a round of applause— a very funny and moving film. On Friday 31st March we showed *Brooklyn*, telling the story of an Irish immigrant, whilst the next film, on 28th April, will be *Burn, Burn, Burn*. 'Following the death of their friend, two girls in their late twenties embark on a road trip to spread his ashes. Seph & Alex take turns driving. Dan is in the glove compartment, in Tupperware, decreasing in volume as the trip progresses.' Stars include Laura Carmichael, Joe Dempsey, Alice Lowe, Alison Steadman, Jane Asher & Matthew Kelly. Please come along and support this venture.

The *Book Shelf Bring & Browse* continues on the FIRST FRIDAY of each month, from 10am to 11am, with coffee and a chance to chat thrown in! There is a good gathering now, so it is a good fun start to the day; please do come along.

Continuing with our Village Hall improvements, in the week commencing Bank Holiday Monday 17th April, Mike, of *Floor Sanding Cornwall* is band-sanding the hall's wooden floor, and then re-lacquering it.

It will transform our lovely hall even further, so please feel free to bring your own slippers for future events!

Paul Meredith, Chairman

Tel: 01726 832548 Mob: 07976757076

To book the hall, or for any enquiries,
contact
Penny Parsons, at:

golantvillagehall@gmail.com
or tel no 01726 832727



A LOCAL PROFESSIONAL BOOK-KEEPING SERVICE

JULIE FISHWICK MIAB

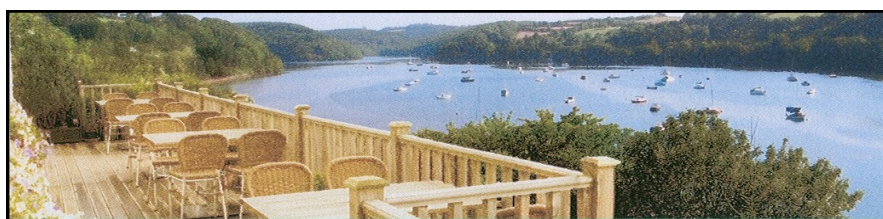
Based in St Austell, Cornwall

T: 01726 850398 M: 07531 126601

E: julie@cairndaleaccounting.co.uk

SAGE / QUICKBOOKS / EXCEL

www.cairndaleaccounting.co.uk



The Cormorant Hotel

Golant-by-Fowey

Visit Britain ***
Silver Award

DINNER— served every evening
superb food, & award-winning wines, in a stunning location

Seasonal Spring Menu changes as soon as local produce in
New Spring Lamb, English Asparagus, English Strawberries etc

Also open for * Coffee *Brasserie LUNCH *Afternoon Tea

Either pop in (pot luck on availability) - or book 01726 833426
relax@cormoranthotel.co.uk www.cormoranthotel.co.uk

New & Second-hand Nautical Books

Stuart Young
Appletrees, Water Lane
Golant, PL23 1LF

01726 833688
cspyoung@gmail.com
www.daltonyoung.co.uk

Ray Peacock

Painter & Decorator

Interior & Exterior
Power Wash Cleaning

Over 25 Years Experience
Mob: 077 096 384 30





Voices of Golant After a slow response, our *Voices of Golant* project is at last gathering momentum. Loosely based on the Fi Glover *Listening Project* format (Radio 4), we have now made two fascinating recordings – Alastair and Viviane Barr talking about the number of houses which have been built since they first came to Golant, and a discussion between them and Evelyn Parsons on their memories of the shop.

It is thought that Arthur Geake, born in 1905, took over the role of shop-keeper and postmaster when the single storey shop was built in the late 1920s, until he retired in 1970. The shop stocked just about anything that anyone wanted, from haberdashery to cough and cold cures. Rather like an Aladdin's cave, there were brushes and dustpans hanging from hooks in the ceiling, and shelves with most of the essential foodstuffs. It is said that Arthur knew everyone's regular purchases, and when he saw a particular person coming he would have the items ready for them on the counter!



Our next musings will be between Mother and Daughter, Pobo Taylor and Clair Connibeer, based on Pobo's earliest memories of life in Golant. If you feel prompted to spend a half hour in our company to share a memory with a friend or family member, we would be delighted!

Changes and development Meanwhile, Sue has continued researching the changes of land use and property development of the village over the last 150 or so years by comparing the 1843 tithe map with a map of modern Golant, and has transferred information from the census and poor book into a searchable excel file, tracing landownership and the major families who lived here. All fascinating stuff! If you feel inclined to share any details or information from your house deeds please do contact Sue. It all helps to build a picture of bygone Golant.

Spring talk We have invited Alex Lewis to give her talk on **Fowey and the Story of the Humble Pilchard** on **April 7th at 7.30pm. £3 admission, and, as always, BYOB!** The pilchard industry was once a thriving way of life in this region with the old pilchard curing-cellar or 'palace' at Polkerris being one of the largest in Cornwall. Come and find out more!

Our next meeting is **Tuesday 11th April at 2pm.** Coffee and cake on arrival!

Penny Parsons

Cornwall Coastal Path Walk

Please join us for our CHICKS annual charity fundraising Coastal Path Walk from Treyarnon Bay via Newquay to Perranporth on **Saturday 13th & Sunday 14th May.**

The distance for this challenging but very enjoyable walk will be 25 miles to celebrate CHICKS' 25th anniversary!

Food and accommodation will be provided at the CHICKS Coastal retreat in Tywardreath.

All money raised will go towards funding the FREE respite breaks that CHICKS provides for disadvantaged children from across the UK, including hundreds from many areas of Devon & Cornwall.

Please contact Mick on 01822 811020 (option 1), or email mick@chicks.org.uk for full details.



*Mick Ryan, Regional Fundraiser
CHICKS Coastal Retreat, Barn Park Farm, Well Street,
Tywardreath, Cornwall, PL24 2QN*

EARLY NOTIFICATION

Golant Sports & Carnival 2017

This year's **Sports & Carnival** will be earlier than usual, on **Saturday 29th July 2017**, because of the tides.

Madness in the Pill will be on Sunday 20th August, starting at about 3.30pm.

Peter Edwards

Ken Newcombe Funeral Directors

We are here to help you 24 hours a day
Funeral Pre-Payment Plans - Memorials - Private Chapels of Rest

**Ken Newcombe's
Funeral Home**

Bucklers Lane, Holmbush,
St Austell PL25 3JN



Tel: 01726 75869

**The Old Chapel
Funeral Home**

Station Road,
St Blazey PL24 2NF

Tel: 01726 210510



Part of Dignity Plc. A British Company.

Fowey River Practice **Patient Participation Group**

Making us Better Together

Dear Patients,

We would like to invite you to join our Virtual Group, which works closely alongside our main committee to fulfil our aim of improving the service the practice provides. To achieve this goal, we discuss issues within the practice, collect the views of patients and collaborate with practice doctors. The group is expressly looking for new members to join the Virtual Group because we are concerned that we are not fully representing the views of all members in the community at present.

As a Virtual Group member, you will receive the minutes of each meeting by email or post. We encourage you to share your views regarding topics we discuss, as well as contributing other issues for discussion. However, we must stress that the PPG is not a complaint forum, but a group which welcomes positive suggestions regarding how best to improve the practice. We also welcome Virtual Group members to join us in any events we run, such as our raffle & charity runs to raise funds to enhance facilities at the practice.

If you are interested in joining the Virtual Group, please do not hesitate to contact us on:

fowey.patientgroup@nhs.net

We look forward to hearing from you!

LOST IN FILM

| | |
|----------------|--|
| Mon April 10th | <i>Queen of Katwe</i> (PG) |
| Mon April 24th | <i>Hunt for the Wilderpeople</i> (12A) |
| Mon May 8th | <i>Sonita</i> (PG) |
| Mon May 27th | <i>A United Kingdom</i> (12A) |

Doors open 7pm; Film at 8pm

Church Rooms, Lostwithiel

Visit: www.lostinfilm.org for more details

THE NEXT COPY DATE

Please note that the **Copy Date** for the June/July 2017 Issue is

Monday 24th May

Articles, letters & news can be sent by email to:

golantpill@yahoo.co.uk

or placed in the post-box at the bottom of the drive to South Torfrey Cottage

STABLE ART



Picture Framers

David Cowen

The Stables

Mount Folly, Bodmin

Cornwall PL31 2HL

Tel: 01208 72518

Mob: 07875 611898

Bespoke or ready made frames, for oils, watercolours, pastels, canvases, photos, shirts, mirrors etc. Large stock of mouldings available. Mounts off the shelf, cut to size or multi cut. Exhibition work and bulk orders taken.

Friendly and efficient service.

Suppliers of

Daler Rowney Winsor & Newton
Magna Craft Art Materials & more

Opening Hours

Mon-Fri: 9am-5pm Sat: 9am-1pm

If driving, follow signs to Bodmin Town Museum

Licensee *Nick Budd* warmly welcomes you to:



The Fisherman's Arms

Tel: 01726 832453

The Fisherman's Arms, Golant

A charming character Inn dating back to 1826 with spacious outside terraces boasting stunning views over the River Fowey.

Choice of Traditional Cask Ales, Hot and Cold Meals and Snacks served daily.

Sunday Lunches served from 12-3pm.

All produce locally sourced.

Book early to avoid disappointment

We are a local garden landscaping company focused on designing, constructing and maintaining gardens to the highest standard with a professional service at competitive prices.

Services we can offer include;

- Patios and stone work,
- Fencing and decking,
- Dry stone walling,
- Turfing,
- Tree surgery,
- Garden design,
- Garden maintenance.

**CORNWALL
LANDSCAPING**

For more information, please contact
Dave Jenkinson on;

07872965920, 01726 832084

Email cornwall.landscaping@gmail.com

An A-Z of Cornish Dialect Words (2)

| | | | | | |
|---|--------------|----------------|---|------------|--------------------|
| A | apple-bee | wasp | N | nuddick | the neck |
| B | ballyrag | to annoy | O | orts | fragments |
| C | caudle | a mess | P | pinnicking | weak, puny |
| D | dashels | thistles | Q | quailaway | a styce |
| E | ent | to pour | R | raunish | ravenous |
| F | flam-new | brand new | S | squallass | cry-baby |
| G | gwidgee-gwee | blister | T | thirl | thin, lean, hungry |
| H | hedgyboar | hedgehog | U | urts | bilberries |
| I | issterday | yesterday | V | veer | farrow |
| J | jig | a mockery | W | wisht | miserable |
| K | kibble | a mine bucket | Y | yafful | a hand/armful |
| L | lerrups | rags, shreds | Z | zukky | to smarten up |
| M | minch | to play truant | | | |

CORNISH CHARMS...

1.) ...for Toothache

- No more toothache for a year if a nail is driven into an oak tree, or if the first fern to appear in the Spring is bitten from the ground.

2.) ...for Sciatica

- Carry either a knuckle bone of a mutton leg, a raw potato or a nutmeg in a pocket, or round the neck.

01726 812642

Johns Hair Studio

Tywardreath

Tara & Charlotte

Qualified hair stylists

Tuesday – Saturday

*Late appointments on
request*



Advertising Rates

There are three sizes of advertisement available to you in either vertical or horizontal form.

Please note: The size may vary to fit the space available, but will be the same square area as far as possible.

A 65mm x 60mm
 @ £40 for six issues

A+B 130mm x 60mm
 @ £80 for six issues

A+B+C 195mm x 60mm
 @ £120 for six issues

Additional £15 for colour for all sizes, and £10 for any alterations made during the year

Preferably, Artwork/Copy should be e-mailed to
golantpill@yahoo.co.uk

An invoice will then be sent to you by Karen Wells-West.

Alternatively, send your artwork or copy as required, together with an appropriate crossed cheque made out to
The Golant Newsletter
to Karen Wells-West, Bloweyes, Downs Hill, Golant, PL23 1LJ

The Golant Pill Production Team

| | | |
|-----------------------------|------------------|--------|
| Editor | Mike Harris | 833897 |
| Treasurer | Tony Strachan | 833259 |
| Graphics/Advertising | Karen Wells-West | 832104 |
| Typesetting/Graphics | Gillie Harris | 833897 |
| Distribution | Jacky Fletcher | 832615 |
| Parish Diary | Penny Parsons | 832727 |
| Production | Robert Dunley | 832807 |
| | Simon Funnell | 833343 |
| | Sheila Funnell | 833343 |
| Golant Website | Roger Page | 832692 |
| Golant Pill Facebook | Robin Anderson | 832370 |
| | Penny Parsons | 832727 |

The Editorial Team reserves the right to reject material or comments considered to be inappropriate or offensive.

Views & opinions expressed in *The Golant Pill* may not be necessarily those of the Editorial Team.

CORNISH SNIPPETS

West Briton Nov 30th 1821

The price of provisions in the Penzance market included:

- Pork from 2d per lb.
- Beef from 2d - 3d per lb.
- Mutton from 3d - 4d per lb.
- Potatoes 2d for 10 lbs.

"Saturday night prices would have been much lower".

Leyonne Farm Produce

We are offering our home-reared produce for sale (while stock available)

**Grass fed
cattle**

**Free-
range
pigs**

**Pasture
fed hens**

Beef
Pork
Sausages
Ham
(and some bacon)
Eggs

**Boxes of fresh meat available to
order twice a year. Please ask.**

Tel. Bridget or Martin on :
01726 833068/ 07854 735205

Please visit our freezers by the farmhouse — they will be signed soon! Prices are posted so put money in the box or order ahead.

*Batch-pasteurised, non-
homogenised milk and clotted
cream available from mid-March*

Minor Motoring Matters

The SW Morris Minor Owners Club came to Golant for Sunday lunch at *The Fisherman's Arms* on 19th March.

What a treat for all of us who have fond memories of their time with a 'Moggy Minor' - and most of the admiring locals down at the Pill seemed to have owned one of these motoring legends at some time in their lives.

We had a lovely selection of 'Moggies' on display - saloon, traveller & convertible; missing were the pick-up and van variants.

My first car was a Minor, back in 1978 - bought for £50 off my brother, and sold a few years later for £50. It lost first gear, which made steep hills a challenge, so I bought another one for spare parts for £25, and swapped the gear box over. The replacement box was deficient in second gear, but that was much less of a problem - happy motoring. I fitted a new tow bar and used it to tow my boat.

The only time it let me down was on my first date with a lovely new girlfriend - a party at my house. The Minor conked out halfway up the long steep lane to our house. My brother came to our rescue and towed us almost all the way up the hill until he pulled the front bumper off. Kindly brother even drove the young lady home at the end of the night - that's what brothers are for...

Robin Anderson



The green Morris Traveller in Robin's top photo brings back many happy family memories for us, as this looks identical to our second car (the first being a Mini van!)

For years, prior to the legal requirement of fitted seat belts in 1983, we used to travel overnight from Kent to holiday with Mike's parents at Devoran in Cornwall, with beds made up in the back for our two young daughters (and once with our cat!). Their familiar cry of "Are we near the big bridge yet?" tells you which route we took!

Mike & Gillie Harris

All Change at the Fishermans

Most of you will be aware that there's a new team at *The Fisherman's Arms*.

New Landlord Nick Budd and his parents Chris



and Anne are no strangers to the village. They first holidayed here in 2001 staying at *Lantor*, followed by stays with Pam and Vic Tabb, and at *Kyppings*, before buying their own Golant bolt hole at *Robins Hill* in 2006. Since then, they've been regular visitors to the village - and regulars at *The Fishermans Arms* - before finally taking the plunge to become full timers.

After leaving school, Nick trained in Hospitality at Guildford College, and then went on to work as Bar Manager at West Surrey Golf Club. He's been a keen cook since the age of 14, his motto being that he'll try anything once. He also likes his beer, and has long been a member of CAMRA (Campaign for Real Ale). So when opportunity knocked with the sale of the lease at *The Fisherman's Arms*, it seemed the perfect match.

Already us regulars are seeing modest changes. Chef Neil has stayed on, with Chris and Anne often taking a turn to man the pumps and help in the kitchen. There's a new menu with the emphasis on fresh homemade meals using locally sourced food where possible. We're also seeing regular Guest Ales (last night an excellent Norfolk beer), local spirits (not Golant's ghosts, but you might try *Tarquin's Gin!*), and there are plans for a Wine of the Month. As well as hosting a regular Ladies Night, they're looking at other regular and one off events. Anyone for a Men's Night?? Nick's also a keen music fan (some interesting background music - mostly folk!) - and in addition to the bi-weekly Sunday folk night there are plans for more music events.

If you're not a regular like me, I'd recommend a visit for a refreshing drink and bite to eat. I'll guarantee a warm welcome.

David Johns

CLAIRE TODD BSc

CHIROPODIST/
PODIATRIST

M.Inst.Ch.P.

HPC Registered CH16545

01726 70733

07791195977

claire.chiroprapist@hotmail.com



FROG RACING FUN

A totally hilarious evening for all... We didn't know what to expect when we walked in and saw all the frogs lined up in a menacing fashion! Brilliantly painted by Michelle Robins, each table was able to choose which character they wanted to race with.

Our table chose frog number 5, an assertive looking ninja frog. Trying to pull slowly but with a frenzy of competitiveness going on in your head is not easy!

The winners were well deserved. I think the Varcos had been practising in secret, as they were brilliant, and both Ruth & John won their races.

Pasties were served at half time to keep everyone's strength up, lubricated in normal Golant fashion.

Prizes were of the froggy variety, including temporary frog tattoos, which lasted for quite a few days— a surprise to some! Ha! Ha!

The village hall committee put in a huge effort to make the evening a success, not least the creation and painting of the frogs and careful choosing of the fun prizes.

There will definitely need to be a re-run, as it was such a great evening, at the same time raising funds for the village hall.

Cris Dodridge-Meredith



One of the froggy line-ups....

FLORAL DEDICATION



The boat dedicated to Mary South has been planted up....

Castle Dore Rowing Club Open Day



You're invited to Castle Dore Rowing Club!

Castle Dore Rowing Club is run 100% by volunteers in the beautiful village of Golant. Join us for our open day on Saturday 8th April, as we row 1 million metres in a day to raise money for a new boat.

Find out more about the club, have a go on a rowing machine or even in a training boat on the river. You can enjoy tea & cake, check out the club facilities, meet an Olympian and join our evening pub quiz, all while cheering on our rowers...

From 10am:

- Meet Annie Vernon, Olympic medallist & World Champion Rower and sign up for professional coaching.
- Take our Ergo Test & learn to use a rowing machine.

From 10am-4pm:

- Plant Sale in Golant Village Hall.
- Tea, coffee & homemade cakes by the river & in the Village Hall.

From 1pm-3pm:

- Have a go at rowing on the River Fowey with coaching from our club members.

From 7.45pm:

- Test your knowledge in our evening Pub Quiz at *The Fisherman's Arms*.



KITTOW'S

QUALITY MEATS

84, Daniels Lane, Holmbush, St Austell PL25 3HT
email: shop@kittowsqualitymeats.co.uk

01726 73005
www.kittowsqualitymeats.co.uk

Golant Summer Produce and Craft Show

Before I write about this year's show, I should like to thank Anita Fuge, who sadly has stepped down from the Produce Show Committee as she has not enjoyed good health in recent months. It was from Anita that we sought advice on starting the show 9 years ago, because of her experience with the Fowey Fuchsia Show, and that advice has proved invaluable.

So this year's show is on **Saturday 12th August**, and Mary Jane Hunter has taken over Anita's role in accepting entries etc. Also, we welcome back Sue Reardon to our team.

A complete programme will be delivered to each house in early August. However, please look at the Schedule of Classes below. We publish this at this time of the year so that you can all plan your entries and we would like to encourage every family to enter something. Even if you are not a gardener, there are many other categories such as cookery, crafts, photography etc. Last year we had very few photographs, but the subject of 'Trees' is a wide one, from a single tree, a group, wildlife within a tree etc. We thought we would include a 'selfie' even though we would know who entered it, but be as innovative as you can be.

In the children's section, can I draw your attention to 'Beachcombing Treasures on a paper plate'. Again, it would be lovely if we could have more children's entries - so maybe more grandchildren could take part?

The popular Limerick competition returns with: "They say if you talk to your plants...." – better than talking to yourself!!

We look forward to receiving all your entries.

Janet Gore, Chair

Schedule of Classes

1) Classes for Vegetables

- A) 3 Tomatoes
- B) 3 Onions
- C) 4 Potatoes
- D) 3 Carrots
- E) 6 Runner Beans
- F) 1 plate mixed vegetables, 4 items - one of each
- G) Longest Runner Bean
- H) 3 Stalks of different Herbs in a vase
- I) 3 Beetroot
- J) 1 Cucumber
- K) 3 Courgettes
- L) 1 Lettuce, any variety

2) Class for Fruit

- A) A plate of soft fruit

3) Classes for Flowers

- A) 6 Sweet Pea stems
- B) Vase of mixed flowers
- C) 3 Dahlia stems
- D) 1 Fuchsia stem in a wine glass
- E) Fuchsia flowers in a small dish
- F) 1 Gladioli spike
- G) 1 Sunflower in a glass
- H) 3 Rose blooms
- I) 1 Potted House Plant
- J) 1 Hydrangea head

4) Children's Classes-under 10

- A) Bookmark, any medium
- B) Beachcombing Treasures on a paper plate
- C) A4 Picture, Theme- 'Outdoors', any medium

5. Children's Classes-10 to 16

The same as 4)

6) Home Made Jams & Preserves

- A) Jams/Jellies in a clear glass jar

- B) Marmalade in a clear glass jar
- C) Chutney in a clear glass jar
- D) Lemon Curd in a clear glass jar
- E) Honey in a clear glass jar

7) Cookery

- A) Lemon Drizzle Cake
- B) 3 pieces of Flapjack
- C) 3 Fruit Scones
- D) 3 Choc Chip Cookies

8) Photography

Subject- 'Trees' up to 7" x 5"

- A) Juniors- under 16
- B) Adults

9) Photography

'Selfie' up to 7" x 5"

- A) Juniors- under 16
- B) Adults

10) Crafts

- A) A Handcrafted Wooden item
- B) A Handcrafted Metal item
- C) A Handcrafted Pottery item
- D) An item of Needlework, either by hand or machine
- E) An item of Patchwork, either by hand or machine
- F) An item of Embroidery, either by hand or machine
- G) A Knitted or Crocheted item
- H) 8 Pennants of Bunting, any medium

11) A Piece of Artwork

- A) Any Medium
- B) Collage
- C) Computer Generated
- D) Adult colouring of your choice

12) Limerick

Complete the following:

"They say if you talk to your plants...."



Our Annual Spring Get Together

As is customary at this time of the year, we held our annual dinner in the village hall recently, with 50 or so members and their partners enjoying a wonderful social evening to celebrate the beginning of the new season. A totally informal evening, we were treated to a backcloth of RNLI videos and a soundtrack of *The Fisherman's Friends*, whilst tucking into a wide selection of treats from the buffet table.

Unusually on this occasion, Paddy (famed for her many food offerings in the village over many years now) was having a well deserved night off, (but was presented with



some flowers), and instead, the catering baton was passed over to our new landlord, Nick, of *The Fishermans Arms*. And didn't he do well! We had a wonderful evening.

The food was brilliant, the free raffle prizes great, and it was also the night to see who was the lucky winner of David Parry's superb painting. Step up Peter Cameron and his wife Anne, who went away particularly pleased with their new picture. Sadly, David and Prawn couldn't make it this time, as Prawn is still recovering from illness, but I am sure we will see them in the village again very soon. And once again, our thanks to David for such a generous gift to Boatwatch.

The Police

It was particularly delightful to welcome both Russ Hall and Lloyd Paynter from the police, to our evening 'do.' It gave us the opportunity to thank them both for their continued work and support for Boatwatch, but also for being on the 'front line' for us all generally, and especially in light of recent events in London. We fail to praise and thank our police often enough. But watching those awful events unfold, we are reminded of the wonderful police force that we do have.

Julian Foye

I mentioned the raffle for David's painting earlier, which will have given our finances a significant boost. But I can also confirm that Lloyd Paynter (our very own PCSO) presented Boatwatch with a cheque for £100, as a donation from Julian Foye (other Retailers are very welcome to donate as well), in support of Lloyd's continued monthly surgery that he holds in our boat hut. Well done Lloyd, and please take the time to pop in and see him on his next surgery.

Security

Golant Boatwatch have now purchased a number of 'security packs' from a company called *IMMOBILISE*, which we can make available to members & non members alike. These are offered on a 'no profit' basis, but will provide the means to security mark many of your house-

hold items (computers, tablets, phones, TV & videos etc), as well as any boat equipment. The pack includes many property marking tags and a uv pen, which enables the purchaser to register their SPECIFIC details on the Police National Mobile Property Register. These kits (which normally retail for £15.29) are available for a cost price of £13.00. Ask any committee member if you would like one.

David Jenkinson
Chairman Golant Boatwatch

If anyone spots a problem on the river, please contact one of the following:

Harbourmaster's Office 01726 832471

(out of office hours transferred to Duty Officer)

David Jenkinson (Boatwatch) 01726 832246

To contact the **Police**, please take note of the new number **101** which you should use in a **non-emergency** situation.

In an **emergency**, or if you think a crime might be in progress or pending, dial **999** for **Police** and **Coast-guard**. You can say "**reference Operation Kraken**" if the incident is concerned with maritime crime or terrorism.

The **Plymouth UK Border Force** is 01752 689 200.

Golant Quay Users Association

You may have noticed that we have installed a donation box by the Quay, to see if we can get the many users of the Slip and Quay to donate towards their upkeep.

It has a very polite notice asking for a donation of a £1, with a humorous touch with caricatures of boaters, dinghy folk and fishermen to see if we can attract donations from all users.

I must admit I was very sceptical about this during committee discussions, imagining it ending up in the river very quickly. However, to my amazement, and I know it is very early days, so far it is still there, and in the first week £2.50 was donated, and that in early Spring.

So watch this space!

Peter Edwards, Chairman

POLICE SURGERIES

On the following **Wednesdays**
between 10.00am & 12.00pm
at the **Boatwatch Hut**

Come and meet your
Neighbouring Policing Team

12th April
10th May



It is membership renewal time, and you should have received your membership renewal letters and forms. If you have not yet joined, then now is a good time, and this year we have a theme in some of our Events programme about attracting more wildlife into our gardens.

We have a talk at Trennythor Manor on 11th May from Cheryl Marriott, Head of Conservation at Cornwall Wildlife Trust entitled **Wild life Gardening – Dispelling the Myths**, (see details from Claire in the opposite column) and a Garden visit to 'YY', Milltown, on 11th June for some practical tips on how to attract wildlife into your garden.

Between these two events we have teamed up with Looe VMCA (Voluntary Marine Conservation Area) for a walk from Lerryn to St Winnow on 21st May, where our local experts will be able to help you spot wildlife and flora.

So for those events and many others, including a visit to a Water Meadow, a chance to watch Cider being made and an Owl & Hawk demonstration, please make sure you are a Friend of the Fowey Estuary.

Application forms can be obtained either from our web site, friendsofthefowey.org.uk or from me at 01726 833141.

Peter Edwards



Are you interested in your local environment? Want to get involved in surveys, conservation work or just find out what amazing wildlife can be found around us?

The Friends of the Fowey Estuary have a varied annual events programme from guided walks and talks, to practical conservation; there really is something for everyone.

Now is the perfect time to join the group to make full use of the events programme.

Take a look at our website www.friendsofthefowey.org.uk Or join us on Facebook.

Claire Hoddinott

Forthcoming Events

Thursday 13th April

Rockpool Ramble

Time: 1.00pm – 3.00pm

Meet: Readymoney Beach, Fowey

Cost: Free to members, £1.50 for non-members

Further info contact Claire 01726 833061

Please wear sensible footwear and all children must be accompanied

Thursday 11th May

Talk – 'Wildlife Gardening – Dispelling the Myths'

By Cheryl Marriott, Cornwall Wildlife Trust

Time: 7.30pm

Meet: Trennythor Manor Hotel

Cost: Free to members, £2.50 for non-members

Further info contact Peter 01726 833141

Tywardreath Village Shop

Open 7 am to 8 pm - 7 days a week

1 Fore Street, Tywardreath PL24 2QP 01726 812764

www.tywardreathvillageshop.com ~ Find us on Facebook

Newspapers and Magazines

Coupons accepted
Daily deliveries
or reserve & collect

Home Deliveries

Newspapers and Groceries
7 days a week

Card payments accepted

Fresh Cornish Produce

Delivered daily by local suppliers

Community Buying Group

Bulk products & Group orders

Branded Groceries

Competitively priced

Business Support

Helping local people develop
products and services to
start their own micro business

Cash Machine

Fee free

Trewhithen Dairy - Milk, yoghurt and cream
Niles Bakery - Bread, rolls, cakes and pastries
Ray Davies Foods - Bacon, ham and cheese
ItsTibbits - Sandwiches, rolls and party food
Locally grown fruit and vegetables
Confectionery, ice creams and desserts
Wine, cider, beers, spirits and soft drinks
Cut flowers and plants grown in Cornwall

Tel: 07710 136307

email: sheilamread@googlemail.com

SHEILA MORGAN READ FICHT

Massage Therapist
Remedial & Sport

Aromatherapy

Reflexology

Reiki Master

Reiki Treatments
& Attunements

Hydrotherm Massage

Hot Stone Massage

Tales from the Riverbank

By the time you are reading this, the clocks will have gone forward; we will have lighter evenings, and slowly we will be able to stay out on the water for longer.

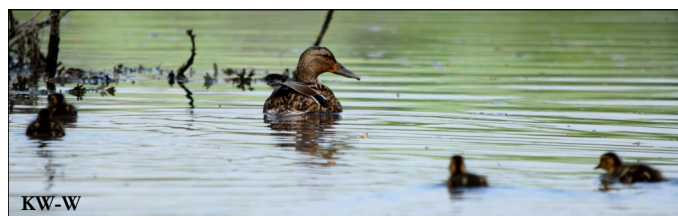
We have been getting ready for the Easter season, and the wildlife are also busy nest-building, pairing off, and some will disappear altogether until June. The Redshanks, Greenshanks, and Curlews are absent until the end of June, but we are compensated by having one of the largest Heronries in Cornwall, just opposite on the corner of Penpol creek. The Friends of the Fowey Estuary do an annual survey of nesting sites, mapping them with GPS, and we are now pretty confident that the white little Egrets move into the nest when the herons have finished – a sort of avian timeshare!

We are also about to embark of the first of this year's River Clean Ups, and we have had a wonderful response from around the county, so much so that we had to start a waiting list for the first time!

Slightly away from the water, but still on the riverbank, we went to a fascinating workshop run by the *Woodland Trust*, about preserving ancient trees. The Fowey River valley is recognised as being nationally important in its abundance of ancient trees, that in turn support nationally important lichen and invertebrate species. So when we look out from the village, or from the water at the woods along the other banks, and all the way to Lerryn, Lostwithiel and

Penpol, we are seeing not just woods, but a nationally valuable treasure that we can be privileged to have around us!

Karen Wells-West



FACEBOOK!!!

Our team members Robin Anderson & Penny Parsons have begun a **Facebook** page for *The Golant Pill*.

Do check it out. It is designed mainly to promote village activities, including those published within our Calendar of Events page.

The immediacy of Facebook is such that Robin & Penny are able to add reports of such events as soon as they have happened.

Carpentry & Decorating Services



Friendly, Reliable Service
20+ Years Experience
All Jobs Completed Before a New One Starts!
For a Free Quote Call Your
Local Carpenter Philip Couch
07792 160087 or 01726 832720

Pill Paparazzi in this issue

RA Robin Anderson
CD-M Cris Dodridge-Meredith
KW-W Karen Wells-West

Tel: 0845 345 1606
sales@microtestretail.co.uk

microTEST
Home and Business Solutions

YOU DEAL WITH PEOPLE, WE'LL DEAL WITH THE MACHINES



Repairs



Laptops



PC's



Networks



Printers



Software

Microtest Ltd, Technology House, Normandy Way, Bodmin, Cornwall, PL31 1EX

Golant Gleanings

HAPPY NEWS

Robin and Liz Anderson at *Bodriggan* are delighted to announce the engagement of their eldest daughter Dr Catherine Grace Anderson to Lt Samuel Charles Thompson, RN.

RED ARROWS NEWS

Breaking news sent from the Fowey Harbour Commissioners: "We have just received confirmation that the Red Arrows RAF Aerobatics Display Team will again be flying in support of the Royal Fowey Regatta this year. Although it is back in its old slot at 6pm on the Thursday of Regatta Week, it will be a totally new display situated outside the Harbour.

The best viewing point will be from the coast path between Gribben Head, Harbour Mouth and Pencarrow Head, or even better from a boat.

Work can now begin in earnest to raise the money needed to pay for the event, and we kindly ask local businesses or individuals who can help with donations or sponsorship to come forward."

Capt. Paul Thomas
Chief Executive & Harbour Master
Fowey Harbour Commissioners

01726 832471 reception@foweyharbour.co.uk

THURSDAY EVENINGS

Have you ever heard the bell tolling in church on a Thursday evening at 6pm? Church bells are rung to announce/advertise a service and as a reminder that prayer & worship is about to start— the use for which the building was built and why it exists.

Sunday services are well advertised and attended, but not so well known is that on **Thursdays @ 6pm** the 20 minute Evening Office is said. This includes readings from the Old & New Testaments, plus a Psalm and prayers. Anyone and everyone is welcome to come. Folk either participate, or simply just enjoy sitting quietly, taking in the quiet beauty of our lovely church, and allowing the inspiring, ancient words to soak in.

Afterwards, I stay in church until 7pm praying for you all, but I am also then available if you would value a quiet, confidential listening ear. After 7pm, I generally join the merry band down at *The Fisherman's*.

So, as the evenings lengthen, when you hear the bell tolling, why not take a little time out and avail yourself of a few minutes' quiet in our historic & holy place.

Wendy Earl, Reader @ St Sampson's
wendy@earlofcornwall.co.uk tel: 01726 72861

ST SAMPSON PARISH COUNCIL

February 2017 - March 2017

The Cornwall Local Plan

After a lengthy gestation period, the Cornwall Local Plan is now in force and is already being taken account of as a key reference document when important planning issues are being considered. Such issues can affect all who live in, visit or work in the county. The Plan sits under the National Planning Policy Framework and sets out a clear Cornish approach for interpreting the national framework so that we get what is right for us. This is what localism is all about, and make no mistake – decentralisation of power and decision making is happening and developers and planners are quickly having to come to terms with the new reality.

The Local Plan will facilitate new and better homes, jobs, schools and infrastructure and also protect and enhance the environment. Growth can be a good thing if it is the right progress and takes place in a managed way in suitable places. 28 Policies set out how that will happen.

The *Cornwall Local Plan Strategic Policies 2010 to 2030* can be accessed via this link :-

<http://www.cornwall.gov.uk/environment-and-planning/planning/planning-policy/adopted-plans/>

The main document is supported by more detailed policy and supplementary planning documents, but also by another weighty tome which sets out the **Community Network Area** approach. This is the *place-based framework for Localism* – groupings of parishes, towns and communities. St Sampson is part of the St Blazey, Fowey and Lostwithiel Network, and in turn our Network is linked with our neighbours to cover all of the St Austell and China Clay area as a distinct region within the county – one that is a Cornwall Council priority for regeneration.

As I have mentioned in previous reports, there is a presumption in favour of sustainable development – Cornwall Council will work with applicants, infrastructure providers and the local community to secure development that improves the economic, social and environmental conditions in the area.

The best way for local views to be taken into account is for us to have our own Neighbourhood Development Plan (NDP) – planning cases are now being decided on the basis of what is written in the Local Plan and the Neighbourhood Development Plan (where it exists) read together. We have done much preparatory work towards our NDP, but there is still much to do. It is too important to miss out on the opportunity to be able to have significant influence on decisions which will affect us all, so I would urge everyone in the Parish to contribute when I invite comments on our draft plans in the next few months.

Your Parish Councillors are always keen to hear your views on all aspects of Parish life so please do not be backward in coming forward with comments and suggestions.

As mentioned last month, elections take place in May when we all stand down. We have 7 seats to fill, but an election will only be required if more than seven applicants submitted formal applications to stand. (Deadline for applications - 4 April.)

As a parting shot, with pubs across the country closing at an unprecedented rate, I am pleased to report that *The Fisherman's Arms* Pub has been placed on the **List of Assets of Community Value** – a useful safeguard which legislates time for a community group to submit a bid should the owners of the property decide to sell the land and building within the next five years. Drink Hael! (& responsibly of course!)

Minutes of our meetings are available on our Parish Council website - <http://www.stsampsonparishcouncil.org.uk/>

Our Parish Clerk Sue Blaxley can be contacted on stsampsonpc@gmail.com for any further information or to raise issues of concern.

Next meetings - Tuesday 28 March 2017 at 7.15pm in Golant Village Hall and Tuesday 25 April 2017. All are welcome.

Robin Anderson, Chair

Our Advertisers

We are indebted to our
loyal advertisers,
old and new, who help to keep
The Golant Pill afloat.

Do please use them, and mention us
when making contact.

Many gratefully say how well
our readers support them.....

D. Burton Oil Heating Services
Boiler Repairs
Breakdowns
Installations
Services



5 Trewithen Parc, Lostwithiel
Tel: 01208 873494
Mobile: 07800609851
email: dburtonoil@live.co.uk

News from St Sampson's Church

The start of Lent was marked by a said service on Ash Wednesday, 1st March, and in keeping with the contemplative nature of the period there was a Quiet Day on Thursday 9th March. The Reverend Canon Dr Audrey Elkington led an exploration of the Psalms, and the afternoon closed with the simple but very effective service of Compline.

On **Palm Sunday**, 9th April, there will be a dramatized reading from St Matthew's Gospel of The Passion, and no sermon, to mark the beginning of Holy Week. Then, on Thursday 13th April, Maundy Thursday, there is a service at 6.30pm. This marks the Last Supper of Jesus and his disciples, and the words and music will be contemplative in nature.

Easter Day is the major festival of the Church Year, and the service will be celebratory, with choir, organ and handbells. Mike Harris will be at the organ (another reason to celebrate), and we were delighted to welcome him back on both Sunday 5th March and Sunday 2nd April.

On Thursday 27th April, at 8.30pm, there will be the **Annual Parishioners Meeting**, to which all are welcome, followed by the AGM of the PCC.

The **St Sampson Secret Safari Supper** will be on Friday 23rd June, and tickets will shortly be available from Penny White (832315) at £30. Please let me know if you would be willing to host a course, and thus earn an entirely uneconomic discount price on the ticket, and all proceeds from the evening will go to the St Sampson Fabric Fund. Numbers will be strictly limited, so please book early to avoid disappointment.

There is one further date for you diary, which is a **Handbell Concert** in The Boathouse on Saturday 1st July. The programme will be varied, but folk songs from around the country will feature prominently, and we are busy practising some Cornish tunes in particular.

Simon Funnell

The Saints' Way: 20th – 22nd March 2017

Some months ago I agreed to walk the Saints' Way in March because 'it will be warmer and drier by then!' Glyn and I were both Choral Exhibitioners at Trinity College, Cambridge, a mere 54 years ago, and he made the army his career and I didn't! So he was navigator.

As we left the comfort of The Metropole Hotel, Padstow, it was already raining, and by the time we were half-way to Little Petherick it was pouring and blowing a gale. Even so, Little Petherick Creek was delightful, and the settlement site of Blable (meaning wolf-pit) was passed safely enough. It is a very long, steady climb up to St Breock Downs where there are wonderful views as long as you are not allergic to wind turbines – to add insult to injury, not a single turbine was turning despite a more than steady breeze! It is then a long march, mainly on very quiet roads, down to Hustyn's, where the advertisements for the pampering health hydro were difficult to ignore.

We glimpsed Withiel Church on a hillside in the distance, but just as it seemed within reach, the signposting disappeared, and by the time we had discovered the footbridge across the swollen stream the church seemed to have moved further away. A fairly steep path finally led to the church, which looked a fine building – but it was locked! Nevertheless, the church porch proved to be an excellent place to take

on fuel and take off some very wet waterproofs.

The fields beyond Withiel were not that well signposted, and underfoot conditions were appalling (cattle had 'poached' the ground, according to Glyn), culminating in a fifty yard stretch where a foot or more of water filled the entire lane. Booted and gaitered as we were, a brief diversion was called for, but my navigator was up to the task. Finally we hit a decent track, and enjoyed the downhill walk into Lanivet, accompanied for the last part by our 'roadie', Sheila. Lanivet is just over half-way (15 miles), so, despite the weather, we looked back on a very satisfactory day and looked forward to a hot shower and cold gin!

At just after 10.00 am the next morning we were dropped at Lanivet, and began the uphill walk to Helman Tor. This was a good track, well-signposted, and we made excellent time. The path skirts the Tor, the clouds were coming in thick and fast, so we kept to the Saints' Way and soon after the Tor were again confronted by an atrocious length of sunken lane which was filled with water and mud. We managed to clamber up a bank which was a nursery for wild thorn, the down-side being that we were no longer sheltered from the icy hail which was settling on the bank and surrounding fields!

Lanlivery beckoned, and as the path improved, so did our spirits. Lanlivery Church welcomes walkers, is open, and once again a church porch enabled us to re-fuel and check the waterproofs! The road and then footpath from Lanlivery to No Man's Land is easy going, and once we had braved walking down 100 metres of the A 390 towards Lostwithiel (not a pleasant experience), we turned right and went through one of the muddiest farmyards I have ever experienced. But then the way goes down a small sunken lane towards Castle, and it was sheltered, dry underfoot, and all downhill: delightful.

Then it was on a route most readers will know – to Milltown, then up and down to where the Saints' Way turns left and up two fields, over the 'Youth Hostel road', over Penquite Farm land where the route is very clear, and down Church Hill at 3.00pm, just in time for tea. We could have continued, but decided to save the finish for the morrow!

The Wednesday morning stroll to Fowey was in sunshine! The lower Downs way may seem muddy to dog walkers, but it was positively arid compared to the state of some of the paths we had traversed. We enjoyed the sun at St Fimbarrus, and then we decided to extend our walk by following the alternative western route. So it was to Readymoney, then Lankelly Woods, Tregaminion, where the farmyard mud was spectacular, and down some delightful fields to Polmear and then up to Tywardreath Church. As I write this, Glyn is completing the western route, whereas I put my duty to The Pill first!

It is a walk across Cornwall that is not to be missed.

Simon Funnell

See page 13 for further Church news.

Church Flower and Cleaning Rota

| | |
|-------------------|-----------------|
| 9th & 16th April | Ruth & Gill P |
| 23rd & 30th April | Sue S & Sue T |
| 7th & 14th May | Gillie & Mike |
| 21st & 28th May | Penny & Viviane |
| 4th & 11th June | Judy & Cynthia |

Encounter Cornwall
and go with the flow..... 

**Guided Fowey Estuary
Canoe Trips from Golant**

3 hour trip £28 adults - £15 children
Suitable for everyone - no experience needed

Fowey Estuary Kayak Hire
For experienced paddlers to explore
the estuary at their own pace.
From £15 for 4 hours

www.encountercornwall.com
01726 832104 or 07976 466123


luxelaundry

Providing a
high quality laundry service to holiday homes, guest
houses, B&Bs and for all those wanting freshly
cleaned and pressed bed linen and towels.

Contact: 07754 896482
info@luxelaundry.co.uk www.luxelaundry.co.uk


**Letterpress
Lithographic
and
Digital Printers**

Palace Printers Tel: 01208 873187
Mob: 07824 808879

Email: palaceprinters@btinternet.com
Quay Street, Lostwithiel, Cornwall PL22 0BS

**Uncle John's Gardening Year
& Auntie Paddy's Recipe Book**

Both these *Golant Pill* publications
are always available in Church, the Boatshed,
Tywardreath Village Shop
or from Mike & Gillie (833897).

****£6 each or two for £10 (Mix or Match)****

The *April* illustration heading Uncle John's Garden Patch
article opposite is taken from *Uncle John's Gardening Year*
book.

UNCLE JOHN'S GARDEN PATCH

I know that be now I
should be out working
ground that I turned
over back afore Christ-
mas, but 'tis all far too
wet to do ort with it.



'Tis never worth rush-
ing things, although the old saying of, "Oh Lord, give me
patience, but hurry," comes to mind! But the old ground
is some wet and cold; we need some sunshine to warm it
up. You can help things along by spreading black poly-
thene sheeting over the top of the soil, but be certain sure
to anchor it down brave and tight, or else 'twill end up
lagged round something or other.

Carry on the planting up of seeds in the greenhouse,
and also keep on top of the pricking out of seedlings
when they come big enough to handle. 'Twill stop them
reaching for room and becoming leggy.

Towards the middle of April is a brave and good time to
plant herb seeds, such as chives, dill, fennel, parsley and
sage. It might tend to treat parsley as an annual, but the
rest as perennials, and if sown in the greenhouse in trays
then you can be pretty certain sure that whatever comes
up will be what you want.

Bear in mind that if "half hardy" is mentioned on the
seed packet, it means just that, and if there's a sniff of Jack
Frost around then he'll put paid to the seedlings, so just
hang fire with these sowings.

As the spring flowering shrubs finish flowering, then
this is the time to do a bit of cutting back, by taking off
the stalks that have flowered, and so encourage new
growth for next year's blossom.

Remember to take off any seed heads if they appear on
the daffodils and tulips when they'm finished flowering,
and if you'm of a mind to lift them, wait a bit until the
tops have died back and gone yellow, and you'm then
pretty sure that the bulbs have stored up some energy for
next year.

As the time goes on, and towards the end of April, then
those of you who do tend to have a brave show of bas-
kets and tubs around the house should be thinking of put-
ting them together. Be mindful of keeping them in the
greenhouse so they'm able to bed themselves in, and keep
them well watered and fed, so that when 'tis time to put
them outside you've got a brave show.

May month is when the bulk of sowings is done and the
days don't seem long enough to fit every thing in. It
should be safe to plant out things that are a bit tender, but
it will still pay to listen to the weather forecast on the
wireless, and be ready to cover things over or even bring
them back indoors.

And do 'ee not forget to keep a good lookout for any
of they little blimmers that want to eat what you'm at-
tempting to grow. Harden your heart, and use either
thumb and finger, boot or spray, because they'm not at all
bothered about the damage and expense they can cause to
you.

Nort

Auntie Paddy's Recipe Corner

Carol Gabb made these for the Afternoon Tea in the Village Hall, organised by Maurie & Gail. When I mentioned them to my daughter, Rachel, she said that when she was on a Research Ship, and it called at Lisbon, many of them headed for the Belem district to a bakery, where, as elsewhere in Portugal, these tarts were made. There was always a queue, and they were always sold out, as it is quite a small enterprise.

PORTUGUESE CUSTARD TARTS (Pasteis de Nata)

1 whole large Egg
2 large Egg Yolks
115g/4oz Golden Caster Sugar
2 tbsps Cornflour
400ml/14fl oz full fat Milk
2 tsp Vanilla Extract
1 sheet ready rolled Puff Pastry
Icing Sugar

1. Lightly grease a 12 hole muffin tin & pre-heat the oven to 200°C/180° fan/Gas Mark 6.
2. Put egg yolks, sugar & cornflour in a pan & mix well together, gradually adding the milk until well mixed and smooth.
3. Place the pan on a medium heat and stir constantly until the mixture thickens and comes to the boil. Remove pan from the heat and stir in the vanilla extract.
4. Put the custard in a glass/ceramic bowl to cool and cover with cling film to prevent skin forming.
5. Cut the pastry sheet into 2 pieces and place them on top of each other. Use icing sugar instead of flour, and roll the pastry tightly, from the short side, into a log, then cut into 12 even sized rounds.
6. Using icing sugar, lightly sprinkle on board if needed. Roll each pastry round into a disc and press them into the muffin tin.
7. Spoon in the cooled custard and bake for 20-25 mins until golden on top. Leave to cool in the tin for 5 mins then move to a cooling rack to finish cooling, although they can be eaten warm. Enjoy!

Paddy Shelley

SUBSCRIPTIONS

Have you a friend or relative who would like a regular copy of this newsletter? It costs only £12.50 (£17.50 overseas) to have the six issues per year of *The Golant Pill* sent by post.

To Jacky Fletcher, Mimosa Cottage, Water Lane, Golant, Fowey, Cornwall PL23 1LA
Please send the next six issues of the NEWSLETTER by post.

(Please print clearly)

I enclose a cheque for *£12.50/*£17.50 (Overseas) made payable to
The Golant Newsletter

Name:

Address:

Postcode:

Tel No:

Name of Addressee (if different):

Address:

Postcode:

MIKE WALLER
Quality Carpenter, Joiner,
Building Contractor



- Complete Builds
- Extensions
- Conversions
- Repairs Renovations
- Property Maintenance

No job too Big or too Small

Tel: 01726 890620; Mob: 07718967230
Higher Town Cottage, Tremodrett, Roche, Cornwall PL26 8LP

Bartlett's The Radio Shop.

30 Fore Street, Fowey, PL23 1AQ.

01726 833429

Sales, Service, Repairs & Electrical work.
Aerial and Satellite installation.

Your first stop for.....

■
**Digital Television,
Video Recorders, Satellite,
Hi-Fi, Washing Machines,
Cookers, Fridges, Dish Washers
and all small Appliances.**
■

SALES & SERVICE
For the Best Prices and Service

Sales.bartletts@btconnect.com

A Rag-a-Muffin

Repairs and alterations
undertaken on clothes, soft furnishings,
leather bags etc

Phone Gwen on
01726 834856

or

07561 485741

aswingletree@aol.com



CALENDAR OF VILLAGE EVENTS

APRIL

| | | | |
|---------------------------|------------|--|------------------------------|
| Friday 7 th | 10am-11am | Book Shelf Bring and Browse | Village Hall |
| Friday 7 th | 7.30pm | GHG Spring talk by Alex Lewis <i>Fowey and the Humble Pilchard</i> | Village Hall |
| Saturday 8 th | From 10 am | Castledore Rowing Club Open Day | Club House & Village Hall |
| | 7.45pm | Castledore Rowing Club Pub Quiz <i>(See page 8 for full details)</i> | Fisherman's Arms |
| Sunday 9 th | 9.15am | Holy Communion (Choir) <i>Palm Sunday: Dramatised Reading from St Matthew's Gospel: no sermon</i> | St Sampson's |
| Tuesday 11 th | 8.00pm | Quiz Night | Fisherman's Arms |
| Thursday 13 th | 6.30pm | Maundy Thursday (Choir) | St Sampson's |
| Sunday 16 th | 9.15pm | Holy Communion (Choir) <i>Easter Day</i> | St Sampson's |
| Sunday 16 th | | EASTER FUNDAY | Fisherman's Arms |
| Monday 17 th | All Week | Floor refurbishment <i>(See page 3 for details)</i> | Village Hall |
| Sunday 23 rd | 9.15pm | Holy Communion | St Sampson's |
| Sunday 23 rd | 8.00pm | Folk Night | Fisherman's Arms |
| Tuesday 25 th | 7.25pm | Parish Council Meeting <i>(The public is invited to take part until 7.30pm)</i> | Village Hall |
| Thursday 27 th | 8.30pm | Annual Parishioners' Meeting | St Sampson's |
| Friday 28 th | 7.30pm | C-Fylm Club <i>Burn Burn Burn</i> | Village Hall |
| Sunday 30 th | 9.15pm | Holy Communion <i>Book of Common Prayer</i> | St Sampson's |

MAY

| | | | |
|--|-----------|---|------------------|
| Wednesday 3 rd | 7.30pm | Golant Quay Users AGM | Village Hall |
| Friday 5 th | 10am-11am | Book Shelf Bring and Browse | Village Hall |
| Sunday 7 th | 9.15pm | Holy Communion | St Sampson's |
| Sunday 7 th | 8.00pm | Folk Night | Fisherman's Arms |
| Sunday 14 th | 9.15pm | Holy Communion | St Sampson's |
| Sunday 21 st | 6.00pm | Evensong | St Sampson's |
| Sunday 21 st | 8.00pm | Folk Night | Fisherman's Arms |
| Tuesday 23 rd | 7.15pm | Parish Council Meeting <i>(The public is invited to take part until 7.30pm)</i> | Village Hall |
| Wednesday 24th Copy Date | | <i>The Golant Pill</i> <i>golantpill@yahoo.co.uk</i> | |
| Thursday 25 th | 6.00pm | Ascension Day Service | St Sampson's |
| Sunday 28 th | 9.15am | Holy Communion (Choir) | St Sampson's |

JUNE

| | | | |
|-------------------------|-----------|-----------------------------|------------------|
| Friday 2 nd | 10am-11am | Book Shelf Bring and Browse | Village Hall |
| Sunday 4 th | 9.15am | Holy Communion | St Sampson's |
| Sunday 4 th | 8.00pm | Folk Night | Fisherman's Arms |
| Sunday 11 th | 9.15am | Holy Communion (Choir) | St Sampson's |

*If you have any item you wish to be entered into this Calendar of Village Events, please contact **Penny Parsons** (832727), the Parish Diary Member of our team, by the Copy Date shown on this page of the newsletter, and we will try to include it.*