

Issue 63 (03/17 June/July)

The Gylant Pill

taken every two months...

Happy Spring Memories



Look inside and read about these joyful village events....

FROM THE EDITOR

I write as the appalling atrocity in Manchester is being covered with intrusive detail by the media. The terrible act itself is being sensationalised. What matters is the fact that it was a despicable, cowardly attack on innocent children. What can any human being hope to gain from carrying out such barbarous actions? All of us, I'm certain, applaud and support the people of Manchester who have maintained their dignity and shown great resilience in response to the tragedy.

An increasing number of people are embarking on pilgrimages in various parts of the world. Many trace the routes which followed the lives of saints in times past. Some places hold special memories in our hearts: Canterbury with St Augustine, Durham & the nearby Holy Isle with St Cuthbert, for example. St David's in Wales has a very special atmosphere within its cathedral and crumbling but memorable old buildings. St Sampson travelled from there to Cornwall and walked along what has become a favourite: **The Saints' Way**. The visitor's book in the church has many entries each year by those who are completing (or starting) that route.

In the last issue, Simon Funnell wrote about the walk which he undertook with his friend, Glyn, along The Saints' Way. It was warmly received. Recently, Simon & Glyn ventured along St Michael's Way in West Cornwall, and their experience is described on page 8. In contrast, Simon & Debbie Andrews walked the old pilgrims' route to Santiago de Compostela in Spain (p13). What a contrast there is between these routes!

Friendship is what binds us all together. Tragedy merely strengthens such relationships as Mancunians are proving at the moment. In the adjacent column is an email from our friends in USA. Genealogy brought about our meeting and what joy it has given us! They really are *our cousins* in America! 2017 has not been our best year but, wow! how we have valued the support of so many friends in the village and elsewhere. Thank you!

*There are good ships and wood ships,
and ships that sail the sea,
but the best ships are friendships;
may they always be!*

Irish Proverb

Mike Harris

THE NEXT COPY DATE

Please note that the **Copy Date** for the August/September Issue is

Sunday 30th July

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.

GENEALOGY ADVENTURES

Kay Ach, who has written this article, recently made her fourth trip in seven years from the USA to Golant, with her cousin Joan Nesset & their husbands. Read on for a very local ancestry story...

Just a few weeks ago in April we travelled to Cornwall from Seattle, Washington, and Marion, Iowa. Joan & I set out to further explore the genealogy of our Great-Great-Grandparents' lives in Golant – Joseph Searle and Jane Penrose. Their marriage took place in St Sampson's Church in 1836, and they started their married life at *Wringford Farm* (now owned and occupied by Buz & Liz Barclay) before emigrating to the United States.

In that genealogy search over seven years, we have found wonderful friends in Gillie & Mike Harris, who have been so helpful in guiding us to relevant data sources and in providing support, interest and in bringing history to life. We have developed a special friendship with them and appreciation of the village – through the marvels of technology of emails, pictures and, of course, *The Golant Pill*. The Barclays have been generous in their hospitality, inviting us to tour *Wringford Farm* and the house, sharing their experiences of living there, and treating us to a Cornish cream tea & apple cider. *The Pill* is regularly read online, and leaves us all with the feeling that we could just move to Golant and enjoy an extraordinary life there.

Amazingly, this year's trip included meeting our newly discovered Penrose relative, Diana Tregilgas, who joined us at *Wringford*. With guidance from Gillie, a will was identified, sent for and read, which verified that we three women are Great-Great-Great Granddaughters of William Penrose, who owned and lived at *Wringford* in the early 1800s! Diana and her husband Tony live in St Austell, and we are delighted to be able to communicate with them by email, and savour our new connection. Genealogy provides the most wonderful gifts to our life stories.

In addition to our genealogy efforts in the area, we so enjoyed the beautiful green lush landscapes, lovely weather and warm hospitality, refreshing our memories of this very special place in England. Although we will need more practice on the Cornwall roads and with the English cars, we are planning our next trip to Cornwall, Golant, and, of course, *Wringford Farm*.

*Kay & Tom Ach- Seattle, Washington, U.S.
Joan & Larry Nesset- Marion, Iowa, U.S.*



Left to right: Tom, Kay, Larry and Joan in our garden (M & G)

Jen & John's Wedding

Anyone who spotted a group of somewhat dashing, uniformed Navy types in the village on Sat 22nd April might have presumed they had misplaced their ship.

However, all was under control (well, as much as a bunch of submariners can be...) as they were present at John & Jen's wedding.

It was a fabulous day, both weather-wise and celebratory-wise, and after the Church service at St Sampson's, Jen & John were transported to the Royal Yacht Club, Fowey, by boat – not just any boat, but Peter Edwards' craft, and both boat and helmsman were splendidly decked out! Well done to Jen who managed to alight from the boat up granite steps with both dress and bride looking elegant and composed!

As not everyone could get into the Yacht Club, the Gabbs threw a party for the whole village on the Sunday at the Boatshed, which had never hosted so many people before all at once, and where drink, cake and food were consumed with gusto...

As there are now potentially two Mrs Gabbs in the village, we are now referring to Carol as 'The Dowager Mrs Gabb'... Good luck to Jen and John in their new life - 'full steam ahead'...

Karen Wells-West



*Ed: To add to the many happy events in this publication, there were **two further weddings** held at St Sampson's Church at the very end of May, but as they were beyond the Copy Date for this issue, we couldn't fit in reports. However, we wish great happiness to the two couples— Alexander Tullett & Perdita Vivian and Sam Parsons & Kirsty Lee (whose horse came too, and managed to sneak onto the cover!).*



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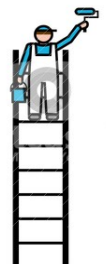
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Alex Lewis' thoroughly researched talk on *Fowey and the Story of the Humble Pilchard* back in April, was both illuminating and entertaining. The significance of the Pilchard Industry along the Cornish coast line is perhaps well known, but I think few of us realised the important role played by Fowey Harbour, or that there was once a large canning factory at Polruan! All rather fascinating!

It's incredible to think that two years ago we were nearing completion of the cider banner and preparing for our autumn Apple Day (*reminders below*). Looking back, that was such a wonderful creative community project, with so many people becoming involved in some way. In July this year, Tamsin Mallett, of the *Cornwall Record Office* and co-ordinator of the **Kresen Kernow Project***, is to give a talk at the National Community Archives and Heritage Group Conference in London on the theme of archives and creativity, demonstrating creative projects undertaken by members of the Cornwall Archives Network of which we are a member. She has chosen to outline our Apple Heritage of Golant project as one example of the brilliant things happening here in Cornwall! Be proud! You can see the apple banner in St Sampson's Church.



Stitching...



Unveiling...

Meanwhile, we are continuing with our work on developing a searchable online archive and collecting snippets and stories from people willing to reminisce on bygone Golant . . . have you told us yours yet?! Even happenings of as little as 20 years ago are well worth recording.

Our next meeting is Tuesday 4th July, 2pm, in the Village Hall. Coffee and cake on arrival!

Penny Parsons, GHG Chairman

***Kresen Kernow** will provide a new home for Cornwall Record Office, the Cornish Studies Library and the Cornwall and Isles of Scilly Historic Environment Record, all under one roof, and is being developed at the Old Brewery site in Redruth.

Rowing Club Open Day

Castle Dore Rowing Club had a very successful fund-raising effort in April with its 'Million Metre Row' on rowing machines. This is the equivalent of rowing from Golant to Fort William in Scotland.

The event started at 7.30am, and it was expected to last until midnight. However, so many rowers took part that the target was reached by about 7.00pm, and everyone retired to the pub to celebrate and take part in a pub quiz, organized by Revd Philip de Grey-Warter.

During the day, meals were served in the boathouse and refreshments in the village hall, along with a jumble sale, plant sale, book sale and sale of specially produced CDRC gear— mugs, stickers & shopping bags.

Altogether, over £1,500 was raised, which, with previous efforts, puts the Club well on its way to its £13,000 target for a new boat for the very successful girls squad.

Alastair Barr

Golant Sports & Carnival

Golant Carnival will take place on Saturday 29th July this year, with Children's Sports starting at 2.00pm. It is earlier this year due to the tides, because what we want is no water!

Everybody is welcome, especially those here on holiday. Teas will be served in the marquee during the afternoon. Time allowing, there will be some adult races and the traditional 'Golant versus the World' Tug of War. Visitors are needed for this, as the 'World' has never won yet!

We will have fantastic cream teas and homemade cakes served in the marquee during the afternoon. Side shows will include 'Splat the Rat', Tombola, the Treasure Hunt Map and book sales. We might even see the external version of Frog Racing.

The Carnival assembles at 6.15pm for judging at 6.45pm. There will be a concert by the Lostwithiel Town Band during the judging. This is followed by the procession around the village led by the band before the Prize Giving and the Grand Raffle draw. Then there will be the traditional Flora Dance along the foreshore. We are very fortunate to have evening entertainment at *The Fisherman's* and a BBQ.

Volunteer helpers would be welcome to help put up the bunting around the village and banners on the Green on Sunday 23rd July at 11.00am and the marquee on Friday 28th at 3.00pm on the Green.

Donations of raffle prizes will be much appreciated, and they can be handed in to Estelle van den Broek (833707) or the Pub, and homemade cakes will be gratefully received by Jacky Fletcher (832615).

Madness in the Pill is on Sunday 20th August, starting at 3.30pm 'ish! More in the next issue...

Peter Edwards, for the Carnival Committee

Village Hall Committee

It has been a quiet time for the Village Hall over the past few weeks as we head into summer.

The Village Hall floor refurbishment has been completed, and it looks fantastic. We have purchased a chair trolley to help stop floor wear and tear.

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 come along.

Early alert... The frogs are having a summer outing, so look out for them at the Carnival on 29th July, where we will be Frog Racing on the village green.

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

Village News 140 years ago

19th Century Health & Safety?

*The following information comes from John Jenkin's fascinating little book **A School with a View – A Short History of St Sampson's School Golant**.*

St Sampson's National School was opened for business on 19th June 1877, recorded in the school Log Book by the Mistress- "*Removed to New School today*".

Apparently, it had been officially opened on 12th March by "*Elizabeth Berry, Certificated Teacher*", though this important occasion was marred by the fact that "*As insufficient notice had been given, 3 children only put in an appearance*".

Moreover, the school building was not opened fully for another 3 months due to fears for the health of the children because of the wet plaster on the walls...

GMH

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The Fowey Grammar School Foundation

The Fowey Grammar School Foundation is a registered local charity (No. 306571). It provides financial assistance to both Fowey Primary School & Fowey River Academy (formerly Fowey Community College) and individual students under the age of 25, who qualify for awards in the form of grants and annual bursaries for those in tertiary education.

In the last financial year, over £40,000 was awarded to 77 ex students, which means there is still a large number of students who are eligible to apply, but fail to do so. In addition to the continuing sponsorship of the Academy's minibus, the charity has also endorsed the new Centre for High Aspiration.

There were two grants to the Primary School totalling over £3,000, including the cost of purchasing two cardio walls.

Further details & information can be found on the websites of the Academy (<https://foweyriveracademy.org.uk>) and the Charity Commission (www.gov.uk/government/organisations/charity-commission) or by contacting the clerk (Mr M Kotwinski on 01726 812285)

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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.

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Easter Funday

Easter was late this year, but this did not stop us worrying about the weather. However, we need not have been concerned because the day turned out bright and dry. Maybe it was because of this, or because many schools had taken holidays before Easter, that the turnout of people was a little lower than previous years. It did not reduce the fun, which is what the afternoon is all about.

For once we had a volunteer to do the judging. Little did she know how difficult it would be, but Avril Gaynor said that she enjoyed it afterwards, and she did get an Easter Egg for her troubles.

All the usual events were held, and the results are listed below. The Decorated Eggs & Easter Bonnets competitions are held in three groups. These are 0-5 years, 6-12 years & 13-99 years. If anybody older than that takes part they get a prize anyway.

Easter Bonnets

0-6 (normally 0-5 but we only had one entry so it was extended by a year)

1st- Isla Longman, 2nd- Freya Justice, 3rd- Charlie Edwards & 4th- Annie Stanbridge. (Four entrants, who all got prizes)

7-12

1st- Millie van den Broek, 2nd- Jack Edwards, 3rd- Lester Davey

13-99 – The Gwenda Towell Ashtray

1st- Adeline Darmagnac, 2nd-Hugh Elworthy, 3rd-Vilma Dunley



Decorated Eggs

0-5

Only one entry, so Harvin Sangha took the prize.

6-12

1st- Millie van den Broek, 2nd- Faith Davey, 3rd- Isla Longman

13-99

1st- Darren Smith, 2nd- Adeline Darmagnac, 3rd- Alice Hunter



The standard was extremely high – particularly Darren Smith's entry which, we were informed, he had been working on for about three weeks, transporting it from Guernsey.

A grand raffle raised the superb amount of £179, and this will mean that the event will continue to be fully self funding. I'm afraid that I did not record details of the prize winners, but a big thank you to all those who collected money and also to all of those who donated. A new addition this year was a large bottle of mini eggs donated by Nick Budd, where the children were asked to guess how many were inside. This was won by a small boy who must still be eating them!

The traditional Egg Rolling down Fore Street was then held, with what seemed like hundreds of eggs being rolled down the hill. Great fun was had, and many Easter eggs were won as prizes. There were one or two (mainly older) people who tried to cheat with things like rubber eggs, but these were soon found out and disqualified.

The Egg and Spoon races for the under 15s is always a great deal of fun. This is with real eggs, and the look of concentration on the faces of those taking part is a sight to behold. Everybody who enters gets a chocolate prize, so no winners were recorded. We had quite a few eggs, so we also threw the event open to adults. The competitive nature of many could then be seen, with false starts and eager participants.

The afternoon finished with the traditional Egg Throwing competition. There were a number of visitors in the village who all wished to take part, and these included a party of Germans who were intent on winning. Despite that country not playing cricket, they were very good, and last year's champions, Greg and Paul, had to pull out all the stops to retain their title, which they did with a throw of 21.2 metres.

Thanks must be expressed to *Davey's Eggs* from Trerulefoot who kindly supplied all of the fresh eggs for the egg and spoon races and the egg throwing.

Especially thanks to Nick Budd. This was his first year as landlord of *The Fisherman's Arms*. Not only did he provide all of the prizes for the Bonnets and Decorated Eggs, and filled the jar with mini eggs, but he also got Anne and Chris to run a barbecue all afternoon. This went down extremely well with very tasty food. Grateful thanks to everybody else who helped on the day. Without such kind contributions this fun afternoon would not be the success that it has been over many years.

Numerous pictures of the event can be found by visiting the Golant Pill Facebook page on the web, but here are a couple to whet your appetite!

Maurie Parsons

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North Coast to South Coast – again!

Foolishly inspired by our walking of The Saints' Way, I agreed to accompany Glyn and walk an equally old Pilgrim route, St Michael's Way. This begins at St Uny Church, Lelant, and ends some 13 miles later at St Michael's Mount. It is based on the route pilgrims took from Ireland to Santiago, when they would avoid the dangers of rounding Cornwall by boat by walking from north to south, resting at the monastery at St Michael's Mount before crossing the channel. The route has such historic significance that it is the only footpath in Great Britain to be part of a designated European Cultural Route, and at its high point in the Middle Ages some 500,000 pilgrims made the journey. Then, though, they only needed to walk about 5 miles, as the sea level and the Red River enabled small boats to travel far further inland.

The trail begins on the South West Coast Path towards Carbis Bay, and Monday 24th April was such a glorious morning that Glyn and I soon stopped to shed unnecessary clothing and, in my case, put on a cap to prevent a severely burnt head! The views, when the tall hedges allow, are spectacular, as you look out into St Ives Bay and up to Godrevy Point – and the lighthouse of Virginia Woolf's *To The Lighthouse*. St Michael's Way leaves the coastal path at the far end of Carbis Bay, soon after we had looked enviously at the Carbis Bay Hotel guests enjoying a morning dip in their heated pool, and the path winds through some attractive houses and climbs steadily away from civilisation and towards Knills Monument. John Knill, a local mayor, built this 50 feet high granite mausoleum in 1782 and expected to be buried there, but he died in London and was buried in Holborn! From here, as you look back after a steep climb, the north coast seems to be very close still! A scallop shell, the traditional pilgrim symbol, marks the way, but on at least three occasions where the footpath meets a road there was no sign to be seen – so you need a map!

The route goes down hill from the monument, and then begins a steady climb towards Trencrom Hill. By the time the path has skirted the hill, most of the hard climbing has been achieved, but Glyn decided we should lunch at the top of Trencrom Hill, so we turned back on ourselves and climbed to the top. Thank goodness we did, as the views are spectacular. Both the north and south coast are visible, and although the north coast still seems nearer than the south coast, the hill is the halfway point, and much of the

final six or so miles are downhill or on the level – but not all! It is encouraging to look across at St Michael's Mount and know the end point is in sight!

The route down and towards Ludgvan is beautiful: rolling hills, many sparkling streams, a lovely old converted Methodist Chapel, and some shaded woodland. A short steep climb leads to Ludgvan Church, which looks a severe granite edifice on the outside, and is dark and cool inside, with a very informative board on the history of St Michael's Way. At this point the route divides: the much shorter way is straight towards St Michael's Mount, passing through an ancient area of marshland, once covered by the sea, which is also an RSPB nature reserve.

Glyn, of course, insisted on the longer western route, which goes to Gulval. This looks a very pretty church, but as we arrived so did the bride for her wedding, so I could not see inside! Then it is down past some of the most fertile agricultural land in Cornwall, across the A 30, over a footbridge above the main railway line, and then a left turn to join the South West Coast Path towards Marazion. The advantage of this route is that you can see St Michael's Mount drawing ever nearer, and the last two miles are right by the sea. The disadvantage is that it is considerably longer (no matter what the guidebooks tell you), and where the coastal path is joined there are railway sidings and other industrial buildings which are certainly not attractive. We were compensated by the opportunity to buy an ice-cream, and by the sun continuing to shine on us despite the forecast insisting that the day would cloud over.

We stayed at The Marazion Hotel, which did us proud, and after a very good meal we took an after-dinner stroll across the causeway to the harbour at St Michael's Mount, where, of course, the pilgrims would have embarked on the next stage of their pilgrimage to Santiago de Compostela. Gaunt's Guide states that 'this is a truly beautiful and inspiring wander.' He is absolutely right.

Simon Funnell

Ed: I was born in a private nursing home near the railway terminus in Penzance. Naming me was no problem. When my father was allowed in to see me, he was told that I was called 'Michael', and my mother pointed to the wonderful view through the window of St Michael's Mount.

MGH

Ed's wife: Not sure about the Saint...!!



Trencrom, looking south to
St Michael's Mount

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FOWEY RIVER CANOE CLUB

Fantastic Results at Ultra Marathon Race

So proud of team Fowey this year— what great performances from both paddlers & support crews to give Fowey their best overall results this year. With five boats entered, we achieved a 1st, 2nd, 3rd, 4th & 5th. We managed to get two senior crews in the top five, something that is not often achieved, especially not by a club as small as ours.

Devizes to Westminster International Canoe Race (DW) is a 125 mile long race with 77 portages, held annually over the Easter weekend. There are two ways to complete this ultra-marathon— straight through or in stages. Senior crews in K2s (doubles) have to complete the challenge in one go, paddling straight through the night, whereas Senior K1 boats (singles) complete the race in stages over four days. Junior K2s also complete in stages, but have the extra challenge of having to camp overnight after each day's racing. Fowey River Canoe Club entered five boats this year— two Senior K2 boats, two Junior K2s and a Senior K1.

Dan Palmer & Ryan Pearce were one of our Senior boat crews, and completed the race straight through with a fantastic time of 18 hrs, 17 mins & 8 secs, taking 3rd place. This was Dan's first ever straight through race as a senior, an amazing achievement for such a young paddler. This year, Ryan completed his 8th DW race, allowing him to join the 1000 mile club. Michael Southey & Harry Gilbert were placed 5th, taking 18 hrs, 54 mins & 8 secs.

Matthew Collinge & Tom Steer were our youngest paddlers to enter the Junior 4 stage race, completing it in 17 hours, 42 minutes and 24 seconds, taking 4th place. This was an amazing result for an inexperienced crew, and was Matt's first DW race and Tom's second— he beat his previous time by nearly 2 hours. Alice Bray and Wey paddler Jemima Young were our other Junior K2; they completed the stages race with a time of 19 hours, 36 minutes & 4 seconds, taking first place in the Junior Ladies race by nearly 2 hours. They had only paddled together twice previously.

Our final boat was Lena Kraus, who entered the Senior Ladies K1 race, finished in 20 hrs, 15 mins & 37 secs, and was placed 2nd.

Not only did our Fowey paddlers receive some fantastic individual results, but we also entered into the trans-class team trophy, where the results for the club's fastest senior double, junior double and senior single are combined. Fowey won this trophy, a great achievement by Matt, Tom, Ryan, Dan & Lena.

Once again, this would not be possible without the support, dedication and guidance from our coach Brian Greenaway, who we would all like to thank. Well done, team Fowey!

Lucy Palmer



Team Fowey at Westminster Bridge

More Success for Bronte

Bronte Holden, who was 17 years old on Easter Day, came 4th in the International Selection Race (for Under 18s) in Bedford at the end of April. This resulted in her being selected for the full Great Britain Junior Ladies World Cup Squad.

She has been selected to race for Great Britain at the Canoe Marathon World Cup in Hazewinkel, Belgium, on 26th to 28th May.

Bronte remains an active member of the Golant-based Fowey River Canoe Club, but is now based in Norwich, after receiving a scholarship to continue her canoeing whilst studying for her A Levels.



SH

Information sent to us by Bronte's mother, Sarah



Annual Report:

It is customary at this time of year for Golant Boatwatch (along with other village based groups) to offer feedback and highlights on their activity, to the Parish Council.

Our main preoccupation this last year was to maintain our highly visible 'watching brief' over our part of the river and surrounding environment, in the belief that this visibility has a deterrent effect on those who would otherwise damage or steal our boats or boating equipment.

In conjunction with our local police, I am happy to confirm that we can report a zero crime result for our locality, which is tremendous news and makes our activity seem all the more worth while. But in other neighbouring areas they have not been so lucky, with expensive boats and engines being stolen. We therefore have to guard against becoming complacent.

Our increasing river-based patrols are becoming a regular feature of our strategy, especially in the better weather, and we hope to extend and increase these as the year progresses.

David Parry:

Our funds are primarily made up of members' fees, but we would not find ourselves so financially stable, were it not for the generous donation by David Parry. He has once again provided one of his paintings for us to raffle at our Spring Get Together. And this has provided a healthy injection of cash to our funds. We are very grateful to David for his ongoing support and generosity, which means that when added to the other welcome donation by Julian Foye (via our own PCSO Lloyd Paynter), we start the new sailing year in fine shape.

Bristol Pilot Cutters:

For anyone not out on the river and doing a Boatwatch patrol last Friday, I thought you might enjoy seeing a couple of the boats that I was able to photograph. If you would like to see more of these elegant boats, from a previous era, then you can find them by clicking onto our Facebook page ([www.GolantBoatOwnersAssociation – Boatwatch](http://www.GolantBoatOwnersAssociation-Boatwatch)) and then click on Photos. Well worth a look!

Have a safe and secure boating season.

*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 **Coastguard**. 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

At our recent AGM all the committee members were re-elected, as were the Ltd Company Directors.

Membership numbers are at similar levels to last year at 146 let berths, and we spent the princely sum of £5376 on our maintenance of the tarmac to the slip, the extension to the track and the concrete to the road.

There is a lovely old bench, installed at the end of the track, for somewhere to sit to take in another lovely view of our village, and we plan to install another bench on the Quay for more quiet contemplation.

These should help with your answers to the difficult quizzes posed in this veritable publication.

*Peter Edwards
Chairman, GQUA*



We had a brilliant talk from Cheryl Marriott, Head of Conservation at *Cornwall Wildlife Trust*, who, with the aid of props, persuaded us that it was very easy to assist the wildlife in our gardens.

We have a follow up event on this topic with our visit to 'YY', Milltown, on Sunday 11th June between 2.00pm and 4.00pm. This is the garden of Tessa and David Guiterman and it is always a delight. They have a wild flower meadow, a wood with paths that lead down to a stream and a lovely area with fantastic shrubs and flowers - a wildlife haven. So, it will be worth a visit for the spectacle as well as the practical tips on encouraging wildlife.

Then we have a Rockpool Ramble at Readymoney Beach on Friday 28th July between 3.00pm and 5.00pm and a visit to a committee member's Water Meadow on Tuesday 8th August to see how they attract wildlife and to learn more about this rare habitat.

Peter Edwards

POLICE SURGERIES

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

14th June
12th July
9th August

POLICE REPORT

I am absolutely delighted to say that that reported crime for the twelve month period between 01/05/2016 and 31/04/2017 was NIL. I firmly believe that was, in the main, achieved by the excellent commitment shown by the Golant Boatwatch who provide regular high visibility patrols in the area. The presence of people promoting the Boatwatch is, of course, the most obvious deterrent, however the membership now have their own Facebook page and are always active at marine based events. I value their efforts so much.

As most of you will be aware, the Police are currently within a three year period whereby they aim to reduce PCSO numbers from around 350 down to 150. As you can imagine, this is very unsettling for myself and my colleagues. Although many will find jobs within the Police Service, PCSOs will be very thin on the ground. At the time of writing this report I have no idea of how my personal position will change.

Currently at St Blazey we have four of us based at the station. The team consists of three PCSOs (including myself) and one PC (Andrew Barnicoat). We are supervised by Acting Sergeant Jon Hamley and Inspector Ed Gard who are based at St Austell.

As is always the case, we will always try to do the best within our powers to serve our local communities, but it is fair to say that it is very difficult to provide the same high level of service with officer numbers diminishing.

Telephone scams and on-line scams are still causing issues. Some of these scams cause considerable alarm and distress to the victims and can involve significant financial loss. Despite frequent publicity campaigns, people are still getting caught out by passing on their bank details to random callers. Please pass the word to anyone who you feel may be vulnerable.

PCSO Lloyd Paynter

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Tales from the Riverbank

Well, all the boats are slowly creeping out onto their moorings, there are frantic dashes to antifoul and paint boats when it's dry, and the wildlife is slowly but surely reappearing on the water.

As many people will know, for the last three years we have regularly seen a common (harbour) seal in the estuary. We were very delighted to learn that the *Cornish Seal Society* adopted our name for her and officially named her FRC1 'Serena Lowen' so that she can be monitored. Seals have very distinct and unique markings on their fur, and we have got to know her marks over the years, and are able to check that it is always the same seal we are seeing! Last weekend we were contacted by them to check some photographs of a seal found near Looe Island.

It was indeed our Serena, so what is happening? The Seal Society don't know, as they have only got records of 3 harbour seals, as their main work is with grey seals, so we will continue to research and look out for her.

Whatever happens, we have had a very privileged three years of getting close (she recognises Karen and the camera and will swim towards her...), and more importantly, sharing the opportunity for our paddlers to also have a very special, natural experience to see her. (When she is bored, she simply swims away). That's the wonderful thing about being on the water, you never know what you will discover next!

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.

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Pill Paparazzi in this issue

RA	Robin Anderson
SF	Simon Funnell
GH	Gillie Harris
SH	Sarah Holden
DJ	David Jenkinson
JN	Jill North
KW-W	Karen Wells-West

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Golant Gleanings

GOOD WISHES

On behalf of the whole village, *The Golant Pill* sends very best wishes to Andrew van den Broek for a steady recovery after his nasty accident, and our thoughts are with the whole family. He in turn would like to thank all those who have already sent good wishes to him – they are very much appreciated.

CONGRATULATIONS

Ellen & Graham Estlick have celebrated a shared milestone with recent significant birthdays– LXXX!!

Microtest, one of our advertisers who have loyally supported *The Golant Pill* since the beginning, and who have a very personal link with our village(!) have picked up two awards at the recent *2017 Cornwall Business Awards* event. They were chosen as winners for Business Innovation of the Year and for Best Family Business; well deserved recognition of a local firm many of our readers use for their professionalism, software knowledge and helpfulness.

A Day from our Recent Camino – a Poem of Sorts

Caudete to Montealegre del Castello (a day from the Camino Sureste, Alicante to Santiago de Compostela)

We make our way along the path across an open plain of ochre soil, littered with fragments of lime rock, small white teeth, honed ready to bite the plough, blunt the harrow and defy the farmer's seed.

Perhaps, carried on the bitter wind, we catch the sound of a hoopoe's call, though the question remains unanswered, 'Who? who? who?'. Too cold to repeat, its voice brittle under the clear blue sky.

Above our heads, turbines ride the escarpment as far as the eye can see. Seeking our gaze, they turn and wink, a timely nod to modernity, and we in turn nod back. No Quixotic tilting at the giants– they are the majesty of hope, with feet firmly planted in this timeworn place. They are beauty.

At our heels, to right and left, vines, pruned tight, cut free of last year's growth by hands as dark and knotted as the gnarled arthritic palms that emerge from the parched pink earth, seeking the promise of light, with ancient fingers grasping life.

Moving on, we pass by regiments of dispassionate soldiers; no longer do they stand to attention, but resemble twisted, phlegmatic old men, grown wide with age, silenced by the chill and the passage of years, having endured wars and the blade of the farmer's son; each one burdened with tales of hardship and autumnal harvests of bitter fruit. With no tongue to tell, and no eyes for olive tears, we can only guess at their suffering.

Sleeping fruit trees, not yet awake, no leaf nor blossom, sit awkwardly beside their blousy neighbours, already adorned in their pink flighty frocks. For the almond, the party has already started, and the bees, enticed from their slumber, have begun the dance.

Way ahead, a hare hears the tread of our boots, and bolts across the path, running for cover, running to save its skin. Sheep, warm and fed, watch us pass by the farmer's shed, for now the land is silent of their bells, and we see no elderly farmhands sheltering beneath trees, no midday madness of dogs protecting their flock. Neither do we encounter villages – no church bell chime, no town hall, no café talk today. Just the path, and us upon it, quietly kissing the earth with our feet. Stones piled high against the copper dust, beckoning us to sit and stop a while. So, we stop, eat from our sacks: empanadas, sweet ripe tomatoes, sausage the colour of paprika, and freshly baked bread.

And as our shadows become weary, and drop behind to follow on dragging their feet, we begin an ascent, choosing limestone pavement over tarmac road. A twisting, teasing, turning track, that plays hide and seek, until we spy the yellow block, the castle sitting astride the tipsy hill, far across the plain, towards which we are drawn by the umbilicus that is the way of St James, tied fast to a field of stars.

Debbie Andrews

ST SAMPSON PARISH COUNCIL

Chairman's Annual Report May 2017

I begin my first annual report as chair of your Parish Council with the local results of the nation-wide Elections which took place on 4 May 2017.

The following were elected as Parish Councillors for St Sampson Parish without a contest:-

David Alan Jenkinson David Max Johns
Stephen Charles Phillis Deborah Pugh-Jones
Robert Leslie (Robin) Anderson Andrew van den Broek

This leaves **one additional seat which may be filled by co-option**. I would ask anyone who is interested to please step up - your parish needs you!

No doubt most readers are very familiar with the above team – all are full time local residents, already actively contributing to parish life. The fact that all were prepared to stand for an election helps confirm the credibility of the team as your representatives, and I am confident that we can work together in the best interest of residents and visitors alike.

When we meet formally for the first time on 23 May 2017 we will choose a chair and vice chair; our esteemed Clerk Sue Blaxley will remain in office.

Staying on electoral business, as we say farewell and many thanks to outgoing Cornwall Councillor David Hughes I will take this opportunity to welcome Dr Andy Virr as our new County Councillor and wish him well in his new role.

It would be remiss of me not to mention the cycling accident which has resulted in a serious injury to councillor Andrew van den Broek, and on behalf of the Parish Council may I extend our best wishes to Andrew for a full recovery.

Review of the past year

Casting an eye over parish life in the past twelve months, I must say that Golant and its hinterland remains a splendid place to live or visit. A full programme of community activities throughout the year has kept us entertained, and we certainly know how to party at holiday times such as *Madness in the Pill* or on *Easter Fun-day*. My thanks to all who make these events so successful. It has been great to see young sportsmen and women excelling on the river, and as I found out when I sat in on St Sampson Parish Church's recent Annual Meeting we are fortunate to have a dedicated band of people who contribute so much of their time to maintain that wonderful asset and make great music there for the benefit of all.

The focus of the Parish Council has therefore been to **invest in our assets and people, promote that great sense of community and operate effectively**. To these ends we have spent money on many projects at the request of parishioners and local groups – examples include managing the car park and public toilet, maintaining the

village green and playground, clearing the paths on The Downs, mass planting daffodils, contributing to the village hall operating expenses such as Broadband and floor repairs, retention of a village defibrillator, donations to help maintain the organ at the church and financial support for our local rowing and canoe clubs. We have also played our part in looking after our built and natural environment by contributing fully to the Cornwall Council Planning process.

We remain in a very sound financial position, and resolved to keep our local taxation precept at an unchanged level. Our opening balance at the start of the financial year was £21,798.44 and at close we had £17,139.75. This reduction in our funds is intentional as we target expenditure to achieve our aims, and will gradually bring our reserves down to a level which is more appropriate for such a small parish.

Work is underway to establish our own Traffic Management Order to control the car park and we look forward to transfer of ownership of the car park and public toilet to the Parish as soon as is practicable.

Financial austerity remains a challenge for all in the county, but there are also developing challenges coming our way such as The Localism Act and 'Brexit'. I am confident that the Parish Council is well placed to continue as an effective body – reliant as ever on strong endorsement from parishioners. Please engage with your new councillors and help them to do a proper job for St Sampson Parish.

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

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

Robin Anderson, Chair

Next meeting - Tuesday 27th June 2017 at 7.15 pm in Golant Village Hall. All are welcome.

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News from St Sampson's Church

As previewed in the last edition of *The Pill*, the **Palm Sunday** service was centred around a dramatised reading of The Passion from St Matthew's Gospel, which proved to be a moving occasion. On **Maundy Thursday** the choir sang several contemplative items including *The Real Presence* by Margaret Rizza, with a descant sung by Tauniua and Cris, and played on the recorder by Roger Fry. Another highlight was *If Ye Love Me*, beautifully sung by the choir and sensitively accompanied by James Funnell on the organ.

Easter Day, by contrast, was a joyous affair, with the handbells and choir welcoming the congregation with *Alleluia! He is risen!* During communion there was another Margaret Rizza piece, *Magnificat*, and also yet more Alleluias in a piece by Mozart, which was sung with great energy and enthusiasm by the choir, with Sheila accompanying. We were delighted to welcome Mike back to the organ, and congregations for all the Easter services were extremely encouraging. Sincere thanks go to the choir and handbell ringers for their unstinting commitment and enthusiasm, and also to those who arranged such wonderful flowers for Easter – the churchyard, with its display of spring flowers, looked stunning, too.

We also welcomed back Philip from his sabbatical at Easter, and our thanks go to the clergy who took our services in his absence. We thoroughly enjoyed their different approaches and churchmanship, and they, in turn, seemed to enjoy Golant.

The church has been a little chillier than usual of late, thanks to your correspondent failing to spot that the oil was running out. By the time you read this (and after

two local weddings at St Sampson), the heat should be back – if it is needed!

Three major events lie ahead. The first, ***The St Sampson Secret Safari Supper***, is on Friday 23rd June. My thanks to all those who have agreed to host courses, and to those who have bought tickets. There are several new venues this year, which I hope will add interest to what is usually an excellent evening. As I write this, there are four tickets left, so if you would like to come, please contact Penny White as soon as you read this – and apologies if they have already gone!

A week later, on Saturday 1st July, will be the **Handbell Concert** in The Boathouse. This will begin at 7.00pm and tickets are available from Penny White (832315). We need a little work done on a few of the handbells, so while I would not dream of suggesting a price, a donation to the value of the smallest bank-note in your pocket would be appreciated. The audience will be limited to 65. Please bring your own drink (an absolute necessity – for me, if not for you) and your own glasses. Children under 12 and adults over 90 come free! The concert will be short, though not necessarily painless! The proceeds from both of these events will go to the St Sampson Fabric Fund.

Finally, on Sunday 23rd July, we shall be celebrating **St Sampson's Day**. Everyone is most welcome at the 9.15am service, and from 12 noon onwards we shall be gathering at our excellent *Fisherman's Arms* for a lunch, which will begin at 12.15pm. Tickets are £15 and available from Carol White (833404).

We hope to see you at one or more of the above occasions!

Simon Funnell

THANK YOU

I wanted to take the opportunity once again to thank everyone who helps with flower arranging and cleaning at the church. The flowers at Christmas and Easter were all exceptional, but every week the standard of floristry is quite amazing.

Visitors often comment on the lovely flowers and how well maintained the church is, but many won't realise the amount of time and effort that goes on behind the scenes all year round to achieve such a consistently high standard.

So thanks for your continued help, and if anyone would like to join the Roster or are willing to do an arrangement for Christmas, Easter or Harvest, I should be delighted to hear from you.

Valerie Russell (833072)

Church Flower and Cleaning Rota

4th & 11th June	Judy & Cynthia
18th & 25th June	Sheila & Jacky
2nd & 9th July	Carol & Valerie
16th & 23rd July	Paddy & Vilma
30th July & 6th August	Ruth & Gill P

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UNCLE JOHN'S GARDEN PATCH

June/July

'Tis always a shaker when I sit down to write these articles and have to think (difficult!!) almost two months in advance of meself, and then to see just how quick the times going on. I d'think a word of thanks must go out to those there hardy souls the Wasswailers, who have worked their magic once again to get the apple trees to put on a brave show of blossom. And all being well we shall have a brave strew of fruit come September. But there baint the insects round like there should be, and they'm needed for the trees to set fruit. Only time will tell on that one, and 'tis certain sure that the 'June drop' will come along, with no accounting for how much fruit the tree is carrying.

I'm some pleased to see a drop of rain come, for to give the plants a drink and to fill up my water butts. It was getting brave and dry enough for the teddies, but I do wish that Mother Nature would close the door a bit and cut down on the wind, for 'tis some cruel how she's treating the growing plants.

We'm right in the middle of teeling seed, with probably the bulk of the first sowings up and growing away, so now is the time to think about what you want to come on dreckly. First off comes the salad crops. Keep sowing a few seeds of lettuce, and you can mix in a few spring onion seed as you sow them, for they will grow on quite happily together. When I'm teeling runner bean seed I stagger the sowing by about three weeks or so, and that way they shouldn't all come together. Carrots, French beans, radish, beetroot, swede, and early peas will also benefit from a second or even a third sowing. And whilst we'm on about salads, people do dearly like herbs served up on their plates, like chervil, rocket, fennel, dill and borage. There is also the nasturtium, whether you use the leaves, flowers or green seeds.

I 'spect by now the greenhouse is looking brave and empty and you'm able to get the tomatoes, courgettes and peppers set up where they'm to grow, either in pots, 'growbags' or in the ground. These here 'growbags' are all very well, but they'm brave and thin, there baint much depth there for the roots to develop proper, and they will suffer from getting too hot in the sun. To get over this, if you of a mind to up-end them and put one plant per bag in them, I'm certain sure they will thank you for it with a good crop. You can always put a few lettuce plants in the bags as well, and don't 'ee forget to add the French marigold as a companion plant to deter that little blimmer the white fly from putting in an appearance.

Talking of little blimmers, the gooseberry saw fly has already paid me a visit! Luckily I noticed the tell-tale signs of leaves being eaten on the gooseygogs before they had done any damage, and a squirt of insecticide soon made the little green caterpillars curl up their toes and drop off the plant. 'Tis very satisfying to see the results of the spray, some might think it's a shame but I deem it essential.

One last thought, for those of you who put up hanging baskets is to remember to water and feed them regularly. They'm up there and totally dependent on you to do the necessary, for they baint able to feed themselves as they aint got a mouth, but they do feed through their roots.

Nort

Confused by some of Nort's dialect words? Check out his Gardening Year book— there's a comprehensive index!! (See opposite where to buy)

Auntie Paddy's Recipe Corner

This is a lovely mild curry, using prawns or a mixture of prawns & white fish, or even chicken if you prefer. Depending on how hot you like a curry, either leave the chillies whole, or split them for more heat.

MILD CURRY WITH CASHEW NUTS

35g/1¼oz Fresh Root Ginger, peeled & roughly chopped
 6 Garlic Cloves, cut in half
 5 tbsp Vegetable Oil
 60g/2½oz Unsalted Cashew Nuts
 Scant 1 tsp Fenugreek Seeds + scant 1 tsp Mustard Seeds
 One Onion, sliced
 1 tbsp Ground Coriander
 ¾ tsp Turmeric + 1 tsp Ground Cumin
 4-6 Red or Green Chillies
 400ml/14fl oz Creamy Coconut Milk (one tin)
 2 tbsp White Wine Vinegar
 350g/12oz mixed King Prawns & White Fish (or all Prawns, or bite-sized pieces of cooked Chicken)

1. Blend the ginger & garlic with a little water to a fine paste in a food processor.
2. Heat one teaspoon of the oil in a non-stick pan and fry the cashew nuts until golden. Remove the nuts and toss in a little salt. Set aside.
3. Add the rest of the oil to the pan, and when hot, add the fenugreek & mustard seeds. Once they have stopped popping, add the onion and cook until soft.
4. Add the ginger & garlic paste and cook until any excess moisture dries up, then cook over a low heat for about 2 minutes.
5. Add the spices & chillies, a little salt & a splash of water. Once the water has dried up, add approx 250ml/9 fl oz of the thinner part of the coconut milk, 100ml/4 fl oz water and the vinegar.
6. Bring to the boil and simmer for 10 minutes. Taste & adjust the seasoning. The sauce should be the consistency of single cream.
7. If using white fish, poach in a little of the sauce for about 2 minutes. Then add your choice of prawns, fish or chicken
8. Stir in the remaining thicker coconut milk & the cashews.

Paddy Shelley

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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.

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CALENDAR OF VILLAGE EVENTS

JUNE

Sunday 4 th	9.15am	Holy Communion	St Sampson's
Sunday 4 th	8.00pm	Folk Singing	Fisherman's Arms
Sunday 11 th	9.15am	Holy Communion (Choir)	St Sampson's
Sunday 18 th	6.00pm	Evensong	St Sampson's
Sunday 18 th	8.00pm	Folk Singing	Fisherman's Arms
Wednesday 21 st	7.30pm-8.00pm	Tywardreath Morris Men	Beer Garden
Friday 23 rd	6.45pm	St Sampson Secret Safari Supper	Orchard View
Sunday 25 th	9.15am	Holy Communion (Choir)	St Sampson's
Tuesday 27 th	7.15pm	Parish Council Meeting	Village Hall

(The public is invited to take part until 7.30pm)

JULY

Saturday 1 st	7.00pm	Handbell Concert <i>(See page 15)</i>	The Boathouse
Sunday 2 nd	9.15am	Holy Communion	St Sampson's
Sunday 2 nd	8.00pm	Folk Singing	Fisherman's Arms
Tuesday 4 th	2.00pm	Golant Heritage Group	Village Hall
Friday 7 th	10am-11am	Book Shelf Bring and Browse	Village Hall
Sunday 9 th	9.15am	Holy Communion (Choir)	St Sampson's
Sunday 16 th	6.00pm	Evensong	St Sampson's
Sunday 16 th	8.00pm	Folk Singing	Fisherman's Arms
Sunday 23 rd	9.15am	Holy Communion (Choir)	St Sampson's
<i>St Sampson's Day service followed by lunch at the Fisherman's Arms</i>			
<i>(See page 15 for details)</i>			
Tuesday 25 th	7.15pm	Parish Council Meeting	Village Hall
<i>(The public is invited to take part until 7.30pm)</i>			
Saturday 29 th	2.00pm	Golant Sports &	Village Green
	6.15pm	Carnival	Village Green
		followed by live music & BBQ	Fisherman's Arms
Sunday 30th	Copy Date	<i>The Golant Pill</i>	<i>golantpill@yahoo.co.uk</i>
<i>(Note that the copy date is later than usual in order to cover the Sports & Carnival)</i>			
Sunday 30 th	9.15am	Holy Communion (Choir)	St Sampson's
		<i>(Book of Common Prayer)</i>	
Sunday 30 th	8.00pm	Folk Singing	Fisherman's Arms

AUGUST

Friday 4 th	10am-11am	Book Shelf Bring and Browse	Village Hall
Sunday 6 th	9.15am	Holy Communion	St Sampson's
Sunday 6 th	8.00pm	Folk Singing	Fisherman's Arms
Saturday 12 th	2.00pm – 4.00pm	Flower & Produce Show	Village Hall
<i>Entry forms will be delivered to each house prior to the event and be available from the Pub or from Mary Jane Hunter (32206)</i>			
Sunday 13 th	9.15am	Holy Communion	St Sampson's
Sunday 20 th	6.00pm	Evensong	St Sampson's
Sunday 20 th	3.30pm (ish)	Madness in the Pill	
		followed by BBQ	Fisherman's Arms
Friday 25 th to Monday 28 th		Late Summer Beer Festival	Fisherman's Arms
		Live music & BBQ Fri & Sat evening	

*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.*