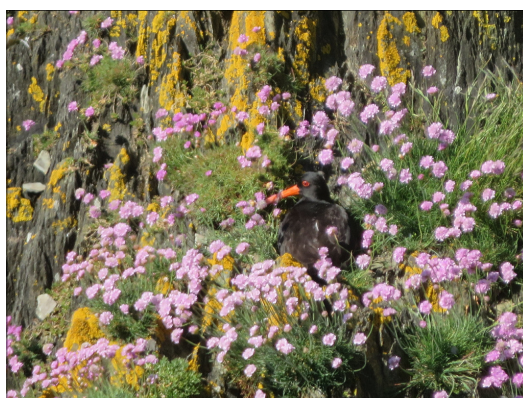




Visit to Looe Island



A selection of Claire's photographs of this beautiful island gives a tantalising glimpse of the recent visit made by The Friends of the Fowey Estuary.
(More photos on page 2)



On a beautiful Sunday in May, the ***Friends of the Fowey Estuary (FoFE)*** joined the *Looe Marine Conservation Group* for our annual joint event, which this year was a guided tour of ***Looe Island***.

The weather was just perfect, and with lots of information from our local wildlife guides and the island's wardens Jon and Claire, it was a fantastic morning.

Looking out from the south east of the island towards *The Rannies* we spotted a number of grey seals, including 'Duchess', bobbing upright apparently fast asleep.

Areas of the cliffs and headlands were cordoned off to protect nesting gulls, oyster catchers, cormorants and shags.

We walked up to the top of the island where, as the sign pointed out, there was 'Sea' in all directions!

We had to peer hard to see the silhouette of the *Ed-dystone Lighthouse* in the distance and we spotted the

Fowey Harbour tug *Cannis* on her way back to Fowey ready for the cruise ship *Prinsendam*, which was due to arrive in Fowey the next day.

The wardens have a self-sufficient lifestyle on the island, growing their own vegetables and fruit in their garden which is given shelter by hedges. They take great delight in welcoming visitors to the island which was gifted to the *Cornwall Wildlife Trust* in 2004 by the Atkins sisters, who had lived on the island for nearly 40 years, so that it could be preserved as a nature reserve.

We waited on the beach for our departure gazing into the crystal clear waters, which are an important marine habitat including sea grass.

Most of us had not been to *Looe Island* before; we all agreed it is a special place and we'd definitely go back!

Claire Hoddinott

FROM THE EDITOR

I am delighted to offer you the usual eclectic mix of articles in this issue, illustrating the varied activities enjoyed by our vibrant community, despite June and July being betwixt our Easter events and the regular summer fun held in August, all of which we try to cover in our newsletters.

The front page article may seem a step away from the village, but in fact many Golantians are keen active members of the *Friends of the Fowey Estuary* group, enjoying outings such as the featured recent trip to Looe Island. Peter Edwards took over as chairman a few years ago, working closely with Claire Hoddinott, (Environment Officer at Fowey Harbour) and wildlife expert, and together they plan many varied events. (See page 9 for further coverage).

There is a natural link with Fowey via our lovely river, and it is always great to read about its wildlife in Tales from the Riverbank (p10), covered with such enthusiasm by Karen Wells-West, and illustrated by her lovely photos.

The Golant Heritage Group's planned River Project is gathering momentum, and Penny Parsons makes a plea for help about historic boats (p3).

Another villager character, Evelyn Parsons, has sadly recently passed away, and it is with great pleasure that we are including a tribute to her on page 4 by Penny and her sons Tom and Sam Parsons, who each recall amusing stories of their grandmother.

Nepal, is, obviously, considerably further away, but nevertheless, a copy of *The Golant Pill* recently made its long journey there with Glynis & Stefan Kelly, 'Taking the Pill' (p10) on a rickshaw!! They are great supporters of St Sampson's, Glynis singing in the church choir, and on page 13 you can learn of her hopes for a vocal miracle...!

Meanwhile, though John & Chris Kift, once villagers, no longer live here, they are still keen supporters of so many activities in Golant. John (alias Nort, alias Uncle John) a Devonian, but very versed in the Cornish dialect, continues to amuse and educate us in his Garden Patch article, a regular feature (p14). It seems to us that in recent offerings, his use of westcountry dialect has got richer and richer—our computer obviously doesn't have Cornish/Devonshire genes, as it always asks me if I trust the sender before I can open the email attachment, as it is suspicious of the contents!! I am including a random selection of Cornish sayings opposite, not to outdo Nort's piece, but just to enhance the flavour!

Lastly, there has been a Newsletter Nightmare to cope with...! The severe electrical storm we had right overhead in the village came just as I was about to receive (via email) some of the last few items for this issue, and the subsequent loss of the internet, experienced by nearly the whole of Golant, made completion difficult! I am therefore very grateful to those contributors who arrived clutching memory sticks containing their valuable articles for this issue!

Gillie Harris

More of Claire's stunning photos reflect the atmosphere of the exciting trip to Looe Island by the FoFE group.



Cornish Sayings

- Happy on me awn dung-heap (contented)
- Clunkin' like a toad (swallowing)
- Scritch'n' (screeching) like a whitnick (weasel)
- Will 'ee have a drop of warm? (a cup of tea)
- Oal of a hog stog (in a muddle)
- Like Tregony band, three scats behind
- Blawed up like a wilkie (small toad)
- Gwain like a 'oss in a 'arra (harrow)

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We continue to enthusiastically forge ahead with our research and collection of material for the Golant and the River Project.

For my part, there are two particular areas of interest. In my quest to discover more about *Golant and Par Rowing Club*, based in Golant in the early 1970s, and the Cornish flash boat and randan racing, conversations have revealed that there was much success and competition amongst the village youngsters, with regular pram dinghy racing (8ft marine ply dinghies built by John (Ike) Fuge), and a seasonal circuit of regattas around Cornish villages. It seems that during the 60s and 70s, Golant held annual regattas with stalls and sideshows, and James Fuge recalls that the railway causeway would be lined with spectators.

I also recently posed the question of 'Dux boats' to Maureen (Duckworth) Ettey, who once helped her father to build dinghies down at *Sawmills*. These were 9ft and 11ft dinghies which sold all over Britain and were exhibited at Earls Court. If you'd like to know more about either of these topics you'll need to wait for the October exhibition... but if you DO know more about these topics I'd love to hear from you . . . soon!

Meanwhile, I thought I'd share Maureen's description of the Duckworth family move from Wakefield in the 1950s:

"Dad bought The Old Sawmills - a tremendous change for us all. My elder brother was in the Police Force in Looe at that time, my younger brother went to Fowey Grammar School and I worked at home helping my father to build dinghies of his own design - they were good too! It really was a very different way of life!"

I must start at the beginning. We had the smallest furniture van possible, as my parents did not think that a larger one would squeeze down Water Lane into Golant. Everything was unloaded onto the quay, but the tide had gone out - we had to get used to tides! - so, we went on foot down the railway line (we were issued with permits later) and when the tide came in (about 10pm) we left my mother at Sawmills. Upon reaching the quay at Golant, we put as much of our belongings into the boat (our very useful runabout called Kathleen) as possible, and also were pulling a sort of large tub behind Kathleen, also loaded, and then punching the tide! All this, was struggling with the tide on a pretty dark night, and were we pleased to reach the bridge and manage to get through the seemingly small gap in so doing, but dearest Mum had thought to put a candle in a jam jar on the quay so we could unload and start the next trip.... I cannot quite remember how many journeys we made that night- about four I think- by which time the tide was on the way out again and we were all exhausted - certainly a most unusual move!!"

It occurs to me that some things don't change!

Penny Parsons, Chairman



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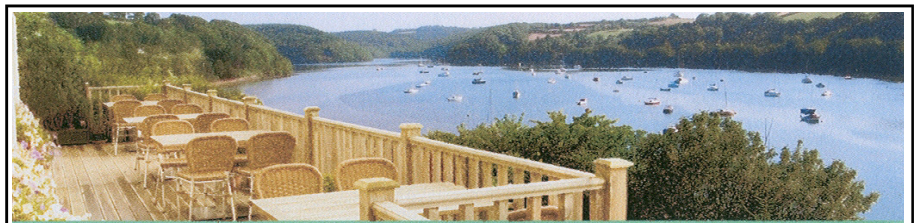
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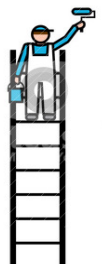
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Evelyn Parsons née Heape 1927 -2018

And so we say goodbye to another huge village character. Extremely hardworking with unswerving opinions about life and people, Evelyn didn't suffer fools gladly, but she was kind, generous and caring, and above all loved children. Until recent years when sadly Parkinson's disease overtook her, she had played a full and active part in village life and affairs. The youngest, and only girl, of five children, Evelyn was actually born at Mixtow, where for a short time her mother worked as house keeper and her father as gardener at *Kit's House*. The family moved back to Golant by boat with Evelyn just a babe in arms, and apparently she 'scritched' all the way up the river! They lived in *St Sampson's Terrace* for 2-3 years before moving to *Orchard Cottage*, and came to *Downs Hill* when Evelyn was seven. This was to be her home for the rest of her life.

Although she did well at school, she deliberately failed the 11plus exam as she didn't want to go to the grammar school in Fowey! Leaving school at 14, she had various jobs looking after children, including 'a boy' at *Torfrey* and for a family at *Bodriggan*, who took her to London with them. She loved this experience, and was really excited when they asked her to go on to Scotland with them, but her mother didn't approve, and much to her disappointment told her to come home. From then on she had a number of different jobs before starting at Lostwithiel Post Office in 1948 as a postal and telegraph officer. In time she became a highly trained senior postal counter officer and a relief postmaster in her own right. She retired in 1990 at the age of 63, but continued to carry out cleaning jobs well into her seventies, as well as taking on the role of childminder for her grandchildren, which had to be the best job of all!

Evelyn didn't learn to drive until well into her fifties, but this gave her the freedom to pursue her love of body boarding. She would ring the *Atlantic Hotel* at Polzeath to find out the height of the surf, and if good, would set off with her flask of tea, a towel and her wooden surf board.

Evelyn had never been abroad, until one year she joined us on a family camping holiday in Brittany, and so enjoyed the ferry that it prompted her to go on a number of cruises. Any excuse for another glamorous outfit! Other highlights in her life included going to the Queen's Coronation in 1953 and going to see Engelbert Humperdinck in concert for her 80th birthday.

One claim to fame was her appearance on the *Inside Out* programme in 2008, when the Golant Post Office closed, and presenter Dick Strawbridge interviewed her outside the shop before squeezing into her little car, complete with camera man, to be driven by Evelyn down to Par PO to illustrate the implications for older residents wishing to pick up their pensions. They had to go around the one way system twice of course!

One frequent comment I hear about Evelyn has to be that she always looked so smart. She took great care of her appearance, never went out without her make-up and loved to put together colourful outfits, most of which came from the charity shop by the Co-op, where she was a frequent visitor. She was some lady! **Penny**

Sam writes: Gran (Evelyn) was a breath of fresh air every time we spoke. Her brutal honesty is something we should all look up to. She would tell you her opinion whether you wanted it or not, and that was one of my favourite traits about her. She taught me many life lessons growing up, and how we should treat others. She was a stubborn lady, but caring and loving, and some of my best memories growing up in the village are with my Gran. She was with me the first time I rode a bike without stabilisers, and showed both Tom and me the ropes when it came to big wave surfing. Her sense of humour was second to none in my eyes, even finding time to laugh at the hardest times when we challenged each other to a game of JENGA shortly after she was diagnosed with Parkinson's disease. I will miss my Gran sorely, and my chats with her when it was just the two of us, but she will always live on in my heart.

Tom writes: Gran's love and affection for her family, sense of humour and refreshing honesty will be an ever-present memory and inspiration. She has given so much to those she held dear, epitomising the values of a generation that cultivated our village community. It is difficult to put down in words the extent of the legacy Gran has left behind for me as her grandson, or how much love and respect I hold for her, but I have been touched by the words from others who knew her, and it makes me smile just how many humorous anecdotes and heart-warming examples of kindness I have received about Evelyn as a true and respected Golantian. I am looking forward to sharing many more at a tea party on the village green – *Saturday June 9th from 2pm* – as we raise a cuppa to remember a beloved member of the community, mother, grandmother, legend! The weekend after she passed, I made pasties using her recipe... I'll never get the buggers to taste the same, but I will keep trying! Gran will never be forgotten.



Evelyn, looking as glamorous as ever at Sam & Kirsty's wedding a year ago!

Village Hall Committee

Firstly, we are delighted to welcome Fayre Hardy onto the Village Hall Management Committee, as she bravely takes on the role of Village Hall Treasurer. Not only that, she and Martyn have undertaken to replenish and nurture the two flowering wall baskets, so that we can enjoy some summer colour.

CFylm club has now finished for the summer, and will reconvene in September with regular monthly showings on the last Friday of each month. A **Pop Up Cinema** on the Green is planned for Friday 14th September. Always popular and great participatory fun, so do put the date in your diary, and let's hope the weather will be kinder to us this year!

You have a chance to hone your IT skills or solve some ongoing issues, especially around internet safety. On Tuesday mornings throughout June and early July there will be **IT Workshops** in the Village Hall: 10.30am – 12.30pm. It is amazing how many useful tips you can pick up, even for the more experienced amongst us, and Jane and her colleagues are wonderful at getting you going if you are a true beginner. Please do pop in, and bring your phone/tablet/laptop with you if you can. It's FREE! What have you got to lose?

Another date for your calendar is Saturday June 23rd when we plan to hold another **Frog Racing** event. This was huge fun last time, and we would like to run this event on the village green, weather permitting, to make it more of a spectator event.

Finally, our **Book Shelf Browse and Buy** carries on regardless on every first Friday of the month, 10am – 11am, with tea/coffee, biscuits and not a little chatter! It is a lovely relaxed social gathering with a chance to catch up on local happenings, whilst choosing your next reading. Everyone is welcome.

Penny Parsons (Paul is away on holiday!)

Paul Meredith, Chairman
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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* (previously *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 £50,000 was awarded to 94 ex-students, which means that 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 mini-bus, the charity has made a grant of £1,150 to the Primary School for the purchase of new classroom chairs.

Further details 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 or email fgsclerk@hotmail.com).

The Golant Village Website

Don't forget that you can access *The Golant Pill* on our village website. It is, quite simply- golant.net

Click on 'GOLANT PILL' below the lovely photograph of the river, and you can open past editions of our newsletter, saved as PDF files. Debbie includes those from the past year for you to access.

FACEBOOK

Our team members Robin Anderson & Penny Parsons produce 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.

Advertising Rates

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

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Slipway Repairs at Brazen Island

After a period of investing in improvements to our leisure facilities, the Commissioners have focused their priority to the repair of some of our ageing infrastructure.

First on the list, and critically important to our operations, is our maintenance centre at *Brazen Island*. Repair of the main slipway and restoration of No.2 slipway have been identified as the top priority, and work to achieve this is planned to begin in late summer with a hope of completing the project shortly after Christmas. Inevitably the work will cause some disturbance, but we are doing all we can to ensure this is minimized, although some late work over especially low tides will be necessary for a few days.

As the centre for the lifting out and maintaining of all our vessels, other than the tugs, it is vital for our maintenance regimes. Without it we would have to use commercial alternatives at a much increased cost.

Paul Thomas
Chief Exec. & Harbour Master
Fowey Harbour Commissioners
01726 832471

The Golant Pill Committee

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Chairman	Simon Funnell	833343
Treasurer	Tony Strachan	833259
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	Simon Funnell	833343
	Sheila Funnell	833343
Golant Pill Facebook	Robin Anderson	832370
	Penny Parsons	832727
Golant Website	Debbie Pugh-Jones	07984630662

The committee meets regularly under the terms of the constitution which was adopted when the newsletter was first issued in 2007.

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.

Readymoney Beach gets Excellent Grading

We are pleased that *Readymoney Beach* has been awarded an Excellent Water Quality grading for 2017, the second year running. We were unsure whether this would be achieved after such a wet summer, and this result reaffirms the importance of the Beach Champion Scheme. It takes a daily commitment from Fowey Harbour staff throughout the bathing season (May to September) to monitor the predicted bathing water quality for the beach, and display appropriate signage when bathing water quality may be affected by heavy rainfall or localised pollution incidents. Our team made 28 visits last season to update the signage, but we feel that by achieving this grading, it was worth it! Our beaches, especially *Readymoney*, are an important part of our tourism and local economy, and enjoyed by locals and visitors alike.

We would like to take this opportunity to thank the teams of volunteers who clean our beaches on a daily basis, and thanks especially to Sue and Roger Simpson, who coordinate these volunteers and also organise the cleaning of the sea-water pool at Whitehouse. The pool has had some essential repairs over this winter. We want to keep the pool open for the benefit of locals and visitors during the summer season.

I reported in a previous newsletter about Pacific Oysters in the estuary, which are literally a growing problem! They are becoming a pest; with settlement on slipways and steps, on harbour walls and moorings. In some areas of the estuary they are forming reefs and their shells are sharp and are causing a hazard. *Natural England* have recently informed us that they have been successful in securing a grant to fund a part-time officer for the Pacific Oyster project, and will also have resources to train volunteers in monitoring and population control techniques. But the population control is time specific, and 'bashing' of their shells to cull them should take place between October and April. At the time of writing this, we have an initial training session planned for the end of April, but our efforts will be extended in the autumn and we need the help of volunteers to do this.

Can you help? - Perhaps you've seen expansion of Pacific Oysters and you want to help do something about it. We cannot expect to get to every individual oyster but if we can act to lower the numbers of oysters, there will be less that can reproduce. Monitoring of controlled areas and looking for resettlement will also be an important part of the project. Please be in touch if you can help; any time you can spare would be gratefully received.

Claire Hoddinott
Environment Officer
Fowey Harbour Commissioners
01726 832471
clairehoddinott@foweyharbour.co.uk



Summer is finally on the way

The last few weeks have been such a contrast to the previous miserable Spring weather, that is hard to recall now, just how bad it was, with the wettest Spring on record for this part of the world. But almost overnight, the sun came out and the grass grew and the primroses gave us such a display. But of course, hotter weather begets occasional thunderstorms, and we have already succumbed to one of those, with power outages, phone lines down and no internet! And it just goes to show how reliant we have become on the internet, for things like emails, shopping and sending in "your Boatwatch report" to the editor! (*Hear, hear!! Ed*)

Troys

For those of you who take an interest in the "sailing" history of this area (and I know that we have direct experience in this village of wooden boatbuilding) I thought you may like to know that the latest Troy (*T29*, called *Lucy*) has been launched. She was built by Marcus Lewis at his workshop in Fowey, and was presented to her new owners (Richard and Judy Kirkham) at the naming ceremony outside the *Royal Fowey Yacht Club* a couple of weeks ago. This is the Troy that I crew on (Richard's previous Troy was T1 and 90 years old) and I am delighted to say that, having overcome some initial tweaking issues in our most recent encounter with the infamous Allen Toms (on T26), we came first! Definitely one for the record books!

Summer Security

Along with the better weather, come the many visitors to our area, and at long last the many boats that have been kept at home on the drive until now. So you can expect a great deal more activity on and around the river, and with this activity comes the greater risk of theft. So can I ask everyone to be extra vigilant, and be prepared to keep an eye on your own boat and equipment and your neighbours as well. And if you see anything suspicious, then do let the Police know. (*See contact details in the boxes opposite*).

It goes without saying that all of your own equipment should now be marked and photographed, just in case of loss! And be honest—do you actually have a serial number record of your outboard and a photograph of your boat?? If not, then you know what to do.

New Members

We continue to grow the active **Boatwatch** membership of the group, but we still lag behind the number of moorings available, so we must be missing some potential members to help share the burden. So if you have a boat (or even if you don't) and want to help reduce and eliminate marine based crime in our area, then why not join?

Application forms can be found on the village website and on the Fowey Harbour Office website, or simply ask one of the committee. You will be very welcome.

David Jenkinson, Chairman Golant Boatwatch

Golant Quay Users Association

We recently held our AGM, and the committee was re-elected in its entirety, as were Limited Company Directors.

I reported that there were a similar number of let berths at 143 and that we spent £5,724 on completing the track topping and tarmac area by the Green. The Parish Council has donated an old seat at the top of the Pill, and this, together with the tidier track, is proving a popular walk.

Stuart Young reported on our accounts, that show a deficit over the year of £4,207.87 because of our high level of spend, and that we had a balance of £10,339.90 at the year end. Thanks go to Tony Strachan for auditing our accounts.

Liz Anderson reported on her attempts to get advice on what is best to plant around the top end of the Pill, and is following up on her new leads. There was a suggestion that perhaps the 'sink' by the playing area could be dammed to create a small pond area.

Peter Edwards, Chairman GQUA

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.

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**Friends of the
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We enjoyed an amazing talk at *Trennython* by Simon Taylor, BTO's regional representative for Cornwall, who explained the role of *The British Trust for Ornithology (BTO)*, which is an independent charitable research institute combining professional and citizen science, aimed at using evidence of change in wildlife populations, particularly birds, to inform the public, opinion-formers and environmental policy and decision-makers. Simon took us through the various surveys that volunteers can carry out, and these included Nest Box surveys, Wetland Bird surveys, Low Tide counts, Heronry & Breeding Bird surveys. There is also a weekly Garden Bird survey that you can do from the comfort of your living room and a recording system called 'Birdtrack' that allows you to record your sightings; this is also uploaded to the *Cornwall Wildlife Trust's* recording system *ORKS*.

Simon gave us some amazing facts- like the latest Cuckoo tracking records, which are helping to identify some of the reasons for their decline, and show the various routes they use to fly across Europe and down to the Congo basin in central Africa; some only stay in England for 6 weeks. Swallows appear to have had a hard time with strong winds over the Sahara Desert, so if yours haven't returned yet, and mine haven't, this may be the reason.

The Fowey Estuary has had regular Wetland Bird Surveys carried out and 48 species have been recorded, including Sand Terns, Iceland Gulls, Turnstone and Long Tailed Ducks.

The BTO's website is a mind of information and well worth a visit, and the hope is you will record your sightings.

Peter Edwards (who records a strange sighting opposite...!)

Peter's Strange Bird Sighting



I was in my garden the other day and I accidentally disturbed this bird; the next day it was in Janet & Robert's garden.

It was making a very strange call, more like a parrot, and several folk in the village had commented on it, wondering what it was, as it was quite loud, and being in the valley it was heard everywhere.

So I sent the photos to our experts, Caroline Harvey and hubby Michael Williams, and they say it is a Snowflake Quail, which has obviously escaped from somebody's collection!

Peter Edwards

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**Friends of the
Fowey Estuary**

FORTHCOMING EVENTS

We have a planned boat trip from Fowey to Charlestown on 15th June, leaving *Fowey Town Quay* at 5.00pm, for a fee of £15 per person.

There is a return visit to *Lethytep*, but at a different time of the year, on 8th July at 2.00pm. If you haven't been to *Lethytep*, it is a 52 acre wildlife haven created by Philip Hambly of wild flowers, woodland, meadows and lakes, with plenty to see for the naturalist and gardener. The afternoon concludes with cream teas and cakes in abundance, all for a donation towards Philip's favoured charity.

We then have a 'Snorkel Safari' at *Readymoney Beach* on 2nd August- an ideal opportunity for the children to explore the underwater world, with experts on hand and equipment provided.

Then a Rockpool Ramble, again at *Readymoney*, on 10th August at 10.45am.

This is followed by our annual Marine Day on *Fowey Town Quay* on 21st August during Regatta Week.

Peter Edwards

Tales from the Riverbank

As most of the village will know, we have been somewhat preoccupied with projects off the water these last few months, but trips have still been running – almost every day, in all sorts of weather as usual!

We went to a fascinating talk from Sue Sayer of the *Cornwall Seal Research Trust* for *Friends of the Fowey Estuary*, detailing their work monitoring, tagging and rescuing seals, and educating the public. One of their more difficult tasks is persuading tourists not to feed and get in the water with seals. This sets up a pattern of behaviour that makes the seals dependant on humans for food, and what happens in the winter months? Plus, visitors do not realise how powerful these creatures can be – especially their jaws – and they can inflict serious injuries on people trying to feed or pat them. We have been very privileged to monitor our resident, Serena the seal, but we do it from a distance, and no matter how tempting it might be to think you could entice her by feeding, it is her wildness that makes her so special. She decides if and when she wants to interact with us, which is how it should be.

Many of our normal wading birds are off nesting at the moment, so the river has been quieter than usual, but we have spotted some fledgling Grey Wagtails flitting about, especially up the Lerryn



river, and without too much competition for attention have appreciated the beautiful iridescent colours of the male Mallards, which tend to get overlooked as 'boring'....!

The Shelducks have also had chicks, and the little fluffy striped chicks dive under water if they feel threatened – the adults fly away to try to draw predators from the chicks. Interestingly, when the chicks reach 'teenage hood', they stop diving, and start flying away at signs of danger.



Cornish Dialect Fish Words

Anglemaine– monkfish
Capel longer– razor shellfish
Chad– a young bream
Dogga– dogfish
Long nose– sea pike

We've also seen the male Shags with their wonderful 'punk' breeding hairdos!

Two incidental things – one, our Swallow pair that nested last year have returned – with 'junior' – one of their chicks from last year. According to Simon Taylor from *Cornwall's British Trust for Ornithology* (another great talk for FoFE), many swallows have not made it back to Britain this year, due to adverse weather, and late cold conditions; many have stayed in Spain and France, so we feel very honoured to see them. We were also told that it's possible the youngsters will return to the nest in the coming years and take it over.

Secondly, our new 'Dog Poo Bin' at the Boatshed seems to be working, having needed to empty it 3 times since it was put up, as it was full!

Karen Wells-West



Taking the Pill



The Pill takes a Rickshaw Ride in Kathmandu

What a vibrant, noisy, sense-assaulting city Kathmandu is. Our visit in April coincided with the Nepalese New Year (2075), Mother's Day and Wedding Season, so we were fortunate to witness many celebrations & festivities. In fact, we saw four weddings and a funeral!

Glynis & Stefan Kelly

See p13 for another great photo of Glynis, hoping for miracles! Ed.

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Golant Gleanings

CONGRATULATIONS

John Jenkin has recently exceeded his “*Biblical Sell-By Date* by 20 years” (his words!), and he celebrated in style at *Lanydrock Golf Club* with friends and neighbours. Taking pride of place was a somewhat threadbare, well-loved, teddy bear of the same amazing age, propped next to a photo of John as a very young lad!

SURPRISE!

Alastair Barr was taken by surprise recently when he unveiled a new boat for the Junior Ladies, acquired after much fundraising, at the *Castledore Rowing Club*. He had thought that the boat's name was to be *St Morwenna*, but on removing the covering, discovered that it was actually called *Alastair Barr!!* This was a tribute to him for the many years he has devoted to the club.

CONDOLENCES

It was with great sadness that we heard of the loss of Joyce Crawford, our neighbour, who with her husband Rodney owned a holiday home on School Hill. Joyce died during a mitral valve repair operation, which was meant to give her a new lease of life. She was a lovely, gentle person, who together with Rodney supported village activities whenever they could. On behalf of the village, we send our condolences to Rodney and their children at this difficult time.

Janet & Robert Gore

A Charity Walk by Giles Harrison

I may have told you about a long-distance charity walk I've been planning - well, after a long time training and delays due to injury, the "Sleep.Walk Challenge" is finally going ahead at the end of June.

My challenge is to walk as far as I can in 72 hours - that's 3 days and 3 nights. My goal is to walk 120+ miles on little or no sleep!

I'm doing the Sleep.Walk to raise awareness and funds for *Bowel Cancer UK, the Cure Parkinson's Trust and RNLI Lifeboats.*

I'd like to ask 2 things of you:

- **Please visit my page** to learn more about what I'm doing, where and why.

<https://uk.virginmoneygiving.com/sleep.walk>

- **Please spread the word** to any friends or groups you know, who may like to hear about my efforts. Perhaps you know people who have some link to Bowel Cancer, Parkinson's or the *RNLI*, or maybe you know some people who walk.

It is a huge endurance challenge, but for very worthy causes.

Some of you have very kindly offered to join me for part of the walk - I'm asking people to do a 6-hour 'shift' (starting either at 6am, noon, 6pm or midnight). Dates are June 24th - 27th (with up to 2 days slippage if the weather is foul!). If that interests you, email me for further details.

Remember, the most supportive thing you can do for me is simply to spread the word. Many thanks.

Giles Harrison

WARNING – PLEASE READ!

- Be aware that someone tried (unsuccessfully) to break into a shed in the village recently.
- Some kids on trail bikes have been using the Downs to explore footpaths etc.
- More disturbingly, a car was seen at 2.30am last week and it parked outside some properties. The number plate was noted, and was established to be a false one.

We are sure that everyone will be regularly checking locks on sheds, windows, doors etc.

DON'T BE COMPLACENT; BE ALERT!

ST SAMPSON PARISH COUNCIL

Chairman's Annual Report May 2018

This is my second annual report as chair of your Parish Council, and firstly I would like to thank your councillors- David Jenkinson, David Johns, Steve Phillis, Debbie Pugh-Jones and Andrew van den Broek for the work they have put in on your behalf over the past 12 months. I am a supporter of the "mending broken windows theory" - which means fix things as soon as you can before one breakage leads to more gradual deterioration and the whole place inexorably falls into disrepair. Far from being a mere talking shop, your council has some very able hands-on people who have fixed or brought to attention all manner of things - action which cumulatively helps keep this parish a great place to live and visit. Many of the deeds that need "doing" are actually the responsibility of other agencies, but in a climate of continued cost-cutting pressure across most organisations, in a parish as small as ours, if we do not tackle minor jobs as best we can, or at least promptly raise the concern, then it could be a long wait before others get around to sorting our problems. We have our outstanding clerk, Mrs Sue Blaxley, to call on, and she not only keeps us up to speed on what we can and should be doing, but also helps us task *Cornwall Council* and all the other service providers, to ensure that our small parish is kept on the priority lists.

Parish Council duties and responsibilities are increasing all the time; central and higher level local government are fully aware of how onerous public administration has become for unpaid volunteer councillors, but practical solutions to the burden are few and far between. I would therefore ask again that everyone should consider doing a turn on the Parish Council – we have one current vacancy and no doubt some of us will want a rest before long. Worthwhile and rewarding work for the public good - what is there not to like? When we meet on 22 May 2018 we will choose a chair and vice chair for the coming year; Sue Blaxley will remain in office.

In reviewing the past year I have been delighted with the effort which all our local groups and organisations have put in to make this such a great place. The Calendar of Events has been full of wonderful activities, entertainments and examples of generous giving of time and talent for all to enjoy. Your councillors have been pleased to help with some funding under our focus of investing in our assets and people and promoting that great sense of community. I would also like to highlight the fantastic work which Mike and Gillie Harris put in to capture so much of our village, like in their brilliant production of the ***Golant Pill*** Newsletter. If you have missed a hard copy, editions are on line at <http://golant.net/golant-pill>

The Parish has funds of around £14,000 in hand. This represents a gradual drawing down from the very high balances held in previous years, as we spend money on local requests. We have nonetheless been able to keep our local taxation precept at an unchanged level, and our balances will improve again as the precept instalment (some £3700) comes in, and car park ticket machine revenue continues. It is a very sound financial position and our full accounts will be submitted for audit shortly.

We are still waiting for our own Traffic Management Order to be drawn up for car park enforcement and we look forward to transfer of ownership of the car park and public toilet to the Parish as soon as is practicable.

Our first draft **Neighbourhood Development Plan** is now available, and I would greatly welcome your comments.

Next meeting - Tuesday 26 June 2018 at 7.15 pm in Golant Village Hall. All are welcome.

Minutes of meetings are on our Parish Council website: 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.

Robin Anderson, Chair

Pill Paparazzi in this issue

PE	Peter Edwards
GH	Gillie Harris
CH	Claire Hoddinott
SK	Stefan Kelly
IL	Ian Laughton
KW-W	Karen Wells-West

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News from St Sampson's Church

Despite, or perhaps because of, the weather, there has been a wonderful display of primroses in the churchyard throughout March and April. Some Double Lady's Smocks have appeared once again (they are orchid-like), and so have the dainty and star-like flowers of the Double Meadow Saxifrage (*above*).



Various repairs are in train as I write this: the woodworm in the belfry is to be treated, the broken heating pipe by the main door is to be repaired, and the new oil tank is expected at any moment. Then there is the major task of widening the steps from the war memorial down to the church path. At present these are steep and narrow, and need considerable care.

There have been two events of note in the church: a flower demonstration by Ruth Varco, and a talk on the architecture of the church by Joanna Mattingly. (*See reports on this page*).

There are two events in July, and for both of which tickets are required. On **Saturday 28th July there will be a Handbell Concert in The Boathouse at 6.30pm** (by kind permission of Judy Harrison). It is St Sampson's Day, and there will be many Cornish tunes which we have added to our repertoire, including *Trip to Truro*, *Bodmin Riding*, *Boscastle Breakdown* and *Eglosayle Ringers*. Most of the programme will be new, but there will be a few old favourites and, as always, it will be mercifully short. Tickets will be £5, and as there has to be a limit on numbers it would be advisable to book early (*Penny White: 832315*). No high heels, please, but do bring something to drink and a glass to drink it from!

The following day, **Sunday 29th July, the 9.15am service will celebrate St Sampson, and at 12.15pm there will be a St Sampson's Day Lunch in The Fisherman's Arms**. Tickets will be £17.50, and last year Nick provided an excellent meal. Please contact Penny White to book your place.

Simon Funnell

Thank You

An enormous thank you to Ruth Varco for her wonderful flower demonstration. Thank you, too, to all those of you who came along to be instructed and entertained. A further thank you to Ruth for providing the most delicious scones and to Paddy for her scrumptious flapjacks, which sustained us after the effort of watching Ruth make it all look so easy!

We managed to inspire a few more people to take up flower arranging, but are always delighted to hear from more of you, whether you were at the demonstration or not. You can join the roster, or let me know that you might be available for special occasions.

Valerie Russell (833072)

Church Flower and Cleaning Rota

3rd & 10th June	Jacky & Sheila
17th & 24th June	Valerie & Carol
1st & 8th July	Glynis
15th & 22nd July	Judy & Cynthia
29th July & 5th August	Penny & Viviane

Hoping for Miracles under the Singing Bowl

The Nepalese people are very spiritual and devout. Everywhere we went, we encountered rituals, offerings, prayer flags, spinning prayer wheels and, of course, the famous singing bowls. I didn't expect to get a prayer bowl put



on my head complete with resonant drum stick! I'm hoping it's knocked some sense into me, or maybe made a miraculous improvement to my voice for the church choir.

Unlikely, but the Nepalese really believe in the magical powers of the singing bowls....

Glynis Kelly

Church History Talk

Joanna Mattingly is a member of the Diocesan Advisory Committee which advises churches on alterations and restorations. Jo gave a talk in St Sampson's Church as part of the Fowey Festival. She was a very engaging and enthusiastic speaker who clearly had a vast amount of knowledge and empathy with our Grade1 listed little church.

St Sampson's started out as a chapel of the mother church in Tywardreath. Disputes between Golant & Tywardreath over payments and lack of facilities resulted in Golant trying to become more independent, with its own graveyard and baptismal font.

We learnt that the granite pillars at the front of the church were a later addition and are crudely carved compared to the limestone pillars and arches. Also, that arches, over time, became less pointy! Another little gem was that windows were much smaller, as glass and coloured glass was much more expensive than stone. The original ceiling may well have been painted blue to represent heaven and would have been decorated with angels and cherubim.

You may have seen the inscriptions on the timber wall plates of the church, where the wagon roof meets the walls. The reason these timbers are small sections, was that Cornish trees were relatively small. There is a common myth that the wall plates had been put back at random following a restoration and so made no sense. This called for audience participation, and Jo handed round printed copies of the inscriptions for the audience to take and stand by the matching wall plate. A few minutes of mayhem ensued as people tried to find 'their' wall plate. She read them in their original abbreviated Latin and then gave the English translation. Their main message is to pray for either the guild that built or rebuilt parts of the church, or for the families of those who donated towards the cost of the restoration. An example, as you enter the church and look up, is to: *Pray for Edward Colquite and his wife Amelia*. The Colquite family probably lived at Penquite Manor, but when the Penquite family bought the property they appear to have changed its name.

The evening was a great success, mainly due to Jo's excellent talk, but the wine and nibbles may have helped. Donations of £230 collected on the evening will be divided between the Church Fabric Fund and the *Cornwall Historic Churches Trust*.

Greg White

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UNCLE JOHN'S GARDEN PATCH

I baint gwain to say that summer's arrived, but just now (end of May) 'tis looking brave and hopeful. Now we'm able to see just how much damage has been done while maister Jack Frost was in control, and he's certainly left his mark around yer! I've had to aive out a brave few plants and shrubs that baint gwain to get over his attentions during the winter.

But, while 'twas such a late start to the spring, Mother Nature have certainly bin out with her paintbrush and have done a handsome job with the lanes and hedgerows. They'm full of colour, and 'tis like 'twas all being held back, and then she d'cut the string and out it have all come- scods of it in one brave strew. Handsome!!

I did a mazed thing at the start of May. 'Tis always good policy to keep the water butts filled with clean water, and as my three water butts were smelling a bit wisht, and with a night's rain forecasted, I thought I'd drain them, clean them, and let them fill up again. A vitty thought, but you'm supposed to turn the tap off again, and not leave it on so everything runs to waste, and do ee know that tedden hardly rained a drop since!

Now, seeing 'tis so dry, anything that needs to be transplanted must be well watered first, whether 'tis a seedling or a shrub, so that when 'tis lifted up, the plant comes with a nice lot of soil around the roots, and make certain sure 'tis watered again once 'tis replanted.

We'm well into planting out and sowing seeds now, and 'tis a good idea to stagger the planting of seeds so as they doan't all grow on together, and you'm able to get a succession of veg as time goes on. And sow thinly so as not to do too much thinning. Thinning carrots is best done in the evening when that little blimmer the root fly baint around. This beastly blimmer be a proper pest at times, and 'tis best to sow they carrots in raised beds, as the fly doant like going above about 18 inches high (old money).

During June month there is what's knawed as "June drop" with apples. This happens if there is a gurt brave crop, or the tree is suffering from lack of water, or something else is amiss. If you'm of a mind that there's too many apples, then 'twould be jonik to thin them out a bit.

When we get into July, keep an eye out for blight on your teddies or tomatoes. This is when black spots appear on the leaves, and if left unchecked 'twill turn all the foliage into a rotten, smelly mass and 'twill go right down to the teddies below. Now, I baint yet tried to put a mixture of 2 tablespoons of creamy milk in a pint of water, sprayed over the plants as a prevention, to see just how effective that is, but it can't do any harm. With the tomatoes to help to keep that blimmer the white fly off them, I plant some french marigolds around them.

Nort

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

These *Golant Pill* publications are available in the Church, the Boatshed, Walter Baileys at Par (Gardening Book only), or from Mike & Gillie (833897).

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

Auntie Paddy's Recipe Corner

I've chosen a recipe for a light sponge with a lemony sauce, but would also like to add that **English asparagus** is available now; it is such a short season that it's a shame not to enjoy it.

As always, the best way to serve it is the simplest- cook in boiling salted water for about 5 minutes, or even less, and serve with melted butter; delicious.

Now for the pudding:

LEMON SAUCE PUDDING

2 Eggs, separated

One large Lemon

25g/ 1oz Butter

90g/ 3½ oz Caster Sugar

50g/ 2oz Self-Raising Flour

175ml/ 6 fl oz Milk

1. Cream the butter and sugar together.
2. Beat in the egg yolks.
3. Add the flour alternately with the milk.
4. Add the grated rind of the lemon and the juice.
5. Fold in the stiffly beaten egg whites.
6. Place the mixture in a greased dish about 18cm/7in in diameter, and put this into a roasting tin, partly filled with water.
7. Cook for 40 minutes at Gas Mark 3/160°C/325°F.

The top rises up to form a sponge and leaves a lemon sauce below.

Paddy Shelley

A Royal Flower Power Connection....!!

Recalling my recipe in our last *Golant Pill* for Elderflower Syrup (which incidentally could well have gone into this issue after all, as the elderflowers are later than usual!), it's interesting to read that Harry & Meghan's wedding cake included 10 bottles of Elderflower Cordial, made from flowers picked on the Queen's *Sandringham Estate* in Norfolk!

Gillie Harris

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.

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

Monday 30th July

Articles, letters & news can be sent by
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the drive to South Torfrey Cottage.

CALENDAR OF VILLAGE EVENTS

JUNE

Tuesday 5 th	10.30am-12.30pm	IT sessions (<i>See p 5 for details</i>)	Village Hall
Saturday 9 th		<i>World Gin Day - special Gin promotion & deal on Bar Snacks</i>	Fisherman's Arms
Sunday 10 th	9.15am	Holy Communion (Choir)	St Sampson's
Tuesday 12 th	10.30am-12.30pm	IT sessions	Village Hall
Tuesday 12 th	2.00pm	Golant Heritage Group Meeting	Village Hall
Friday 15 th		<i>National Beer Day – 50p off all Beer & deal on Bar Snacks</i>	Fisherman's Arms
Sunday 17 th	6.00pm	Evensong	St Sampson's
Tuesday 19 th	10.30am-12.30pm	IT sessions	Village Hall
Saturday 23 rd	TBA	Frog Racing	Village Green or Village Hall
Sunday 24 th	9.15am	Holy Communion (Choir)	St Sampson's
Tuesday 26 th	10.30am-12.30pm	IT sessions	Village Hall
Tuesday 26 th	7.15pm	Parish Council Meeting <i>The public is invited to take part until 7.30pm</i>	Village Hall

JULY

Sunday 1 st	9.15am	Holy Communion	St Sampson's
Tuesday 3 rd	10.30am-12.30pm	IT sessions	Village Hall
Wednesday 4 th		<i>American Independence Day – Lunch & Dinner, Burger menu</i>	Fisherman's Arms
Friday 6 th	10.00am-11.00am	Book Shelf Browse and Buy	Village Hall
Sunday 8 th	9.15am	Holy Communion (Choir)	St Sampson's
Tuesday 10 th	2.00pm	Golant Heritage Group Meeting	Village Hall
Tuesday 10 th	7.30pm	Boatwatch	Village Hall
Sunday 15 th	6.00pm	Evensong	St Sampson's
Sunday 22 nd	9.15am	Holy Communion	St Sampson's
Tuesday 24 th	7.15pm	Parish Council Meeting <i>The public is invited to take part until 7.30pm</i>	Village Hall
Saturday 28 th	6.30pm	Handbell Concert <i>(See p13 for details)</i>	Boathouse
Sunday 29 th	9.15am	Holy Communion (Choir)	St Sampson's
Sunday 29 th	12.15pm	St Sampson's Day Lunch <i>(See p13 for details)</i>	Fisherman's Arms

Monday 30th

Copy Date

The Golant Pill

thegolantpill@gmail.com

AUGUST

Friday 3 rd	10.00-11.00am	Book Shelf Browse and Buy	Village Hall
Sunday 5 th	9.15am	Holy Communion	St Sampson's
Saturday 11 th		Flower & Produce Show	Village Hall
Sunday 12 th	9.15am	Holy Communion	St Sampson's
Sunday 12 th		Madness in the Pill Barbecue & Music	Fisherman's Arms
Saturday 18 th	2.00pm	Sports &	Village Green
	6.15pm	Carnival	
Sunday 19 th	6.00pm	Evensong	St Sampson's
Friday 24 th – Monday 27 th		Beer Festival <i>Live music & Barbecue some evenings</i>	Fisherman's Arms
Sunday 26 th	9.15am	Holy Communion	St Sampson's

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