



## Our Big Coffee Morning



Big decisions...



Happy chatter...

### Coffee, Cakes and Crowds

Recently, our village hall was buzzing with happy chatter from a large number of generous punters at our Big Coffee Morning, held in aid of the **Macmillan Cancer Support** charity, an event held all over the country on the same day.

It is heart-warming to note that the first nationwide Big Coffee Morning was held in 1991, and since then, has raised over £29.5 million, (prior to this year's event!). It is such a worthy cause.

The refreshment table was groaning with a myriad of delicious cakes, and the helpers in the kitchen were constantly busy brewing coffee and washing up all morning!

The raffle attracted large sales, but it was strange that despite there being yellow & blue strips mixed in the box, the former colour kept being drawn!! Even odder, what are the chances of one punter, who admit-

tedly bought 10 strips, 'winning' 4 times?! (She generously returned the last 3 winning tickets...).

The organisers Jacky Fletcher, Anne McLeod & Janet Longman would like to thank everyone who attended our Big Coffee Morning and gave monetary donations, and to those who made scrumptious cakes etc. and gave raffle prizes. Also, many thanks to all who helped & supported on the morning, and in particular, to Clare Barton (Janet's daughter), for producing invitations and posters which she kindly laminated.

The morning was not only a very well-attended occasion, but also made the magnificent sum of **£755!!** What a spectacular result from a small village, and the organising team deserve many congratulations.

More details of **Macmillan Cancer Support** and in particular a wonderful local centre can be read in the editorial on page 2.

GH



## FROM THE EDITOR

**F**ed up with hearing about Brexit? Never fear, it won't be chewed over and spat out ad nauseam in our little publication!

As always, we are covering a wide-ranging myriad of village activities, many being the usual summer fun events – happy and colourful occasions, including the *Sports & Carnival* (page 7), *Madness in the Pill* (page 9) and the *Flower & Produce Show* (page 4).

However, there is always the sadder side of life, and our cover story reflects this, but with a real positive twist, as Golantians very recently showed their warm support in raising funds at an annual event for a disease that touches so many families (sadly including our own this year).

**Macmillan Cancer Support** was founded in 1911 by Douglas Macmillan following the death of his father from cancer. Today, it is one of the largest British Charities.

Have you heard of the wonderful **Macmillan Support Centre** within the grounds of *Treliske Hospital* (between the Mermaid Centre & the oncology Sunrise Centre)? It was funded not only by donations from so many in Cornwall, but also by *Macmillan Cancer Support* itself, and opened in the autumn of 2016. It is called **The Cove**.



It offers all manner of support to anyone affected by cancer in Cornwall & The Isles of Scilly, including some pre-bookable services, such as help with wigs, hats & scarves, as well as services from professionals on the team, including Counselling & Patient Self-Management Courses– these are just a few items of the help on offer.

Or you can just pop in and receive a warm welcome in relaxed surroundings, and get advice & support. (Tel: 01872 25 6363 email: [thecove@nhs.uk](mailto:thecove@nhs.uk))

So let's put aside the negativity of the media regarding the 'B' word, and warmly embrace the positive, wonderful work of *Macmillan Support* in helping those with the 'C' word.

Cancer Research continues unabated, and understanding and treatment of this all too common disease is developing steadily; we shouldn't shy away from the subject; rather, accept the situation, talk about it, and go along positively with all the help and treatment that is offered.

As our daughter says, "It is what it is..."

*Gillie Harris*

## Our Advertisers

We applaud the help and support we receive from our advertisers, many of whom have been with us since the first issue. Through the years some of them have had to withdraw because they have become overrun with customers, though they loyally continue with their older ones!

I don't always notice changes in adverts though they happen quite often. Tony Bartlett is a case in point, for he no longer has a shop in Fowey but operates from a different address (p17). He is not only such an expert with TVs, recorders, satellite installation and so on for which he is so well-known. He came to install some electrics for us recently and we are delighted with his workmanship! He even included a couple of "While you're here..." jobs that day!

Note that *Stable Art* (p5) have moved to an old Chapel conversion on the outskirts of Bodmin. Much of their business is now online - handy if one prefers home delivery. They are also apparently holding Art Classes.

Nearly all of our advertisers live in or are associated with the village. Only on a couple of occasions have we removed advertisers from our publication because of reports of poor service. We only use the best!!

To the left, at the roundabout by Tesco's at Holmbush, is a useful shopping area with free parking. Together with other shops, it has a convenient *Post Office*, the superb refurbished *Cornwall Hospice Shop* and, in the corner, *Kittow's* (see their advert below).

This Butchers shop, which also has a deli counter with varied Cornish cheeses amongst its goodies, has interesting other local merchandise, including locally made gluten-free pasties (meat & veggie!). This Cornish family firm have been finalists for the past three years in the *Taste of the West Awards*, winning 'Best South West Butcher' in 2016. This year, they were one of just two finalists from Cornwall, winning Gold. Their Award Description includes, "The service is outstanding– warm, friendly, relaxed, cheerful & knowledgeable..."! Incidentally, *Kittow's* is now the choice of a star– Aidan Turner (aka Ross Poldark, filming at Charlestown) popped in recently to buy from their large range of homemade sausages!

MGH

**The "Best South West Butcher"**  
Taste of the West Awards 2016

**KITTOW'S**  
QUALITY MEATS  
St Austell, Cornwall

84, Daniels Lane, Holmbush, St Austell PL25 3HT 01726 73005  
email: [shop@kittowsqualitymeats.co.uk](mailto:shop@kittowsqualitymeats.co.uk) [www.kittowsqualitymeats.co.uk](http://www.kittowsqualitymeats.co.uk)



### POSTPONED

GHG has made the reluctant decision to **postpone** the Golant and the River project until April next year. Unfortunately illness and other unexpected issues have delayed the progress of some significant elements of the project, and rather than deliver a diluted event this autumn, the feeling is that moving it to April will allow us to deliver a full programme of activities. So . . . we will have to wait patiently for the unveiling of the wonderful embroidered banner and to hear Simon's especially penned song about boating on the river. GHG would like to express appreciation for all the work that has gone into preparing these and other already completed elements of the project.

**The new dates for the Golant and the River exhibition are Saturday 13<sup>th</sup> and Sunday 14<sup>th</sup> April 2019, with a preview evening on Friday 12<sup>th</sup> and a number of other attractions to be held over that weekend.**

**What this does mean is that there will still be opportunities for you to become involved!**

### Wooden Intarsia Installation

Over the winter, as another part of the project, we will be working on the construction of a 3m x 1m (ish) wooden pictorial panel that will be mounted on the side of the Rowing Club building. The design will show the river and some

of the sorts of boats that use it. We would like to include as many people, of all ages, as possible in the making of this mural. To create it we need to cut out the individual parts of the design and then, after careful sanding and painting, fit them all together like a giant jigsaw. A few people with the necessary tools and experience will do the cutting out but then we will need lots of hands to help sand the pieces and then paint them. This can be done on the kitchen table anywhere (materials provided including newspaper to make sure the table stays clean!). Gradually we will then begin the fun of fitting it all together and gluing the bits onto the backboard in the workshop before giving it all a final varnish and polish. If you would like to help with this, please let us have your name and contact details.

*Ian Loughton* [ian@loughtons.org.uk](mailto:ian@loughtons.org.uk) tel:832442

**We are still holding our Autumn Talk on Monday 22<sup>nd</sup> October, 7.30pm -**

**An illustrated talk on the story of the Troy Class boats**  
*by Marcus Lewis.*

This will be a fascinating look at the Troy Class sailing boats regularly raced in Fowey, and unique to Fowey Harbour. Entry is free, although donations will be welcomed. Tea/coffee on arrival or bring your own booze!

*Penny Parsons, Chairman*



A LOCAL PROFESSIONAL BOOK-KEEPING SERVICE

**JULIE FISHWICK MIAB**

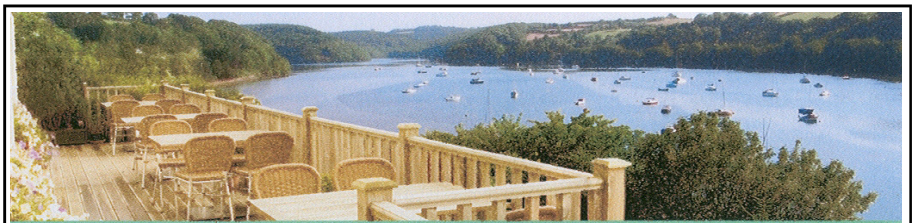
Based in St Austell, Cornwall

T: 01726 850398 M: 07531 126601

E: [julie@cairndaleaccounting.co.uk](mailto:julie@cairndaleaccounting.co.uk)

SAGE / QUICKBOOKS / EXCEL

[www.cairndaleaccounting.co.uk](http://www.cairndaleaccounting.co.uk)



AA \*\*\*



**The Cormorant Hotel**  
Golant-by-Fowey

Visit Britain \*\*\*  
Silver Award

**DINNER - served from 6.30pm**

**Lots of choice - choose from our  
Table d'hôte Dinner Menu or Brasserie Menu**

**Also open every day for Coffees, Lunches, Teas**

**To see menus, or to book online — [www.cormoranthotel.co.uk](http://www.cormoranthotel.co.uk)  
or call 01726 833426**

## New & Second-hand Nautical Books

Stuart Young  
Appletrees, Water Lane  
Golant, PL23 1LF

01726 833688

[cspyoung@gmail.com](mailto:cspyoung@gmail.com)

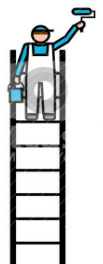
[www.daltonyoung.co.uk](http://www.daltonyoung.co.uk)

## Ray Peacock

### Painter & Decorator

Interior & Exterior  
Power Wash Cleaning

Over 25 Years Experience  
Mob: 077 096 384 30





## Golant Summer Produce and Craft Show

When the Committee were planning the 10<sup>th</sup> Show earlier in the year, we had no idea what a difficult growing season lay ahead, and we were fearful that the entries would reflect that. However, the quality and quantity of entries were good, and it was great to see some new people entering in many of the classes.

Two new classes in the Flowers this year of 'Foliage arrangement (no flowers)' and 'A potted Cactus or Succulent' proved very popular, the winners being Viviane Barr and Sue Reardon respectively.

Fruit and Vegetables gave some good entries with John Kift winning the Best in Flowers and Vegetables with his Onions; he also took the prize for the highest number of points in the whole show.

The Limerick competition "There once was a beautiful Bee..." was won by Greg White.

The cookery judges had a great time tasting each entry in cakes, with the chocolate cake and shortbread attracting the most entries. They then proceeded to the various Jams/Chutneys etc, a category which Kaye Jenkinson won, and also gave her the Best in Cookery for her Chutney.

One of the most enviable tasks must be judging the 'Booze' with several entries, with the winner being Robert Gore with his whisky liqueur- named "Golant Night Nurse".

The children's classes only had 2 entries: Millie van den Broek and Isla Barton, who are always supportive, with Millie winning the Children's Cup.

The craft section produced some outstanding exhibits, with a beautiful quilt by Kaye Jenkinson winning 1<sup>st</sup> in the craft section and the Best Exhibit in the Show (right).

It was good to present the new *Best New Entrant* award to Marcus Read for his delightful painting of Fore Street.

There was then a surprise for David Skerrett- a feat in itself keeping it a surprise- thank you, Mary and Philip! David had grown a huge cucumber only to find there was no cucumber category this year! It turned out that he had grown 73 cucumbers from one plant in a 10 x 8 greenhouse. We thought this feat ought to be acknowledged, so he was awarded a certificate as *Cucumber King* and a small cup!

The auction, always great fun and ably handled by Alastair Barr, made £223, and with the raffle making £179, teas £140 and together with entries and admissions, realised a profit of £460 (after expenses) for Village Hall funds.

We should like to thank *Walter Bailey* and *Wyevalle Garden Centre* for their raffle prizes, together with all who participated, gave raffle prizes and helped set up the hall etc. A very special mention must go to Anne McLeod, Janet Longman, and Claire & Isla Barton for their hard work in the kitchen.

Altogether, it was a very enjoyable afternoon.



*Janet Gore*



### Congratulations Mr & Mrs Thompson

Robin & Liz Anderson are proud to announce the marriage of their daughter Catherine Grace to Samuel Charles Thompson, RN, on 1st September in Bristol.

The newly weds enjoyed their honeymoon touring through Italy.

We wish them both all the happiness in the world.

*We do hope the ubiquitous **Pill Paparazzi** member of our team, Robin Anderson, wasn't dressed in his Carnival Irish Leprechaun outfit for the family wedding!*

*Ed*





## Village Hall Committee

We had a fantastic village turn-out of 60 folk wrapped up in coats and blankets on a moonlit clear dry September evening for our annual pop-up film on the Green – *The Greatest Showman*. We raised a great £165. Thank you for all your support.

The Village Hall Committee are pushing ahead with plans for renovation of both the toilets and kitchen.

We are presently revisiting the possibilities of creating disabled access to the Village Hall, which would have implications on interior renovation.

The dark nights are creeping in, and our monthly C-Fylm continues, with *Thelma & Louise* on Friday 26th October, and *Mama Mia– Here We Go Again* on Friday 30th November.

*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

## The Golant Pill Committee

<b>Editor</b>	Gillie Harris	833897
<b>Sub Editor/Secretary</b>	Mike Harris	833897
<b>Chairman</b>	Simon Funnell	833343
<b>Treasurer</b>	Tony Strachan	833259
<b>Typesetting</b>	Gillie Harris	833897
<b>Graphics/Advertising</b>	Karen Wells-West	832104
<b>Distribution</b>	Jacky Fletcher	832615
<b>Parish Diary</b>	Penny Parsons	832727
<b>Production</b>	Robert Dunley	832807
	Simon Funnell	833343
	Sheila Funnell	833343
<b>Golant Pill Facebook</b>	Robin Anderson	832370
	Penny Parsons	832727
<b>Golant Website</b>	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.

## Pill Paparazzi in this issue

<b>RA</b>	Robin Anderson
<b>KW-W</b>	Karen Wells-West

## **STABLE ART AT THE CHAPEL**

### **Picture Framers**

David Cowen

### **THE CHAPEL**

Fletchersbridge,  
Bodmin PL30 4AN

**Tel: 01208 72518**  
Mob: 07738008707.

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

### **Suppliers of**

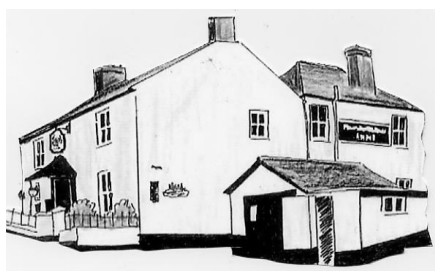
Daler Rowney Winsor & Newton  
Magna Craft Art Materials & more

### **Opening Hours**

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

**www.stableartbodmin.co.uk**

Licensee *Nick Budd* warmly welcomes you to:



**The Fisherman's Arms**

**Tel: 01726 832453**

### **The Fisherman's Arms, Golant**

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

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

Sunday Lunches served from 12–3pm.

All produce locally sourced.

**Book early to avoid disappointment**

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

Services we can offer include;

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

**CORNWALL LANDSCAPING**

For more information, please contact  
Dave Jenkinson on;

07872965920, 01726 832084

Email [cornwall.landscaping@gmail.com](mailto:cornwall.landscaping@gmail.com)



### The Extraordinary (but True) Tale of the Cap

Recently, a request was made to the clerk of the Parish Council and to our priest, Philip, for a search of the church to find a cap, apparently mislaid by a passing walker who had stopped to partake of the St Sampson's ambience.

I had no idea what hat I was wearing when I found the said cap whilst attending choir practice, but returned it next day in a jiffy bag to the loser.

I assumed that the capless victim of the loss would take some mundane comfort from our combined efforts to re-cover the head in question. The cap was, it is fair to say, and without being unduly judgemental, ordinary in all aspects.

The extraordinariness arose when I opened my post to find a cheque from the loser in the sum of £1,000 payable to St Sampson's Church!!!

Cap that if you can!

*Robin Anderson*

### 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.

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

**A**                      **65mm x 60mm**  
@ £40 for six issues

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

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

**Additional £15 for colour for all sizes.**

Preferably, Artwork/Copy should be emailed to  
**thegolantpill@gmail.com**

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

Alternatively, send your artwork or copy as required, together with an appropriate crossed cheque made out to  
***The Golant Newsletter***

to Karen Wells-West, Bloweys, Downs Hill, Golant, PL23 1LJ

01726 812642

***Johns Hair Studio***

Tywardreath

***Tara & Charlotte***

Qualified hair stylists

Tuesday – Saturday

*Late appointments on request*



**Pasture  
fed beef**



You are welcome to visit the farm.

Please visit our freezers by the farmhouse - they will be signed.  
Prices are posted so put money in the box.

## ***Leyonne Farm Produce***

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

**Beef, Pork (some bacon and ham), Eggs**

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

Or phone ahead and we'll find it!

***On the right as you go down to Golant***

Tel. Bridget or Martin on 01726 833068/ 07854 735205



## Golant Sports and Carnival

What a summer, and it didn't change for Sports & Carnival. We were so lucky to have a dry event as it really makes the whole atmosphere so good.

The marquee building went to plan, and many thanks to all the helpers for this and for putting up the bunting the Sunday before. We decided to take the flags around the Green down after Madness, because they are so easily ripped in the wind, and to put them up again on Carnival day, so that is why they disappeared for the week.

Steve was persuaded to do the afternoon **Sports MC** job, when the PA equipment did work, and proved very resourceful when one or two of the teams in the mat race started to get upset at some of the cheating going on. The adult races that Steve introduced for a bit of fun were fiercely competitive, and also had a lot of cheating going on in the sack race!

The tea ladies were inundated with homemade cakes, so thank you everybody who made these, and to the tea ladies themselves who did sterling work



throughout the afternoon. The side games had a strong following with particular interest in Paul's 'frog croquet' and the Tombola staffed by Ann & Fayre who deputised for Gail and Maurie, who it was great to see there, keeping an eye on them. So many thanks to all who helped out with these fun games.

The winners of the overall village Junior child races were Elowen Coni-beer and Hugh Taylor, and in the Senior races Millie van den Broek won the girls section and Asa Moore won the boys. The Round the Village Race for the McCleod Cup was won by Andrew Bracken.



The *Lostwithiel Town Band* entertained us whilst **Carnival** Judging took place. As always, we had very impressive costumes and cleverly thought-out themes. The band had to play an extra Flora Dance tune for the Morris Dancers, but unfortunately the Bollywood Dancers' music couldn't be played through the PA system for some reason, and our sound 'engineer' Paul was pictured (*left*) trying to fathom out how to use the loud hailer. As was noted on Facebook by Chris Yexley, this was a funny place to keep a megaphone!

Oscar Hill won the Boys' Individual in a Gorilla outfit, Isla Barton won the Girls' Individual as a Mad Scientist, the Estlick grandchildren won the Child Pairs, and Child Groups was won by a mixture of van den Broek and Owen children as Waste Recyclers. Adult Individual was won by Robin Anderson as the largest Leprechaun ever seen, and the Adult Groups was won by the Bollywood Dancers (*below, left*).

Best Child was Evie Estlick as one of the pair of Little Nippers dressed as crabs (clever that, so Graham couldn't possibly have thought of it!) and Best Adult went to Martyn Hardy, unrecognisable as one of the Bollywood dancers in his first ever Carnival, so now Greg has competition!

Judging was followed by the parade round the village and completed by the Flora Dance along the front.

Many thanks to those of you who donated raffle prizes and to *Tynwardreath Butchers, Encounter Cornwall, The Dwelling House Fowey Tea Rooms, Eden* and *The Fisherman's Arms* for their generous vouchers, and to all of you who came to make this such a successful event- with no rain!

*Peter Edwards, for the Carnival Committee*



All photos are by Robin Anderson. Many more can be found on the *Golant Pill* Facebook page. Selection here was very difficult!





### Autumn is here

By the time you read this, we will have already gone beyond the so called 'Autumnal Equinox' (Sunday 23<sup>rd</sup> September this year) when the number of daylight hours is roughly equivalent to night time hours. So from now on.....the days get shorter and the nights longer! Traditionally, as it is also the time that farmers bring in the harvest, the nearest full moon to the Equinox is called the harvest moon.

### Mission to Seafarers

As highlighted in the last issue, we had a mini flotilla (three boats and assorted Boatwatch members) who took the river down to Bodinnick, where we were invited to visit the *Mission to Seafarers*, run by Evette Hall (wife of Russ Hall, who many of you will know).

This very worthy charity was started by the Reverend John Ashley back in 1856, when he recognised that many seafarers were a long way from home and were in need of support and warm clothing. And even today, one of the main activities of the *Mission* is to provide clothing (like woolly hats etc.) for those who have travelled from much warmer climates.



### Boatwatch AGM

This year, the AGM for Boatwatch members (held in the village hall) will be on Friday 16<sup>th</sup> November. As is traditional, we will have a pasty supper and a glass of wine (at no charge) and look forward to hearing from our guest speaker and to receiving any feedback from the Harbour Master and the Police.

### Up Anchor

For most river moorings, the licences (and insurances) expire by the end of the month of October, and the Harbour Office then retrieve the mooring buoys for maintenance. So if you want to retain your mooring tackle, then remember to remove it before that

date. Talking of mooring tackle... I was made aware recently by Robin that many boats are being held on their moorings with less than adequate ropes. When we had that bit of a blow earlier in September, I put on an additional mooring strop for good measure, but many owners are relying on simple, and under strength tackle. Can I suggest that you get to the chandlers next season and ask them to put some heavier strops together for your particular boat? It has to be worth it and the costs are very modest, especially if you are a Boatwatch member with your 10% discount.

*David Jenkinson*  
*Chairman Golant Boatwatch*

### Golant Quay Users Association

Apologies, but I am a bit behind with the boat stickers and letters for the coming years berth allocations, but will hopefully have them out by the end of the first week in October.

I know Liz Anderson has a planting plan for the end of the Pill, having been very patient obtaining information from Natural England, and has purchased some seeds to germinate; so more on this if and when Liz requires help.

*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.

## Ken Newcombe Funeral Directors

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

**Ken Newcombe's  
Funeral Home**

Bucklers Lane, Holmbush,  
St Austell PL25 3JN

**Tel: 01726 75869**



**The Old Chapel  
Funeral Home**

Station Road,  
St Blazey PL24 2NF

**Tel: 01726 210510**



Part of Dignity Plc. A British Company.



## Madness in the Pill

Well, it was looking a little grey and rather wet, but when has that ever put off Golantians? Sure enough, around 4 o'clock, teams and rafts started to arrive, the fun beginning before anyone hit the water. Martin Whell appeared in his splendid tractor, unloading the longest raft ever to enter the event. In fact, it was so heavy that no one thought it would float!

Eight teams entered Madness in the Pill this year. Great fun was had again, and the crowd was entertained by feverish rafting and some wild capsizing— in fact, *Pill by Mouth* now hold the record for this, overturning three times during the games! (right)

Guest teams the *Dutchies*, *Raftey Mac Raft Face*, *Grockles* and *Fixton Buccaneers* all fought well, giving the home teams *Swan Song*, *Pipe Dream*, *Spandex Ballet* and *Pill by Mouth* quite a challenge. But in the end, *Pipe Dream* (Martin Whell's team) won the team game events, with runners-up *Spandex Ballet* and the *Dutchies*.

The main raft race, which after a false start left *Swan Song* still getting onto their raft, was again entertaining, with everyone waiting in anticipation to see if *Pipe Dream* could actually turn their raft at the halfway marker. The winners were *Spandex Ballet* (Andrew van den Broek's team), and the runners-up *Fixton Buccaneers* and *Swan Song*.



By the way, Martin's raft *Pipe Dream* did float, but he himself never made it onto it, and was left standing at the start! Never mind, Martin, you should have made it even longer...! (and it made a good place to perch, left, and chat with a strangely clad Golantian, below!!..)

Many thanks to all the crowds who attended, and especially the teams and helpers that make Madness in the Pill such great fun. See you all next year!!

*Steve Phillis*



## Wedding Kneeler

Next time you are in St Sampson's Church, please take a look at the wedding kneeler, our new edition to the 'fabric' of the church!

The tapestry originally started as three individual panels— Poppies, Violets and Sweet Peas encircling individual Cornish crosses. Over time, the panels were joined to form a tapestry suitable for two people to kneel upon.

The borders have been dedicated to Bunny Minter-Kemp, who embroidered the original three panels, and the year of completion— MMXVIII (2018).

A biblical quote, "Be devoted to one another in love. Honour one another above yourselves" completes the inscription.

Thank you to everyone who helped in completing this village project, especially to Sue Strachan for her inspiration and to Penny White for organising the making up of the kneeler for this, our very special church.

*Liz Anderson*



## POLITICAL INSPIRATION

Inspired by the Labour Party Conference, Sheila Funnell has arranged a four part harmony of the popular song, "Oh Jeremy Corbyn".

The choir are planning to sing it on Labour Day, 1st May, but you may have had a preview at the Broadway Sing-along!

Greg White

## Cornish Charms

- A church key applied to a wound stops bleeding, or else cover the wound with cobwebs.
- The sign of a cross drawn on wood, stone or metal and bound over a wound stops bleeding in man or beast.
- To cure asthma, roll spider webs in a ball and swallow them.

## Asian Hornets

As readers may have heard recently, two Asian Hornet nests have been found and destroyed near Fowey. Asian Hornets are a new threat to native bees and the livelihood of beekeepers. They have spread through France in recent years, and have had a severe impact wiping out bee colonies.

The *Environment Agency* has a very active system to respond to sightings and seek out & destroy nests. They are urging any such sightings to be reported immediately. The Asian Hornet is no more dangerous to humans than our own beautiful native species (though don't approach a nest!) but it will find bee colonies and then literally grab bees at the entrance, taking them as food.

Our native Hornet is rather like a very large wasp with yellow & black bands, whilst the Asian variety has only one conspicuous yellow band near its tail, and is slightly smaller. (Right)



The lovely summer has meant that there are far more wasps & hornets around than usual. As a beekeeper, I have traps to monitor for this new pest, and have caught many natives, but so far no Asian ones.

If you see something suspicious, email the hotline: [alertnonnative@ceh.ac.uk](mailto:alertnonnative@ceh.ac.uk) and if possible, catch or photograph the beastie. Visit the following website: [www.nonnativespecies.org/alerts/index.cfm?id=4](http://www.nonnativespecies.org/alerts/index.cfm?id=4) for lots more info, or ask me.

Ian Laughton (832442)

## Fowey Harbour News

### Great British Beach Clean

In late September, we again took part in the annual Great British Beach Clean survey organised by the *Marine Conservation Society*. This is a national survey of beach litter, the results of which show likely sources of litter. From this, campaigns can be developed to try to prevent litter from being dropped by beach visitors, flushed down the loo or lost overboard from ships and ending up on our beaches.

*Readymoney Cove* and *Whitehouse Beach* were surveyed. As in previous years, only a very small amount of litter was collected. In fact, the majority of the litter was not found on the beaches but in the nearby shelters, and consisted of food wrappers, fishing line and cigarette ends. There is no doubt about the source of this litter; people need to be responsible and find a bin!

Litter in the marine environment has been a hot topic this year and people's awareness of litter, especially plastic, has increased. This can only be a good thing for our coastline, and our local communities and businesses are embracing this 'Plastic Free' concept. In Fowey we have businesses who are using compostable coffee cups, offering paper straws and being part of the ReFILL scheme, to name a few - all to reduce single-use plastics. Well done everyone; it all makes a difference.

At *Readymoney Beach*, Victoria and her team have a 2 Minute Beach Clean board where people are encouraged to do their bit and collect litter themselves (if they can find any, that is!).

The cleanliness of our beaches is a testament to the efforts of the team of volunteers who clean *Readymoney* and *Whitehouse* on a daily basis throughout the summer. Thank you to everyone involved, and especially to Sue and Roger Simpson who coordinate the volunteers.

We are also grateful to them and their team for cleaning the paddling pool at *Whitehouse*; this is a labour-intensive task and it is fantastic that people in our community are willing to do this for the benefit of locals and visitors during the summer season.

Our Harbour thrives through the efforts of our community; people giving of their time to help to keep Fowey Harbour so special – Thank you!

Claire Hoddinott

Environment Officer, Fowey Harbour Commissioners  
[clairehoddinott@foweyharbour.co.uk](mailto:clairehoddinott@foweyharbour.co.uk)

### Any Guesses?!

... So someone linked to, but not living in, our village obviously comes from Princes Risborough, and knows about our **Taking the Pill** feature, but what is his connection to Golant?

Answers on a postcard/via the internet...!

GH







Our traditional Marine Day on Town Quay during Regatta week was well attended as always, and we were entertained with cooking demonstrations by *Fish for Thought* and marine talks from *Cornwall Wildlife Trust*, who also had a game of *Kernow or No*, trying to get the kids to guess which fish were in Cornish waters. Claire had her marvellous selection of children's entertainment making marine animals and colouring in sea life which certainly entertained us adults helping. *The Cornwall Seal Group* also had a stand, and gave talks on the very special nature of the seals that frequent Cornish shores.

We were very kindly hosted by *Duchy of Cornwall* at their *Restormel Estate* base on 10<sup>th</sup> September for a walk & talk, informing us of the renovations of the buildings there and the current and future plans for the land. We were then treated to canapés and a presentation on the work of the Duchy, including their property portfolio and the business need to set everything up on a commercial basis. Many thanks to the Duchy personnel who organised and gave up their time for this event.

We have a **Rockpool Ramble** on Friday 26<sup>th</sup> October at *Readymoney Beach* between 12.30pm and 2.30pm. This is an ideal way to introduce children to the wonders of rockpooling with our volunteer experts on hand to help identify your finds. Then on Tuesday 6<sup>th</sup> November at 7.30pm we have a talk on **Wartime in Fowey** by Paul Richards at the *Mission for Seafarers*, Fowey Docks. Access is by the pedestrian gate by the Bodinnick Ferry. More details opposite.

Peter Edwards

## Friends of the Fowey Estuary

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

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

Take a look at our website  
[www.friendsofthefowey.org.uk](http://www.friendsofthefowey.org.uk)  
 or join us on Facebook

### Forthcoming Events

#### Friday 26<sup>th</sup> October

##### **Rockpool Ramble**

Time: 12.30pm – 2.30pm

Meet: Readymoney Beach, Fowey SX117512

Cost: Free for members, £1.50 non members

Note: All children must be accompanied, wear sensible footwear

More info: Claire 01726 833061

#### Tuesday 6<sup>th</sup> November

##### **Talk – Wartime Fowey**

By Paul Richards

Time: 7.30pm

Meet: Mission to Seafarers, Fowey Docks

(Access by pedestrian gate only, by ferry slipway)

Cost: Free for members, £2.50 non members

More info: Peter 01726 833141

## **Tywardreath Village Shop**

**Open 7 am to 8 pm - 7 days a week**

1 Fore Street, Tywardreath PL24 2QP 01726 812764

[www.tywardreathvillageshop.com](http://www.tywardreathvillageshop.com) ~ Find us on Facebook

### **Newspapers and Magazines**

Coupons accepted  
 Daily deliveries  
 or reserve & collect

### **Home Deliveries**

**Newspapers and Groceries**  
 7 days a week

### **Card payments accepted**

### **Fresh Cornish Produce**

Delivered daily by local suppliers

### **Community Buying Group**

Bulk products & Group orders

### **Branded Groceries**

Competitively priced

### **Business Support**

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

### **Cash Machine**

Fee free

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

## **Taking the Pill**

Felicity Russell & her partner, Ian, took *The Pill* on their summer holidays, which saw them spending August in the USA, Mexico & Cuba. Of all their pictures, they have chosen this one, taken on the Elvis Presley tour in Memphis during the week commemorating the 41st Anniversary of Elvis's death.



## Tales from the Riverbank

One minute we are at the beginning of the summer holidays, the next autumn is here! Needless to say the river was busy over the summer, probably more than usual with all the wonderful weather.

During the very hot weather, the wildlife seemed quite elusive, but during September we have been treated to a fantastic array – a lone Curlew hanging out with the Redshanks, a Sparrowhawk taking a Sandpiper on the wing (not so good for the Sandpiper), only a few Kingfishers and Greenshanks, but a sighting of a Lesser Black Backed Gull (to David's delight...), Whimbrels, Serena the Seal in several places on the river and.....sighting of a visiting Osprey. It has been around for at least the last two weeks, mainly in the area between St Winnow and Penpol.



The lone Curlew lording it over the Redshanks



The wonderful visiting Osprey caught in full flight

This year we entered 4 categories in the ***Cornwall Tourism Awards***, and were lucky enough to be shortlisted for all four which all involved visits from judges, some mystery, some who prearranged their visits. One of these categories was 'Wildlife Friendly', and we took our judges on one of our downstream trips. We couldn't believe our luck when a pair of Dolphins popped up at the docks! A mother and calf spent a few days in and out of the harbour, and this was in addition to seeing Serena the Seal, a Kingfisher, Herons (*right*), Cormorants & Egrets. We couldn't say if this was instrumental, but we have made it to the finals, along with two other categories ('Guided Tour' and 'Active & Sporting'), and a 'highly commended' for 'REST' – Responsible, Ethical & Sustainable Tourism.



We are just finalising the date for this autumn's **River Clean Up** – we are trying to coordinate the tides with our University volunteers, and we will announce it on our Facebook page. Last time, we also had a team of volunteers litter picking along the edge of the Pill, so hopefully we can repeat that again. We will provide food, drink and equipment; all you have to do is turn up! Let us know if you are interested and we'll keep you posted.

*Karen Wells-West*

### Cornish Dialect words

#### for Birds

Trainy-goat	Cormorant
Dishwasher	Wagtail
Mor, Mur	Guillemot
Curly	Curlew
Throstel	Thrush
Wranny	Wren
Rid-legged chaulk	Chough

## microtest home

IT and communications for your home

PCs

Network

Telephony

Repairs

Servicing

Support

01208 261606

sales@microtest.co.uk

www.microtest.co.uk

Microtest Ltd, 18 Normandy Way, Bodmin, PL31 1EX

**Open**  
Mon-Fri  
9am-5pm



# Golant Gleanings

## FAREWELL & WELCOME

We say goodbye to Chris Yexley, who has moved to Bath, and wish her every happiness in her new life. Messages have been posted by her many friends on the Pill Facebook page. She was a valued member of our village Ancestry Group, generously hosting many of our meetings!

In her place, we extend a warm welcome to Joe & Gillian Murphy, when they move in following some redecorating work.

## CLOCKS BACK

This is just a timely reminder that clocks go back on Sunday 28th October at 2am. You have been warned..!

### **Spurious Gleanings**

Introducing *The Golant Pill's* version of  
**Fake News!**

Boatwatchers were amazed to see that the Beluga Whale recently spotted in the Thames had made its way to the Fowey River, where it was basking off the Golant Slip.

Closer inspection revealed that it was Nick 'Pub' going for an early morning dip...

GW

*Do please send in any Spurious Gleanings for future issues; we would love to hear from you, as this could become a regular feature!! Just email us at the Golant Pill address (opposite).*

Ed

### Our Advertisers

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

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

### PLEASE NOTE CAREFULLY...

The Newsletter email address, changed a while ago, is:

**[thegolantpill@gmail.com](mailto:thegolantpill@gmail.com)**

*I have a confession to make— inadvertently, I did an incorrect version on the back page of the last Pill, so no wonder we've had a few folk in a muddle when trying to contact us!*

*mea culpa...*

Ed

## Lost In Film

- October 6th - *Wurlitz's A Cottage on Dartmoor* (St Bart's Church screening)
- October 8th - *The Drummer & the Keeper* (12A)
- October 29th - *Phantom Thread* (15)
- November 12th - *Lady Bird* (15)
- November 26th - *Darkest Hour* (PG)

Visit **[www.lostinfilm.org](http://www.lostinfilm.org)** for further details and to buy tickets online, or buy tickets from Watts Trading, Lostwithiel.

Films are usually shown in the Church Rooms, Lostwithiel. Doors and bar- 7pm, film at 8pm.

## ST SAMPSON PARISH COUNCIL

August 2018 – September 2018

### Planning Update

After our July meeting we were due to have a month of rest, but as is often the case, a new Planning Application appeared over the holiday period, so we arranged an extra meeting of the council in August to consider this one. It was an application for a small new build below *Riverside* with access onto the Village Green - a site where planning permission had been granted previously but had lapsed over time. We supported the application, but found out later that although the Planning Authority noted our support they decided to refuse the application because the paperwork did not include a Flood Risk Assessment and an Ecological Survey.

We looked at two planning matters in our September meeting. The first was a change to a previously granted application at *Swingle Tree* on *Gumms Lane* – the applicants wished to change the plan from a ‘granny annex’ to a garage with a hobbies room above. We supported this application and it has now been passed. The second application we received for comment was the draft Neighbourhood Development Plan from Lostwithiel Town Council. We supported this plan. Lastly on the planning front – we have received a request from a planning consultancy for the parish to engage with them on a possible new application for redevelopment of the existing *Cormorant Hotel* premises and site. You may recall that an application to build up to 12 new homes on the site was refused, and the refusal decision subsequently upheld on appeal on grounds primarily of adverse impact on the AONB and inadequate provision of affordable housing. The consultant and applicant have been working with the Planning Authority over the last six months in pre-application discussions and now wish to consult with local people on their proposals. An opportunity for us all to see and comment on what is being proposed before the application is submitted is of course welcome, and we will help publicise the consultation process as soon as we have the details.

### A Super St Sampson's Summer

I would like to thank all the volunteers who contributed so much of their time, energy and enthusiasm to the long hot summer of wonderful village events which makes this such a special place to live or visit – Carnival, Madness in the Pill, the Craft and Produce Show, Film Night have all been spectacular. Well done also to our talented rowers and canoeists who continue to excel on the river and certainly put Golant on the sporting map for watersports. And thank you to the regular staff and the extra support staff who have worked hard to keep our local businesses thriving in these very busy months - *The Fisherman's Arms*, the *Cormorant Hotel*, *Encounter Cornwall* and even the thirsty cowhands looking after thirsty cows at *Leyonne* – all contribute hugely to our small but delightfully formed community.

Parish Council finances remain in good shape and we remain ready to consider requests for support for proposals which accord with our budget priorities which are :-

1. *Maintain our built environment and physical assets*
2. *Care for our natural environment*
3. *Support voluntary groups working for the common good*
4. *Look after our people – do what we can to improve safety and well being*
5. *Promote parish life and sense of community, marketing the Parish*
6. *Improve connectivity – communications and links to life beyond the Parish*
7. *Operating effectively - efficient and innovative administration of Parish business*

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

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

The date of the next full meeting will be on **Tuesday 23 October 2018**, commencing at 7:15pm in Golant Village Hall. **All are welcome.**

*Robin Anderson, Chair*

***D. Burton Oil Heating Services***  
**Boiler Repairs**  
**Breakdowns**  
**Installations**  
**Services**



5 Trewithen Parc, Lostwithiel  
 Tel: 01208 873494  
 Mobile: 07800609851  
 email: [dburtonoil@live.co.uk](mailto:dburtonoil@live.co.uk)



## Service of Remembrance Marking the Centenary of the Ending of World War I

**November 11th** will mark the precise day when World War I officially ended. A short service will be held at the War Memorial beginning at **10.45am** led by the Revd James Funnell. As always, the names of those who gave their lives in both World Wars will be remembered. This year we shall also read out the names of all the men from our village who bravely went to war a century ago. Indigenous surnames are listed such as: Blowey, Bunt, Dyer, Gundry Mills, Tabb, Treffry & Vincent. Many probably returned with mental or physical scars. By tradition, those who read these names have served in some capacity in HM Forces though this is becoming increasingly impossible to continue. Wouldn't it be appropriate if the lists in future were read by a few of our young villagers? So many young people have shown a deep commitment to join those who remember the sacrifice of past generations.

In October 1918 Harold Sherwill Tuckett had been declared dead or missing, presumed killed. He was released by Germany in December 1918. Local folklore suggests that, as he climbed the hill to his home at *Penquite Farm*, he became aware of a memorial service being held at St Sampson's in his memory! I bet there was a great Christmas at the farm that year!

Please attend this special occasion to honour bravery & sacrifice of all these villagers. We are hoping that many will come to pay their respects to all those who endured great hardships defending their country. The commemoration will last only about 20 minutes. We will join the nation in a minute's silence at 11am. If you wish, you can join the congregation for a *shortened* Holy Communion in the church following the Remembrance at the War Memorial. It has also been agreed nationally that bells, unmuffled, will be rung at 12.30pm, to celebrate 100 years since the end of the First World War.

MGH

*I am very grateful to Sue Reardon who, on behalf of the Ancestry Group, has researched the names of those who fought. We hope to include information about many of her findings in the next issue.*

## News from St Sampson's Church

Although the choir and bell-ringers traditionally have August as a holiday, the choir has been busy rehearsing for the evening of *Broadway Hits* in the Village Hall on Saturday 6<sup>th</sup> October.

There has also been work going on to protect the fabric of the church, and a band of volunteers (Greg and Penny White, David Jenkinson and Robin Anderson) scaled the heights to clear out the belfry from top to bottom. The dust and debris accumulated over many years can be imagined! Once the clean-up operation had been completed, the tower was treated for woodworm – which is essential if the timbers are to be protected for the future. While at the top of the tower, Robin noticed that some slates had slipped, and he promptly carried out the necessary repairs.

St Sampson's has been the venue for a Thanksgiving service and two weddings, and Chris White and Rachel's wedding saw the new wedding kneeler in use for the very first time. Liz Anderson has written a short article on the origins of this kneeler on page 9.

Further ahead, the Advent Carol Service will be on Sunday 2<sup>nd</sup> December, at 6.30pm. Some of the very best hymns and carols have been composed for Advent, so please do come and join in. Please note, also, that this year's *A Cornish Christmas* will be on Sunday 16<sup>th</sup> December at 4.30pm – slightly earlier than its usual time, as that is also the evening of the Fowey Carol Service.

Thanks to the loyal band of key-holders, the church is open for all every day of the year, and everyone is most welcome to enjoy the church and churchyard.

*Simon Funnell*

### Church Flower and Cleaning Rota

7th & 14th October	Valerie & Carol
21st & 28th October	Glynis
4th & 11th November	Judy & Cynthia
18th & 25th November	Penny & Viviane
2nd & 9th December	Vilma & Paddy
16th & 23rd December	Ruth & Gill P

### A Second White Wedding! (after Ben White's..)

The bride writes: "What an amazing day we had. The ceremony in the church was beautiful (even if we did mess up our vows!) and the weather couldn't have been better.

The reception at *The Fisherman's Arms* was just spectacular, and the food delicious.

Thank you to everyone in the village who sent good wishes and joined us for the disco, as well as the guests



who truly made our day. We now have a few months to rest before the baby is due.

"Thank you to everyone who helped make the day so special."

*Rachel & Chris White*

### Another Wedding...

On Saturday 15<sup>th</sup> September, St Sampson's Church was host to the wedding of Emily Rugg to Toby Harley. Emily is one of two daughters of Andy and Sue Rugg from *Lankelly Farmhouse* and boyfriend Toby, from London.

A packed church of friends and relations witnessed the traditional service (including 'bells') by Revd Philip de Grey-Warter, followed by celebrations at *Lankelly Farmhouse*.

*DJ*

*Encounter Cornwall*  
go with the flow.... 

**Award Winning Guided  
Kayak Trips & Hire from Golant**

**3 hour trip £30 adults - £15 children**  
Suitable for everyone - no experience needed

**Hire From £17.50 for up to 4 hours**  
For experienced paddlers to explore the estuary at their own pace.

Book online [www.encountercornwall.com](http://www.encountercornwall.com)  
**01726 832104 or 07976 466123**

 Proud to support  
**Cornwall  
Wildlife Trust**

 **Green  
Tourism**  
Silver

 **Sustainable**  
Excellence  
2017/18  
BRONZE

 **Cornwall  
Tourism  
Awards**  
2017/18  
SILVER

 **FIP**

 **Straw**

  
**luxelaundry**

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

Contact: 07754 896482  
[info@luxelaundry.co.uk](mailto:info@luxelaundry.co.uk) [www.luxelaundry.co.uk](http://www.luxelaundry.co.uk)

  
**Palace Printers**

**Letterpress  
Lithographic  
and  
Digital Printers**

Tel: 01208 873187  
Mob: 07824 808879

Email: [palaceprinters@btinternet.com](mailto:palaceprinters@btinternet.com)  
Quay Street, Lostwithiel, Cornwall PL22 OBS

**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)**

**UNCLE JOHN'S GARDEN PATCH**

Well, 't'av bin one of the better summers, and Mother Nature av really done us all proud, for now we'm able to harvest the fruits of all our labours. For after that beastly, wet winter, and the cold and late spring, things in the garden av really got going. I d'naw that to make it perfect, just a drop of rain every whip-and-a-while would av bin very helpful, but life's not quite like that!

I av got to congratulate everyone who d'bring their produce to the show last month; 'twas a brave effort by them all, and it all went to making a very successful event. So now we'm able to think on about next year, and what did well and what didn't.

Now we'm in the last quarter of the year, and Michaelmas av bin and gone, and next up will be All Hallow's Day, November 1st, when 'tis thought that whichever way the wind is blowing, 'twill be the prevailing wind for the winter. So think on, and bear in mind that Jack Frost will soon be poking his nose in, and 'tis time to think about getting all they tender plants in from the pots and troughs you've bin lovingly looking after during the summer. Now if'n you baint got much room to store many plants, then take some cuttings, for 'tis a brave good time of year to do so.

If'n you baint got your apples in by now, then after the last few weeks of one gale after another, all your fruit will be on the deck, so salvage what you can, wipe them off and store them somewhere frost-free. Get they grease bands on the trunks of the apple trees, to stop that little blimmer the Winter Moth from laying her eggs around the buds on the tree as they develop. There's only one thing worse than finding a maggot in your apple, and that is finding half of one! Before winter really sets in and you'm of a mind to plant up some more fruit trees, then now is the time, whilst the ground is still warm, and they should take handsomely.

Talking of planting, you can get they spring flowering bulbs in the ground. Whether you'm going to plant up pots and troughs or put them straight in the ground, then now is the time to get on with it. Pots or beds undersown with tulips and topped off with wallflowers will put up a brave show.

Because Cornwall be just a finger of land stuck out in the Atlantic, then the gales that always occur in November will be certain to test everything growing up above ground that baint lashed up vitty, so go around and check on all the posts and ties, and the trellis attached to walls. There's nort worse than finding a special plant scat down all of a hogstog when it could have been avoided by checking on its fastenings, and 'twill test the patience of a saint to sort it all out!

*Nort*

*Guess who got the  
highest number of  
points in the Show?!*

*Ed*



RA



## Auntie Paddy's Recipe Corner

### **CHEDDAR CHEESE ROULADE** (serves 4-6)

57g/ 2oz fresh White Breadcrumbs  
 170g/ 6oz Cheddar Cheese, finely grated  
 4 Eggs, separated  
 150ml/ ¼ pint Single Cream or Whipping Cream  
 2 tablespoons Warm Water  
 Parmesan Cheese  
 Salt, Pepper & Cayenne Pepper to season

1. Line a large swiss roll tin (33cmx23cm/13"x9") with greaseproof paper and sprinkle with parmesan cheese.
2. Mix cheddar cheese & breadcrumbs in a large bowl. (If making this for a coeliac, use gluten-free bread for the breadcrumbs.)
3. Mix in the egg yolks and cream, season with salt, pepper and a pinch of cayenne pepper.
4. Add the warm water to soften the mixture.
5. Whisk the egg whites to a soft peak stage, and fold into the cheese mixture with a metal spoon.
6. Spread into the prepared swiss roll tin and cook in the centre of a pre-heated oven at 220°C/400°F/Gas Mark 6 for 10-15 minutes until risen and firm.
7. Cover with a damp tea towel and allow to cool.
8. Turn out onto a sheet of greaseproof paper that has been sprinkled with parmesan cheese.
9. Spread with the filling & roll up fairly loosely with the help of the paper.

#### Filling

Shredded Lettuce  
 Tomato (skinned)  
 Cucumber  
 Cress  
 Chives  
 Mayonnaise

10. Mix these fresh ingredients with the mayonnaise. A few prawns or finely shredded chicken could also be added.
11. Carefully unroll the roulade, spread with the mixture, then roll up again.

*Paddy Shelley*

### **SUBSCRIPTIONS**

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

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

(Please print clearly)

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

Name:

Address:

Postcode:

Tel No:

Name of Addressee (if different):

Address:

### **Christmas Meet & Greet**

***Sunday December 9th  
at 11.30am***

***in the Village Hall***

*Please bring your choice of  
beverage & nibbles and meet  
old and new residents.*

### **BARTLETT'S ELECTRICAL SERVICES**

**01726 833429**

info@bartlettselectrics.co.uk

**Electrical Services  
and quality products  
supplied and installed**

Aerial and satellite installation  
 Television sales and installation  
 White goods sales and repairs  
 Electrical contracting  
 Electrical testing

Based in Fowey,  
covering all surrounding areas

www.bartlettselectrics.co.uk



### **THE NEXT COPY DATE**

Please note that the **Copy Date** for the  
December/January Issue is

**Thursday 29th November**

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

[thegolantpill@gmail.com](mailto:thegolantpill@gmail.com)

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

## CALENDAR OF VILLAGE EVENTS

### OCTOBER

Saturday 6 <sup>th</sup>	7.30pm	Broadway Hits	Village Hall
Sunday 7 <sup>th</sup>	9.15am	Harvest Festival (choir)	St Sampson's
Tuesday 9 <sup>th</sup>	2.00pm	Golant Heritage Group Meeting	Village Hall
Tuesday 9 <sup>th</sup>	8.00pm	Quiz Night	Fisherman's Arms
Sunday 14 <sup>th</sup>	9.15am	Holy Communion	St Sampson's
Sunday 14 <sup>th</sup>	12-2:30pm/6-8pm	Sunday Roast	Fisherman's Arms
Tuesday 16 <sup>th</sup>	8.00pm	Euchre Night	Fisherman's Arms
Sunday 21 <sup>st</sup>	9.30-11am	Breakfast Morning	Fisherman's Arms
Sunday 21 <sup>st</sup>	6.00pm	Evensong	St Sampson's
Monday 22 <sup>nd</sup> - Sunday 28 <sup>th</sup>		<i>Nation Curry Week - Special Curry Menu - All Week</i>	Fisherman's Arms
Monday 22 <sup>nd</sup>	7.30pm	GHG Autumn Talk by Marcus Lewis 'The Story of the Troy Boats'	Village Hall
Tuesday 23 <sup>rd</sup>	7.15pm	Parish Council Meeting	Village Hall
Tuesday 23 <sup>rd</sup>	8.00pm	Quiz Night	Fisherman's Arms
Friday 26 <sup>th</sup>	7.30pm	C-Fylm Night ( <i>Thelma and Louise</i> )	Village Hall
Sunday 28 <sup>th</sup>	9.15am	Holy Communion (choir)	St Sampson's
Tuesday 30 <sup>th</sup>	8:00pm	Euchre Night	Fisherman's Arms

### NOVEMBER

Friday 2 <sup>nd</sup>	10-11am	Book Browse and Buy	Village Hall
Sunday 4 <sup>th</sup>	9.15am	Holy Communion	St Sampson's
Monday 5 <sup>th</sup>		<i>Opening Hours Change - Pub Closed All Day on Mondays</i>	Fisherman's Arms
Tuesday 6 <sup>th</sup>	8.00pm	Quiz Night	Fisherman's Arms
Wednesday 7 <sup>th</sup>	7 for 7.30pm	Ladies Night - Menu TBC	Fisherman's Arms
Sunday 11 <sup>th</sup>	10.45am	Remembrance Sunday (choir)	St Sampson's
		<i>Act of Remembrance at the War Memorial followed by Holy Communion</i>	
Sunday 11 <sup>th</sup>	12-2:30/6-8pm	Sunday Roast	Fisherman's Arms
Tuesday 13 <sup>th</sup>	2.00pm	Golant Heritage Group Meeting	Village Hall
Tuesday 13 <sup>th</sup>	8:00pm	Euchre	Fisherman's Arms
Friday 16 <sup>th</sup>	7.30pm	Boat Watch AGM	Village Hall
Sunday 18 <sup>th</sup>	6.00pm	Evensong	St Sampson's
Sunday 18 <sup>th</sup>	9:30 - 11:00am	Breakfast Morning	Fisherman's Arms
Tuesday 20 <sup>th</sup>	8:00pm	Quiz Night	Fisherman's Arms
Friday 23 <sup>rd</sup>	7.30pm	'Canned Music' Evening	Village Hall
Sunday 25 <sup>th</sup>	9.15am	Holy Communion (choir)	St Sampson's
Tuesday 27 <sup>th</sup>	8:00pm	Euchre	Fisherman's Arms
<b>Thursday 29<sup>th</sup></b>	<b>Copy Date</b>	<b><i>The Golant Pill</i></b>	<b><i>thegolantpill@gmail.com</i></b>
Friday 30 <sup>th</sup>	7.30pm	C-Fylm Night ( <i>Mama Mia – Here We Go Again</i> )	Village Hall

### DECEMBER

Sunday 2 <sup>nd</sup>	6.30pm	Advent Carols (choir)	St Sampson's
Friday 7 <sup>th</sup>	10-11am	Book Browse and Buy	Village Hall
Sunday 9 <sup>th</sup>	9.15am	Holy Communion	St Sampson's
Sunday 9 <sup>th</sup>	11.30am	Meet 'n' Greet	Village Hall
Sunday 9 <sup>th</sup>	12-2:30pm/6-8pm	Christmas Roast	Fisherman's Arms
Wednesday 12 <sup>th</sup> - Monday 24 <sup>th</sup>		<i>12 Days of Christmas Deals</i>	Fisherman's Arms
Sunday 16 <sup>th</sup>	9.30-11am	Christmas Breakfast	Fisherman's Arms
Sunday 16 <sup>th</sup>	4.30pm	A Cornish Christmas	St Sampson's

NB- Details of Christmas dates will be in the next issue, due out early in December.

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.