



Lifting the Spirits



St Sampson's Church on a glorious spring day



A host of daffodils within the war memorial area

Spring Clean

The 29th February only comes round every four years, so this seemed an appropriate day on which to give our church and village graveyard a good spring- clean and tidy.

Over two dozen villagers answered the call, and were pretty evenly divided between inside and out. Inside the church the cobwebs were brushed away, the window sills deprived of dust, flagstones swept, carpets hoovered within an inch of their lives, pews polished and, of course, cheerful and lively conversation never flagged! Coffee was made for both insiders and outsiders!

Outside, the main focus was on tidying the inner wall of the graveyard, which divides the upper churchyard from the lower. This was transformed: brambles were pulled out, ivy cut back, many rogue saplings removed, and two large self-planted bushes taken down. A huge

bonfire was the result, which was too green and wet to burn on the day, so that is a task for a dry April – I hope!

We were certainly fortunate with the weather; the forecast for the Saturday morning was dire, but in the event it was bracing, but the wintry and heavy showers held off until the afternoon, by which time we were all safely back at home.

Many thanks to all those who came up the hill to help in this excellent communal effort.

I was going to write that, despite these dark times, the church remains open, but, of course, that is no longer the case. The church will be locked from now on, but the village graveyard is open for you to walk in. Please, though, do adhere strictly to the social distancing measures now in place.

Simon Funnell

FROM THE EDITOR

The light-hearted section...

How time flies... We are now into our 14th year of publication of *The Golant Pill*, and coincidentally and rather aptly for me, this is issue 80!!

That particular personal anniversary proved to be a very special affair, with much secret plotting behind the scenes, resulting in all of our family coming from far and wide to celebrate my landmark birthday. I hadn't a clue that ALL our five grandchildren planned to make it...! Many thanks to all our good village friends who gave me cards, flowers, gifts & good wishes – so heart-warming.

One card I received in the 'Special Years' series gave some interesting facts. Famous folk born in the same year include Cliff Richard & Esther Rantzen. I note that the Old Age Pension in 1940 was 10s (50p) a week! However, a website about 'measuring worth', which I use when doing my ancestry research gives the Relative Income Value of 50p in 2018 as £109.30, so not as bizarre as it might sound.

Mind you, a letter I recently received from the Pension Service initially raised my excitement levels, as it began, "Now that you are approaching 80, you are entitled to a higher amount of State Pension." I'll give you 3 guesses as to how much extra money I am now pocketing per week, then turn to page 9 for the unsurprising answer....!

This copy has its usual variety of reports from the village. The Panto presented with gusto by GRADS was held just after the previous issue was printed. Not only can you read Cris's report on it (*page 15*), but she captured two of our intrepid Golantian thespians after the show, well disguised but nevertheless recognisable to most villagers – well, one at least should be known to Cris! (*Below & page 3*)

The more serious section...

Now to the more sober news of the coronavirus and how it has affected this village & newsletter. The usual Calendar on the back page is redundant due to all village events being cancelled. In its place, we are delighted to provide a Village Help page for local home deliveries/take-aways etc. The Golantian spirit is certainly very evident; the village strategy is outlined by David Jenkinson on page 14.

On page 12, I have placed a 'HELP WANTED' box, as the June/July issue will also be affected. There are two other suggestions – one below my box, and the other on page 5. We are of an age recalling that a bit of wartime spirit helped folk keep a balance. (*See page 11 for a starter article...!*)

My headline 'Lifting the Spirits' on the cover can be taken in more ways than one. It is mainly to bring springtime cheer to counteract the dire news, and to reflect how so many Golantians arrived to help with the big clean in the church & churchyard, but it does NOT refer to raising those past parishioners from their graves! Mind you, I could have taken a photo of one of our team raising a glass of brandy to illustrate the headline...!

Our *Golant Pill* team has decided that in the present circumstances, this and possibly ensuing issues will not be printed, with a few exceptions for folk within our village who do not have computers. It will be placed online within the village website (golant.net) as PDF files, as usual, but will also be put on Maurie Mail. This decision will make it safer for all.

Normally, every April, the advertisers who wish continue supporting us begin a new year of payment. Naturally, many of these will have been affected by Government bans, but I am keeping them on the pages anyway (no further payment) until these coronavirus emergency measures have been lifted. Please keep supporting those who are still functioning...

As I write this longer and very different editorial, the sun is shining, and those of us lucky to have gardens can hear the buzzing of bees and happy birdsong, and revel in the beauty of the spring flowers. This, at least, is 'Lifting the Spirits'.

Take care and keep smiling...

Gillie Harris



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We held our AGM a couple of weeks ago, and as it happens it may have to be our last meeting for a little while, but that doesn't mean we can't continue to beaver away with our archiving, website and research whilst we try to stay safe through this extraordinary period in world history. The internet will be pinging across the village valley airwaves as we exchange ideas!

If you find yourself with that bit of extra time on your hands why not try to find out a bit about the story of your property, street, or something in Golant that has always fascinated you. Be sure to share your findings with GHG!

I do want to say a public thank you to all the GHG members who have, through admirable enthusiasm and commitment over the past year, not only delivered a wonderful exhibition, craft work and detailed booklet based on the River, but then turned their focus to practical matters, through a series of working parties, to scan, catalogue and upload the material we have amassed over the few years we have been in existence. Ian and Fayre have put in an endless amount of time leading and organising this process.

I also want to congratulate Sue who has undergone a gruelling period of training and coursework to emerge as a fully qualified Tour Guide. No mean feat! She is now a little freer again to follow up her passion for research and volunteering at the *Cornwall Family History Society*. If anyone needs a little advice on how to go about these things, she is the GHG member to ask!

Penny Wins an Oscar

A super fun evening was had by a large and raucous audience of Golantians at the *Carn to Cove* production of 'The Freelance Mind of the Hinterland'.

This post-post-modern style had opened to rave reviews at the *Theatre Royal* in Plymouth in 2018, and certainly received them again in our village in 2020.

It was a totally brilliant event, with a troupe of three vivacious women recounting their careers— supply teaching Physics, with a Major in Drama, endless auditions, competition, waiting for the phone call, the read-through, the reviews.

It was all in there, and kept us laughing for a good hour and a half! And Penny Parsons received an Oscar..!



We brought our own prosecco, and with ice creams served during the interval, Golant Village Hall is such a perfect place for an intimate live performance like this, and I very much look forward to future productions.

Penny Parsons (chair)

Cris Dodridge



Guess who... ?!

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[News from St Sampson's Church](#)

In accordance with the instructions from the Church of England, we have had to suspend all services for the time being. Also, we are instructed to keep the church locked at all times.



Our abandoned sanctuary...



The churchyard is an open sanctuary for us all

As we have no vicar, we have been relying on the services of several retired clergymen, and we thank them for making our worship meaningful and, indeed, enjoyable. The Reverends James Funnell, Derek Carrivick and Malcolm Bowers have all presided on several occasions, and they, like most of us, are in the 'high risk' category!

Before the recent rude interruption, the bell-ringers had a new recruit in Kevin, and our Tower Captain Ruth was determined to keep the rest of us on our toes – a task made easier by the very wet weather shortening the ropes quite significantly.

The handbell ringers also had another volunteer, Debby, and we were 14 regular ringers on a Tuesday, plus two who would ring were it not for other commitments. Trumpet tunes, a folk song and some of the best known hymn tunes were being added to the repertoire before this enforced rest.

The choir also welcomed an additional member in young Henry Taylor, who loves church music and especially organ music, but it might be some time before the old and young are allowed to mix freely again! Even before the dreaded virus struck, there had been more than the usual number of colds and sore throats, and every member of the choir sends very best wishes to Fiona as she continues her treatment at home. The choir is enjoyed by some twenty people, all of whom miss the opportunity to sing together on a Thursday and every other Sunday. Sheila had written some new arrangements for Easter, and we were also hoping to have Edi Owen playing her harp on the first Sunday in May: but these delights, and the St Mewan Concert, will have to wait until better times.

Also postponed, of course, is the annual meeting (the APCM), but we plan to hold this once church services are resumed.

We hope and pray that everyone will keep safe and cheerful. St Sampson's has stood for over 700 years (replacing a wooden building, the origins of which go back to 700AD or thereabouts), but I am sure that even in all that time it has not witnessed many events stranger than the times we are living through.

Simon Funnell

[CHURCH CONTACT INFORMATION](#)

Churchwardens

Mrs Carol White (01726 833404)
Robert Dunley (01726 832807)

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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.

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[A Competition Suggestion](#)

Who do You think They are?

Send us a photo of yourself when young, and everyone has to guess who you are.

NB: It's only me who will know the identities, and my lips will be firmly sealed!

So long as we get enough entries to make this worthwhile as a competition, we'll think of a suitable prize for the best guesser.

Give it a go!!

Gillie Harris

Village Hall Committee

Jane & Jay, the IT Internet Technology wizards from *Cornwall Rural Community Charity* have contacted us to offer their free support to anyone who is experiencing problems or issues with their laptop, tablet or smartphones.

From Monday 23rd March onwards and during office hours (9.00am to 5.00pm) they will be available to answer your calls and help with IT related questions as best they can and for FREE.

The numbers to call are: 01872 243557 or 01872 243534.

Hand Sanitizer

Following the *Colwith Distillery* email, I have collected a small quantity of waste-product alcohol which can be used as hand sanitizer. The Village hall will be able to give away free 100ml sanitizer bottles to people in the village, depending on stocks. This is hopefully ongoing weekly, we will inform via Maurie Mail.

C-Fylm is now closed at Village Halls nationwide. We have adapted to C-Fylm at HOME. The first screening via Facebook will have been on 25th March. Look out for the email:

<https://www.facebook.com/groups/c.fylm.at.home>

Ideas

We are currently investigating setting up Internet Group Quizzes. If you can think of any other ideas, we would welcome any suggestions.

Paul Meredith, Chairman

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, and you can open past editions of our newsletter, saved as PDF files.

Our Advertisers

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

Do please use them,
(where you still can!)
and mention us
when making contact.

Golant Woodland Group

Recently, we had the first get-together of this group.

I spent much of this winter managing the 3,000 trees on our land above the main village, and whilst I've thoroughly enjoyed my woodland days, I realised that it would be even more enjoyable if shared with others.

The trees, all native varieties, were planted 3 metres apart by Sue & Phil Reardon in 2003, and are now getting to the size where they're getting too crowded and need thinning.

Also, Ash dieback is starting to take hold, and the 600 Ash trees are starting to suffer and will eventually need to come down.

So far, 14 budding lumberjacks have signed up, and despite the growing restrictions on gatherings, our first recent meet saw 6 of us make a start. We made sure we observed strict social distancing, which isn't too difficult when you've got 12 acres to play in.

The day was spent felling & logging overgrown Sycamore trees in the old Cornish hedgerows. These were probably originally planted for that very purpose, and coppiced several times over the last 100 or so years.

Free logs were available to participants, and at the end of the day we had a tidy pile, and made two deliveries.

Future plans include more thinning & logging, pruning, clearing brambles and bracken, and improving access.

Work needn't be restricted to our land, and the group might work on village footpaths or trees on other people's gardens and land.

The plan is that any surplus logs will be sold to villagers, with all the proceeds going to plant new trees. We are slowly establishing an orchard and a 'Forest Garden' with some 30 or so fruit trees already established, including some old Cornish varieties.

Woodland Group days out are on hold whilst social gathering isn't allowed, but if anyone else is interested in joining the group, or getting a supply of logs, please get in touch with me at gogolant@gmail.com

David Johns



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Golant Summer Produce & Craft Show

This year's show is on **Saturday 22nd August** from **2.00-4.30pm** and the schedule is listed below. As always, we hope that you will be inspired to enter, and if you are new to the village we have a cup for the Best New Entrant. There is a new class- **Floral Art** - for more formal arrangements, and can I draw your attention to **9)G -Something New from Old**. This can be making a new item from an old piece of clothing, an old kitchen implement, a wooden item from a small piece of furniture etc. We ask you to write a short description 'From What to What'. This is an exciting category, encouraging everyone not to automatically throw everything away- great for hoarders! As always, we would welcome entries from your children and grandchildren.

The full programme and entry forms will be on the village website- golant.net - and will also be delivered to each house in July. This is, of course, dependent on the latest coronavirus restrictions...

Janet Gore

Schedule of Classes

1) Classes for Vegetables

- A) 3 Tomatoes
- B) 3 Onions
- C) 4 Potatoes
- D) 2 Cucumbers
- E) 6 Runner Beans
- F) 4 French Beans
- G) Longest Runner Bean
- H) 3 Stalks of different Herbs in a vase
- I) 3 Beetroot
- J) 3 Shallots
- K) 3 Courgettes
- L) 1 plate mixed Vegetables, 4 items - one of each
- M) 3 Sweet Peppers
- N) Heaviest Marrow

2) Class for Fruit

- A) A plate of Soft Fruit

3) Classes for Flowers

- A) 6 Sweet Pea stems
- B) Vase of mixed Flowers
- C) 3 Dahlia stems
- D) 3 Stems of Fuchsia in a vase
- E) Foliage arrangement (no flowers)
- F) A Sunflower in a Vase
- G) 3 Rose blooms
- H) 1 Hydrangea Head
- I) 1 Potted Orchid

4) Floral Art

- A) Petite arrangement in a Teacup
- B) Corsage for a Wedding
- C) 'Waters Edge' -a landscape design
30cms x 30cms max

5) Children's Classes - under 10

- A) Make and decorate a Bookmark
- B) Chocolate Crispy Cakes

6) Children's Classes - 10 to 16

- A) 4 slices of Coconut Ice; **use recipe provided ***
- B) Design the Front Cover of next year's Schedule for the Summer Show

7) Home Made Jams and Preserves

- A) Jams/Jellies in a clear glass jar
- B) Marmalade in a clear glass jar
- C) Chutney in a clear glass jar
- D) Lemon or Orange Curd in a clear glass jar

8) Cookery

- A) 3 Florentines; **use recipe provided ***
- B) 3 Fruit Muffins
- C) A Cake to include Chocolate and Raspberries in finished product
- D) Savoury Loaf (not machine made)

9) Craft Classes

- A) A Handcrafted Wooden item
- B) A Handcrafted Metal Item
- C) An item of Patchwork, either by hand or machine
- D) An item of Embroidery, either by hand or machine
- E) A Fabric Wreath
- F) A Knitted or Crocheted item
- G) Something New from Old; please give details on exhibit
- H) Any other craft not included in the Craft Classes

10) A Piece of Artwork

- A) A picture of a Garden, any medium except a photograph
- B) A Greetings Card
- C) Photograph 'Water's Edge' -7 x 5ins max and not mounted
- D) Decorate an empty bottle

11) Booze

- A) Homemade flavoured Spirit
- B) Homemade Cider/Beer/Wine

12) Limerick

Complete the following –

“Our neighbour insists we should weed.....”

*** Please note** that due to lack of space here, the two **recipes** will be available within the whole programme which will be delivered to your house in July, and also will be on the village website (*see Janet's information above*).



Although we are all now not in a position to be able to go out and see how our boats are, let me assure you that Boatwatch will continue to watch over the river during this difficult time. I have an excellent view of the river from home, and take a good look every morning. And there are one or two people going down there and keeping an eye out, whilst maintaining social distancing. We have suspended the log book in the hut, as a potential source of infection, but if anyone sees anything that doesn't seem right, please let us know – me at david.aj.bonsall@btinternet.com or Robin Anderson at robin@miniature-embroideries.co.uk

It was obviously unavoidable that we needed to postpone the Spring Get Together. We will just have to wait and see in what season we finally manage to hold it. The highlight of the meeting will still be the drawing of the raffle for the splendid David Parry original painting of a Little Egret. I have the pleasure of looking after it myself at the moment, and whoever is lucky enough to win it in the raffle has a real treat coming to them.

The committee has been discussing how Boatwatch should evolve into the future. We continue to perform a key role in deterring marine crime and promoting safety on the Fowey River, but we are only as effective as our active members – particularly those who are seen about the river in High Visibility gear. The Committee recognises the longer-term implications of an ageing boating population and is keen to attract new active and younger members. We have sent a questionnaire out to all members asking for views over ways in which Boatwatch might evolve to ensure we meet current and future needs. Please fill this in and let us have your views; we will randomly draw one of the responses received for a £50 cheque as a prize! So, it's really worth responding.

Now some of you who are reading this article may not be members of Boatwatch. Obviously, if you live in Golant, or use a boat here, we would really like you to join. But maybe there is a reason you haven't. Are there things that we could be offering that would encourage you to join? If there are, please let me know at the e-mail address in the first paragraph above.

Obviously, at the moment we can't make any plans for what we might be able to do in the summer. We had two evening Boatwatch river outings planned, and even on separated boats, that sort of activity doesn't fit with the current

government guidelines. So, we'll see how things evolve, and let's hope that we are able to use the river before the summer goes. The Boatwatch Facebook site will be kept live with updates on river related issues.

In the meantime, do all keep safe, and let's hope we can look forward to getting back on the water again sometime later in the year.

David Bonsall, Chairman, Golant Boatwatch

Golant Quay Users Association

We are getting more and more concerned about the condition of some of the boats in the Pill. There is an increasing number that do not go out in the summer and are becoming increasingly derelict, which could go on to become an environmental issue.

So we are in the process of taking legal advice on just what is our best way of getting the members to act and hopefully remove their boats.

In the meantime, we have closed Quay Users to new members, unless you are a Golant resident. This might seem harsh, but we have no way of vetting new members or checking their boats before they are in the Pill, and then we are stuck with them.

Also, I have been wondering for some time now, just why we are doing all this work for some owners who don't seem to look after their boats, and for the first time ever I have had two owners who have not paid. So whereas before, I could argue that all the boats were paid for, that now is not the case, so we have a deteriorating situation and need to take action to prevent it getting worse.

We are in the process of investigating a couple of sites for pontoons, both inside and outside the Pill, with the Harbour Master's knowledge. So far, whilst we have viable sites, the options are proving expensive, so watch this space, but please don't hold your breath.

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 Bonsall (Boatwatch) 01726 834458
(and see email details opposite)

A very early Reminder of next Summer's Events (hopefully!)

Madness in the Pill
2nd August 2020
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Sports & Carnival
15th August 2020

Peter Edwards

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Golant Walkers

Dreadful weather put paid to much of our walks' programme in February and early March and two delightful circular excursions, Lerryn/St Winnow and Gribbin/Polkerris, had to be postponed and replaced with kinder more sheltered forays into the countryside. We were lucky with the weather in early February when David B was able to lead a hearty group on a circular route between Fowey & Polridmouth (right). The weather was kind, but of coffee shops, there were none!

Later that month with the weather deteriorating, Gail and Becky replaced our planned trip to St Winnow with an exploration of trails through Cardinham woods, (below) after which a damp but happy group thoroughly enjoyed coffee & cake in the wonderful café. In early March it was deemed too treacherous underfoot to venture



out along the cliff at Polkerris, so a happy group of walkers set off to explore the paths between Respryn & Lanhydrock. And, you've guessed it, time was allocated for the consumption of coffee & cake. Scrumptious! (Yes, I was not there, but benefitted from a tasting at home, thanks to Anne).

Now, the world has changed. The Golant Walking Group was set up to encourage us to enjoy the benefits of exercise by walking more in the company of others. We now find that whilst the benefits of walking remain, and are needed as never before, we must forsake the company of others. It is difficult to continue a walking group in such circumstances – but not to continue walking and sharing your experiences with others. We can continue to walk but not to congregate, for example in car parks; we can see others – but only at a distance; we will have experiences to share, but have to find different ways of doing so. There is a 'Whats App' group for Golant Walkers

and also an e mail group. Please use these to continue to share your walking experiences. We need to be ready with a programme of walks the moment this current crisis passes; please do think of which walks you might like to share with us. Walks which include the possibility of coffee and cake are especially welcome!

On a personal note, following a visit to an eerily quiet *Treliske*, I am released from my 'Air Boot' and am now undertaking strengthening exercises (à la Pooh Bear – or was that stoutness exercises, mmm) with a view to rediscovering the joy of walking outdoors. Can't wait, and look forward to waving to you from afar! Take care. Keep well.

Anne Bonsall

Found

This Celtic cross was recently found at the bottom of the drive to *South Torfrey Cottage*. It is about an inch long.

Contact Kaye Jenkinson on 01726 832246 if you recognise it.



Escaped

George has taken to the trees to escape the crisis, but has made sure he is well dressed – certainly not camouflaged!



Pill Paparazzi in this issue

CA	Catherine Anderson
RA	Robin Anderson
DB	David Bonsall
CD	Cris Dodridge
GH	Gillie Harris
KJ	Kaye Jenkinson
KW-W	Karen Wells-West

Answer to Pension Rise Question in Editorial....!!

My age related rise is **25p** per week!! A thought – on March 23rd, the price of a first class stamp will have risen to 76p, so I could nearly buy ONE every 3 weeks!!
Wow.....



GH

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Unfortunately, we decided to cancel our AGM that was to be held on 24th March and the Cornish Choughs talk that went with it. Many apologies if you were disappointed but the committee felt that this was the right decision given the escalating Coronavirus situation and the Government's guidelines.

We have attempted to get the AGM business of adopting accounts and re-electing committee members etc completed via email. If you missed this and would like to see any of the documents, please get in touch and I will get the information to you.

One significant item is the resignation of Stuart Young as our Treasurer, and I would like to offer my sincere thanks for his diligence in keeping the accounts and for his good humour at committee meetings. He has also done us the huge favour of persuading Fayre Hardy to take on the job. So welcome, Fayre, and thank you for taking us on.

We have compiled a variety of events for the forthcoming year.

There is a talk on **Hedgehog Rescue** by *Prickle and Paws* on **Wednesday 8th April at 7.45pm** at *Squires Field Community Centre, Fowey*. They ask that we bring spare newspapers for bedding for the hedgehogs, so if you cannot go, but have spare newspaper, then please let me know and I will collect it.

On **Friday 24th April at 7.30pm** we have a talk by Tor Helen & Family on their **Atlantic Adventure on board the boat 'Sealion'**. This is at *Fowey Gallants Sailing Club*.

On **Wednesday 13th May** at *Lerryn Village Hall*, we have a talk by BTO's Tony Burtenshaw on the **BTO Garden Birdwatch Scheme**.

NB: In the light of recent announcements, the above events are postponed.

Stay safe in these very difficult times.

Peter Edwards

Restoring Seagrass Meadows to counter Climate Change

What's so special about seagrass?... the name 'seagrass' can be misleading, as it's not really grass - its closest terrestrial relatives are lilies and orchids. Seagrass is named because of its long, narrow leaves, which bear a resemblance to some terrestrial grasses. The species we know locally are *Zostera* species and can also be known as 'eelgrass'.



Found in shallow seas and brackish waters throughout the world, seagrasses are the only marine flowering plants and are pollinated whilst submerged. It is dependent on high levels of light for photosynthesis to grow and can therefore only be found in shallow water to a depth of around 4 metres.

Like most plants, seagrasses have roots (or rhizomes in this case), that burrow into the sand or mud for nutrients and anchorage and they can spread by rhizome extension.

Seagrass meadows stabilise the seabed, clean surrounding seawater and absorb carbon, helping to prevent climate change. It has been estimated that seagrass around our shores can absorb and store at least as much carbon per hectare as trees in UK woodland. These plants provide homes for many marine animals including rare sea-horses, stalked jellyfish, and rare seaweeds. These habitats are also perfect for fish nurseries, including some commercially valuable fish species.

The 'LIFE Recreation REMEDIES' project, led by *Natural England*, will protect seagrass meadows in 5 key areas in southern England, including Plymouth, Falmouth and the Isles of Scilly. Seagrass meadows are a critically endangered EU red listed habitat which are easily damaged and slow to recover, they are threatened by anchoring, mooring and launching of recreational boats, as well as trampling from walkers and bait collectors. The project will trial environmentally friendly moorings, voluntary codes, targeted training and habitat restoration.

There is an area of seagrass within Fowey Harbour in Polruan Pool and although we are not directly involved in this project, we hope to get some updated data on the extent and health of the meadow here. We will also be interested in the outcomes of the trials of different environmentally friendly or advanced mooring systems.

*Claire Hoddinott, Environment Officer,
Fowey Harbour Commissioners*

clairehoddinott@foweyharbour.co.uk 01726 832471

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Members please note that the Society's AGM planned for Saturday 18th April will now be postponed until the first autumn talk which, hopefully, will be in September.

In a letter to Members, the Society's Chairman, Dr Helen Doe, alluded to us 'living in strange times' and advised: *'that work is continuing on the autumn/winter programme which will give us something positive, looking forward. Plus, our planned Members outing to the new Cornish local studies and record office, Kresen Kurnow, has also been postponed. More on this when these are all rearranged.'*

Helen went on to write: *'Our excellent Treasurer, Maureen Ogg, is stepping down and pending the AGM in September, we have co-opted Andrew Gardner to the committee to work with Maureen. We also welcome Suzanne Goddard who has also been co-opted to the committee. The committee as ever does a great job behind the scenes to keep this Society running smoothly.'*

I will save my report on the last year to the AGM but we have had a very good series of speakers at our meetings and our final speaker of the series, Viv Hendra, was indeed excellent and much praised by the audience. We are now working on the journal, The Barquentine, so if any of you have any snippets, brief articles or know of someone who has, do let us know. Plenty of time at home now for some of us to do some writing.'

Sadly, Helen's talk *'Butcher, Baker and Candlestick Maker: 19th Century Local Shipowners'* which was planned to follow the AGM, is cancelled. One hopes that it might be included somewhere in a future programme.

If you've had problems buying toilet rolls, read on...!!!

With recent panic buying and the resultant empty supermarket shelves, and toilet rolls being the first 'casualties', I thought I'd ask Mike to write about one of his jobs as a child in the war – fourth paragraph below. It's been an amusing family anecdote for years...! He then decided to write about his other memories of the war years. Read and enjoy, and note especially the need for us to keep cheerful! Gillie Harris

An Anecdote and Other Memories of the WAR YEARS

I was a baby when World War II started but I remember much of it well. We lived in Bristol and were there for the first really massive air raid on the city. Fortunately, we moved back to Cornwall soon afterwards because my maternal grandfather had died quite suddenly. His wife was profoundly deaf and my mother was only too pleased to go back home with her four children, to look after her.

Many things became unavailable at the start of the war. Most things were rationed very strictly. Sometimes a delivery would be made to one of the village shops and women would contact friends and neighbours often by yelling out, "Arty Short's got some sultanias in!" There would be a rush to get to the shop before the queue became long. My father was called up early (RN Reserve) and spent the first years defusing bombs in London and the surrounding area. Once he sent home a parcel of clothing which contained some bananas - I had never seen one before! Delicious!

Even at that age and like my friends, I had jobs to complete to help around the home. I was taught how to *safely* chop kindling wood. Like most other properties in the village we had no electricity. We went to bed by candlelight. Water was plumbed in but the local reservoir was owned by a local farmer and was only switched on for a few hours per day. A couple of houses had water closets; what was the point if the water was off for so long each day? Toilet paper was not in common use before the war. Even when peace came, we had to endure *Izal* paper which was similar to tracing paper which, one can imagine, was not the best for the job in hand..."

One of my essential jobs was to take newspaper, fold and tear it into a wad of even pieces, skewer a hole through the wad, thread string through the hole and hang the wad on a suitable nail on the wall of the earth closet. Newsprint was definitely softer and more absorbent in those days which is just as well...It was used for a variety of jobs including cleaning windows and mirrors especially with a few drops of vinegar. There is a famous scene in the film *Till Death Do Us Part* where Warren Mitchell as Alf Garnett is seated in the outside toilet. As he decides to finish, he turns and sees the wad of newspaper hanging on a nail beside him and the next piece features a picture of Hitler. Joy comes across Alf's face as he realises how he is shortly about to insult the German tyrant!

Limericks and similar forms of poems were constantly doing the rounds among adults & youngsters. Most centred around Hitler, of course, but Goering, Himmler, Lord Hawhaw & Co all featured. Many of the limericks had very naughty punch lines, as can be imagined. After the war, we discovered that many of the physical failings we had in jest attributed to Hitler were in actual fact true...!

Humour was an important ingredient of the war effort. We should remember that during the grim times ahead! How cheering it was to hear Dame Vera Lynn, that super singing star during the war, saying that we must keep smiling through. She's 103 years old, but there's still a sparkle in her eyes and a lovely smile on her lips. It's a lesson for us all.

Mike Harris

Nature Notes

Finally, it has stopped raining, the sun has made an appearance of more than five minutes, and we are surrounded by new growth - a few things to be thankful for in these 'interesting times'...

No one would have ever imagined the current situation even a month ago, and at least most of us are more grateful than ever of being able to see and connect to nature in some form. Whether it is spring bulbs, the lawn that needs cutting, the gradually increasing volume of the dawn chorus, the opportunity to walk alone to the quay or round the downs; they have suddenly become more valued than we had thought. At least in Golant there is so much more space than in the towns and cities, and I'm sure we will start to notice the 'little things' much more - more than we would have done a few weeks ago.

We are continuing to plant fruit trees in our new orchard, that we are developing as a space for villagers to enjoy - it won't be ready for a year or so, but it looks as if we will have more unexpected time to work in it, so it may be quicker!

We haven't been out on the river that much, but a few weeks ago, just by *Wiseman's*, David was doing his usual talk to the kayakers, when up popped a seal head! Luckily, I was able to photograph it - not easy as there was a strong northerly whipping down the river. When I then looked at the photos, it turned out not to be Serena, but a grey seal - pretty curious and not worried by us at all. I will send the images to Sue



Sayer at the *Seal Research Trust* - she has thousands of photographs detailing the individual and unique fur markings. I was able to compare mine of Serena, and the fact that it was a grey, not a harbour seal, was also a big clue!

For those of you who are stuck indoors, something that may or may not be of interest is a book by Robert McFarlane, illustrated by Jackie Morris, called 'The Lost Words'. It is a beautifully illustrated, large book of poems written about many of the nature words that are being lost from dictionaries and children's vocabulary. It was conceived to work with schools and pupils to help them discover and write their own pieces, but several adults in the village now have their own copies too! There is an accompanying CD and song book, called the 'Spell Songs' that musicians have created in response to the book - I find it very evocative. For those who stream you can find it online....

Eventually (was meant to be this year) we hope to run some events/workshops etc on this theme, creating original poems, writing, artwork, song & dance along the theme of the natural world, so you now have a whole year to get your thinking caps on, if you think it is something you would like to be involved with! Let's hope by the next edition we have happier news and more opportunity to get out and enjoy our beautiful surroundings!

Karen Wells-West

HELP WANTED!



Calling all readers of The Golant Pill...

The June/July issue of our regular newsletter will be sparse, as we will have no village events to report on!

So how about getting creative and sending in an item I could perhaps include, such as:

- ◆ Anecdote (*see page 11...*)
- ◆ Poem/Limerick
- ◆ Photo
- ◆ Drawing/Cartoon
- ◆ Joke (clean!) or...
- ◆ Anything else you could share!

Please get your family thinking caps on and let us have some creative contributions to cheer us at this very difficult time.

Just send your item to our email address-

thegolantpill@gmail.com

The copy date is: **Friday 29th May**

Gillie Harris

VE Day Celebrations

Friday 8th May 2020

Let's decorate our houses!

We may or may not be able to get together to celebrate on the day, but we can decorate our streets and homes with bunting, bowers, hanging baskets . . . get creative - anything goes.

Our very own Pill Paparazzi, AKA Robin, is happy to tour the village on the day to record our efforts. Lots of colourful photos for the next issue of the Pill....!



Penny Parsons

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Golant Gleanings

Martin Minter-Kemp

Just over two years since his wife Bunny died, Martin passed away peacefully on 15th February, with his family by his side.

There will be a Service of Thanksgiving later, when the current restrictions on church services have been lifted.

An Invitation

Peter Edwards invites you to his big birthday bash on the evening of June 20th at the *Fisherman's Arms*, providing, that is, that the pub is open again by then. The band is booked and food organised, so this open invitation is to all my dear friends, and hopefully I'll see you all there.

If you are in doubt if this includes you, then it definitely does. No presents or collections, please; your company will be present enough, honestly.

Peter Edwards

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
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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, Blowey's, Downs Hill, Golant, PL23 1LJ*

Thank You

Sue Strachan would like to say a BIG THANK YOU to everyone in Golant & beyond who sent Get Well cards & good wishes after her nasty fall in February.

All your words, thoughts & flowers were very much appreciated.

*The following article was forwarded by Penny Parsons, who explained that Stuart Young came across it in this Cornish publication from the **Winter of 1990/91**. This is the final part, but the whole article will be published on the GHG website AND Chris is going to write a '30 years on' piece for the GHG!*

Excerpt from **Cornish Scene,** **THE MAGAZINE FOR CORNWALL**

First in a Series of contributions from young readers
on the theme:

MYSELF, MY FAMILY and MY LOCALITY

CHRISTOPHER TAYLOR
age 11 years of Golant, Fowey

My name is Chris and I live in Golant. . . .

My Locality

I live in a place called Golant which is just down the river from Fowey. Golant is a village which is coming back to life. When my mum was young they never thought there would be children again after my mum grew up. There are about 30 children now.

There is a recording studio at Golant and there is a tea-room. It's got everything.

Up the hill from Golant is a place called Castle Dore. Castle Dore was a bronze age fortress. Going back to Elizabeth times, Golant was important for boat building because they built some boats for Sir Francis Drake to use to repel the Spanish Armada.

During the Civil War when the Cavaliers were retreating from Lostwithiel they passed through Golant on their way to Fowey, and you can still find musket balls in the surrounding area.

By the Victorian era the railway came to Golant, and by that time agriculture was important, and Golant was known for its strawberries and plums. These were transported to London by the railway.

ST SAMPSON PARISH COUNCIL

In order to be able to transact Parish business and to make payments to suppliers etc, your Parish Council has recently passed an EMERGENCY RESOLUTION to operate with a parish clerk and two councillors, and to facilitate meetings via electronic means. You will be able to see the whole transcript of our first such meeting on the PC website shortly. We are also hoping to be able to set up video conferencing when we can work something out.

Meanwhile, the Annual village meeting in May and the election of officers is cancelled for now, in order to comply with current legislation. Sadly, the playground has to be closed, along with the church.

In other news, the developer has informed me that he is laying off his workforce for one or two weeks to determine his ability to operate and still keep within the Government Guidelines.

Planning applications will now be posted on the PC website, and there will be a time limit established for the receipt of comments: <http://www.stsampsonparishcouncil.org.uk>

I am really pleased that not only have you responded so well for the request for volunteers (now fully functioning) but that Maurie has agreed to be our co-ordinator. Please see the details below that many have already received via 'Maurie Mail.'

Coronavirus (Corvid-19)

A Strategy for Golant

Background:

We are all very aware of the imminent risk to our local population from this deadly virus, affecting many parts of the country. And the reality is that this will get worse (and maybe a lot worse) before it gets better. So, we have to ensure that we follow the latest guidelines that have been established, in an attempt to minimise the risk to us (especially to our older and more vulnerable friends and neighbours) and to allow the NHS to cope with a peak demand at this critical time.

Where are we now?

Following my last 'Maurie Mail', I am delighted to confirm that we now have a good number of willing 'volunteers,' who have committed to assist us when and where necessary with things like shopping and collecting medication etc. More importantly, we also now have:..... a **Coronavirus Support Co-ordinator** (Maurie) who is already setting up contact details for when our volunteers are called into action.

Maurice.Parsons@btinternet.com tel: 01726 833475 mob: 07777 611285

Action:

Watch at least one NEWS item from a reliable source each day.

Keep in touch with your neighbour on a regular basis, to check on their health and general well-being.

If over 70 (and especially with any underlying health condition), stay indoors for the next 12 weeks and if you **do** go out for a walk, maintain the 2-metre social distancing protocol.

If in a younger age group, still maintain the social distancing protocol, but also be especially careful not to congregate together. (You are still vulnerable and may become a 'carrier' and therefore a risk to other people in the village!)

For all age groups, increase hand washing, especially after touching any surfaces or after dealing with the shopping.

Everyone by now should have arranged for a friend or a neighbour to support them in the event of them becoming ill. As Maurie has suggested, it might be sensible to have a second 'friend' to call on, if your first neighbour also becomes ill themselves.

If you do feel unwell, then 'self-isolate' for 7 days. Let your neighbour know and please inform the Co-ordinator.

After about a week, you may be recovering? But if not, then remain in isolation for a further 7 days to see if you get better. Let the Co-ordinator know your status.

If at any stage, you feel **very** unwell, let the Co-ordinator know and 'phone 111 and follow the protocol.

If you **and** your neighbour or friend have become ill, and you need help, then call the Co-ordinator who will arrange to provide you with a volunteer to assist with shopping etc.

In the event of going into hospital, you may want to let a relative know? Please advise the Co-ordinator of their details, if you would like them to be contacted.

If we all remain vigilant and maintain the correct protocol, then we will achieve the best outcome for us all. So... ***"keep calm and carry on washing those hands!"***

David Jenkinson

Chairman St Sampson Parish Council

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TREASURE ISLAND

Well, what an evening we had at the Pantomime, **Treasure Island**, held at the end of January.

Abi Whell kicked things off, opening the show as *Long Johns Silver*, a feisty pirate, albeit with an enormous smile which lasted throughout the evening. Wearing a fine pirate's coat with beautiful gilt decoration, she had many lines, but seemed to have no trouble in smoothly delivering them with great aplomb, as you would expect from a Golant pirate.

The band of pirates did a brilliant rendition of 'It's all Part of being a Pirate', happily losing their body parts and bringing great laughter from the bloodthirsty audience.

When the curtains opened showing the inside of *The Angler's Legs*, an incredible set painted by Ruth Taylor), the rest of the cast sang 'A Town Called Malice'. It was superb, and we were off to a great start.

Martin Hardy, playing *Mrs Hawkins*, welcomed us into the pub; he was absolutely fabulous. Anne McLeod had stitched him some wonderful breasts, which he used to ample effect throughout the performance, hugely entertaining the audience! Paul Meredith, as *Captain Billy Bones*, remembered most of his lines, while negotiating a room for the night. Plenty of innuendo kept a fairly riotous Friday night audience laughing all evening. Who would have guessed that Carol Gabb & Sue Reardon would make such superb *Ladies of the Lostwithiel Quay*—brilliant. As I was so close to the video camera I was trying not to make any noise, but I can tell you that it was near impossible as I guffawed into my scarf!

Ice-creams were served and a raffle drawn at half time, followed by some tiny 'would be' pirates performing a dance & song routine, 'Don't Rock the Boat'. They were so gorgeous in their little pirate outfits & hats – a great start to their Panto careers, I think, and a perfect way to kick off the second half.



The dashing *Captain Pete Edwards* of the *Hispaniola* was played by Golant's very own Captain Poldark, Pete Williams. He somehow managed to keep a straight face while surrounded by some ridiculously funny characters, including his *Personal Protection Officer*, played of course by Robin Anderson, who was remarkably good at the role, and who performed an alternative version of 'It's all Part of being a Pirate'.

Mrs Hawkins stowed away on the ship to take care of *Jim* (beautifully and bravely played by Millie van den Broek) and showed us some pretty impressive dance moves to the cannibal accompaniment. Jeremy Lloyd-Evans was both *Blind Pew* & *Ben Gunn*; he was perfectly cast in both roles, and where he got his energy from had us all impressed!

Other key roles were Caroline Harvey, a perfect *Doc Ferret*, and Steve Phillis, who tried hard to keep everyone in order as the *Squire*. Watching Mary Jane Hunter play *Flannel*, it was difficult to believe that it was her inaugural Panto role. She did have Panto professional Estelle van den Broek as her partner-in-crime, *Velcro*.

The production team, too numerous to mention by name, did a superb job as always.



After the performance, the cast retired to the pub, and awards were dished out. Pete Williams won the centre punch for spending the most time centre stage, Caroline took the Bean Soup award from Paul Meredith (who has held it for four years) for needing the most prompts. Abi Whell deservedly won the Oscar for Best Actress.

The whole Panto was caught on video, and has been uploaded to You Tube.....

Cris Dodridge



You can also find many more photos on the Pill Facebook Ed.

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UNCLE JOHN'S GARDEN PATCH



What a wisht old time we'm living in! What with Mother Nature forgetting to turn off the tap and this yer virusy trade worrying everyone to distraction, 'tidn't no wonder folks is brave and fed-up with everything.

Time be slipping away for us to be getting on with the likes of turning ground and getting ready to teel seed. And talking of teeling seed, for those of you who do dearly like salad trade during the summer, why do ee not try putting a few seed in the soil? I don't mean for ee to dig up half the lawn, there's no need for that, but I'm certain sure that you can find room if you was to put a few lettuce or radish plant in amidst the borders. The seed be cheap enough, and mixed in with some dry sand they can be sown thinly to save too much work thinning them out. (Sue & Michelle hev said more or less the same thing, using Maurie Mail). (See page 9- Ed.)

But we baint able to do much with the ground 'til it dries up a brave bit, and as I'm writing this we have just had three dry days together for the first time since February 3rd, and now the wind hev moved NE it's all good news! I'm just dagging to get on with the digging, but 'tis no use being wild-de-go like a long dog; hang fire for a while and do it when 'tis fit, dreckly.

Officially, the first day of spring was March 20th, but this means nort, although I hev noticed that the frogs hev been squirting their clumps of eggs in the pond for some weeks now, and the crows hev got their nests built in the trees around yer. 'Tis all signs that Mother Nature baint got a calendar to take note of, but she do note the daylight hours and that do tell the animals and plants that 'tis time to get moving!

The middle of April be a brave good time to teel some herb seed such as chives, coriander, dill, fennel, parsley and sage. Properly managed they will last for years, 'cepting for parsley, which be best treated as an annual.

Do ee not forget to take off the seed heads from the daffodils and tulips once they have finished flowering, but leave the leaves to die off on their own, letting the goodness go back into the bulb. If'n you be of a mind to lift the bulbs and store them in a net in the dry, then make certain sure they'm put somewhere that those little blimmers the mice baint able to get at them.

Bear in mind that at the end of March be a good time to put your tubs and baskets together, and then they'll be fit to put out dreckly at the end of May when all danger of frost has passed.

If you baint got those teddies in the ground by now, get them in just as soon as 'tis possible, because at the first of May then 'tis only about seven weeks to the longest day, and 'tis downhill to autumn from here on in. So at the first signs of the ground drying out, then 'twill be a brave rush to get things done.

Nort

Auntie Paddy's Recipe Corner

I found this in a recipe book that belonged to my grandmother. It sounds quite unusual but these are unusual times. I hope that you can still buy the ingredients for the shortcrust pastry, as most super-market shelves have been cleared of flour. If this is so, try the alternative potato topping instead.

CORNISH PIE

Shortcrust Pastry

250g/ 8oz Plain Flour

50g/ 2oz Butter

50g/ 2oz Trex (or 4oz Butter or Margarine as the fat content)

Approx 2tbsp Cold Water

1. Rub fats into the flour to form a breadcrumb-like mix.
2. Add water and mix together to form a rough dough. Set aside.

The filling

25g/ 1oz Butter

450g/ 1lb lean diced Lamb

2 large Onions, peeled & sliced

1 tbsp Flour

450g/ 1lb Cooking Apples, peeled & sliced

150ml/ ¼ pint Red Wine

150ml/ ¼ pint Stock

Salt & Pepper

1. Melt the butter and lightly fry the diced lamb.
2. Remove from the pan and fry the onion until soft.
3. Remove from the heat and stir in the flour.
4. Cook for 2 mins and gradually stir in the wine & stock. Season.
5. Add the meat, cover with foil and cook in a moderate oven (180°C/350°F/Gas Mark 4) for 2 hours until the meat is tender.
6. Remove from the oven and stir in the apples. Put the mixture into a pie dish.
7. Roll out the pastry and cover the pie. Cook at 200°C/400°F/ Gas Mark 6 for 30 minutes until golden.

Alternative potato topping

Peel and slice potatoes thinly and arrange on top of the lamb and apple. Dot with butter, cover with foil and then cook in a medium oven for about 45 minutes- rather like a hotpot.

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.

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THE NEXT COPY DATE

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

Friday 29th May

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

thegolantpill@gmail.com

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

VILLAGE HELP

In lieu of the usual Calendar of Events page, we are using this space to show all known local services who are happy to help us out, beginning with our two Golant ones.

However, by the time this issue is published, many things may have changed, so please check carefully.

Fisherman's Arms Takeaway & Shop Services

During the coronavirus pandemic & the lockdown, we have worked out a Takeaway Service

We are offering a takeaway menu on Wednesday, Thursday, Friday & Saturday nights between 6pm & 8/8.30pm

A copy of the menu can be found on our website:
fishermansarmsgolant.co.uk

We are also offering a basic shop facility. Items are limited and I will continue to order stock when I can. Bread must be ordered Monday-Friday by 1pm for next day service. The list of products is growing, and I will send out a Maurie Mail with the items when all is finalized. Please think about social distancing when collecting orders.

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Given the current circumstances, we are happy to provide a Ready-made Meal Service for the village.

Fresh ready meals delivered to your door which can be eaten fresh, chilled or frozen for your convenience.

Delivery slots will be allocated on confirmation of your order.

Each meal generously serves 2 people at a cost of £12 (£6 per person).

Minimum order 5 meals – Online payment on order.

For details, please phone us on 01726 832154 or email
liz@forkncompass.co.uk

NB: This service is temporarily unavailable.

Some Local Shops that will take orders & deliver free

Please note that details may change according to demand and Government guidelines

Tywardreath Butchers (01726 814926) - Phone orders & free delivery in Tywardreath area; no order too small.

NB: They will be closing their doors, including delivery, as from March 31st.

Kittow's Butchers, Fowey (01726 814926) - Will take orders by phone or online - www.james.kittow.co.uk and free delivery.

Kittow's Quality Meats, Holmbush (01726 73005) - Shop closed, but are taking orders for free delivery by phone or email - shop@kittowsqualitymeats.co.uk Minimum order £10.

Richards Fruit/Veg/Fish (01726 812550 or 825078) - Free delivery; no order too small. Please send all orders by email to – shop@richardsfruitandveg.co.uk and attach your address and telephone number. They will probably soon be delivering on a specific day every week to Golant. (*Watch out for information via Maurie Mail*).

Park Road Stores, Fowey (01726 832560) – Free local delivery 6 days a week. Orders over £5, by 10am. No bulk buying.

Fowey Farm Shop (07984205379) - Will deliver to Golant. Sell only Cornish produce from small independent farmers.

Par Post Office (01726 812838) - Will put back goods for collection.

Walter Bailey (01726 812245) - No further deliveries, but the shop is at present open for pet food.

The Laundry Team (01726 8174580) - Services at reduced rates; sterile washes as in hospitals; free collection and delivery.

Par Spar (01726 812929) - Phone orders 9.30am-11.30am; free delivery.