



Our Vibrant Village Hall



A surprise Special Birthday tea party



Our recent annual Meet & Greet which welcomes all village newcomers



The recent Christmas Craft Market



Christmas 2022- La Soupe Populaire, now a regular convivial social event



The opening of the 'Institute' was 120 years ago, on 15th January 1903. Golant's celebrations will be held later in the Spring...



A Christmas welcome some years ago to the punters of the popular Thursday Kitchen



This Golant village panto, Aladdin, took place in about 1990. Pantos have been a regular event over many years, and we eagerly await the forthcoming 'Wind in the Willows' in February.

These photos reflect just a small selection of events which have taken place over many years in our warm & welcoming Village Hall.

Read more about recent events in this issue, and spot other photos (dated) placed randomly within, which show many of the diverse activities enjoyed over the past years and which have featured in *The Golant Pill*.



A colourful 'Belly Dancing' group, who were exploring forms of 'Middle Eastern Dance' in 2013. The headline for that issue was- 'No Shades of Grey here!'

FROM THE EDITOR

ALL good things must come to an end, and we are sad to announce that we are losing two of our loyal, regular contributors over many years to this newsletter, who certainly deserve our very grateful warm thanks.

Paddy Shelley, under the affectionate pseudonym of **'Auntie Paddy'** has diligently entered tasty recipes from our VERY first issue, thus completing 96 offerings!

As she is about to move from Golant, Paddy is hanging up her apron, and we wish her every happiness in her new home.



We are delighted that her present neighbour Gill Paull has agreed to pop on her apron, and has begun contributing recipes under the pseudonym **'A Cornish Maid'**.



Meanwhile, John Kift, alias Nort, alias **'Uncle John'**, who joined us in Issue 18, and who since then has contributed such wonderful dialect-rich articles on seasonal gardening tips, has

decided to take off his wellies, having reached another age milestone. The dialect spelling element always threw at least one of our seasoned proof readers, but we wouldn't have had it any other way! Nort is indeed irreplaceable.

The two publications which arose from their offerings- *'Auntie Paddy's Recipe Book'* & *'Uncle John's Gardening Year'*- have between them sold well in excess of 400 copies over the years! These photos are from the covers of their books. As a fond farewell to John, I have placed extracts from the February chapter of his book in this issue.

We will miss both of them, and so will our readers...

Gillie Harris

Pre-Christmas Meet 'n Greet

The 11th December saw the return of Meet 'n Greet to its traditional pre-Christmas date. Despite the freezing weather – we kept the white wine outside to keep it chilled! - there was as usual a large turn-out of Golantians gathering to welcome newcomers to the village (*see photos*).

A fine collection of wines, a wonderful spread of canapés and much chat were enjoyed – many, many thanks to all, especially Fayre Hardy, who contributed to making this such a success. Fayre's Christmas decorations for the village hall were particularly lovely.

A rough count indicated about 68 attendees, but it was especially gratifying to note that at least six were genuine newcomers to the village, which is the event's *raison d'être*. We also seem to have generated another tradition- turning the VH lights off half an hour after the allotted end time as the only way to clear the Hall!

Jeremy Lloyd-Evans



Ray Peacock

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Village Tea 2010



Golant 'Then and Now' Calendar 2023

I am delighted to say that our calendar has been very popular and we are nearly sold out! The *Then and Now* photos provide a fascinating collection of old photos of Golant as well as a record of the same views in 2022. You might like to have a copy for this reason. We only have a few left, and as we are now a month into the calendar year, we are offering these at a reduced rate of £4.

You can get a copy from me: Hortyard, Fore Street tel: 832727 pzparsons@yahoo.co.uk

And now a couple of dates for your calendar!

Golant Heritage Group AGM, Tuesday 14th March, 2pm in the Village Hall

This is to be followed by an ordinary meeting.

Both meetings are open to anyone who is interested in the history and heritage of Golant. One of the items on the agenda will be to review our Forward Plan for 2023 onwards, identifying tasks to be continued and topics to be developed.

Spring Talk: Friday 17th March, 7.30pm in the Village Hall Mike Sutherland: Golant Embankment Project

Captain Mike Sutherland was Harbour Master at Fowey for 25years, retiring in 2011. He was inevitably very involved in the creation of the walkways and mooring frapes which run along the embankment on either side of the quay. Many of you will not know the background to this project or what it was like before! Mike has a wonderful photographic record to share with us, including snippets of interest on the surrounding estuary, and if any of you have been to his Tug Talks you will know what an interesting speaker he is.

Penny Parsons, GHG chairman

Golant Wassail – New Year's Day

'Twas a soggy Wassail indeed! But spirits remained high, and a goodly number of hardy Golantians of all ages, human and canine, braved the elements and tramped through the mire to carry out our annual New Year's Day wassail.

Heartfelt thanks to our hosts who kept us well topped up with warming cider punch and tasty treats. The traditional rites were duly performed by our splendid Green Man, Chris Taylor, ably escorted and heralded by his son, Henry, and the accompanying noisy 'rabble'! At each orchard visited, a 'mother tree' was selected to wassail on behalf of all the nearby fruit trees, and indeed all the trees here on our slopes.



PS: "It's not every day that about 40 friends and neighbours turn up in your garden accompanied by a Green Man, drink mulled cider and sing to your apple tree! But that's what happened in our garden on the 1st of January this year! They went on their way to the next house with cheerful smiles despite the rain. A great start to the New Year!"

Becky Lloyd-Evans



Trees really do communicate with each other underground through their network of roots – their *Wood-Wide Web*! We have in our midst some very mature apple trees, as visited at *Bodriggan* and *Pen Eglos*, as well as wonderful young orchards on the slopes of and in front of *The Sanctuary*, and of course the many new trees planted by individuals in the autumn.

Golant may soon reprise its former reputation for glorious springtime blossom, with boat trips from Fowey specifically to wonder at it!

*Penny Parsons
(right, enjoying an uphill struggle!!)*



NEWS FROM ST SAMPSON'S CHURCH

At a time when congregations have dwindled after the effects of Covid, it is heartening to report bumper numbers over Christmas. *A Dickens of a Christmas* saw a congregation of just under 100 enjoy the extracts from *A Christmas Carol*, as well as singing some old favourites and listening to three teams of handbell ringers. In all, we sang, rang or listened to 25 different carols! (*Thanks to David Earl, who has written an appreciation opposite*).

Well over a hundred came to *A Festival of Lessons and Carols* on Christmas Eve, and the magic of this candlelit service lives on. Those traditional lessons still resonate today, and two highlights were Tauniua's moving solo in *The Little Road to Bethlehem*, and the choir's impressive rendition of *The Carol of the Bells*. The choir excelled under Sheila's direction, and we were also grateful for the support of singers from the Noble family, and to the Revd James Funnell for playing at both these services. The Revd Carol Eddleston presided at the carol service.

On Christmas Day some 50 villagers attended Holy Communion, which was taken by the Revd Jake Loewendahl, and with so much illness around it was extremely encouraging to have so much support for the Christmas services. Our thanks to all who made their way to the top of the hill! Thanks also to those who helped behind the scenes - collecting and decorating the church tree, cleaning and flower arranging, and setting out and lighting the candles which give our church that wonderful atmosphere.

The handbell ringers also were indefatigable in the playing of carols: they performed at the Christmas Fair, after the children's carols round the tree, and then again at *The Fisherman's Arms* on the Wednesday of the pub raffle.

As we come to the end of our three years and more of transition (being without a priest), we would like to thank those retired priests who have helped us cover every Sunday service. In particular, we have been delighted to welcome on many occasions the Reverends Barry Browning, Derek Carrivick, Hugh Symes-Thompson, Jake Loewendahl and James Funnell, and many others have visited us for one or two services in that time. To all our visiting priests we offer our sincerest thanks.

We are delighted that we can now welcome our new Priest in Charge, the Reverend Shona Hoad, together with her husband Martin. By the time you read this, we will have had Shona's licensing service, taken by the Bishop of Truro, the Right Reverend Philip Mounstephen, and Shona will be beginning her initial three years as Priest in Charge of St Sampson, Golant, and St Andrew's, Tywardreath.

Shona can be contacted on her mobile phone: 07476 900 623. Her first service at St Sampson will be on Sunday 5th February, so do please come and join us as we welcome Shona and Martin into our community.

Simon Funnell

A Dickens of a Christmas

The darkness and the rain of a particularly dismal Cornish evening did not augur well for a good turn-out for this church service on the Sunday before Christmas, and therefore Simon Funnell was concerned that a half-empty church would not do justice to the efforts he and others had put in to making it a success. However, he need not have worried as soon all the pews were filled with a congregation waiting eagerly for the promised musical feast.

Opening with a short selection of Christmas favourites from Simon Funnell and the first of his handbell groups, we were soon joining in with heartily sung carols. These were then interspersed with Simon and his lovely ladies continuing to display their impressive handbell-ringing skills; performing in three separate groups their intense concentration and precise application ensured tuneful and harmonic sounds for an appreciative audience.

We also enjoyed listening to four readers presenting excerpts from the Dickens novella 'A Christmas Carol'. Clearly read and obviously well-rehearsed, Dickens' classic writings were brought to life in great style by Greg White, Pat Whitehouse, Millie Van Den Broek and Chris Taylor (with his son Hugh as Tiny Tim).

To support our singing we had James Funnell playing the organ. He also led us in a closing prayer before the service concluded with a hearty rendering of *Good King Wenceslas* with singers and ringers all together.

Our souls having been fortified by all that had gone before, glasses of wine were then brought to us to soothe our vocal chords as we greeted one another in a happy Yuletide spirit.

In sum, this was yet another example of the Talent and Conviviality of the Golant Community proving a blessing to Us All!

David Earl

CHURCH CONTACT INFORMATION

Priest in Charge

The Revd Shona Hoad (07476 900 623)

Churchwardens

Greg White (01726 832315)
Simon Funnell (01726 833343)

Church Cleaning Rota

5th & 12th February	Ruth & Gill P.
19th & 26th February	Jacky & Sheila
5th & 12th March	Glynis
19th March	Mary
26th March	Linda
2nd & 9th April	Penny & Viviane

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www.daltonyoung.co.uk

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The Golant Pill Committee

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	Penny Parsons	832727
Golant Website	Debbie Pugh-Jones	07984630662

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

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

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

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.

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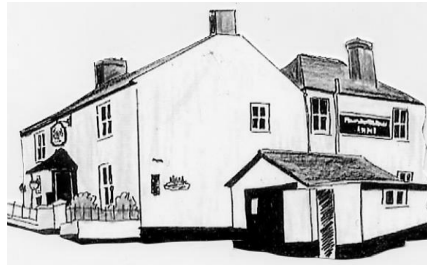
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Dave Jenkinson on;

07872965920, 01726 832084

Email cornwall.landscaping@gmail.com

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From an original drawing by Karen Wells-West



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

Pill Paparazzi in this issue

RA	Robin Anderson
AB	Anne Bonsall
GH	Gillie Harris
CL	Claire Lower
GP	Gill Paull
KW-W	Karen Wells-West

Golant Boatlights & Christmas Craft Market

So many boats and houses twinkled, spreading sparkle to even more areas in our village this year! *The Fisherman's* looked spectacular! Thank you, Jason and Ian, for adorning the bridge with lights too! Not easy. Peter's turkey and Ian and Sarah's Sea Monster just added to the fun and magic!! Not to mention Caroline & Chris's Candy Cane House (*below*) Wow!!



It really made our village a magical special place at Christmas....thank you.



Golant's Christmas Market seems to be establishing itself as yet another Golant Tradition.

Over 20 stalls holders spread out their quality unique wares. Wrapped up in woollies, folk huddled in 4 different village venues, and quickly got into the festive spirit and merrily greeted those from far and wide who had braved the icy roads. Despite the Big Footie Match, the turn out was impressive.

Thank you to those who helped on the Charity Stalls- The Woofer, Preloved Prezies and Toy Stall proved a great success!



We raised £545 for *Little Harbour*, the Children's Hospice in nearby Porthpean.

I presented the staff both with the monies raised along with the fantastic hamper of goodies that so many villagers contributed to. They were incredibly grateful.



Penny's Carols perfectly set the scene, and Henry even managed a quick Santa patrol before his other important commitments.



The charming sound of the Handbell Ringers brought idyllic festive cheer –thank you, Simon and Ringers!



Thank you to those who helped with parking, especially Parking Marshall Jason and all the generous offers of parking from our Second Homers...so helpful!

We are already planning for next year and hope to make it even more of a success!! It takes a lot of the Community to pull together to make something like this happen.

So a huge thank you for all the support you gave this.

Saturday 11 February 2023 via Zoom

The work of the Commonwealth War Graves Commission

A Presentation by Tony Smith

The Commission cares for graves across the world, from single graves in local churchyards to large memorials. They provide education and research help to ensure the legacy of the fallen lives on.

Tony Smith is a volunteer speaker for CWGC and a qualified battlefield guide.

Saturday 11 March 2023 at Fowey Town Hall

A pictorial history of the Devon and Cornwall coastal barges

A Talk by Stuart Hunkin

Local barges were once an essential lifeline for coastal and river-based communities. The Hunkin family of Polruan owned and ran some of the last working sailing barges in this area.

Stuart's talk is based on diaries and photographs from his family archive.

'Physical' talks commence at 2pm unless otherwise stated

Physical talks (including tea and coffee):

Members £5 Non-members £8

FHHS Membership £15

(£25 for 2 adults at same address)

Bookings can be made at Ticket Tailor www.buytickets.at/foweyharbourheritagesociety

The Spring Equinox – March 20th 2023

The *Spring or Vernal Equinox* is the moment when the sun crosses the celestial equator – an imaginary line in the sky above Earth's equator – from south to north. It is the time when day and night are the same length, and this year the specific time the sun crosses over is **Monday 20th March at 21.24 hours**.

Last year, only our second Spring Equinox celebration, we had a lovely, casual, afternoon gathering on the green with our ceremony around the human sundial, led by an enthusiastic Green Man, plant swaps, teas and cakes. It turned into a rather jolly get together!

At the time there were some really great suggestions made to make it an even jollier occasion this year. Unfortunately, I can't remember what they were! So put your thinking caps on. As this year it falls on a Monday, and it will be dark at the specific time, should we perhaps hold it on the Sunday?

If you have ideas/suggestions/thoughts on activities and timings please can you get in touch with me? We have plenty of time to get things organised, but I do feel simplicity is best!

Penny Parsons pzparsons@yahoo.co.uk



2018 Fund raising & conviviality at a Macmillan Coffee morning



2017

Frog Racing Fun



The nights are slowly drawing out now, and it's time to start thinking about getting our boats ready for the water again. Not quite the weather for painting and anti-fouling yet, but a good time for maintenance on engines, steering gear etc. After a winter sitting under a cover, things can be a bit damp inside the boat, so it's worth giving things an airing, and checking that the damp hasn't affected your electrical systems.

Of course, outboards also need attention. If you have yours serviced, all should be well. If you do it yourself, you should consider changing the engine and transmission oil. Your engine may not do many hours, particularly if it's an auxiliary engine, but the oil may degrade from sitting in the marine environment.

Now a Membership Reminder: The Boatwatch year started in January, and many members have already renewed. Please could anyone yet to pay their membership fees do so soon.

To renew your membership, simply send a cheque for £15 (made out to Golant Boat Owners Association) or cash, to Richard Gabb at Briar Cottage, Downs Hill, Golant, PL23 1LJ, or pay by direct transfer to sort code: 20-74-20 a/c 43341380 using your surname as a reference. If you would like to join as a new member, email: richard.gabb24@btinternet.com for an application form.

The Boatwatch Committee has been considering the format of the Spring Get-Together. We feel that the previous format in which members paid for a sit-down meal is probably no longer appropriate, as other social elements of Boatwatch, particularly the flotillas, have increased in their significance as part of the boating year. We have decided that the 2023 Spring Get-Together will be an early afternoon barbecue held around the Boatwatch Hut on

Saturday 1st April. Shelter will be available, if required, courtesy of Jason Cross. There will be no charge for barbecue food or for an initial drink, and further drinks will be available at a small charge. The Get-Together will include the raffle draw for David Parry's signed print, for which ticket sales started at the AGM in November. There will, of course, be a further opportunity to purchase tickets before the draw. We will contact all members with timings closer to the date.

We will hold flotillas this year in May and August, the first being a 'Coronation Flotilla' on 9th May. A second flotilla will be held on 15th August. Details to follow later in the year.

*David Bonsall,
Chairman, Golant Boatwatch*

Golant Quay Users Association

After the tremendous Pill clear up last year, in which many helped despite the mud and mess, Golant Quay Users are planning a further Pill clean this year, and will be looking for volunteers to help on Saturday 20th May.

There won't be as much to do this time but, moving forwards, we would like to keep the Pill as rubbish-free as possible.

Ian Barker

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



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Village Hall Committee

We are actively looking for new members to join our Golant Village Hall Committee. We meet four times a year, in the village hall, the next meeting on 28th February being our AGM, which is open for all parishioners over the age of 18 to attend. The AGM will be followed by a Committee meeting of elected members.

Unfortunately, our secretary Louise Jordan will be stepping down from the role and so will not be re-elected. Therefore we are looking for someone to step into the role as secretary. It is an excellent way to get involved in Golant life, the village hall being the very centre of this!

If you feel that you could play an active part on our committee or would like to volunteer to be our new secretary please contact:

-our chairman Annie Budd chrisbudd1@icloud.com
-or Louise Jordan louisejordan1@hotmail.com

We are taking the opportunity to thank Louise Jordan for everything she has done so brilliantly as secretary over four years for the Village Hall Committee. We are sorry to lose such a conscientious and valued member of the team.

Fayre Hardy

CFylm

Last year we showed 12 films, a number of which were new releases. *The Duke* had the highest attendance and *Le Mans 66* had the least.

Membership of CFylm allows you to access other community providers of CFylm events; just take your membership card with you. There are a few CFylm providers very locally, who will offer different films on different dates in the month. There is no restriction on the number of films you attend. As a member, CFylm will email you monthly with all the venues showing a variety of films. Whether you attend only once or more, membership is essential, as every membership supports the ongoing provision of the arts in Cornish communities.

Please ensure, if you are coming to Golant Village Hall CFylm, you book with me beforehand, so that there is sufficient seating.

cagabb23@gmail.com

Carol Gabb

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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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.

La Soupe Populaire

The soup volunteers continue to provide monthly deliveries to villagers, or the warm and welcoming village hall. It is a good opportunity to catch up with neighbours old and new.

The last soup for this season will be in March, and hopefully will include local wild garlic. Booking with me is essential for catering purposes.

cagabb23@gmail.com

Carol Gabb

Thanks

UK Village Halls Week (23rd-29th January) is celebrating "Warm, welcoming inclusive halls, supporting parishioners". You may have noticed the banners in the hall.

To show our thanks, small badges have been given to Carol, Penny Parsons, Cris Dodridge-Meredith, Anne Bonsall & Sue Reardon, for all their hard volunteer work during the year.

Obviously there are many other committee & non committee volunteers behind the scenes, but this is about how we raised a small amount of funding, hopefully entertaining some of the parishioners of St Sampson, whilst doing it!

Fayre Hardy

A larger dose of *The Pill*

As our issues are published bi-monthly, it is not possible to immediately cover all the happenings in our lively village.

So don't forget that you can catch up with more immediate village news in our *Golant Pill Facebook* page, put together by our team members Penny Parsons and Robin Anderson.

**Pasture
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You are welcome to visit the farm.

Please visit our freezers by the farmhouse - they will be signed.

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Tel. Bridget or Martin on 01726 833068/ 07854 735205

Christmas 2022 Annual INBLOOM Challenge

To use one of the Westcountry dialect words often used by John Kift (alias 'Uncle John', alias 'Nort') in his regular articles in this publication, that little 'blimmer' Jack Frost, who lingered so long and with a vengeance just before Christmas, really scuppered this year's IN BLOOM Challenge!

Whilst the week-long frosts were beautiful to see, they were devastating to many plants. Prior to this severe episode, our garden had been unusually full of blooms, many flowering out of season, and some in proliferation, such as a Fuchsia bush and a glorious patch of Nasturtiums. However, some specimens fought back bravely, including one Marigold and several Primrose plants. (See my *After* pics below!) I only managed to find 16 different blooms.



Demised & browned-off...



Decimated...



Down-hearted but not departed...

Both Liz Anderson and Claire & Karen Lower's searches resulted in 21 different varieties of bloom. Because some inevitably matched each other, the actual collective count was 39, so only about half of 2021's bumper crop of 77.

The alphabetical list is as follows:

Antirrhinum, Azalea (bud), Butterbur, Calendula (Marigold), Camellia (many varieties, though some partially frosted), Campanula, Chaenomeles (Japonica), Clematis, Corokia Virgata, Cyclamen (pink & white), Daffodil, Daisy (common), Daphne (bud), Diascia, Erigeron (Cornish Daisy/Mexican Fleabane), Gaura, Geranium (including a trailing one), Heather (pink & white), Hellebore (Christmas Rose), Kaffir lily (bud), Leucjum Vernum (Spring Snowflake), Lilac (bud, unknown variety), Mahonia, Montbretia (bud), Pansy, Periwinkle (white & pink blush), Primrose, Primula Auricula, Red Campion, Rose, Scabious, Snowdrop (*Mr Grumpy*), Tree Heather (white), Viburnum Tinus, Viola, Violet, Winter Heliotrope, Winter Honeysuckle, Winter Iris.

As an additional exciting find, Liz enjoyed this 'All Year Round Strawberry', saying that it was very tasty on Christmas Day!



Golant Walking Group

We were fortunate in December to find ourselves on Goonzion Downs above St Neot. A cold and frosty morning, the sun shone brightly and the ground crackled under our feet. It was beautiful. Even the moor ponies thought so and were only too pleased to approach and say hello. The original plan was to enjoy an easy walk followed by a festive lunch in St Neot. This was abandoned: the pub was full. Undeterred, we made our way to one of our favourite hostleries, and our needs were splendidly taken care of by our own local publican at *The Fisherman's*.

Over the winter months we give a thought to the weather and its implications for walking, and so for our first walk of the year in early January we opted for the safety of well made paths and the shelter afforded by woodland. Again we were lucky – warm sun in a bright sky looked over us as we roamed Great Grogley and Hustyn Downs above Ruthern-bridge. The views might have been obscured by the conifers, but the conversation was empowered by wide paths and a lack of distraction! Our second January walk will see us return to the clay trails and the prospect of some truly magnificent views.

Looking ahead to spring, we hope to travel further afield and explore more of SE and SW Cornwall. Do come and join us if you enjoy walking, and talking!

Anne Bonsall



Goonzion Downs



Great Grogley



2015

Who could forget George, who regularly appeared in various venues around the village, including this one on high in the Village Hall, talent spotting all the participants in the Revue of that year!

Dig the wig...!



Flower & Produce Show

2016

Nature Notes

When you spend your time out of doors, and rely on solar power, you are very aware of the minute changes in the day-light hours. Up to December and after about the third week of January we can make 100% solar power - if the sun comes out at the right time of day! It needs to be sun from about 11am to 2.30pm - 3pm so that the lower light angle catches the panels. And from the beginning of the year we notice the daylight getting longer, minute by minute; which makes up for either torrential rain or freezing cold!

The wood group that was featured in the last edition has been working hard - we had nine helping two weeks ago. They keep warm twice (as the saying goes); once chopping the wood, and the second time burning it. We are hoping that it will be dry enough to make charcoal this spring - but not too dry as that can cause the fire to burn underground, so it can be tricky timing wise.

We are busy mulching all of our no-dig veg fruit beds and trimming trees and hedges. We have planted twenty grape vines as an experiment - these will be for eating and juicing rather than wine making. We will see what happens, but the village does have a record of vine growing and wine making, so we will wait and see! I think the definition of optimism is demonstrated by a gardener - next year will always have the potential to be better. ... I am also going to try figs and apricots in the hope that a warmer summer will allow them to ripen, so be prepared for the wettest summer on record!

The Redwings and Fieldfares have cleared our land of berries. I counted about 150 the other day, flying across in flocks of about 30. They were against the sky so I couldn't identify which they were, but suspect they were Redwings from the shape. A single Lapwing also flew over - we never see more than one, even on the river, yet we know they are in the fields along the 'top' road going towards Lostwithiel.

Out on the river there have been lots of Curlews as well as Redshanks, Greenshanks and Kingfishers, but unfortunately we also found a dead Seal pup. This was reported with photos to the Seal Research Trust, and Sue Sayer told us that it was a grey seal pup as it was small and the grey seals give birth later than the common seals. David saw two seals out on the sandbanks this week so they are ok and surviving!



In the last edition of *The Pill* we talked about the Jubilee Project. Many thanks to the Parish Council for supplying every household with a fruit tree to celebrate the lane Queen's Platinum Jubilee. In the end it was about 100 trees, ordered from *Adam's Apples* in Honiton. They have supplied all of our new orchard trees, and they select/suggest varieties for our position and climate. David tried to choose 100 different varieties - there are a few doubles, but not many. We contributed the stakes, ties and tubes to try to make sure they all have a chance of surviving! They of course arrived when we had freezing conditions, and David spent a very cold day outside sorting and distributing them. We then went and planted some of the trees for those who weren't able to do it themselves. So hopefully, in years to come, the village will be an amazing sight of beautiful blossom and fruit!

There were obviously too many trees to wassail this year, but we had a great turn out - made even more remarkable as the weather was not kind! A lovely afternoon marauding around the village, singing, banging pots and pans and consuming generous amounts of cake and cider! So we are expecting good things from our trees this year!

Karen Wells-West



THE SANCTUARY CORNWALL

An offgrid, ecobuild Bed & Breakfast set in 12 acres of wildlife habitat overlooking the Fowey Estuary

we have 4 ensuite bedrooms, with wonderful views & outside seating on the terrace.

we have no TVs or WiFi, but we do have walks, books, games and birdsong....

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The Sanctuary Cornwall
 The Sanctuary Cornwall
 @SanctuaryCornwl

Contact us
www.thesanctuarycornwall.co.uk
 01726 832104 or 07961 805505

Trees ready and waiting!

Golant Gleanings

A Request from the Editor

We have missed, for many years now, the input from our young village members or young relatives of Golant families, who are JUST as important as the adults! Many years back, (2007) in Issue 2, we included a request for contributions from all youngsters, and this triggered a speedy hand-written reply from Alice Hunter, then 10 years old (now 25 and a Doctor!). She buzzed with ideas, and worked for over 2 years with us on her page, which she named **Sandbanks**, and which featured many different contributions from other young Golantians as well as grandchildren of villagers (including our five!). Following Alice, we had other valuable contributions from other young village children who ran their own columns– Megan Dean, Beth Whell and finally the 2 Eds- Edward van den Broek & Edmund Stark-Courtenay.

Now that we have lost 'Uncle John's Garden Patch', there is a whole column (possibly more) waiting to be filled as a regular part of this publication, so I'm placing another similar request below...

CALLING ALL YOUNGSTERS!

Do you live in Golant or come to stay with relatives in our village? What does Golant mean to you?

SO...CAN YOU:

- ◆ **Design** a Junior column, with its own title?
- ◆ Write a **poem** or **short story** about the village? (Think of its Wildlife, the River & all the activities that go on here, such as the Sports & Carnival, Pantos, Revues and Boating)
- ◆ Draw a **picture** or a **cartoon**?
- ◆ Give us your **news**?

If you have any brilliant ideas, the Editor would love to know. It is best to send any contributions by email to: thegolantpill@gmail.com or drop it in to us at *South Torfrey Cottage*.

WE LOOK FORWARD TO HEARING FROM YOU!

BACKALONG Newspaper Articles

A rather disgruntled village writer, with interesting comments about the weather, (and the church!) placed this report in *The Cornish Guardian* newspaper, published 100 years ago, on **5th December, 1902**, prior to the opening of the Reading Room (Institute), which was partly funded by Mr Mills of Torfrey:

GOLANT

I suppose our reading room will soon be finished now. I see the painters are hard at work. I am sure it is a great improvement to our little village, and I think some of the people here wish some of their cottages were so well built, after what they have gone through this past week. Some of them, I hear, were nearly washed out of their home. There is some work now for the road man to do to make up the roads. They are in an awful condition after the storm. Such weather has not been known for years.

I am sorry to hear of the illness of our friend Mr Mills, of Torfrey. We have all been looking for the family's home-coming. I trust he may soon be restored to the best of health.

I could not help thinking on Sunday how hard our Vicar has to work. It is a great pity there is no one in the village who can take the organ, as I for one think it is more than he ought to do.

This 100 year old extracted report, from a Dr Mason, for St Austell Rural Council, was published on **March 13th, 1903**, also in *The Cornish Guardian*.

... A visit was also paid to Golant, in St Sampson's Parish, where German measles had broken out. It was deemed advisable to close this school for a week; but now that the sickness had decreased considerably, the school might be reopened.

ST SAMPSON PARISH COUNCIL

Meetings:

As reported in the November issue, we had an extra meeting in December, to effectively replace the cancelled meeting in January. This was to allow our Parish Clerk some time to recover from an operation. Please note: As a result of her 'op', the next two meetings (i.e., February and March) will be held in the church, which will allow wheelchair access for her, should it be needed!

Devolvement:

Yes, it was finally approved on the 7th of December 2022! This was a process that I understand initially began in 2010 and has finally now been legally completed. We are now the proud owners of the land on which sit the car park, the toilet building and the electricity substation. As I have mentioned in a previous copy of *The Pill*, we are planning to re-surface the southern end of the carpark and re-paint the white lines. This will be done when we are enjoying better weather, and after we have selected our preferred contractor.

Toilet Block:

Now we own it.....what do we do with it? The strongest view being offered (at the moment), is to convert the space into a village kayak store. But before we commence on engaging architects and getting builders' quotes, please let me know if you have any other ideas that we should consider? I will table a discussion for the Councillors at the February meeting, which will effectively be the deadline for any other ideas to be considered. Thinking caps on!

Car Park Permits:

As in previous years, we have agreed to provide permits to residents and householders in the village, which will enable parking in the main car park at a much-reduced cost. To obtain a permit, go onto the Parish web site: www.stsampsonparishcouncil.org.uk and select DOCUMENTS. Scroll down to OTHER, where you will find the PERMIT form, which must be returned to the Parish Clerk, with your remittance.

The Parish Precept:

When we calculate the potential costs and incomes for the following year's budget, we generate a gap between one and the other. This gap is normally filled with the Parish PRECEPT, which becomes a relatively small element of our total annual Council Tax. This year we estimated a gap of around £4763, (year on year) but to charge this would have represented a percentage increase that we felt was politically unreasonable. So, we struck an agreement to charge a precept increase over last year of 4.5%, which is well below inflation and lower than the 4.99% that Cornwall Council will be charging. Any shortfall will be covered from reserves.

Parish Finances:

I wanted to conclude this entry with a couple of words about our finances. They are in good shape....but it must be made clear that we are a very small Parish, with a tiny PRECEPT. Which means that we are totally reliant on our car park income to cover our annual costs. We are also restrained on how much we can hold in reserves, which is meant to be limited to roughly twice our precept. (i.e. not very much!) So, by the time we pay for the new ticket machine and re-surfacing the carpark, we will be down to quite modest sums of money again, which will not be sufficient to upgrade the playground, which is becoming a primary issue to consider. We are therefore going to have to find alternative sources of finance, if we are to deliver any improvement to our play area.

David Jenkinson, Chairman, St Sampson Parish Council

A VERY EARLY NOTICE...!!

Madness in the Pill

5th August 2023,
starting at about 7pm.

Sports & Carnival

12th August 2023
Sports start at 2pm.
Carnival starts assembling at 6.15pm.

A Cornish Joke

Visitor: "How do you do?"

Local: "'ow be 'ee?"

Visitor: "It is a beautiful day."

Local: "A spoase it be."

Visitor: "Lovely part of the world, this."

Local: "Ayse."

Visitor: "Have you lived here all your life?"

Local: "Not yet."

Taken from 'Best Cornish Jokes' (Tor Mark Press Truro)



You'll soon be receiving your membership renewal letter and events card in the post, but if you just can't wait to find out more about what we've got planned for 2023, then take a look at our brilliant new-look website for more details: www.friendsofthefowey.org.uk and join us on Facebook.

If you are going to renew your membership or join us, then a special request from Fayre is to pay via BACS (Sort Code: 20 -74 -20 Account Number: 30772399) as getting cash and cheques into bank accounts is increasingly more difficult.

We have a Garden Bird nest box making workshop in Golant Village Hall on Saturday 11th February at 10.00am until 12.00pm, followed by a Garden Bird talk and recording advice in the afternoon from 1.00pm until 3.00pm. Booking is essential with Claire on 07894 228226 for the nest box making workshop, so that we know how many kits to bring. This is an ideal way to learn more about our garden birds and help them nest in your garden.

The next day, Sunday 12th February, there is a 'Love your Beach Day' beach clean at Polkerris Beach (SX092521 or PL24 2TL) from 1.00pm until 3.00pm. Equipment will be provided, and please wear sensible footwear.

Our AGM is on March 16th in Golant Village Hall at 7.30pm, which we will make as short as possible so that we can enjoy two short films- 'Down the Drain' and 'Food for Thought' by Cornwall Climate Care, with speaker Claire Wallerstien.

We look forward to seeing you at our events.

Peter Edwards



The unveiling of the Cider Heritage Map at Apple Day



THE NEXT COPY DATE

Please note that the **Copy Date** for the April/May Issue is

Wednesday 29th March

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

thegolantpill@gmail.com



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

These *Golant Pill* publications are usually available in the Church, or from Mike & Gillie (833897).

£6 each or two for £10 (Mix or Match)

UNCLE JOHN'S GARDEN PATCH



You can see the daylight hours increasing, which mean things should be warming up, but just be mindful of the fact that this month can be the coldest, wettest and windiest time of the year. There are plenty of old sayings to bear this out, one being, "As the days lengthen, so the cold strengthens". Another is Candlemas, which falls on February 2nd, and it comes halfway between the shortest day, December 22nd and the Spring Equinox on March 21st. The saying goes:

If Candlemas be fine and clear,
 There will be two winters in one year.
 But if Candlemas brings cloud and rain,
 Winter's gone and won't come again.

So caution is the name of the game when you're thinking about tealing some seeds. But 'tis now that *Mother Nature* decides that 'tis the month for the sap to rise and plants to get the wake-up call. We gardeners can help things along by using the greenhouse and cloches, and even by spreading black polythene over the surface of the ground to speed up the warming of the soil.

Near the end of the month you can try to sow into seed trays, but before you do, think on! If you haven't already done so, then take a good look at the state of your **Greenhouse**, because at this time of the year 'tis more than likely to be all rummaged, and summat like Lanson Gaol. 'Tis so very handy to just heave those pots and trays in under the benches where they are out of sight, and lampered in caked on soil and compost. 'Tis now that those dreckly jobs come home to roost, and there's nort else for it but to have a good clear-out. Pick a good drying day and turn everything out so you can wash down the glass with a *Jeyes* fluid solution and sweep the floor clean.

You're bound to upset some Spiders who have made their homes in there, and some of the blimmers can be a brave size, so if you bain't got your gaiters on, make sure you've got the bottoms of your trousers tied up. I've found Mice and Toads as well as Spiders and assorted insects when cleaning out the greenhouse, and once, when I needed my gardening gloves, I put my hand inside to find a quite sleepy Slowworm curled up in there. That got my attention, I can tell you!! He didn't look too happy at being aived out from his winter home, but I put the little blimmer in a bucket, and when I had finished with the gloves, I put him back in. Well, he was tucked up warm and comfy in there, so I thought it the best thing to do. Dear of him!!

Dear of him, indeed. This extract from Nort's book 'Uncle John's Gardening Year' sadly marks the end of his wonderful dialect-filled articles for The Pill. See my editorial on page 2 for more... Ed.

A Cornish Maid's Recipe Corner

Cornish Saffron Buns

½ pint/ 300ml Whole Milk
 Large pinch of Saffron
 3 oz/ 90g Cornish Clotted Cream, melted
 2 oz/ 50g Butter
 2 tsp Mixed Spice
 1lb 4oz/ 550g Strong Bread Flour
 1 tsp Fine Sea Salt
 3oz/ 80g Caster Sugar
 1 x 7g sachet Fast-action Yeast
 5oz/ 150g Sultanas/ Currants/ cut Mixed Peel (or a mixture of all 3)
 4 tablespoons of milk

For the glaze (optional):

2oz/ 50g Caster Sugar
 2 tablespoons of Water or Orange Juice

1. Gently heat the milk with the saffron in a small pan until it's steaming. Add clotted cream & butter to the saffron-infused milk and return to a low heat for 2-3 minutes. Gently whisk until melted and combined.
2. Take the mixture off the heat and allow to cool until it is warm to the touch.
3. Sift the flour into a large bowl and stir in the salt, spices, sugar, and yeast (remember to keep the salt & yeast apart initially).
4. Make a well in the centre of the dry ingredients and pour in the warm milk. Mix and bring together into a soft dough. Knead on a slow speed in a free-standing mixer with the dough hook attached for 5 minutes, or by hand briefly until you have a smooth dough. Then incorporate the dried fruit/peel & knead in the mixer for a further 5 minutes or by hand for 6-8 minutes until dough is smooth & elastic. To check if the dough is ready, when the dough is touched it should bounce back.
5. Cover the bowl with a clean tea towel or cling film and leave in a warm place for 45-60 mins or until doubled in size. Knock back the dough and turn out onto a floured surface and knead for a couple more minutes.
6. Divide the dough into 10 equal portions & roll each portion to shape buns and place on a lined baking sheet.
7. Cover the buns and leave in a warm space to prove again for 30 minutes.
8. Preheat the oven to 200°C, fan 180°C, Gas mark 6. Brush the top of the buns with a little milk and bake for 20 minutes until golden.
9. Once the buns have baked, it's time to make the glaze (if required). Put 50g of caster sugar and 2 tablespoons of water/orange juice in a saucepan. Gently heat until the sugar has dissolved and then boil for 1 minute. Brush the mixture over the warm buns and transfer them to a wire rack and leave to cool.

These buns freeze well and can be defrosted in a microwave.

Gill Paull



Saffron crocus



GP



The nearest defibrillator location is:

REMEMBER THIS AND YOU COULD HELP SAVE A LIFE

In Golant -
Outside The Fishermans Arms

In Fowey -
Readymoney Beach Cafe
Royal Fowey Yacht Club
Royal British Legion- Town Quay
Gallants Sailing Club
Caffa Mill toilets
Safe Harbour Inn

Please note these location instructions here. Does a map if it helps make things clearer.

- > Always start CPR immediately - then use the defibrillator
- > If a trained first aider is not available, please follow the voice commands given when you open the defibrillator lid (paediatric pads may be needed)
- > Can be used on any adult and on children aged one and over
- > A defibrillator is safe. It will not allow a shock to be given unless the heart rhythm requires it.
- > We recommend first aiders take our 3-hour defibrillator training to build skills and familiarity. Visit sja.org.uk/aed for more information.

St John
Ambulance

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Help save lives
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Distributed courtesy of St John Ambulance



Roof Refurbishment 2008



2010

Christmas lunch at the Thursday Kitchen

FINDING *The Golant Pill* ONLINE

If you prefer not to have a hard copy of our newsletter, or would like to catch up with previous PDF copies online, just go to our village website at-

golant.net

Below the lovely image of our river, click on **Golant Pill**, where you will find copies going as far back as the April/May Issue for 2017.

CALENDAR OF VILLAGE EVENTS

FEBRUARY

Friday 3 rd	10.30am	Tea/Coffee/Chat	Village Hall
Sunday 5 th	9.30am	Holy Communion	St Sampson's
Sunday 5 th	12pm-12:30pm, 2pm-2:30pm, 6pm-8pm	Roast by the River	Fisherman's Arms
Tuesday 7 th	8.00pm	Quiz Night	Fisherman's Arms
Wednesday 8 th	12.15pm	La Soupe Populaire, <i>booking essential</i>	Village Hall
Saturday 11 th	10.00am -12.00pm/1.00-3.00pm	FoFE Nest box building workshop	Village Hall
Sunday 12 th	9.30am	Holy Communion	St Sampson's
Sunday 12 th	12pm-12:30pm, 2pm-2:30pm, 6pm-8pm	Roast by the River	Fisherman's Arms
Tuesday 14 th		Valentines Dinner - Menu TBC	Fisherman's Arms
Thursday 16 th – Saturday 18 th		GRADS pantomime 'Wind in the Willows'	Village Hall
Sunday 19 th	12pm-12:30pm, 2pm-2:30pm, 6pm-8pm	Roast by the River	Fisherman's Arms
Sunday 19 th	6.00pm	Evensong	St Sampson's
Tuesday 21 st		Pancake Day - Special Pancake Menu	Fisherman's Arms
Tuesday 21 st	8.00pm	Quiz Night	Fisherman's Arms
Wednesday 22 nd	10.00am	Ash Wednesday Service	St Andrew's, Tywardreath
Friday 24 th	7.30pm	CFylm Club <i>Booking required</i>	Village Hall
Sunday 26 th	9.30am	Holy Communion	St Sampson's
Sunday 26 th	12pm-12:30pm, 2pm-2:30pm, 6pm-8pm	Roast by the River	Fisherman's Arms
Tuesday 28 th	7.00pm	Village Hall AGM (followed by committee meeting)	Village Hall
Tuesday 28 th	7.15pm	Parish Council meeting	St Sampson's
Tuesday 28 th	8.00pm	Euchre	Fisherman's Arms

MARCH

Friday 3 rd	10.30am	Tea/Coffee/Chat	Village Hall
Saturday 4 th	7.30pm	Murder Mystery Evening (<i>sold out</i>)	Village Hall
Sunday 5 th	9.30am	Holy Communion	St Sampson's
Sunday 5 th	12pm-12:30pm, 2pm-2:30pm, 6pm-8pm	Roast by the River	Fisherman's Arms
Sunday 5 th		St Piran's Evening (<i>plus Trelawny shout at 9pm</i>)	Fisherman's Arms
Tuesday 7 th	8.00pm	Quiz Night	Fisherman's Arms
Tuesday 7 th - Sunday 12 th		British Pie Week	Fisherman's Arms
Wednesday 8 th	12.15pm	La Soupe Populaire, <i>booking essential</i>	Village Hall
Sunday 12 th	9.30am	Holy Communion	St Sampson's
Sunday 12 th	12pm-12:30pm, 2pm-2:30pm, 6pm-8pm	Roast by the River	Fisherman's Arms
Tuesday 14 th	2.00pm	Golant Heritage Group AGM	Village Hall
Tuesday 14 th	8.00pm	Euchre	Fisherman's Arms
Thursday 16 th	7.30pm	Friends of Fowey Estuary AGM <i>& film</i>	Village Hall
Friday 17 th	7.30pm	GHG talk: Mike Sutherland 'Golant Embankment Project'	Village Hall
Friday 17 th		St Patrick's Day - <i>Details to Follow</i>	Fisherman's Arms
Sunday 19 th /Monday 20 th		Spring Equinox Celebration	Village Green
Sunday 19 th	9.30am	Mothering Sunday Service	St Sampson's
Sunday 19 th	12pm-12:30pm, 2pm-2:30pm, 6pm-8pm	Mother's Day Roast	Fisherman's Arms
Tuesday 21 st	8.00pm	Quiz Night	Fisherman's Arms
Friday 24 th	7.30pm	CFylm Club <i>Booking required</i>	Village Hall
Sunday 26 th	9.30am	Holy Communion	St Sampson's
Sunday 26 th	12pm-12:30pm, 2pm-2:30pm, 6pm-8pm	Roast by the River	Fisherman's Arms
Tuesday 28 th	7.15pm	Parish Council meeting	St Sampson's
Wednesday 29th	Copy Date	The Golant Pill	the.golantpill@gmail.com
Tuesday 31 st	8.00pm	Euchre	Fisherman's Arms

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.