



Our Macmillan Coffee Morning



An official Macmillan visitor, Ella Page, was welcomed by Jacky & Fayre to our event.



The room full of Golantians was testament to the support given to this amazing charity.

Thursday must have been baking day in Golant, because the array of cakes that greeted villagers when they entered the hall on Friday 26th, having climbed the wonderful, much safer steps with handrails on both sides, was a sight to behold.

The Macmillan Coffee Morning has become an annual event in Golant, supported by so many of you. Thank you to our expert cake bakers; the table was groaning with various sweet and savoury delights. Ella Page, our official Macmillan visitor in her splendid green tee shirt was struck by the enormity of the display. She enjoyed chatting to us villagers and discovering a little more about Golant and this event.

It has been interesting to delve into the origins of this Macmillan charity. In 1911, after the death of his father, Douglas Macmillan founded a charity called 'The Society for the Prevention and Relief of Cancer Mortality in the UK'. He wanted advice and information to be provided to all people with cancer, homes for patients at low or no cost and voluntary nurses to attend the patients in their own homes.

After several name changes, in 2006 this charity became 'Macmillan Cancer Support'. It provides local information and support centres such as 'The Cove' in the grounds of the *Royal Cornwall Hospital* in Truro. These centres have support groups with cancer specialists. They offer practical, medical, financial, and emotional support. There is a wealth of information on its website. In the centres there is plenty of printed material in the form of well laid out booklets, each dealing with specific areas of cancer. A support telephone line provides emotional as well as practical support for those with cancer.

In 1991 The World's Biggest Coffee Morning was established with over £250,000 raised. 2024 saw a total of £239.7 million at the by now annual event. Sometime shortly after that year, Golant joined the fund-raising coffee morning. During Covid, villagers were permitted to hold smaller happenings in their homes which were well supported, and so we carry on!

According to Cancer Research U.K. in 2018, 49.8% of patients survived cancer for 10 years or more, many of those would have probably received some form of support from this wonderful charity.

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FROM THE EDITOR

What a truly **heart-warming** edition this is... Not only is the cover story about our Macmillan Coffee Morning one of two wonderful fund-raising events, the other featured on page 15 with the Young Farmers, but also, the very moving article (*opposite*) by Liz Barclay clearly illustrates love triumphing over hate and cruelty.

The additional visitor to the coffee morning, Ella Page, had contacted us initially via the *Golant Pill* email address. She had come across the Golant Coffee Morning on the Macmillan website, and because she was staying with family in the area, said that she would love to come. After liaising with Jacky, all was arranged!

Meanwhile, Golant once again has produced its annual colourful summer events – the Table Tennis Tournament (*p.7*), the Sports and Carnival (*p.10&11*) and Madness in the Pill (*p.12*), as well as the GBOA regattas (*p.8*).

Still to come – there is so much to look forward to in this active village of ours; apart from listing these on our regular Calendar of Events, (which has, since the Pill's inception, always been placed on the back page for easy reference!), there are a number of colourful posters inside this issue with further useful details.

Lastly, for your amusement, Ian Laughton has sent a neatly observed and thought-provoking piece about those folk who have a great deal more money than most to spend on their travels! (*p.3*)

Gillie Harris (Editor)

Continued from page 1

Apart from the obvious fund raising, our involvement provides a social event where villagers can come to chat, have coffee and eat cake, in welcoming surroundings! If you were unable to join us and would like to make a donation, just pop it in an envelope and deliver it to *The Sunday House*. (Please let Fayre know if you are able to 'gift aid' your donation). The amount raised currently stands at just over £680; a wonderful sum.

Again, many thanks to you all, especially my fantastic support team without whom I could not do it. Well done Golantians- such a great village.

Jacky Fletcher



The Children of Gaza

Every newborn child in this world is given a name. Wrapped up in that name is love. After the attack of Hamas the Israeli people grieved for their loved ones; for those who were killed and those who were captured and kept hostage. Their faces and names were everywhere. Of course! What happened was terrible. But what about the Palestinians? All those dead children? Why are they just numbers and why do they have to stay nameless? That is cruel!

Helena Nightingale managed to get thousands of names of children who died, either shot or killed by bombs. She began to write those names, with their age as well, on small strips of white cotton.

And she called on her friends, one of them Penny Parsons, who hosted several writing sessions. All we had to do was write, because Penny had already cut the strips of cotton from old sheets.

During several meetings in front of Truro Cathedral a group of people tied these strips to red cords, strung from tree to tree. Most of the people had a connection to Helena, some Golantians were motivated through Penny, and then some who were walking by and simply wanted to help.

Thousands of names of children, with their ages, written on cotton strips, were attached, one by one. We didn't even get halfway. Occasionally names were whispered. At times, especially when it seemed we were running out of space, the emotions were overwhelming.

It won't bring these kids back, and more are being killed every day. But it felt as if together we made a silent statement, which we may also have needed for ourselves. Because it is a helpless feeling when you care, but are simply not able to do anything to stop the wiping out of a people. A people who simply want to live in their own country, rather than to be allowed to live on a small strip of land with no rights whatsoever.

Liz Barclay



Some of the completed cords outside Truro Cathedral.



Apple Day: Sunday 19th October 2025, 10am-4pm

This will be a day for us to celebrate the bountiful fruit harvest we have enjoyed this year. Lots of things happening in the Village Hall: Apple identification and tasting, preserves, Fowey Valley Cider stall, photographic exhibition, poetry corner, launch of our Apple Tree Mapping survey, fun challenges and refreshments. Also the Tanhay Cider Press will be open for viewing, although no pressing is planned this year.

AND we'd love your involvement please!

Write an apple (or other orchard fruit) themed poem and/or 100 word story. Go on . . . have a go! We can't have a Poetry Corner without you! **Entries to me by Monday 13th October** so that we can print and display them. If we have enough we could produce a Golant Orchards Poetry and Prose booklet!

Create an Apple Character (out of apples) – these can be brought to the hall on Friday evening between 5pm and 6pm or on the day.

Apple Tree Mapping Survey – if you know them, bring along your What3Words for your trees - Ian will be on hand to explain how it all works!

Orchard blossom and/or fruit photos – if you have some good ones please send to me or to Ian Laughton by Monday 13th October.

And as always, refreshments - offers of cakes gratefully received.
cagabb23@gmail.com pzparsons@yahoo.co.uk everyone@laughtons.org.uk



Penny Parsons, Chairman

TRAIN FARES

“Never complain about the price of train tickets again! Who would have thought that you could pay £6,000 to sit and eat supper whilst watching the good folk of Golant. (At least this time you get a decent view rather than having to look at the clay wharves!) AND if you want the luxury of a suite and personal butler, it's just £17,900 per adult. They will no doubt point out the exciting features as you dine... the ever-famous *Fisherman's Arms*, where a decent meal might cost a bit less, the wonders of the rear of the toilets and kayak store and the twinkly lights of the peasants' cottages!”

Ian Laughton



This is Belmond's new super-luxurious touring/ sleeper train, 'The Britannic Explorer.' How the other half live! Ed.

NEWS FROM ST SAMPSON'S CHURCH

The church is now redecorated, and looks stunning. The painters were excellent, and many thanks to Allan and Claire Foster for over-seeing the work, and for spending so much time in moving paintings and various other obstacles so that the painters could move round the church so efficiently. Allan has also renovated the church notice board, and we are very grateful to him - notices should now stay dry!



The church is now fully open, and thanks to all those who are on the rota for opening and closing this much-visited building. Many of us take a holiday in September, but by the beginning of October the choir will be back in action, as will the big bells and handbells. The organ was wrapped up to protect the pipes from dust during the re-decoration, but Lance Foy, our excellent organ builder and tuner, kindly came to remove the dust sheets once the decorators had finished, and he also tuned the organ so that it is now back to sounding its best!

The first major service will be Harvest Festival on Sunday 12th October, at the usual time of 9.30am, and this is a short non-communion service, and a good opportunity to give thanks for the many blessings we enjoy in this special place.

Remembrance Sunday will be on 9th November this year, and, as usual, we will begin at the War Memorial at 10.45am for the Act of Remembrance; this will be followed by a service in church. Do come and join us for a service, or wander up to look at the interior of our medieval church, which has weathered its seven centuries remarkably well.

Simon Funnell

CHURCH CONTACT INFORMATION

Priest in Charge

The Revd Shona Hoad (07476 900623)

Churchwardens

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

Vicar's Ponderings!

One of the joys of the heavy rain showers in September has been an abundance of rainbows to cheer our days. There is something so delightful about the arc of colours – sometimes vibrant, sometimes just a shimmer as though it is only my imagination – that I inevitably find myself smiling. One of the things especially pleasing about seeing a rainbow is knowing that no one else is seeing it quite like me because their position and angle will be different to mine. How special is that? An image that is unique to me – a gift for me alone to enjoy in that particular way. That is not to say it is not also a gift that cannot be enjoyed by countless others as well; it is just that others will see it differently.

During September and into the early part of October the sermon series at church has explored God's gift of creation as we begin to look toward our harvest thanksgiving services. The rainbow is one of the easy-to-spot creative delights in our world. We need to be looking upwards and outwards if we are to see it, so rainbow hunting gives us a great excuse to put our mobile phones to one side and take a moment to pause from the busyness of daily life and the constant clamour of news stories. We read in the letter of James in the New Testament that "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows". When each day seems to bring challenging and competing news stories that demand our attention, being gifted a moment of joy such as the rainbow offers can be a welcome relief. The daily news items can feel like shifting shadows that lead us to look only downwards and inwards causing us to miss so much of the creative splendour that is all around us; so, it is good to remember and recognise the stability of creation principles and order found in a rainbow. Of course, the sunshine and rain showers don't just lead to rainbows in the sky, they are essential for our farmers to produce all that we need to meet our daily food requirements and for that we are extremely thankful.

Our Harvest Festival celebrations will be held in church on Sunday 12th October at 9.30 am with the handbells and choir adding wonderful sound colour to our service. Do join us as we celebrate together.

With every blessing,
Shona

Revd Shona Hoad
07476 900623
shona@tandgchurches.uk
www.tywardreathandgolantchurches.uk

Remembering our Loved Ones

St Andrew's Church, Tywardreath
Sunday 2nd November 3.00 p.m.
Followed by tea and cake

A reflective service with an opportunity to remember with thanks those we have loved but who have died. Names will be read out during the service, so even if you cannot attend but would like them remembered please let Shona know.

The Golant Pill Committee

Editor	Gillie Harris	833897
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Golant Pill Facebook	Robin Anderson	832370
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Golant Website	David Bonsall	834458

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.

Advertising Rates

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

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

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

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

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

Additional £15 for colour for all sizes.

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

An invoice will then be sent to you.

Our Advertisers

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

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

To keep up with events, and when you are planning an event, you can check out the new '**What's On**' page on the village website at golant.net

If you want to have an event listed on the page, email:

debbiepughjones@aol.com

Licensee *Nick Budd* warmly welcomes you to:

From an original drawing by Karen Wells-West



The Fisherman's Arms

Tel: 01726 832453

The Fisherman's Arms, Golant

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

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

Sunday Lunches served from 12 – 3pm.

All produce locally sourced.

Book early to avoid disappointment

Pill Paparazzi in this issue

RA	Robin Anderson
IL	Ian Laughton
GP	Gill Paull
JT	Jackie Taylor
KW-W	Karen Wells-West

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THE NEXT COPY DATE

Please note that the **Copy Date**
for the

December/January issue is

Wednesday 26th November

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

thegolantpill@gmail.com

Golant Gleanings

BACKALONG

The following extract about our orchards is taken from the late John Jenkin's book *'A School with a View. A Short History of St. Sampson's School, Golant'*, regarding school closures, with information taken from the school log books.

"An interesting example of closures forced by local custom is given by the following entries in 1877 and 1878:-

19 October 1877. No children came. Parents kept them home to carry ferns.

The reference to carrying ferns is intriguing. Obviously it was something of great importance to the village, but why? No satisfactory explanation has been found, but since Golant was full of orchards and cider-making was a local industry, it is possible that ferns (or bracken) were used in that process, possibly to provide a soft bed for the storage of the apple crop."

Two Fruity BACKALONG Newspaper Articles

An extract from the *Royal Cornwall Gazette*, on 14th June, 1878:

SINGULAR STORM — *A storm of an extraordinary character visited a part of Cornwall early on Sunday morning. At Golant, near Fowey, the storm was accompanied by heavy rain. Houses were unroofed, some of the slate stones being carried a distance of 500 yards. In one orchard twenty or thirty apple trees were blown down, in another fifteen, and several others have been more or less damaged.*

Another extract from the *Royal Cornwall Gazette*, on 29th October 1886:

THE APPLE TREE

"The Apple Tree" was the subject of a most interesting and carefully prepared lecture delivered on Tuesday evening, in the Church Institute Rooms, Truro, by Mr T. Cragoe....

The Gilliflower was allowed on all hands to be a Cornish apple, indeed it was a child of the soft dripping climate of Cornwall, and would not do elsewhere. In the early years of the century Mr John Vivian was in the habit of sending regularly to George III a sample of the delicious Cornish Gilliflower (then a new apple), so that if Madam had her whim from Germany, the King had his pleasure from Cornwall, and the historic garden which furnished the royal basket was close at hand— nay! they were on the very same ground.

I couldn't resist this last extract, inferring possible royal connections for me!! Just a joke...

Gillie Harris

THANK YOU!

Thank you to everyone, from the bottom of my heart, who have sent cards, gifts, visited, telephoned, sent good wishes or run errands whilst I have been incapacitated.

Obviously a big thank you to Martyn for the "in sickness" and "for worse" part of our wedding vows! I have been an impatient patient.

Fayre x!

The Golant Revue 2026

Calling all Golant residents, passers-through, passers-by and passed outs.

Next year it is time for the Golant Revue and I am sending out an early invitation for contributors to bravely step forward and commit to providing entertainment for your fellow occupants next January.

Held over two nights - Friday January 30th and Saturday 31st, 2026 - the Golant Revue is a magnificently collocated menagerie of five minute slots delivered by enthusiastic amateurs for the delectation and delight of their audience.

The 2024 Revue had a wide variety of performances from group singing to comedy sketches, and from Shakespearean tributes to classical opera!

Everything is considered, so please have a think about what you and your friends could contribute to this fabulous event. By the way, if there is a juggling unicyclist out there you are guaranteed a slot!

If you want any more info just grab hold of me or Penny Parsons, Ali Murray or Simon Hubner.

Martyn Hardy

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Golant Doubles Table Tennis Tournament

In the past, this tournament has been played in various villagers' gardens. Each venue host accurately levels the table and cuts the grass to Wimbledon standards.

This was the plan for this year until the 'Beast from the East' blew in. The tournament was rearranged with two tables in the Carnival marquee. This turned out to be a fortuitous change as it created a great atmosphere with all the 30 participants at the same venue.

The competitors' ages ranged from the teens to octogenarians, and no pair lost every game, and most games were very close.



The results were so close that five teams scored the same points tying at the top of the table. The next three teams were added to create eight for the knockout stage. Following tradition, the quarters, semis and final were played in the *Fisherman's Arms* marquee.

Cris and Paul, who organise the tournament, put on a splendid barbeque. Cris was quite emotional peeling and slicing the onions. Altogether a super afternoon and if you have any interest in who won – well, it was Ruth Varco and Greg White (much to their surprise).



Greg White

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with *Carn to Cove* presents

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7pm for 7:30pm

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Registered Charity number: 213607

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**"a creative
evening of Christmas
Wreath Making"**

Thursday 4th December
7:00pm

Tickets £25
All materials supplied

Limited
space,
book early

Book now via
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All profits from this event will go to Golant Village Hall
Registered Charity number: 213607

GOLANT VILLAGE HALL
proudly present

**David Mynne in
A CHRISTMAS
CAROL**

**Friday 5th
December**
7pm for 7:30pm

Tickets £15
Age 14+ only
BOOK EARLY! or risk
disappointment

Booking essential
email : golantvillagehall@gmail.com

bring your own refreshments !

All profits from this event will go to Golant Village Hall
Registered Charity number: 213607

with
added
BAN
HUMBUG!



August Flotillas

There were two Boatwatch outings in August. On 1st August the Fowey Lifeboat 'Maurice and Joyce Hardy left the Harbour for the last time to a sad but spectacular farewell. A number of Golant boats joined the hundreds of vessels present in the harbour to say goodbye. Tide times made the return to Golant a little tricky, requiring either early departure, full speed ahead and a bounce over the sands, or staying to wave a leisurely farewell to the lifeboat, followed by a leisurely Prosecco stop to celebrate the occasion.



Afternoon Tea on the River on Tuesday 20th August was somewhat threatened by dark clouds. The weather stayed fine for the run down to Fowey Harbour, but the rain rather set in on the way back up to Golant. But there was a touch of brightness on the horizon, so those of us who weren't too chilled went to raft up at Penquite Quay, where the rain stopped and we enjoyed a fine picnic.

2026 Boatwatch Calendar

The beautiful 2026 Boatwatch Calendar is at the printers and should soon be available for purchase at a price of £7.00. Profits from the sale of calendars will be donated to the RNLI.

Calendars will be delivered as soon as they are available to those of you who contacted David Jenkinson to pre-order copies.

Those who have not yet ordered a copy can get one by e-mailing david.jenkinson01@gmail.com. Local delivery will be by hand and without charge. Non local orders will incur postage costs.

Payment for your calendars is preferably by bank transfer to the Boatwatch account Golant Boat Owners Association 20-74-20 Account no. 43341380. Please add your name as reference.

Boatwatch AGM

Our Annual General Meeting will be held on Friday November 14th in the Village Hall. Members (and their partners) can enjoy a free glass of wine and a delicious pasty to sustain them through the evening. Our main speaker this year is from Fowey RNLI, where we will be able to find more information on the replacement of the Trent lifeboat by the Atlantic 85. They provide a speaker free of charge, but will appreciate donations. So please come equipped to support their vital operations.

There will be the usual free raffle and the start of ticket sales for the raffle for a David Parry painting to be drawn at the 2026 Spring Get-Together. The painting, as shown here, and so generously gifted by David, is of a kittiwake. Come along to the AGM, enjoy the evening and see the painting properly!



David Bonsall, Chairman, Golant Boatwatch

Golant Quay Users Association

This year's berth allocations have been made and the boats' 'stickers' letter posted out, so if you have not received yours then please do let us know. Please use the stern chain that we have installed with two stern lines to it and two bow lines to secure your boat during the winter lay-up.

With the recent high winds some boats have swung round on their neighbours, and this, together with the heavy rain we are experiencing does mean that you must check up on your boats regularly.

Peter Edwards & 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

Village Hall

There are quite a few exciting events organised by the Village Hall leading up to Christmas. The fundraising Committee have put in a lot of time and effort to provide a fun calendar during the winter months. PLEASE do attend these; it is after all your opportunity to support the Village Hall; many, many thanks to those parishioners who regularly do support these events. Please look at the Village Hall notice board, posters and facebook page, Maurie email and the Pill magazine calendar for more details. By popular demand we have a wreath-making session on 4th December, Meet and Greet on 7th, and we are taking part in the Christmas Market on 13th December. There is a new email address when booking tickets for village hall organised events; please use this advertised one. golantvillagehall@gmail.com

C Fylm simply wouldn't exist without our volunteers who set up the projector, sound, tables and chairs, pick the films, advertise the event, and welcome audiences with a smile. Do come along and support this event.

We have two wonderful evenings of humorous drama coming up and would hate you to miss out! Both are advisory age 14+.

Firstly *Go Away Cat* (and other stories) – Owdyado Theatre, Friday 17th October. Cornish writer, actor and director, hot off the outdoor stage of Miracle Theatre's recent, hilarious *Twelfth Night*, Daniel Richards brings you an evening of darkly comedic story telling . . . a live action audio book . . . story time for adults. This show explores a funny and thoughtful collection of true stories and essays that explore big themes through ridiculous circumstances, reminiscent in style and presentation of writer and wit David Sedaris. Tickets are £12, available only through www.carntocove.co.uk See poster (page 7) for QR code.

Secondly, the widely anticipated return of David Mynne (Dracula) with his inimitable delivery of *A Christmas Carol* on Friday 5th December. Tickets £15. Booking is essential via email: golantvillagehall@gmail.com (See poster on page...)

This summer we held the VJ commemoration in the Village Hall. Brian Murray came along with the contents of his father's suitcase, including (amongst other things) a Japanese flag and his fighter pilots' diary. Brian had a lot of knowledge to impart to those who attended and it was a really lovely, moving and poignant event.

Parishioners will have seen the work taking place on the steps accessing the Village Hall. This is all down to the hard work on the research and grant application undertaken by Neil Smith. Not only having spent hours doing this, Neil also gave

his time voluntarily to assist Andrew in removing the old steps, framing new ones, concreting and ordering new handrails, often both men working in the rain. This follows on from previous purchases made from this grant funding, one being the safety mirror to alight from the steps. As I write this, Martyn and Neil are painting the new handrail in readiness for the Macmillan event. There is still time to send monetary donations to this cause.

Do not forget that there are a variety of clubs to join: - Each week, table tennis, yoga and monthly book club.

Golant Village Hall Price List **Extra donations welcome**

1st Friday in the month, from 10am. Tea. Coffee, cake, with books, dvds and jigsaws to select. £2

2nd Wednesday in the month – La Soupe Populaire accompanied by tea, coffee and cake. £3

Last Friday in the month, CFylm Night. Membership fee (set by film supplier) is detailed below, in Carol's entry.

Hire of Hall:- Concession for Parishioners £2; Parish Group £12; Commercial – similar rates to the Albert Hall

Hire of trestle tables £10 each. Tumblers & wine glasses £poa

Queries- contact martynhardy501@btinternet.com

Fayre Hardy, on behalf of the Village Hall Committee

CFylm

After seven years from the 1st October, C Fylm membership will move to a sliding scale. You can choose to pay £8, £10, or £12 for 12 months of membership. The sliding scale is a 'Pay What You Can' system, allowing you to choose a price that feels right for you.

We will be showing movies filmed and based in Cornwall as part of the 'Too Much: Melodrama on Film' from the BFI's season of cinematic melodrama - October 31st *Jamaica Inn*, November 28th *Summer in February*, December 19th *Love Story*.

La Soupe Populaire

It's a change in the season and time for soup to be on the menu in the Village Hall. Commencing Wednesday 15th October until March, a variety of vegetable recipes are planned, along with something sweet to follow with fresh coffee or tea.

Carol Gabb

**Pasture
fed beef**



You are welcome
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Please call us.

Leyonne Farm Produce

We are offering our home-grown produce from the farm, which is processed locally - the lowest carbon footprint you'll find!

**Beef, Pork, Sausages, Burgers,
Bacon, Ham and Eggs**

Please visit our freezers by the farmhouse - room to the right of our back door. **Or phone ahead for help.**
Prices are posted and pay through the honesty box.

**Boxes of fresh meat
available—please call**

On the right as you go down to Golant

Tel. Bridget on **07854 735205** or Martin on **07877 798180**

Golant Sports and Carnival

Tides dictated that 'Madness in the Pill' was before Carnival this year and yet another great turn out of costumes and rafts. In fact, it looks as if greater effort is going into the 'Madness' costumes than at Carnival, plus we are incurring costs and get no revenue from 'Madness'. So, we will review how best to take these events forwards in the future.

A great team put the brand-new bunting up this year with the addition of permanent eyes and karabiner clips instead of string, and this should make the job easier.

Marquee building went relatively smoothly except we left the tube connections behind, but the team prevailed and many thanks to all those who helped.

Carnival day was a tad windy, but all went well. Many thanks to Anne McCleod and Jacky for making up the cream teas, and to all the cake bakers and tea ladies that resulted in record takings by Anne-Marie and her team. The other record income was on raffle ticket sales, so huge thanks to Louise, Estelle and Elaine for their clearly persuasive talents to relieve us of our cash. Despite these record incomes we unfortunately made a loss of £65 due to the cost of the new bunting. Fear not though, as we have sufficient funds to do it all again next year.

We had a lot less children taking part in the **Sports**, but those that did included Pearl Cook who won the Junior Girls cup; there were no Junior boys. The Senior cup was won by Sam Connibeer (*right*) in a close run thing from Hugh Taylor, and the Senior Girls cup was retained by Ellie Connibeer who had hot-footed it from trials with Plymouth Argyle, so a truly sporting achievement. The Round the Village race was won by Daniel Broden.

In the Girls' Shot Put Lara Harris and Pearl Cook tied in the 0-5s, Roux Jenkinson won the 6-8s, Libby Benton won the 9-11s and Ellie Connibeer won the 12-14 years old category. Amazingly, these young ladies also won the girls' Long Jump.

The Boys' Shot Put 0-5s was won by Toby Harris, in the 9-11s Evan Jenkinson won, and Hugh Taylor won the 12-14 age group, also winning the Long Jump, with Sebastian Bonsall winning the 9-11s and Albert Tarroni taking the 0-5 prize.



The **Carnival** had a lot less entries this year, but it still gave judges Kirsty and Simon and Lara and Simon a very difficult job, so many thanks to them. Those that won were Pearl Cook who won the Girls Individual category as Snow White, Child Groups winners were the Robins grandchildren, of which Beatrix Tarroni won the Best Child as Dorothy from Wizard of Oz 'Follow the A30/yellow brick road'. Mixed Groups winners were the Parsons family as characters from the motion picture 'Sing'. With Best Adult winner Tom Parsons from the 'Sing' group as a (very obvious!) elderly anthropomorphic iguana, and not a frog as some thought.



The Lostwithiel Town Band played while Carnival judging took place and then led the procession round the village. Back on the Green we held the raffle with prizes from local businesses including *Paddle Cornwall*, *Leyonne Farm*, *Colwith Farm Distillery*, *Tywardreath Butchers*, *Fisherman's Arms*, *Fowey Valley Cider* and of course the generous donations from villagers. The Lostwithiel Band then led the traditional Flora Dance along the front before *The Fisherman's* took over the entertainment with their BBQ and music from *The Stone River Band*.

Sports and Carnival would not be the great tradition that it is if it were not for the enormous help and participation from villagers, so a huge thank you to all those who helped.



Madness in the Pill

At about 3 o'clock on the afternoon of Saturday 9th August I was getting slightly nervous. There were only three rafts in the Pill and kick-off for the 2025 Madness event was 5 o'clock. Deep down I knew I should not have worried. By just after 4 pm we had a magnificent array of some eight rafts and eight very well attired crews eager for competition. Oh, and then the van den Broek vessel finally showed its face at just after 5pm. Drinks on their patio had made them lose track of time!

With the help of Steve Phillis and Ian Barker, up to their thighs in the Pill, we were soon under way with the usual programme of water-based sports: Blindfold Kayaking, Kayak Relay and Kayak tug-of-war. We were actually on time for a change even though some of the team members failed to answer calls for them to come and participate. Remember we said we needed to look at how we used the pedalos after last year's introduction? Well, changes were made which seemed to bode well, but guess what? We need to look at how we utilise the pedalos again for next year!

This year we had a Grand National style start for the Great Raft race with everybody (almost) in a line near to Island House. It made for a superb spectacle if nothing else.

So, to the results. Mark Steers cogitated and deliberated for some time judging the rafts and their crews. In the end the best-dressed raft was won by Amity Island House, Simon Reay's homage to the film 'Jaws' with a superb depiction of a half-sunken Orca being pursued by the shark itself. For me, it was the best raft design I had ever seen. Best-dressed crew was won by the team from the Action Man Eagle Eye team, the Taylor/Williams and Andrews tribes coming up trumps again.

The Action Man team were to feature quite prominently for the whole afternoon, winning the raft race in 3 minutes and 25 seconds and winning the overall Madness in the Pill Gold award with an aggregate time for all events of 2 minutes and 24 seconds. The Rodeo Rejects took silver in 2:48. The Lidl Pirates won the Junior Raft race.

Once again there was a fantastic turn out with the weather holding out very nicely for us all. The terraces of the pub were heaving, drinks were quaffed and BBQ scoffed.

In addition to Messrs Phillis and Barker, my thanks go out to Louise Jordan and Fairy for timing and working out the scores, to Clair Connibeer for keeping everybody safe in the water and to Paul Meredith and Ian Laughton for trying to organise the pedalo event!

Big thanks to everybody who entered rafts and crews to take part, it could not be done without you.

Martyn Hardy



Photos by Robin & Lizzie Anderson

Nature Notes

Be careful what you wish for should be the subtitle of these notes, after the last edition! Since then, finally, we have had rain, and rain, and rain..... all extremely welcome from our point of view. The ponds have filled, along with the water butts; I can slosh water about with abandon in the polytunnel, and every bucket and container is out to catch water. It has made us think seriously about water - again. Despite having approximately 7,000 litres of rainwater storage, not including ponds, it has been tight; I cannot justify 'clean' water to water my plants, nor fill a hot tub, as much as I would love one! So I am looking to rig up even more water butts; I have 10 x 100 litre tubs that fill with rain water and then I can dip a watering can in, but they ran out, so I am thinking of filling water butts that are placed in the veg beds from the excess, and then things can be watered direct...not sure yet - a work in progress!

The warm, sunny and dry summer has meant that our apples have ripened, along with quinces and sloes much earlier than usual, so a mad few weeks of preserving and cooking is going on to make the most of the incredible harvest this year. The veg hasn't done so well, but more than enough to keep us going. Now that we have had rain, the beetroot, squash and leeks are plumping up, and the various leafy greens have bounced back.



Many people will have heard of the 'Chelsea Chop', but for those who haven't, it's referring to a few weeks in May (around the time of the Chelsea Flower Show) when some shrubs and flowering plants are given a 'chop' or hard prune, which results in more compact plants that survive winds and rain better, and gives more flowers, although smaller, which carry on flowering for a longer period. David has created the 'Golant Chop'...the hedgerow in front of the Sanctuary is kept reasonably low so that the view is maximised. Over the years, this has become full of Buddleia. It has had several 'chops' this year, with the result that there has been a profusion of blooms, smaller, and less damaged by the winds and awash in all sorts of butterflies and more hummingbird hawk moths (*left*) than I have ever seen, at a time when all the regular Buddleia has finished flowering. So please consult your favourite book, search engine or gardening celebrity before you take shears to plants - but when it works, it's brilliant for blossoms and wildlife!

The beautiful blue towering spires of the Echium plant are a fairly familiar plant in the more sheltered parts of Cornwall. They too are a complete bee magnet, and when they flower almost seem alive with so much buzzing going on! The tricky bit is the fact that they are biennial, so you have to get them through at least one winter if you want them to flower (some can be slower and flower in the third year). They can cope with a certain amount of cold, but hate wet, so a mulch of something and perhaps some fleece if it's really cold will give you the best chance of witnessing the incredible flowers the following year...

The one I had two years ago self-seeded everywhere, so I have potted up some seedlings that are doing very well. I have a few for sale if anyone is interested - you can contact me at: thesanctuarycornwall@gmail.com

Karen Wells-West



KW-W

ST SAMPSON PARISH COUNCIL

1. Meetings:

Following our break in August, we are now back to our normal schedule of monthly meetings every 4th Tuesday of the month. This month we were consulted on the following Planning Applications, which we supported.

PA25/05868

PA25/05054

2. Fowey River Annual Canoe Race:

I am sure you will receive a Maurie Mail on this shortly, but please put a note in your diary for Sunday 12th October, when the above event is taking place. As most of you will remember from previous years, the club put in place a one-way system down Water Lane for the Sunday morning to enable the canoes to be delivered to the Village Green, and trailers are then being taken back and parked in Andrew's field. So please follow the one-way signs if you are moving around the village on that morning.

3. Highways and Water Lane Closure:

Just a reminder that on the Monday following the above event (i.e. Monday 13th October) work starts on repairing the collapsed bank on Water Lane. The work is scheduled to take a week but will not start until 9:00 in the morning and will finish around 4:00 in the afternoon, and Water Lane will be open in the evening. So please try and organise your week around these timings if you can. Obviously, the diversion route during the day will be Church Hill, which will inevitably bring its own complications.

4. Hedges fronting the Highway:

We have been asked by Parishioners to see if hedges that encroach onto the Highway can be cut back? We at the local level are not an *enforcing authority*, but it is well established that any householder with a garden or field that fronts onto the Highway has a duty and responsibility to keep hedges from encroaching onto the Highway. Please check your own hedge and ensure you are complying with the well-established rules that apply.

5. Projects:

As we start the process of considering our budgets and the resulting Precept for next year, we have been discussing the possibility of upgrading the toilet and kayak store and carrying out some 'ground works' in the village green parking area. We have an amount of money still in the 'kitty' from your generous donations to the Playground Project, and we wondered if any of that could be utilised to offset costs in the above-mentioned projects? Alternatively, we can leave the 'playground money' as a 'ring fenced' reserve, to pay for any repairs and/or renewals in the future? What do you think? Please let me or one of the other Councillors know, and indeed if you have any other ideas of how we might invest in the village?

David Jenkinson
Chairman St Sampson Parish Council

GOLANT WALKING GROUP

As a group we have not walked much recently, though individually many of us will have enjoyed varied coastal and countryside walks. At the start of this new 'walking year', the walking group will adopt a slightly different format, as different members take responsibility for organising and leading walks each month.

September's walk in SE Cornwall had to be postponed because so many were still involved in family and holiday pursuits. This quite lovely walk between Cremyll and Kingsand, affording glorious views over Plymouth Sound and Cawsand Bay, well rewards the travel time, and will be coming soon!

Information about walks is provided via email and increasingly, WhatsApp. If you would like to be included, then contact me with your email address and mobile number.

Anne Bonsall (anne.bonsall@btinternet.com)

Some Sayings used in Cornwall

- * Always on the randy (never home)
- * As drunk as a Piraner
- * Flowers fade on flirts
- * Looking like a winnard (looking cold)
- * Going at it like a bull at a gate
- * You'd think money grew upon ferns
- * Will 'ee have a drop of warm?
(a cup of tea)

Taken from '*A Cornish Hotchpotch*'
by Kathleen Hawke, published
by Turan



On 18th September we had a fascinating tour of **Fowey Valley Cider** in Lostwithiel; from its humble beginnings at *Hybadore*, Golant, Barry has built a thriving business.

Barry and Sarah explained that they have a marvellous band of local apple suppliers who deliver apples to the works and get the end product in return as payment. The apples are hand selected to go into the 'scratter' that chops them up, and onto the crusher that sifts the juice from the waste and into the storage vessels. The waste is collected by farmers, so nothing goes to waste. They are currently experiencing a glut of apples, as many of you will no doubt have noticed on your own trees.

They make various ciders culminating in their Sparkling Vintage Cider. They also make chutneys and various oils, and Barry has now branched out into distilling gin, rum and whiskey.

You can buy their products at various local shops, and they also sell from the premises, and you get a locals' discount.

Our next set of events are all 'TBA', as it is proving difficult to book speakers and venues a year in advance when we do our event planning, so follow us on Facebook or visit our website <https://www.friendsofthefowey.org.uk>

Peter Edwards 01726 833141 peterj.e.golant@gmail.com

'WOTNOT'

Once again, I called on Golant in support of another Young Farmers venture and, once again, you went above and beyond with your support!

Every year, Young Farmers Charity (YFC) organises a 'WOTNOT'. This is an annual expedition of sorts to raise money for our charities, usually lasting a week, which is always quite physically demanding. It won't surprise anyone who knows me that I love these challenges, and I'll sign up for just about anything! Be it climbing the three peaks (I 'took the Pill' with me two years ago!), walking 90 miles in Ireland (last year!) or cycling from Mont-Saint-Michel (*right*) in France to St Michael's Mount in August this year. 250 miles in 3.5 days... on a tandem!

I won't be able to give you a straight answer as to why I chose to ride a tandem for this- but why not! I was one of 13 members to tackle this and I'm very lucky that YFC are always up for a laugh, because 10 of them did shifts with me to get that thing back home. We were lulled into a false sense of security in France with its gentle hills, and shocked back to reality cycling between Torpoint and Fowey (you'll not be seeing me near those again any time soon!).

All in all, the ride was brilliant. Surviving the heat of the weekend with only one tandem A and E trip to tighten some spokes (Cornwall's best rugby prop on the back may have pushed our luck at 220kg, although we did pick up some speed...), we rolled into Marazion to a cheering crowd with everyone intact and nearly £10,000 raised for the Cornwall Air Ambulance!

One thing the other members couldn't quite believe however, was the support given to me by my local village. The amount raised by you all quickly surpassed the others by a distance, and I hope you all know how much it meant to me to have that encouragement. It's very rare nowadays to find such a strong sense of community anywhere- it's why I love YFC and why I love being part of Golant!

I'd like to tell Maurie that I won't be bothering him with anymore YFC emails... but with Abi just voted in as Lostwithiel's Chairman and me as Cornwall Chairman I can't see that happening anytime soon!

Thank you to everyone who gives a kind word, donation or buys bags of dung for one YFC venture or another- I never take it for granted.

Beth Whell

And see page 16 (opposite) for another YFC event at Fowey



The start of the gruelling cycle ride at Le Mont Saint Michel for the wonderful Cornwall Young Farmers group, who raised an incredible amount of money for their chosen charity. *Ed.*

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Cornwall Young Farmers

I'm holding the YFC Harvest Festival on October 10th in Fowey Church, 7pm for 7.30pm.

It would be lovely to see anyone and everyone there, as it really is a lovely service to attend. Refreshments will be provided afterwards in the church.

And a warning that I'm also holding a disco on the farm afterwards for the members, so just to watch out for trucks turning off the Golant junction for a few hours that evening (music shouldn't be able to be heard from Golant!).

Beth Whell

A guide to SENIOR MOMENTS

The **first day of retirement** is the first day of the rest of your life savings.

The old don't have to worry about **avoiding** temptation.

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A Cornish Maid's Recipe Corner

A delicious quick recipe after a busy day in the garden or working on your boat getting it ready for winter maintenance!



Mushroom Stroganoff

450g/ 1lb assorted Mushrooms, thickly sliced or halved –
(I used Chestnut & Button Mushrooms)
2 medium Onions, finely chopped
25g/ 1oz Butter
150ml/ ¼ pint Vegetable Stock
5ml/ 1tsp French Mustard
5ml/ 1tsp Tomato Purée
Juice of half a Lemon
150ml/ ¼ pint Sour Cream

1. Melt the butter in a large frying pan. Add both the mushrooms and onions and fry over a moderate heat for 10 minutes.
2. Stir in the tomato purée, mustard & vegetable stock, bring to the boil and simmer for 5 minutes.
3. Remove from the heat and stir in the lemon juice & sour cream.
4. Return to the heat but do not allow to boil.
5. When heated through, serve immediately.

Traditionally served with rice, but also delicious with jacket spuds or pasta, with a few greens for extra colour.

To make this even quicker on preparation time, you could use pre-packed sliced mushrooms & onions.

Gill Paull



Some Animal Adjectives

Calf-	Vituline
Flea-	Pulicine
Frog-	Ranine
Squirrel-	Sciurine
Swine-	Porcine
Toad-	Batrachian



As the year goes by, there are certain dates that you should remember, and one of these is the last weekend in September, because now that we're in October, the last chance to pick wild **Blackberries** has gone. The reason being that this is the date for Summercourt Fair, and after that date the Devil is known to have visited the fields and piddled all over them, the beastly rook! But I suppose that this is why at this time of year the *Blackberries* are all fly blown, soft and waddy. So that just goes to prove that perhaps there be a lot of truth in some of these old superstitions, and should you ignore this warning you do so at your peril, and so don't go *Blackberry* picking from now onwards!

*Another seasonal extract from **John Kift's** Gardening Year Book for October, full of wit & wisdom and his usual dialect.*

Ed.

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

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

£6 each or two for £10 (Mix or Match)

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**

Click on **Golant Pill**, where you will find copies going back to the April/May Issue for 2017.



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CALENDAR OF VILLAGE EVENTS

OCTOBER

Friday 3 rd	10.30am	Coffee/tea, cake, chat and books	Village Hall
Sunday 5 th	9.30am	Holy Communion	St Sampson's
Sunday 5 th		Sunday Roasts restart	Fisherman's Arms
Tuesday 7 th	8.00pm	Quiz Night	Fisherman's Arms
Tuesday 7 th – Saturday 11 th		Curry week	Fisherman's Arms
Sunday 12 th	9.30am	Harvest Festival	St Sampson's
Tuesday 14 th	8.00pm	Euchre	Fisherman's Arms
Wednesday 15 th	12 - 2pm	La Soupe Populaire (<i>booking required</i>)	Village Hall
Friday 17 th	7.30pm	'Go Away Cat', Owdyado Theatre (<i>See p.7- booking essential</i>)	Village Hall
Sunday 19 th	10am – 4pm	Golant Apple Day	Village Hall
Sunday 19 th	6.00pm	Evensong	St Sampson's
Tuesday 21 st	8.00pm	Quiz Night	Fisherman's Arms
Sunday 26 th	9.30am	Holy Communion	St Sampson's
Tuesday 28 th	7.15pm	Parish Council Meeting	Village Hall
Tuesday 28 th	8.00pm	Euchre	Fisherman's Arms
Friday 31 st	7.30pm	CFylm Club 'Jamaica Inn' 1939(<i>booking required</i>)	Village Hall

NOVEMBER

Sunday 2 nd	9.30am	Holy Communion	St Sampson's
Tuesday 4 th	8.00pm	Quiz Night	Fisherman's Arms
Friday 7 th	10.30am	Coffee/tea, cake, chat and books	Village Hall
Saturday 8 th		Italian Theme Night	Fisherman's Arms
Sunday 9 th	10.45am	Remembrance Sunday <i>War Memorial for Act of Remembrance followed by service in church</i>	St Sampson's
Tuesday 11 th	8.00pm	Euchre	Fisherman's Arms
Friday 14 th	7.30pm	GBOA AGM (<i>See page 8</i>)	Village Hall
Sunday 16 th	6.00pm	Evensong	St Sampson's
Tuesday 18 th	8.00pm	Quiz Night	Fisherman's Arms
Wednesday 19 th	12 - 2pm	La Soupe Populaire (<i>booking required</i>)	Village Hall
Sunday 23 rd	9.30am	Holy Communion	St Sampson's
Tuesday 25 th	7.15pm	Parish Council Meeting	Village Hall
Tuesday 25 th	8.00pm	Euchre	Fisherman's Arms
Wednesday 26th	Copy Date	<i>The Golant Pill</i>	thegolantpill@gmail.com
Friday 28 th	7.30pm	CFylm Club 'Summer in February' (2013) (<i>booking required</i>)	Village Hall
Sunday 30 th	11.00am	Benefice service (<i>No service at St Sampson's</i>)	St Andrew's, Tywardreath

DECEMBER

Thursday 4 th	7.00pm	Christmas Wreath Making Workshop (<i>See page 7- booking essential</i>)	Village Hall
Friday 5 th	7.30pm	Christmas Carol – David Mynne (<i>See page 7- booking essential</i>)	Village Hall
Sunday 7 th	12 – 2.00pm	Meet'n'Greet	Village Hall
Friday 12 th	10.30am	Coffee/tea, cake, chat and books	Village Hall

*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.*