

Grade Ruan Gazette

February 2016

Vol. 29 No. 10



Inside This Month

All our regular features, plus:

Dog Fouling at Cadgwith

Shared Lives Caring

Friends of Kennack

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business and holiday let in the Parish

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DATES FOR THE DIARY

Alternate Weds	Recycling - 3,17 February
Every 4 weeks	Mobile Library: Glebe Place 10.25 am -10.45 am, 10 February, 9 March
1 st Sunday	Friends of Kennack Beach Clean. Meet at car park. 10am 7 February
2 nd Monday	7.30pm Parish Council meeting, Methodist Chapel, 8 February
3 rd Tuesday	12.15pm Soup, Pasty, Pudding, Methodist Chapel, 16 February
4 th Tuesday	7.30pm Quiz in the Village Hall, 23 February
Mon & Thurs	7.00pm Short Mat Bowling, Village Hall
Every Tues	(except 3 rd Tues) 10am Coffee morning, Methodist Chapel
Every Weds	Rainbows, Brownies & Guides. Contact Joy Prince Tel: 01326 290280
Every Thurs	9.00am - 11.45am Market and refreshments - Village Hall
Every Thurs	Yoga at the Village Hall - 5.30 - 6.30 pm

FEBRUARY

(SEE "WHAT'S ON" FOR MORE DETAILS)

4 February	Meeting about the Play Area, 7pm in the Chapel
13 - 21 February	Spring Half-term, Grade Ruan Primary school
17 - 20 February	"A Bad Day at Black Frog Creek" in the Village Hall, 7.30pm
24 February	Cadgwith Book Club, 8pm Cadgwith Cove Inn

ADVANCE DATES

19 March	Spring Flower Show, 2.30pm Village Hall
23 March	Cadgwith Book Club, 8pm Cadgwith Cove Inn
28 - 30 May	May Festival, Recreation Ground
20 July	Beach BBQ, organized by the Gig Club
27 July	Beach BBQ, organized by the Lights Committee
3 August	Beach BBQ, organized by the Rec Committee
6 August	Vintage Rally Night Before Party
7 August	Grade Ruan Vintage Rally
10 August	Beach BBQ, organized by the Gig Club
17 August	Beach BBQ, organized by the Lights Committee
24 August	Beach BBQ, organized by the Rec Committee

Front Cover:

Swimmers, all dressed up and ready for the plunge on Christmas Day.
Photo by Lorraine Taz Bradley.

DISTRIBUTORS

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All houses (holiday lets and those that are permanently occupied) and businesses in the parish, should receive a free copy of the Gazette. If you are not receiving yours, please either speak to the person who delivers to your area, or contact Sue Cadman on 01326 291129.

CONTRIBUTIONS

Please send contributions to the Editor's email address shown below. Paper contributions can be put in the Mag Bag behind the door at Ruan Minor Stores. **The deadline is the 18th of the month prior to publication.**

Articles may need to be split over more than one issue, and might be edited.

If you have a photograph, painting or drawing that could be used on the front cover, please send it to the Editor.

Views and opinions expressed in submitted articles and letters are not necessarily those of the Editorial Team and Committee. The Editor reserves the right to alter submissions for length and / or diplomacy!

See us online at www.cadgwith.com and on Facebook "Grade Ruan Gazette"

ADVERTISING

Advertising in the Gazette is a great way of reaching everyone in the parish, and further afield.

Approx. 590 copies are distributed every month and the rates are reasonable!

A ¼ page is £5, a ½ page £8 and a full page £15 per issue, with 10 issues per year. A 10% discount is available if you pay for 10 issues in advance.

For more information, please contact Moira Hurst or Peter Martin.

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The Gazette is a not-for-profit publication and is created and distributed by volunteers.

Noticeboard

Welcome back after the Christmas break; I trust you are all set for a new year of activities in the Parish. The winter is a little quiet, but the latest show from the Ruan Revellers should provide some light entertainment. Details are in the "What's On" section.

Happy Birthday in February to: Ian Henn, Richard Drummond, Carrera J, Esme A-C, Thomas Bosustow, Jordan Jane, Bob Watson, Abby J, Katey Jane, Tracey Bennetts, Robert Drysdale, Greg Bird, Ellie R, Chas Deacon, Alice Harry, Paul Ferrari, Chris Hunt, Angela Jane, Noel Cliff, Jessica Sealey, Jowan B, Aaron Goddard, Michael Hall, Jack T-B, Fiona Fletcher, Tim Birchmore (who gets to have a proper Leap Year birthday this year!)

This month's front cover photograph shows some of those brave enough to take the plunge at the **Cadgwith Christmas Day Swim**. In the event, the sea was too rough, but they didn't get away scott free, as they had to run the gauntlet of freezing cold water being rained down on them by John Skewes. It was all in a good cause as usual. This time, the chosen charity was Meningitis Now, in memory of Teygan Sugrue. At least £600 was raised, with more sponsorship money still to come in. Also, there was a useful reminder to anyone going to University to ensure they are vaccinated against this deadly disease.

Sally Watts will be editing the March Gazette; you can send your contributions to the normal email address, or put them in the magbag, and Sally will receive them.

By the time the March issue drops through your door, spring will be on the way, with longer days and, we hope, a bit of warmth. And aren't all looking forward to that!

Moira Hurst

From Rose Boucher:

I would like to thank Ruan Minor Parish Council for their kindness in paying for the

coach trip to Truro on 17th November, especially to Sheila for organizing the trip.

From Marea Downey:

I am working on the book about Cadgwith at Christmas, and hope to have it finished shortly. In addition to the copy which will be available in the Cadgwith Cove Inn for people to see, we will have 40 copies printed and donated to be sold at £15 each, to benefit the Cadgwith Christmas Lights Fund. Tim and Moira Hurst have kindly agreed to hold the copies and sell them to anyone interested, since Tim is on the Lights Committee. I understand that the images of the local children from the school, and at the Nativity Service at St. Mary's and the Christingle Service at St. Grade, are OK to be used in the book. Of course no names will be used. Several parents who have checked my website page have contacted me to obtain the images for their own use. I will also use a few images I have made from the Christmas Swim, scenes around the village, the village on the night the Lights were turned on, and the Mummer's Play. Anyone who still wants to contact me can do so at : mareadowney@mindspring.com.

My family and I had a wonderful time in Cadgwith over Christmas. It was so much fun to see many people we know, and to join in the celebrations in such a magical place, and at such a special time of year. Thanks to all who allowed me to photograph them. I hope you will enjoy the results!

The Saint Ruan 200 Club

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What's On



THE RUAN REVELLERS PRESENT



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On

Wednesday 17th February – 7.30pm

Thursday 18th February- 7.30pm

Friday 19th February – 7.30pm

Saturday 20th February – 7.30pm

Tickets £5 Adults. Children/Students £3

Tickets only available from Ruan Minor Village Shop

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- **Robbie's Pork** – joints and various types of sausages in our freezer.
- Our '**Ansom bit o' butter** that is made to order and churned on the farm.
- Our '**Ansom bit o' cream** that is Cornish Clotted Cream at its best.
- Our larger **Dairy Shed** by our farm gate where we are selling our fresh farm produce, eggs, cheese, vegetables and a range of gifts. Find us at **Treleague Farm** near the crossroads.

Also coming soon on **Thursdays only** – the very special "**Hope's Bread**" which is available to order. The full range is listed in our shop so please call in to chat about what you would like.

Winter opening hours: **10am to 6pm** Monday – Friday and **10am to 1pm** on Saturday and Sunday.

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FREE QUOTATION



RUAN MINOR PLAY AREA

You are invited to a meeting planned for Thursday 4th February in the Chapel schoolroom at 7pm about Ruan Minor Play Area.

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Contact: Rev'd Dierdre Mackrill 01326-281178 or
Mark n Liz 01326 - 290910.

York Course Booklets are £3-50 each.



The Old Cellars

is now taking bookings for

Valentine's Night, Saturday 13th February, with the
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Dog fouling at Cadgwith Working Fishing Cove – all areas.

The legislation governing dog fouling falls under the **Clean Neighbourhood and Environment Act 2005** which makes it an offence for anyone in charge of a dog to not remove the faeces forthwith and place it in a proper receptacle anywhere the public have access to, even if it is private land or you have to pay an entrance fee. The current **Fixed Penalty Notice is set at £50** if paid within ten days and this increases to £80 if paid after ten days but within 14 days; if the FPN is unpaid a summons to a magistrates court is issued where the fine can increase to £1000 if convicted. It is also a criminal offence so a criminal record is also stored against the name.

Ed Fleck

Community and Environment Officer

Public Protection and Business Support, Cornwall Council

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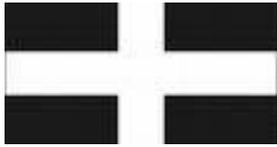
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SHARING, CARING FAMILIES PROVIDING MUCH-NEEDED BREAKS

"I enjoy knowing that I'm helping people – not just the people who come and stay but their families too."

Sheila and Brian Baker are just one of the families in Cornwall who share their homes and family life as part of Shared Lives South West. Sheila and Brian welcome people with extra support needs – including people with dementia – into their own homes, giving family carers a much-needed break. Sheila and Brian have two people staying long-term as well as offering short breaks. They say that they enjoy *"working from home and being able to help people by teaching them life skills or by giving another carer a much-deserved break."*

As well as having previous experience, Shared Lives carers receive full training and support from **Shared Lives South West**, an award-winning charity which works across all of Cornwall and Devon.

Janice Brown, who manages the service in Cornwall, explains:

"Each of our households has a named Shared Lives worker who works with the family from the outset – they get to know them really well. Obviously, working with vulnerable people means that we need to do a lot of checks but we also provide ongoing training and support in things like communication and personalisation too. Because our services are provided in family homes it's a very different way of doing things. Our carers do a brilliant job of making people feel comfortable and at-home, whether it's a short-break or a longer term arrangement."

Could YOU be a Shared Lives carer?

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RUAN MINOR VILLAGE HALL

WHAT'S GOING ON AT THE VILLAGE HALL?

THE THURSDAY MARKET

The market is held every Thursday morning from 9.15am to 11.45am or later in the summer. Come along, browse our stalls, for some superb purchases, enjoy a cup of tea or coffee, some toast, teacakes, or why not try our speciality 'The Village Hall Bacon Sarnie'. If you prefer, just stay for a chat and catch up with the local news.

Regular stalls include:

Art & Craft work	Jewellery & Accessories	Household Goods
Jams & Preserves	Cakes, Pastries, Foodstuffs	Cards & Stationery
Knitware & Quilting	Leggy's Pasties	Flowers & Plants
Bric-a-Brac	Needlecraft	Books

You can also try your luck on the weekly raffle to win one of the excellent prizes on offer and it's all to help raise money to keep the Village Hall thriving.

To book a stall or get further information, please telephone

Tasha Allen on 291232 or 07792292665

or just call in on a Thursday morning to see what's going on.

SHORT MAT BOWLS

Sessions are held on Monday and Thursday evenings at 7.00pm

It doesn't matter whether you're a beginner or seasoned campaigner, come along and have a go. It's only £1 per session and you get tea, coffee and biscuits thrown in. Spare bowls are available.

For more information call **Steve Griffiths on 290154**

QUIZ NIGHT

Quizzes are held on the 4th Tuesday of every month and its fun for all the family. It's £1 per person including tea, coffee and biscuits or you can BYO if you prefer. The contests begin at 7.30pm. Any changes to dates will be notified on the Village notice boards.

SPECIAL EVENTS

Check on the Hall and Village notice boards for details of the many special events held in the Hall throughout the year.

ARRANGING AN EVENT?

Are you looking for somewhere to hold a party, a meeting, fairs, sales or bazaars, community events? We have ideal facilities to help you out and can also provide tables and chairs if required. Give us a ring and let's discuss how we might be able to help.

For more information on these arrangements call

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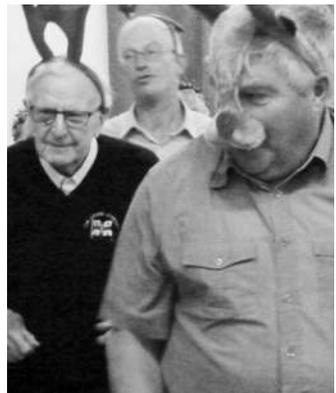
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RUAN MINOR VILLAGE HALL

HAPPY NEW YEAR

Don't forget to visit the Thursday morning Market, lots of stalls and refreshments and just the time of year for the legendary bacon sandwich!

Every Christmas the Village Hall thanks all its supporters by providing a free evening of entertainment and refreshments taking the form of a Carolaire. A collection is made with every penny going to charity. This year we supported Treliske Hospital in Truro to help them to provide special services and facilities to families of patients. "The Menherion Singers" were enormous fun and here are a few photos to show how much fun was had by all.



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Grade-Ruan Under 5s

School Spot



Mullion School

There is no School report this month. Information and news about our schools can be found on-line:

Under 5s: Facebook "Grade Ruan Under 5s"

Grade Ruan CofE Primary School: www.grade-ruan.cornwall.sch.uk

Mullion School: www.mullionschool.org.uk

Normal service will be resumed next month.

We are looking for a volunteer to write the Grade Ruan report. It's not a very onerous job, just a few paragraphs about what's been going on at the school during the previous month. It's a good opportunity to promote interest in the school. If you could take this up, please let Ginny Sealey or Moira Hurst know.

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RUAN MAJOR, LIZARD



Friends of Kennack

The Beach clean on 3rd January was a great success, collecting 12 large rubbish sacks full, together with a considerable number of large plastic items, such as drainage pipes, tubs and pots. It was a good turnout and everyone enjoyed themselves. After a week or more of foul weather, the Sunday was really lovely. Wall to wall sunshine! I have set up a Friends of Kennack facebook page and we will be adding to it as we go along. The photos so far are courtesy of Steven Legge. Our next clean is 7th February. and the car park should be open, also Tom at the Beach Hut Cafe will give all the pickers a hot drink. Do join us - I have ordered a sunny day! Everything is provided, bags, holders, gloves etc.

Sue Cadman





DECORATING



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City & Guilds

NVQ 1, NVQ 2, NVQ3



Recreation Ground News



The photo above shows the social area in the new pavilion, looking towards what will be the bar area and lovely big patio doors leading out to the sports field. Despite being slightly behind the original schedule, progress on the pavilion continues and it is now up to roof height. Building during the winter is always a bit of a gamble and there has been quite a bit of bad weather, but work is on schedule for the pavilion to be open by the May Festival.

Many people have asked about the bar arrangements. We haven't settled the details yet, but will be meeting the managing committees of other facilities in the area, to try to understand all the issues we need to consider. It's not only the bar, but also the management of the facilities,

such as subscriptions, charges, cleaning, staffing and security arrangements, so there is much to do in the next few months. If you are interested in being involved in managing the new pavilion, please get in touch so that you can be involved in the discussions at this stage.

John Skewes has answered the question as to why there was so much concrete under the old pavilion:



When it was built, the ground in that area was very boggy, so the concrete was poured to provide a stable base on which to put the portable buildings that had been supplied by Culdrose. Thank you John.

******* STOP PRESS *******

The 3 Daft Monkeys will be performing on Sunday 29th May at the May Festival!

*Recreation Ground Committee
c/o Moira Hurst tel: 290257
moira@ruanrec.uk*



See us on Facebook:
"Grade Ruan Recreation Ground"



"Stitch & Sew"

Ladies & Gentlemen's Garment repairs & Alterations
(zip replacements, shortening & hemming etc.)
Curtain making for small windows / matching cushions.

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Drop & collect on my stall at Ruan Minor Village market
every Thursday morning**



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QUIZ NIGHT NEWS

HAPPY NEW YEAR QUIZZERS - I hope you all had a wonderful Christmas and New Year and have now sobered up sufficiently to honour your obligations as befit the finest brains this side of the Tamar. Quiz Night 2015 set quizzing standards which will be hard to follow, so it is now 'thinking caps on' and let 'QUIZ NIGHT - 2016' begin!!

November and December were two of the most wet and windy months that QUIZ NIGHT AT THE VILLAGE HALL has had to cope with but the Ruan faithful came through and in true fashion turned up to contest two fierce battles for the honour of being crowned QUIZ NIGHT CHAMPIONS.

It goes without saying that both end-of-the-year contests were hard fought. November saw JUST US 5 PLUS THE DOG triumph by a mere 1 1/2 points from THE MOTLEY CREW and December had THE MOTLEY CREW gain top spot by defeating CLIFFHANGERS by just 5 points. Both contests were a mirror reflection of the keenly fought battles which had all teams on a knife edge throughout the year. Proud winners of the coveted 'CUILLERE EN BOIS' in November were CLIFFHANGERS and the honour of guarding the SPOON over Christmas and into the New Year went to INBETWEENERS.

Excellent Guest Rounds were presented by KEVIN in November and Skinny & Mags delivered SARAH LEGGE'S posers in December whilst she was off on Lifeboat duty. A big thank you goes to them all for their splendid efforts.

After the battles were fought and the dust had settled, the final scores on the doors were as follows:

NOVEMBER	POSITION	POSITION	DECEMBER
Just Us 5 plus The Dog	1st	1st	The Motley Crew
The Motley Crew	2nd	2nd	Cliffhangers
New Blood	3rd	3rd	The Mixed Bunch
The Buccaneers	4th	4th	The Buccaneers
The Mixed Bunch	5th	5th	Blast Off
Odds and Sods	6th	6th	New Blood
Cliffhangers	7th	7th	Just Us 3
		8th	Inbetweeners

Can you handle the pressure? Can you cope with the strain? Can you rise to the challenge and defeat some of the finest brains ever assembled in one room? Give it a try and find out just how good you are!!!

Quizmaster Dave

Next Quiz Nights: 23rd February and 22nd March 2016

Rector's Ramblings

Looking out of my study window, it's wonderful to see so many birds coming to the bird feeders in the front garden – in particular the long-tailed tits: two, four, six, sometimes eight at a time; and they are so pretty! They come, of course, to stock up on much needed nourishment to give them energy, to keep them warm through the night and to live. Without nourishment they would surely die – as indeed we would if we had no food or water for a prolonged period of time.

Lent – which begins on the 10th of this month – reminds us of how Jesus was in the wilderness fasting (eating nothing) for 40 days & nights, after which time he was understandably hungry. Wily old Satan, the Evil One, tried to lure Jesus away from his calling as the Son of God, the Messiah (Matthew 4:1-11). You can almost hear Satan's 'weasley' voice saying: "O, go on; turn these stones into mouth-watering bread rolls, fresh from the oven! Can't you just *smell* their fresh-baked aroma? Mmmm! Go on! *Enjoy!*" Jesus, of course, doesn't give in to this or any other temptation that Satan can put in his way.

As part of their Lenten observance, some people choose to fast on, say, one day a week; or perhaps give up their favourite food/drink (like chocolate or cheese, coffee or alcohol) for the 40 days, as a reminder of Jesus' resistance to Satan's temptations.

Jesus responds to Satan with a verse from scripture: "It is written: '*Man does not live by bread alone, but on every word that comes from the mouth of God*'", and in so doing he reminds us too that, yes, of course we need food – just like the birds on my bird feeders do. Our bodies need to be nourished with a healthy, balanced diet to grow, to give us energy, to live.

But we also need spiritual nourishment – 'food' to nourish and feed our souls; 'food' which will bring us closer to God; 'food' which we can all receive from Jesus himself.

So take the opportunity this Lent to flock to Jesus and feed on him – because through Jesus, the living Word of God, comes the nourishment which will sustain us through every sort of trial, tribulation and temptation imaginable.

Bon appétit!

Revd Deirdre

deirdre.mackrill@btinternet.com

Contact details for St Ruan Church, St Grade Church and St Mary's Church:

The Revd Peter Sharpe, Priest-in-Charge	280999
The Revd Deirdre Mackrill, Associate Priest	281178
Churchwarden, Sheila Stephens	290583
PCC Secretary, Chris and Barry Lovelock	290181
Church Treasurer, Derek Elliott	290432



Church Services



Church of England Services

February

Sun 7th	Morning Praise, St Ruan Church	11.15am
Wed 10th	Ash Wednesday Service, St Wynwallow Church	7pm
Sun 14th	Holy Communion, St Ruan Church	9.30am
Sun 21st	Family Service, St Ruan Church	11.15am
Sun 28th	Holy Communion, St Ruan Church	9.30am

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Gardening in February

by David Endean

Happy New Year. This is the season of good intentions and many of you will have abandoned those that you set on the 1st of January concerning chocolate, cream cakes and exercise already. But I hope there are a few for your garden which are not abandoned yet.

We still have yet to have a winter; as one swallow does not make a summer, one frost does not constitute a winter. Plants have continued to progress rapidly and are still ahead of schedule. Today I noticed some Sycamore buds bursting and there are fields of golden daffodils out a few weeks before schedule. Funnily enough the snowdrops are about in the same state as they always are.

The days are noticeably drawing out

now and the sunshine is that little bit warmer so it gives you that bit more encouragement to get out in the garden and complete those tasks that were not done earlier in the winter. If you have not done so already, this is about your last chance to complete the pruning and tidy up of you grapevine. Prune back all last year's growth to just one or two buds from your permanent vine framework. This will be where your new growth and grapes develop in the summer. Vines have a flaky papery bark with loads of crevices for pests to hide in. You can peel a lot of this off and get rid of these pests - especially woolly aphids, mealy bugs and scale insects. The job is a bit of a faff but not too onerous and there are few other pressing jobs in the garden, so why not spend the time there.

While you are around the greenhouse: each year I recommend emptying it out, washing it down with a good garden detergent and washing and treating everything before they go back in the greenhouse. This greatly reduces pest and disease problems in the forthcoming year and raises the light levels in the greenhouse as the dirt, algae and moss is removed.

Now your greenhouse is clean, along with your pots and seed trays, February is the time to start sowing some of your seeds, especially those that need a long growing season or are just slow to start, I am thinking of lobelia, begonias, geraniums and first year flowering perennials such as Coreopsis and Gaillardias. All of these are half hardy plants so need to be started off in trays with some heat ideally in the greenhouse but a start can be made on the window sill. If you plan to do any amount of seed sowing in trays I really do suggest that you invest in a bag of dedi-



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cated Seed Compost. It is designed for the job and is riddled finer to give a better more even surface to sow seeds on, especially for small seeds. It tends to have extra sand to aid drainage plus it has a lower nutrient balance, which should give a stockier plant. The seedlings should not be in that tray for long, so the nutrients would be wasted.

I have the same system for sowing nearly all my seed in trays. I firstly fill the seed tray approximately half full with compost then I sieve the next layer of compost over the top through quite a fine riddle, so as to be sure of no lumps. I then roughly level the compost so that it is evenly distributed around the tray, and I then use a dedicated damper to lightly firm the surface (I have a damper design for each tray size that I use which gives a lovely flat even surface). The tray is then soaked in a shallow soaking tray so that it draws the water up from below. Once the surface of the compost is evenly moist, I lift the tray out of the water and leave it to drain for a couple of minutes. It is now ready for to sow seeds onto. Once that is done, I cover the seeds with more of the sieved compost or vermiculite to the depth required - this is different from species to species. Make sure you label your tray and put it at the recommended temperature. If you do this I cannot think that you can do anymore for those precious little things.

In the veg patch: if you are growing potatoes this year, now is the time to buy your seed potatoes, then bring them home and put them out to chit. You need a bright cool, but frost-free place to encourage the seed tubers to sprout but to keep the sprouts strong thick and green. Set them up so that the end with most of the eyes is facing upward, use shallow trays or egg boxes to hold them in. If you are growing more than one variety, make sure you label the trays because after a few weeks you will not be able to tell different varieties apart, as they shrivel before shooting and greening up.

If your ground will allow it, now is the time to start to plant some early crops of broad bean, peas, onion sets and shallots. Do not worry if things are not right as there is still plenty of time and if you truly want a head start, then have a go at planting some in pots undercover and planting them out later.

Outside in the flower border: now is the ideal time to have a sort out, fork out any large perennial weeds, trim back those dead stems of the herbaceous plants, so that the young fresh growth can come up uninhibited and it has reduced the places for pests such as slugs to hide. You can happily lift and move most plants which are in the wrong place now. The same goes for those clumps of herbaceous plants which are too big or dead in the centre. Get in there, lift and divide and discard the bits which are less healthy. Go around your border and lightly fork over the gaps between plants, spread some general fertiliser such and fish blood and bone. Then if you like you can apply a mulch around your plants to conserve moisture and reduce weeds. I advise once you have done this to quietly sit back and admire the work you have done because all being well your plants will romp away and naturally fill the gaps with new growth.

Now is fast becoming your last chance to do major pruning jobs on deciduous trees and shrubs. In most cases I recommend light pruning and thinning removing up to a third of the old wood. The main exceptions being *Buddleia davidii* and autumn fruiting raspberries. You cut all the growth back to the ground in the case of the raspberries.

Well I must go now and fiddle with my exhibition onion seedlings, sweet peas and chrysanthemum stools ready for the upcoming year. Well get out there and enjoy what you can do and think of it as an outdoor gym session therefore your new year's resolutions may not be so dead and buried. Enjoy your gardening.

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Libido boosters!

To help get everyone in the mood for Valentine's Day, or provide those already raring to go with a little extra oomph, I thought it might be fun to take a look at some of the medicinal plants and herbs reputed to have aphrodisiac properties. Many of them are also considered to be rejuvenating tonics – which helps!

Violets are blue. It's possible we'll be seeing the first wild, or sweet, violets (*Viola spp*), with their heart-shaped leaves, popping up all over the Lizard this month. One of the most common species is Heartsease (*Viola odorata*). According to Greek mythology, it was Venus (mother of Cupid) who gave violets their colour. Napoleon Bonaparte and the French empress Josephine are said to have adored violets and surrounded themselves with them in the springtime, and they have been associated with love potions throughout history.

In herbal medicine the various species of violet are used for rather more mundane purposes, such as soothing respiratory disorders including bronchitis and whooping cough, skin conditions such as eczema, and as a diuretic in the treatment of rheumatism and cystitis. (And you can't get much more romantic than that!)

Roses are red. You won't find roses in bloom in February (at least not on The Lizard), but you can buy dried rose buds and petals (*Rosa damascena*) from herbal suppliers. Roses are, of course a traditional symbol of love and romance. They are also a herbal tonic for the female reproductive system and male impotence.

Hot spices. Many of the medicinal plants and herbs traditionally revered as aphrodisiacs are used therapeutically to stimulate energy and vitality, and improve blood flow, so it makes sense that this would have a knock-on effect on the libido. They include hot spices such as cayenne pepper (*Capsicum frutescens*), and cinnamon (*Cinnamomum spp*), which have been used in love potions since medieval times to help woo reluctant lovers, overcome impotence and enhance fertility. Similarly ginger (*Zingiber officinale*), which is considered to be an aphrodisiac in many cultures and countries around the world. In medieval Europe, it was believed to have originated in the Garden of Eden.

Tingly peppermint. In ancient Greece, peppermint (*Mentha piperita*) was considered such a potent aphrodisiac that soldiers were forbidden to imbibe the tea during wartime for fear they would be distracted from their mission. And for centuries, peppermint tea has been drunk by Arab men to boost virility.

Cupboard love. Other culinary herbs that have medicinal, and reputedly libido-boosting, properties include clove (*Eugenia caryophyllata*), garlic (*Allium sativum*), parsley (*Petroselinum crispum*) and rosemary (*Rosmarinus officinalis*). What they all have in common is that they help slow the aging process, and are also circulatory stimulants, boosting blood flow to organs and extremities.

Seductive teas. If you'd like to test the aphrodisiac properties of the above mentioned plants, herbs, spices and flowers, they can be used to brew up delicious, aromatic teas. I particularly recommend a hot and spicy blend of ginger, cinnamon and cayenne pepper or clove. Peppermint and rosemary is another lively mix, and violet and rose is both sensual and utterly divine.

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Quiz



1. What is a Liana?
2. What do Ichthyologists study?
3. Where was the racing driver Ayrton Senna killed in 1994?
4. How many chambers does the heart have?
5. Which 19th Century English poet got a black eye from a cricket ball?
6. Whose soul goes marching on?

Answers to the Christmas Quiz

1. Who served up "Figgy Pudding" I Charles Dickens "A Christmas Carol"? *Mrs. Cratchit*
2. Father Christmas is known as Pai Natal in which European country? *Portugal*
3. In cockney rhyming slang what are "eyes"? *Mince Pies*
4. Which of Santa's reindeer shares its name with a mythical God of Love? *Cupid*
5. In the Christmas carol, which town is know as Royal David's City? *Bethlehem*
6. In literature, which fictional character said it is "always winter, but never Christmas"? *Mr. Tumnus (The Lion, the Witch and the Wardrobe)*

Questions set by Norma Gossip

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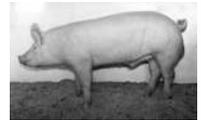
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Minutes of the Monthly Meeting of the Grade Ruan Parish Council held in the Sunday School Room of the Ruan Minor Methodist Chapel on Monday 9 November 2015 from 7.30pm

Present: Parish Councillors: J Preston (Chair), N Green (Vice-Chair), P Freeman, M Jones, J Lee, G Pollard, S Stephens, J Trewin, Cornwall Councillor C Rule, Clerk J Castle. and 2 members of the public.

1. **Absences and apologies:** There were apologies from Councillors Clifton, Collins and Fleetwood and PCSO Berry. These apologies were accepted
2. **Declarations of interest:** None
3. **Public time:** Mr Dan Reid of Westlink Design stated that he was present to discuss the planning application in respect of Glenelg, together with Richard Woods, the applicant. Mr Reid explained that, with outline permission in place, this is now a reserved matters application seeking approval of the detailed design, appearance, landscaping and scale. He confirmed that, subject to moving a mains connection, the Tree Officer is not objecting to the proposal.
4. **Police report:** In the absence of PCSO Berry, the Chairman read out the report. There had been 2 crimes dealt with by the police during October.
5. **Cornwall Councillor's time:** Cornwall Councillor Rule reported the following:
 - that the funds available in her Community Grant Fund are now exhausted for 2015/16
 - that the process for the appointment of a new Chief Executive for Cornwall Council is well under way.
 - that the next community network meeting is on 2 December at 6pm
 - that the Emergency plan for Mullion is up and running
 - that the majority of the parking tickets issued to drivers attending a funeral in Helston had been withdrawn.
6. **Minutes for acceptance:**

Having been previously circulated, it was proposed by Councillor Jones and seconded by Councillor Freeman that the minutes of the meeting held on 12 October 2015 be accepted. Carried 8 votes in favour.
7. **Planning:**

cont.

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Planning Applications for consideration

- PA15/09451 - Glenelg St Ruan TR12 7JS. Reserved matters application seeking approval of detailed design, appearance, landscaping and scale of the proposed dwelling (following outline approval for erection of a dwelling PA14/11827). It was proposed and seconded that the application be supported. Carried 8 votes in favour.
- PA15/09453 - Replace and repair slate roof covering Cove Cottage Cadgwith TR12 7JX. It was proposed and seconded that the application be supported but that it should be noted that the Parish Council would prefer that the roof be re-scantle slated in line with the original roof. Carried 8 votes in favour.
- PA15/09454- Replace and repair slate roof covering Cove Cottage Cadgwith TR12 7JX - Listed Buildings application. It was proposed and seconded that the application be supported but that it should be noted that the Parish Council would prefer that the roof be re-scantle slated in line with the original roof. Carried 8 votes in favour.
- PA15/09384 - Square Cottage Cadgwith Ruan Minor Helston Cornwall TR12 7JU Felling of Elm, Reduction of Ash in height by 2m from 18m and remove 3 overhanging branches, reduce Elm by 2 meters from 12m. Concern was expressed regarding elm regeneration in the area and whether there is a need to fell the Elm. It was proposed and seconded that the Parish Council supports the reduction of the Elm and Ash but defers to the professional opinion of the Cornwall Council Tree Officer regarding the felling of the Elm. Carried 8 votes in favour.
- PA15/ 07655 – Equestrian Barn, Worvas Farm, Ruan Minor. **It was noted that this application had been re-submitted with an amended grid reference. There would be appear to be no other changes and the Clerk was asked to re-submit the Parish Council’s views. Carried 8 votes in favour.**

Planning applications decided by the planning authority since the last meeting

- PA15/02667 - Gwendreath Cottages, demolition & erection of new dwelling [Withdrawn]

Pre-applications, consultations and appeals: None to consider

8. Finance

- Financial Report – the bank reconciliation was noted, together with the statement of Income & Expenditure for October 2015.
- Payments Schedule - there were discussions regarding the completion of phase 1 of the playground project and it was noted that the work had been carried out satisfactorily. It was proposed by Councillor Lee and seconded by Councillor Trewin that the payment schedule totalling £17329.42 be approved. Carried 8 votes in favour. It was noted that there was a request to paint the bus shelter and it was agreed that a sum up to £50 be made available for this work. It was also agreed that maintenance work on the Village Notice Board be looked at.
- Date for Finance Committee meeting – it was noted that a meeting is required to make proposals to the December meeting for setting the budget and precept for 2016/17. A meeting was arranged for Monday 23 November, to be preceded by a meeting of the Housing Meeting Group at 7.30pm.
- Annual Accounts – Grade Ruan Community Trust – the annual accounts for the year ended 31 March 2015 were noted. The Parish Councillors thanked the

cont..

Community Trust for running the car park so well and generating a large income which supports not only the toilets but also provides a surplus for the benefit of the whole community.

9. Matters arising from the minutes:

- Play Area update – it was noted that half of the grant application for Phase 2 (a request for £5000 from Comic Relief) has been turned down, although a second application is still ongoing. The Play Area committee is still looking into setting up a separate body to develop and manage the play area. Phase 2 involves a slide to go from a platform on the Zip wire and a climbing frame off the Zip wire tower, together with a 4 way swinger and a basket swing. The likely cost is approximately £15,000. Wendy Elliott is attending a grant funding meeting on 25 November and has asked for a Parish Councillor to attend as well. The Play Area committee is also applying to Sports England for a grant for a concrete table tennis table.
 - School Bus Shelter – as it is unlikely that funding will become available for a new bus shelter, it was agreed that Zoar Coaches be approached to ask why they do not pick up from the existing village bus shelter, explaining the background to the failure to move the shelter and the lack of funding for an additional shelter.
- Action: Clerk**
- Speed control – 2 free surveys are to be undertaken and the Chairman is to have a site meeting with Ben Dickinson of the Highways department.
 - Christmas Shopping Trip – it was noted that the Parish Council has agreed to

cont..

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fund this trip.

- Emergency Plan – a list of matters for consideration was circulated and it was agreed that any feedback would be given to the Clerk and the Plan would be progressed over the next few months. It was noted that an extra power supply cable is being installed which should provide additional back-up regarding the electrical supply.
- Housing Working Group – it was suggested that the proposals be pulled together prior to the meeting on 23 November.

10. **Matters for consideration:**

- Purchase of equipment to display planning information – it was proposed by Councillor Trewin and seconded by Councillor Lee that the Parish Council should reimburse Councillor Green's company for the costs of the projector, screen and cable that had been purchased for use at Parish Council meetings, totalling £571.62 (including VAT). Carried 8 votes in favour. Councillor Green also agreed to look into sourcing a new laptop with good w-fi operation to replace the outdated model currently available for the Clerk. **Action: Clerk / Councillor Green**
- Deferral of paperless planning – the Clerk was asked to request a deferral to April 2016 Action: **Clerk**
- Verge trimming – Councillor Freeman reported that he and the Chairman had met with representatives of Cornwall Council and a new Agency Agreement is being drawn up for all parishes to take over such aspects of maintenance as verge trimming, cleaning of road signs, clearance of gutters etc. but that there is very little funding available to parish councils to cover any of this. Cornwall Council will continue to have a statutory responsibility as far as dealing with matters that are considered dangerous, such as the verges at certain junctions. The benefit to the Parish Council for signing up to such an agreement (which will be similar to the agreements in place for footpath trimming) is that the Parish Council gets control over what gets done and when, but against this is the fact that the Parish will have to bear the cost. The potential impact of this needs to be considered before setting the precept for 2016/17. It is also important to identify which areas of trimming / clearing are the responsibility of the land-owners. **Action: Councillor Preston / Councillor Freeman**
- Defibrillators – it was noted that the supply cabinet has been switched off a couple of times which means that the machine is not recharging. It was agreed that a padlock be purchased for the supply cabinet. There was also a query as to why the plaque has not gone up in Cadgwith and this was to be followed up with Councillor Fleetwood. **Action: Councillor Preston / Fleetwood**
- New pavilion update– it was noted that the old pavilion has been demolished and the old foundations removed. The footings have gone in for the new building and the blockwork will be started this week.

11. **Correspondence:**

- Registration to receive papers by e-mail - it was agreed that the Clerk would circulate the required form for Councillors to take up if they wish. The Chairman asked Councillors to be vigilant regarding e-mail and postal scams. **Action: Clerk**

12. **Footpaths, environment and treewardens:**

- AONB Signage update - Councillor Preston reported that he is meeting with the

cont..

stonemason, Rob Lawrence, to source stone for the markers.

- Footpath 1 – the Chairman reported that clearance of the alley had been undertaken with the help of the owners of Ruan Veau.
- Request for railings on Footpath 6 in Cadgwith – Councillor Preston reported that he had met with Hamish Gordon (Cormac Footpaths Coordinator) and confirmed that there is no funding available from Cormac. Councillor Preston agreed to get an estimate for the work which might be grant-funded or funded from the Parish's reserve for Public Access Improvements. **Action: Councillor Preston**
- Footpath work at Kennack Sands – the Tree Wardens are working with the Sea Acres Holiday Park to screen the septic tank from the coastal path. It was noted that there is a very boggy section of path and Cormac have scheduled in on its work list to cut back blackthorn etc. and include some drainage work on this section of path.
- Mundy's Field car park - Councillor Preston had carried out a recent inspection and had nothing to report, other than the grass needs cutting.
- Fireworks display – it was noted that the recent fireworks display had been fantastic. It was well-attended and the Councillors wished to express their thanks to all those involved.

13. In Committee: It was agreed that the next part of the meeting be held in 'closed' session.

The meeting closed at 10.15pm.

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Minutes of the Monthly Meeting of the Grade Ruan Parish Council held in the Sunday School Room of the Ruan Minor Methodist Chapel on Monday 14 December 2015 from 7.30pm

Present: Parish Councillors: J Preston (Chair), N Green (Vice-Chair), J Clifton, P Collins, M Fleetwood, P Freeman, M Jones, J Lee, G Pollard, S Stephens, J Trewin, Cornwall Councillor C Rule, Clerk J Castle.

and 1 member of the public.

1. Absences and apologies: There were apologies from PCSO Berry. These apologies were accepted

2. Declarations of interest: None

3. Public time:

Mr Pickett, agent for Mr Tylor, spoke regarding the planning application regarding 3 travellers' pitches due to be reconsidered at this meeting. He explained that freeing the car park in Coverack and moving the travellers to the new site goes hand in hand with a housing scheme in Coverack, including affordable housing. Mr Pickett confirmed that the intention is only to provide 3 pitches, to re-locate the existing travellers with rigorous conditions attaching, a limit of one vehicle per pitch and no business use of the site. He acknowledged that both the AONB Unit and Natural England had serious concerns about both the visual impact and the effect on wildlife with regard to the proposed location on Goonhilly Downs. It was also noted that the occupants of the vans do not travel.

4. Police report:

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In the absence of PCSO Berry, the Clerk read out the report. There had been no crimes reported to the police in November. PCSO Berry asked people to be extra vigilant over the Christmas period regarding home and vehicle security. It was noted that the regional statistics for October showed a significant fall in reported crime compared with the previous month.

5. Cornwall Councillor's time:

Cornwall Councillor Rule reported the following:

- that Kate Kennally has been appointed as the new Chief Executive of Cornwall Council. She has special interest in the integration of health and social care.
- that she had attended a meeting of Safer Cornwall and, whilst police attendance at parish meetings has reduced, it was good to know that there is a fall in reported crime.

cont.

Concerns had been expressed at that meeting about the growing amount of domestic violence and she pointed out that there are specialist agencies available to provide help and support for such cases.

- that the next community network meeting is in March and a representative from Cormac will attend.
- that the Portfolio Advisory Committee (which Cornwall Councillor Rule chairs) is meeting this week to look at devolving powers to the Community Networks.
- that the Community Pot remains at £2,000 but that additional funds will be available for the Community Networks on a one-off basis.
- she thanked the Councillors for their support for her during a difficult year for her personally.

Councillor Rule was questioned regarding the need to provide a proper infrastructure (including hospitals) to support the planned increase in housing in the region. She explained that it was a Government directive to increase the housing supply and limited funding is available for other improvements.

6. Minutes for acceptance:

Having been previously circulated, it was proposed by Councillor Freeman and seconded by Councillor Lee that the minutes of the meeting held on 9 November 2015 be accepted. Carried 8 votes in favour and 3 abstentions.

cont.



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7. Planning:

Planning Applications for consideration

- PA15/ 00892 - Change of land use for 3 travellers' pitches at land opposite Croft Pascoe on Goonhilly Downs. This is a re-consultation, with further information provided. It was noted that the Parish Council had previously recommended that the application be referred to the full planning committee.

Although the entrance and access is within Grade Ruan parish, it was noted that the main area of the proposed development is in St Keverne parish. It was understood that other sites had been investigated and Cornwall Councillor Rule was asked to see if she could obtain any information regarding this. **Action: Cornwall Councillor Rule**

Differing views were expressed by Councillors. There was some support but others had concerns regarding the impact on the area, including the introduction of a settlement into an area where there is no existing settlement, and the impact on wildlife.

It was proposed and seconded that the Parish Council's response should be "No comment, based on the fact that the Parish's interest relates only to the existing track and that increased usage would be minimal and that the main site is in a neighbouring parish". The vote was 4 in favour, 6 against and 1 abstention and therefore the motion was not carried.

After further discussion it was proposed and seconded that the Chairman and the Clerk formulate a draft response based on further enquiries about alternative sites and the need to co-operate with St Keverne parish. This would be circulated to Councillors for comment prior to submission. Carried 6 votes in favour, 4 against and 1 abstention. **Action: Chairman/ Clerk**

Planning applications decided by the planning authority since the last meeting

- PA15/09384 - Square Cottage Cadgwith Ruan Minor Helston Cornwall TR12 7JU Felling of Elm, Reduction of Ash in height by 2m from 18m and remove 3 overhanging branches, reduce Elm by 2 meters from 12m [Approved subject to conditions]
- PA15/09451 - Glenelg St Ruan TR12 7JS. Reserved matters application seeking approval of detailed design, appearance, landscaping and scale of the proposed dwelling (following outline approval for erection of a dwelling PA14/11827) [Approved].

Pre-applications, consultations and appeals:

- PA15/11054 - Submission of details to discharge conditions 3 and 4 in respect of decision notice PA12/08391, Land West of Atlinto, Cadgwith. This concerns tree protection and boundary treatment and was noted.
- PA15/07655 – Equestrian Barn, Worvas Farm, Ruan Minor. **It was noted that although the Parish Council had been provided with a business plan in response to its request, other concerns related to the introduction of a new structure into an AONB. It was noted that an archaeolog-**
cont.

ical survey had indicated that some re-siting might be necessary. The Clerk was asked to draft a letter to the planning officer regarding possible alternative locations which could integrate with existing buildings and services on Worvas farmland. Action: Clerk

8. Finance

- Financial Report – the bank reconciliation was noted, together with the statement of Income & Expenditure for November 2015.
- Payments Schedule - it was noted that the invoice for £230.40 from Bob Sanders related to work on the strip of land between footpaths 24 and 25, another cut of footpath 2, a trim of footpath 6 and work on the coastal path around White Feather. The Parish Council is also applying for a permit to allow use of the school minibus.

It was proposed by Councillor Clifton and seconded by Councillor Green that the payment schedule totalling £803.14 be approved. Carried 11 votes in favour.

- Budget for 2016/17 and setting of Precept – it was noted that this had been debated at the meeting of the Finance Committee on 23 November and an increase in the precept of 16.5% had been recommended (from £13,770 to £16,045). The Chairman went through the draft minutes of that meeting.

cont..



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It was noted that the proposed increase was to allow for balancing the budget taking into account the impact of cut backs in verge trimming proposed by Cornwall Council. A provision of £2,000 was included in the proposed budget for 2016/17 to ensure the verges will continue to be trimmed in the Parish, with some other inflationary increases and no compensating major cut in expenditure.

This would mean that the projects expenditure of £4,000 will remain the same as last year. Councillors felt that it was important to keep up the momentum with capital projects in the coming financial year such as the play equipment and the pavilion, both of which are important to parishioners.

With regard to verge trimming it was noted that Cornwall Council has no statutory duty other than with regard to aspects of safety. Cornwall Council will continue to cut the main roads at junctions where it is deemed to be a safety issue but it is understood that they have no budget set aside for trimming other verges. Cornwall Councillor Rule also suggested that Cornwall Council would support the Parish Council in chasing up landowners who fail to cut their roadside hedges.

Concerns were expressed about bringing in such a substantial percentage increase.

Councillor Green had produced an analysis of the impact of the proposed increase on the households in the various Council Tax bands, which takes into account the effect of the new houses on Higher Moor. It was noted that the addition of these new properties had actually brought about a reduction in the parish element in 2015/16 and would limit the increase in the parish element, for a Band D property for example, to just over 12% in 2016/17.

The annual increase for a Band D property would be £4.01. The increases for this year would range from £2.67 for Band A to £8.02 for Band H. However when compared with 2 years ago the increase is only 6% which ranges from £1.41 for a Band A house, £2.11 for a Band D house and £4.22 for a Band H house.

Having considered all this, it was proposed by Councillor Collins and seconded by Councillor Green that the increase in the precept to £16,045 recommended by the Finance Committee be accepted. Carried 9 votes in favour and 2 abstentions.

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- Risk Assessment – it was noted that the probability of the risk attached to a total loss of income from footpath trimming has been amended from medium to high and a new risk relating to the cost of verge trimming has been added with a high probability and medium severity.

It was proposed by Councillor Jones and seconded by Councillor Trewin that the amended risk assessment be adopted. Carried 11 votes in favour.

9. Matters arising from the minutes:

- Play Area update – it was noted that Wendy Elliott had stood down temporarily. The Chairman suggested that a meeting should be held in February to establish whether a separate body should be formed and to look at the next phase of work. New potential grant sources should be looked at, including the Tham Trust.
- School Bus Shelter – the letter had been sent to Zoar Coaches, asking why they do not pick up from the existing village bus shelter, but no reply has been received yet. The Chairman had spoken to the drivers and it is possible that with a smaller bus in use it might be possible to turn near the school as long as there are no cars parked there. The Chairman offered to speak to the school, regarding a ban on parking at the corner where the bus needs to turn. **Action: Chairman**

10. Matters for consideration:

cont..

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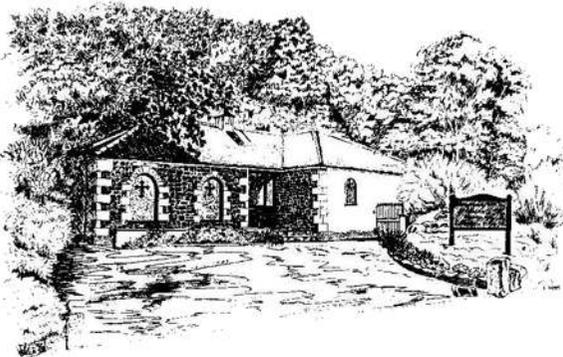
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- Verge trimming – Councillor Preston and Councillor Freeman are due to meet with Cormac/ Cornwall Council in January. Following this meeting, it should be easier to determine what roads in the Parish may require cutting. It was suggested that half of the proposed budget be allocated for being pro-active with regard to verge trimming and leave the balance to cover re-active work over the summer. The likely cost of cutting is likely to be rather more than the current Cornwall Council rate of 5.59p/metre.

It was also suggested that there may be some scope for wild meadow planting if the Parish is in control of the timing of trimming.

- Speed Survey – it was noted that the equipment poles are in place. The survey will start in Kuggar and move to Long Moor in January. Councillor Jones reported that there was positive feedback from the residents in Kuggar and that they wish their thanks to be passed on to the Parish Council.

11. **Correspondence:**

- E-mail from Derek Elliott re swings – to be recirculated. **Action: Clerk**

12. **Footpaths, environment and treewardens:**

- AONB Signage update - Councillor Preston reported stone (Blue Elvin from Porthoustock) had been chosen to set the plaques into and hoped that the 3 markers would be in place by Easter.
- Footpaths – the extra work carried out by Bob Sanders was noted.
- Dog Fouling on Cadgwith Fishing Beach – Councillor Trewin reported that this was becoming an increasing problem and was a health issue for the fishermen whilst they bring their goods ashore and carry the dog mess back onto their boats via their boots. It was noted that there are sufficient bins in the area.

It was agreed that strong wording should be included in the Gazette, stressing the food hygiene concerns. The Clerk was asked to contact the Dog Warden and investigate what signage is available and any by-law implications. **Action: Clerk**

- Request for railings on Footpath 6 in Cadgwith – Councillor Preston had obtained a quote from Pons Medda Engineering - for 2 options (at £402 and £425). He will check with the Parishioners along the path to check the proposed work accords with what they had in mind. It was also agreed that the rail on the Todden should be kept under review. **Action: Councillor Preston**
- Mundy's Field car park - Councillor Preston reported that the grass had been cut. The National Trust had used it to park a couple of NT vehicles over a weekend due to congestion down at Poltesco. Kier had used the car park to store equipment and rubble whilst carrying out some work for Western Power. The Clerk had contacted Western Power and asked that she be informed in advance of any future use of the car park. The mess has not been properly cleaned up and the Clerk was asked to contact Justin Pickering regarding this. **Action: Clerk**

13. **In Committee:**

It was agreed that the next part of the meeting be held in 'closed' session

The meeting closed at 9.50pm.



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