

# Grade Ruan Gazette

December 2015 / January 2016

Vol. 29 No. 9



## Inside This Month

**All our regular features, plus:**

Mailbag

Christmas Greetings

National Trust News

Cadgwith Pilot Gig Club News

Jan Halliday's Encounter with the NHS, part 2

1973 Newspaper article and photo about Lifeboat

**2015 Parish Scrapbook Colour Supplement**

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**90p**

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business and holiday let in the Parish

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# IVAN'S CAR SALES HELSTON



## This month's hand picked selection of pre-loved vehicles

- |  |  |
|--|--|
| <b>2012 (62) FORD FOCUS 1.0 125 ZETEC</b> , in blue, 31k with history super economical, yours for <b>£7,999</b>  | <b>2007 TOYOTA RAV VVTI 5 DOOR</b> , in silver with black leather, face lift model with sat nav etc. <b>£6,999</b> |
| <b>2011 (11) FIAT 500</b> , pop in white, superb little run around with 50k on the clock only <b>£5,999</b>  | <b>2012 (12) TOYOTA AYGO ICE 5 door</b> , in white with black leather & alcantara trim <b>£4,999</b>               |
| <b>2012 (12) BMW 320D SALOON</b> , in white with dark grey cloth trim, allos, climate park aid, value at <b>£12,999</b>  | <b>1999 (T) MERCEDES SLK 230 KOMPRESSOR</b> , in silver outstanding classic sports two seater <b>£3,275</b>        |
| <b>2008 (08) FORD GALAXY TDCI TURBO DIESEL</b> , 7 seater in silver, high spec, nice miles only <b>£7,999</b>  | <b>2006 (06) PEUGEOT 207 SE 1.4 16 VALVE 3 DOOR</b> , in silver with aircon & panoramic roof <b>£3,295</b>         |
| <b>2008 (58) PEUGEOT 308 S 5 DOOR</b> , in silver, aircon, remote locking, lovely family hatch, value at <b>£4,299</b>   | <b>2004 (53) TOYOTA CELICA</b> , in red, face lift model new engine and clutch fitted <b>£1,999</b>                |
| <b>2004 (04) V/W TOUREG 2.5 TURBO DIESEL AUTOMATIC</b> , in black, beige leather, sat nav, cruise, front and rear parking sensors, well cared for 3 owner example with history, comes with 1 year warranty <b>£5,999</b> | <b>2007 (07) TOYOTA AURIS TR 1.6VVTI 5 DOOR</b> , in blue, lovely example of this popular model <b>£3,575</b>      |
| <b>2008 (08) FORD FIESTA STYLE AUTOMATIC 5 DOOR</b> , in apple green, low mileage bright car <b>£3,999</b>   | <b>2008 (58) VAUXHALL ASTRA CDTI 1.3T / DIESEL 5 DOOR</b> , in grey, economical family hatch <b>£3,750</b>         |
|  | <b>2000 (W) TOYOTA MR2</b> , in sapphire blue with air con, stunning <b>£2,299</b>                                 |

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# DATES FOR THE DIARY

Alternate Weds	Recycling - 9, 23 December, 6, 20 January
Every 4 weeks	Mobile Library: Glebe Place 10.25 am -10.45 am, 16 December, 13 January
1 <sup>st</sup> Sunday	10am Friends of Kennack Beach Clean. Meet at car park. 6 December, 3 January
2 <sup>nd</sup> Monday	7.30pm Parish Council meeting, Methodist Chapel, 14 December, 11 January
3 <sup>rd</sup> Tuesday	12.15pm Soup, Pasty, Pudding, Methodist Chapel, 15 December, 19 January
4 <sup>th</sup> Tuesday	7.30pm Quiz in the Village Hall, 15 December, 26 January
Mon & Thurs	7.00pm Short Mat Bowling, Village Hall
Every Tues	(except 3 <sup>rd</sup> 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

## DECEMBER AND JANUARY

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

4 December	Lizard Lifeboat Carolaire, 6.15pm (see November Gazette)
5 December	Christmas Lights Switch On - Cadgwith Cove, 6pm
6 December	Friends of Kennack Beach Clean, 10am
6 December	Carolaire - Village Hall Christmas Concert, 7.30pm
10 December	Christmas Market - Village Hall, 9am - 11.30am
11 December	Take Christmas Trees to Grade Church, 2-3.30pm
13 December	Christingle, Grade Church, 3 pm
16 December	Book Club - Cadgwith Cove Inn, 8pm
18 December	Last day of term, Grade Ruan and Mullion schools
20 December	Open Evening at Treleague Dairy Shop, 5-9pm
25 December	Christmas Swim, Cadgwith, Noon
3 January	Start of Spring term, Grade Ruan Primary school
16 January	Film Show "Times Past in Grade Ruan", 6-11pm
18 January	Deadline for contributions to the February Gazette

## ADVANCE DATES

13 - 21 February	Spring Half-term, Grade Ruan Primary school
28 - 30 May	May Festival, Recreation Ground
7 August	Grade Ruan Vintage Rally

## DISTRIBUTORS

Cadgwith	Rose Bowcher
Cadgwith South	Andrea Betty
Chapel Terrace	Val Jane
Glebe Place	Johno Johnson
Grade	Paul Penrose
Gwendreath	Nick Whittle
Higher Moor	Janette Coates
Kuggar	Ron Wilson
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Long Moor	Jill Thomas
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Penhale	Jane Trethowan
Poltesco	Jeff Lee
Prazegooth	Glynis Jordan
Ruan Major	Chris Hunt
St Ruan	Margaret Coates
Treal	Annie Nor-
cut	
Treleague Cross	The Green family
Trelugga/Tresaddern	Tanya Strike
Village centre	Ginny Sealey
Subscribers and Retail	Judith Green

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 18<sup>th</sup> 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](http://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.

## GAZETTE CONTACTS

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Over the Counter Sales:	Peter Martin, as above	

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

# Noticeboard

**Happy Birthday in December to:** Rose Bowcher, Sam Jane, James Bennetts (a big 0), James Green, Danny Meek, Ivan Blight-Anderson, Rosie J, Lisa Mitchell, Pam Penrose, Ian Arnall, Fiona Hunt, Ben Noonan, Jack A, Jack S, Karen Forster, Jai Mallinder, Ian Shipway

**And in January to:** Simone Humby, Jasmine F, Victoria McClarity, Tasha Williams, May Kimpton, Tanya Strike, Jane Hills, Jane Shipway, Annie W, David Spooner, Dave Lee, Chris Ensink, Liz Outten, Chantelle B, Jan Morgan, Jasmine G, Mary Keeley, Ben Jane, Jak W, Pam Day-Smith, Chris Sealey, Jess Sealey, Linda Drysdale, Peter Hills, Saoirse Noonan

**Avril Evens** has had to give up distributing the Gazette in the Trelugga and Tresasddern area. On behalf of the Gazette Committee, may I thank Avril for her years and years of help with the Gazette. We wish her well for the future.

**Tanya Strike** has kindly stepped in to take over Avril's distribution round. Thank you Tanya and welcome to the team.

This is the last issue in which you'll find and advert for **Ivan's Car Sales**. Ivan is semi-retiring and will run his stock down, keeping his office and concentrating on sourcing vehicles for customers. He has always done this; 50% of the cars he sells are sourced to order. Thank you, Ivan, for your support over the years and we wish you well in your retirement.

This issue covers December and

January. It contains your **Christmas wishes** in lieu of sending cards, which should save a few trees. Thank you for the donations which accompanied the messages. Half the money received will go towards buying something for the new pavilion at the Rec. The other half will go to bolster the Gazette's finances and to pay for the **colour supplement**, which you'll find in the centre of this issue. Thanks to everyone who sent me their photos.

May I take this opportunity to say **thank you** to our advertisers for their support throughout the year. Thanks also to all our hard working distributors, as well as our regular and occasional contributors, who all do so much to ensure the Gazette remains viable.

The **next issue** will be out at the beginning of February; meanwhile, on behalf of the Gazette committee, may I wish you all a merry Christmas and a happy New Year.

*Moira Hurst*

*From Tony Halliday and family:*

Thank you to the Regatta Committee for their very generous donation following monies raised in August. A total of £500 has been sent to Kings College Hospital in London where it will be passed to the Listen Group who provide practical support to transplant patients and their families. We were lucky enough to be able to use a flat on the hospital grounds free of charge for 6 weeks whilst Jan was in Intensive Care. This proved to be a great help as we didn't have to rely on local

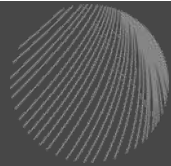
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## Front Cover:

This delightful Christmas scene at Cadgwith is from an etching done in the 1970s by the late Geoffrey Pogson. Thanks to Edwina for passing this on to me. Ed



# POLURRIAN Bay Hotel



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# Noticeboard - cont...

hotels or guest houses in South London. [You'll find Part Two of Tony's fascinating article about Jan's transplant later in this issue. Ed]

*From Charlie Coates:*

The Spring Flower Show Committee is looking for some volunteers to boost the numbers and lighten the load on the existing members. If you are able to help, please contact me on 290943.

*From Cathy Brown:*

Birthday wishes for Pam Day, who celebrates a special birthday on 24<sup>th</sup> January 2016 love Charlie, Catherine and Alex, Cathy, Brian and Mike.

*From Sue Cadman:*

Thank you Moira for your kind words in the November Gazette regarding the new dog poo bins. The two new bins have been well received and are certainly well used! As Gav and I installed them and I empty them, if there is any problem, please call me on 291129. I don't think they will drop off the posts, but you never know!! Please note that any red bins are emptied by Cornwall Council and are therefore not my responsibility.

*[Not content with her work to rid the village of dog poo, Sue has gone on to set up the*

*"Friends of Kennack" group with a view to organising beach cleaning. You can find out more in the "What's On" section. Ed]*

*From Rev. Deirdre:*

I should like to say a huge THANK YOU for the countless numbers of cards, good wishes, flowers, gifts and visits from so many of you - and of course your prayers - following my emergency operation back in September. I am making slow but steady progress, but it will be some time before I am back to 'normal' (whatever that is!). Meanwhile, I wish you a very happy and blessed Christmas and New Year.

*From Paul and Jacqui Dunmall:*

A big thank you to Jeb Preston and the Parish Council for our tree re-planting scheme at Bodrigny Lodge. Your help is much appreciated.

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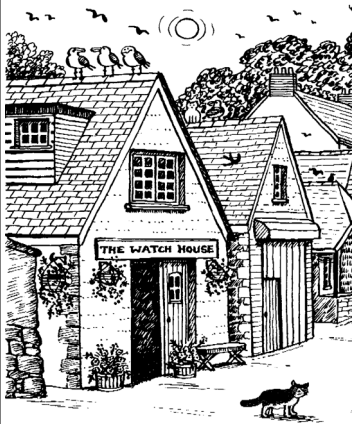
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# What's ON



## Friends of Kennack Beach Clean Sunday 6<sup>th</sup> December at 10 a.m.

Meet at the Beach Hut Cafe car park.

Everything will be provided: bags. gloves. pickers. etc.

This will be a monthly event on the first Sunday of every month.

For further information. call Sue on 01326 291129.

We look forward to seeing you there.

Please be aware that the ponies are grazing the dunes. so there is electric fencing in the area.

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**Bring your tree along to ST GRADE between 2:00 and 3:30 on FRIDAY 11<sup>th</sup> DECEMBER ready for the CHRISTINGLE SERVICE on SUNDAY 13<sup>th</sup> DECEMBER at 3:00pm.**

**Remember there is no ELECTRICITY at St Grade: also that two of the windows are slanted, so please take this into account when constructing your tree if you wish to display in one of these windows.**

**TREES can be any size, made of anything and decorated in any way.**

**GOOGLE of course has many suggestions.**

**So come on businesses, fishermen, play group, Grade Ruan School, Mullion School, college students (discuss on the bus), organisations, shops, Parish Council, National Trust, Clubs, Individuals etc.**

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## CHRISTMAS DAY SWIM

The charity for this year's Christmas Day Swim is Meningitis Now.

It would be great if you feel brave enough to join us for a quick dip (in fancy dress of course) at 12 noon on Christmas Day. If you're not feeling that brave, it would be lovely to see you on the beach.

Over the years you have given fantastic support for this event and raised a lot of money for the various charities. Swimmers, collectors, supporters, judges, mulled wine makers, poster and form printers, champagne donators: without you the event wouldn't happen, so a huge thank you to all.

Hopefully the sun will shine and the sea will be calm for this year.

Look forward to seeing you there.

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*Nicky Jose*

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### Treleague Dairy

On Sunday 20<sup>th</sup> December, we will be hosting a Christmas open evening, where we invite you all to come up to the Dairy Shop for free mince pies, mulled wine and a milk tasting session (for those who haven't tried it yet).

We will put the Christmas music on, stick up some fairy lights, and get the hot chocolate and coffee on the go. You may even find a few last minute gifts while you're here.

Pop in if you can, any time between 5pm and 9pm.

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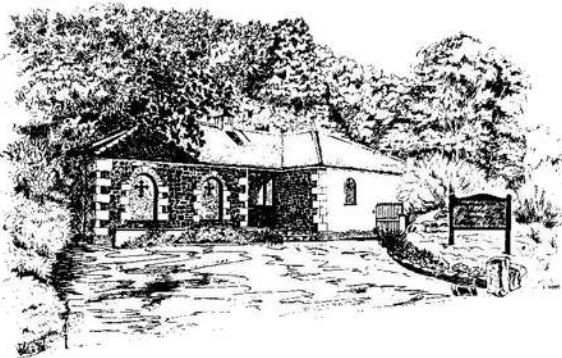
The Firs, St Johns

Helston TR13 8HN

Tel: 01326 573080

Farthings, St Keverne

Helston TR12 6NS



## Past Times in Grade Ruan

### Silent **Film Show**

Saturday 16<sup>th</sup> January

Village Hall

6pm - 11pm

Free Admission



Enjoy a drink from the licensed bar while you watch film and photos of people, places and events from Grade Ruan's past

Whether you've lived in the area all your life or moved here recently, don't miss this opportunity to see fascinating movies and photos of times gone by.

Film and photos will be shown continuously all evening. Come along for all or part of it.

Fat Mack will be serving hot food and drinks.

Any profits will provide seed money for a project to look into the feasibility of establishing a permanent display of historical material.



If you have any photos or video that I could use e.g. Regatta, Carnival, school events, fairs and shows, please let me know. I can scan printed pictures and will treat all material with the utmost care.

Moira Hurst 01326 290257 [moirahurst@outlook.com](mailto:moirahurst@outlook.com)



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*Linda Wilkinson*

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## IN THE MAILBAG

I feel compelled to respond to the letter in the November issue of the Gazette. I am a local horse owner and rider (although not the accused!) and am concerned that a) the events were actually a bit of a misunderstanding, and b) the letter has shed a bad light on local horse riders. I know and ride with a lot of local riders, and we are all very aware of showing due consideration and courtesy to fellow road-users and pedestrians. We are not always shown the same consideration and courtesy by car drivers, which is scary and dangerous for horse and rider.

The complainant mentioned that traffic was trying to negotiate the corner where the horses and riders were located: I suspect that one of the horses had been moved onto the pavement to allow the cars to pass and/or because the horse had become agitated by traffic passing too quickly/closely.

I appreciate that the sight of a relatively large horse on the pavement may have been alarming, but I'm sure the rider would have taken the complainant's safety into consideration, too, and made the best decision, under the circumstances, for all concerned.

Yours sincerely,  
Deanne Greenwood



Recently I was offered the opportunity to take over the Phoenix Trading stall at our extremely popular Thursday market.

Consequently, it is my great pleasure to offer to you an exclusive range of beautiful greeting cards, birthday cards, special occasion cards and stationery products.

The **CHRISTMAS** range of cards, Advent calendars, roll wrap, tags and lots more is also now available.

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Liz Newton

On: 01326 290531 for a brochure or alternatively:

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# Christmas Greetings

- 🌲 **Richard and Emma** wish all their friends a merry Christmas and a happy and healthy New Year.
- 🌲 **Diana and Peter Martin** wish all their friends and neighbours a very happy Christmas and New Year.
- 🌲 For now and for all of next year, our very best wishes to everyone, from **Anne and Peter** at White Feather.
- 🌲 Christmas Greetings from **Yvonne**. Ho! Ho! Ho! Merry Christmas to you all everywhere, and a prosperous New Year to you too.
- 🌲 To all our friends. May the spirit of Christmas warm your heart and stay with you throughout 2016. Love and hugs. **Stuart and CC**. X
- 🌲 **Terry and Deborah Stephens** wish all their friends and neighbours a Happy Christmas and healthy New Year.
- 🌲 **Liane, Len, Mailli Rae and Tamlyn** would like to wish our family, friends and neighbours a Ho, Ho, Ho Happy Christmas! And a Merry, healthy, wealthy New Year! xxx
- 🌲 Warmest Seasonal Greetings to all our family, friends, and pets. Wishing you good health, wealth and happiness for the New Year. Love **Nicky, Ian, Brett, Ray and Samson**. Xxxxx
- 🌲 **Cathy and Brian** would like to wish all our friends and neighbours a peaceful, relaxing Christmas and a prosperous New Year.
- 🌲 **Marcia and Keith Johnson** would like to wish everyone a Very Merry Christmas and a Happy New Year.
- 🌲 **Tony, Jan and family** would like to wish all their friends a Happy Christmas and to thank everyone for the overwhelming love and support shown over the last few months. Here's looking forward to a happy peaceful and healthy New Year. xxxx
- 🌲 **Isobel Sterling** will not be sending Christmas cards this year, but would like to wish her friends and neighbours a Merry Christmas and a Happy New Year.
- 🌲 **Bruce and Glynis** would like to wish everyone a Very Merry Christmas and a Happy and Prosperous New Year!
- 🌲 Happy Christmas to all our village friends and thank you all for your kindness and concerns for Pat's emergency hospital admission. **Pat and Richard Palmer**.
- 🌲 Wishing everyone a peaceful festive season and good health for 2016. **Pam, Charlie, Catherine and Alex**.

# Christmas Greetings



- 🎄 **Dom, Alison and family** wish everyone a very merry Christmas and a happy, healthy and safe 2016.
- 🎄 A very merry Christmas and a happy New Year. Love from **Ann and Ross**.
- 🎄 Merry Christmas and a Happy Healthy New Year to all our friends. Best wishes from **Linda, Steve, Will and Rob Drysdale**.
- 🎄 **Steve “H” and Helen** wish all their friends and family a peaceful, happy Christmas and a Wonderful 2016.
- 🎄 **Jenny and Bill Scolding** wish everyone a fantastic Xmas celebration and a happy, fulfilling 2016.
- 🎄 Merry Christmas and a happy and healthy New Year to everyone in Grade Ruan parish from **Jane and Peter** at Roselyn xx
- 🎄 **Fiona, Chris, Roo, Tristan, Bim & Carrera Hunt** - (Ruan Major Cottage) would like to wish everyone a Beautiful Christmas & a Very Happy Peaceful 2016. Heartfelt thank's to all of you who have supported our family in so many ways! Love & Good Wishes. Xx
- 🎄 Best wishes to everyone for Christmas and the New Year. **Edwina**.
- 🎄 **Gill and Colin Thomas** would like to wish all their friends a Happy and Healthy 2016.
- 🎄 Merry Christmas and a Happy New Year to all, from **Paul and Jacqui Dunmall**.
- 🎄 Wishing all our friends and neighbours a very merry Christmas, and a happy, healthy and fun filled New Year, from **Paul and Pam**.
- 🎄 To all our friends and neighbours have a very merry Christmas and a Prosperous New Year. Love Tim, Sandra, Sam and Lauren. x
- 🎄 **Simon, Fiona, Ben, Toby and Lucas** would like to wish everyone a Happy Christmas and all the very best for 2016.
- 🎄 Merry Christmas to all and very best wishes for the New Year. **Andy, Karen, James and Nick Forster**. xx
- 🎄 Wishing all our friends and neighbours a merry Christmas and a happy, healthy and prosperous 2016. **Tim and Moira Hurst**.
- 🎄 **Chris, Ginny, Jess, Pip, Talia and Tom** wish everyone a very Happy Christmas and all good things for 2016.
- 🎄 Merry Christmas and happy New Year to all our friends and family. Love **Skinny and Mags**.



Reg. Charity No. 225626

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 4<sup>th</sup> 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

**Tasha Allen on 291232 or 07792292665.**

We are wheelchair friendly.

# MERRY CHRISTMAS FROM THE VILLAGE HALL



The Village Hall would like to thank all its supporters with an invitation to our

**Carolaire on Sunday 6<sup>th</sup> December at 7.30 pm**

“The Menherion Singers” will be providing festive entertainment

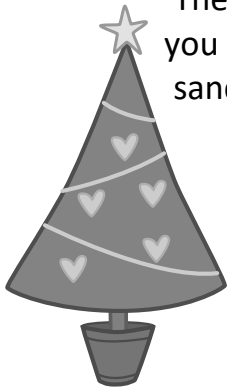
This is a free event and there will be a raffle, mulled wine and refreshments including pasties.

A bucket collection will be made for a local charity



**Visit our Christmas Market on  
Thursday 10<sup>th</sup> December  
from 9 to 11.30 am**

There will be lots of Christmas produce on sale and you may just find the perfect gift. The famous bacon sandwiches at only £1.50 will be on sale or you may prefer a mince pie with your tea or coffee.



**The last market will be on 17<sup>th</sup> December  
and we will reopen on 14<sup>th</sup> January 2016  
and we wish everyone**

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# School Spot



Grade-Ruan Under 5s

Mullion School

**Grade-Ruan School** is making lots of fantastic bakers! Y3-4 have just finished their half term of after school club cooking, with a bake off of making cupcakes and decorating them with sprinkles. Nathan won the prize for being star baker of the evening - and he even gave four away to other children. This linked in well with this half term's value of 'generosity'. Well done Nathan. The Y5-6s really enjoyed their first cookery session with 12 keen bakers creating delicious chocolate brownies with white chocolate chips. The children and Miss Spence would like to say a HUGE thank you to Tasha for all her help in the cookery sessions for both age groups!

Congratulations to Toby and Jake from the Orca Class, who have become the first two members of the exclusive Super 6 club this year. Super 6 status is awarded to those children in Year 6 who set a great example to the rest of the school in terms of their behaviour, helpfulness, kindness, respect for others and listening skills. Jake and Toby model these attributes perfectly, and as a result are achieving great success academically. Well done!

We've had two lots of fundraising this month - the School Council's first event was Crazy Hair Day, which raised £55

for the Little Harbour Hospice, the charity that the school council have decided to raise money for this year. Children in Need Day raised £31 through a non-uniform day. Thank you to everyone that supported these events.

A huge thank you to the Friends of Grade Ruan for a great Halloween disco and thanks to Proper Job Disco for such a fun time. The evening was enjoyed by all.

Thank you to those who joined members of the school that attended the Remembrance Sunday Service. Thank you to Chloe and Jake who laid a poppy wreath on behalf of the School and to Ruan Rascals who came over from their training for the two minutes silence. On Remembrance Day the whole school joined members of the public at the war memorial at 11am where we held a 2 minutes silence and sang a remembrance song - 'Remember'.

Congratulations to Issabelle for earning a very special award, for a random act of kindness recently. Miss Spence was approached by a parent and also took a phone call from playgroup to say how impressed they were with Issabelle, as on her way to school she stopped and got off her bike and picked up some rubbish that had escaped from someone's bin in

cont.

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or, if preferred, extra Sausages

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the wind. Issabelle was not asked to do this, she did it of her own accord. We are all very impressed with Issabelle and wanted to thank her for helping the environment.

The school's participation in the Mullion Primary School Cluster Sports held at Mullion School is going well. At the most recent event, Richard, Kai, Thalia, Ashton, Rose and Holly attended the badminton event at Mullion School, taking part in a range of different badminton activities over the afternoon. A big well done to all of the children involved, they represented the school very well and all had a very fun afternoon. Thank you to the parents who went along to support the children and to Melissa and Kate for driving.

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Finally - we now hold a key in school for the Defibrillators which are at the Doctors' Surgery in the porch and on the Watch House Gift shop wall in Cadgwith. There is also a code to open the box which will be provided by the ambulance service if required.

**Mullion School** was visited recently by a team of external reviewers from Challenge Partners, to carry out what is in effect a mini-Ofsted inspection. The group of four reviewers - an Ofsted Inspector, a Headteacher and two Deputy Headteachers, were from schools based all over the country as far afield as Essex, London and Somerset.

After two vigorous days of observations across all subjects, and reviewing our examination results, self-evaluation and School Improvement Plan, they confirmed Mullion as remaining 'Outstanding'. The Maths and Performing Arts departments were held up as 'Areas of Excellence' and an example for other schools who may wish to seek support in these areas.

Most pleasing of all was the complimentary things said about the Mullion pupils. The Lead Reviewer remarked that pupils at Mullion were 'very proud of their school and excited to show off the work they were doing in lessons'. Mr Randle said: "I would therefore like to take this opportunity to thank all of our pupils for their enthusiasm and hard work in continuing to make Mullion School an outstanding place to be and learn."

*Ginny Sealey*



**National  
Trust**

## National Trust News December 2015

Well so far so good for this winter, although, now we've finally finished putting right all the storm damage from February 2014, I'm probably tempting fate by saying so! Rebuilding Kynance beach access steps and repairing Mullion Harbour were by far the biggest jobs of 2015, but as the year draws to a close we've embarked on our next project. Anyone who's walked down the hill to Poltesco recently can't fail to have noticed the large scaffold and tarp tent over the millhouse. The clock was ticking, as in order to be able to continue with the project over the next 6 months, the contractors needed to strip the roof before the end of October, before any bats were tempted to hibernate in there. The bats will of course be welcome to move back in once we're all done! An extensive list of repairs and renovations is planned for this historic cottage, taking us through into 2016.

Elsewhere in the parish, our ponies will be back on the cliffs between Poltesco and Cadgwith shortly, having spent much of the last year at Beagles, near Coverack. The kissing gate at the end of Friar's Lane has been rebuilt recently, as the furry little dears outwitted us last Christmas by learning to squeeze through it!

Unfortunately our farm tenants at Bodriggy have had some problems with irresponsible dog owners allowing their pets to chase and sometimes attack the sheep, causing some to have to be put down, and others to abort their lambs. Please be aware that your dog being out of sight, or chasing but not actually catching sheep, are never acceptable! If you witness any incidents of sheep worrying, or have any other things to report regarding the livestock there, please call Rosuick Farm on 07511 461532.

The Ranger and volunteer team have been out and about caring for the many miles of footpaths in our patch fixing gates, fences and stiles. As well as protecting the choughs, which had a whopping brood of 5 healthy chicks this summer, our volunteers got involved in October in helping protect the young seal pups at Lizard Point from accidental disturbance. It was three weeks before the seal pups left the beach and headed out to sea to find independence. You can read a lovely story about the Lizard Point seals on the Cornwall Seal Group website.

The Lizard wildlife watchpoint had a successful second year, with over 24,000 people stopping to chat to our volunteers about choughs, gannets, seals and everything else wildlife related. Although volunteers and visitors missed having such regular sightings of the choughs this year as they'd moved a little further around the coast, they were delighted by some super sightings of dolphins, basking sharks and even whales this summer. The Lizard Wireless Station at Bass Point also had a very successful year, in fact it's been the busiest year there since the museum opened in 2001! As well as having plenty of visitors, the station also featured in the 'Sound of our Shores' project and on BBC Countryfile Programme in July. We'll be open again at Easter, if you fancy joining either the watchpoint or the wireless station team.

cont.

Our Wild Lizard Education Ranger Claire's been busy, with a number of local schools including Grade-Ruan and Landewednack joining her for foraging and bushcraft fun at Poltesco, and her spooky Halloween half term event was popular. She'll be running a family Christmas Crafts session on Saturday 5<sup>th</sup> December 1pm - 4pm at Poltesco, call our office below to book.

Please do call by the Shepherd's Huts or give us a ring if you'd like to chat to us about our work locally.

Seasonal Greetings from all the NT Lizard Rangers.

Poltesco Rangers' Office  
01326 291174

[lizardandpenrose.blogspot.com](http://lizardandpenrose.blogspot.com) /  
[www.facebook.com/NTLizard](http://www.facebook.com/NTLizard)

*Rachel Holder*

*Head-to-toe Measured  
Drawing,*

*History Drawing or  
Gestalt (Shape+Form)*

*Winter ~ 2015-2016*

*May Kimpton (BA Hons  
/Art Foundation  
Student)*

*Details: 01326~291106*

*Email:  
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## *Rector's Ramblings*

**A**s we prepare to celebrate Christmas, perhaps gathering together with family and friends, in the comfort of home and the familiar, I am reminded of the different example of the saints, after whom many of our villages are named. They were people who did not stay at home, with all its comforts, but went out to share the love of God with strangers.

In this they followed the example of Jesus, who left more than anybody (a greater home and heavenly joy) to come to us. He did not think that being equal with God in all his glory and joy was something to be gripped and held for himself alone. But he left it all to come and live with us, as one of us ... so that he could share that joy and glory with us.

And, like those saints, for whom he set the example, he came to stay. God had appeared to people in the past – to Abraham, Moses and many more – but this was not an appearance; passing through. Jesus came to abide with us, living and growing with us, sharing his life with us; growing up in Nazareth, gathering his disciples around him, and – through his death, resurrection and the pouring out of his Spirit – with millions throughout this world as his people, sharing his life.

We so often tend to do the opposite. We stay with the comfortable and familiar - home family and friends. We may visit strangers, go outside our comfort for a while, but we don't stay with them. And at Christmas, when Jesus really went out and stayed with strangers (that's us), we tend to keep to our comforts even more. And, as the world gets ever more frightening, it gets even harder to go out of our way for the strangers in our world.

And yet we may only be celebrating where we are because of those saints who left their homes to make a home here amongst the wild people of Cornwall and build something new.

Perhaps we can't all go, like them, like Jesus, but maybe we can open our doors to welcome them in, or take time to give real friendship to someone who is left outside all our comfortable celebrations this Christmas. In a world that is in danger of shutting out the stranger, perhaps we can be just a bit more like Jesus.

Every Blessing in Christ, for Christmas and the New Year.

Revd Peter

[peter@petersharpe.net](mailto:peter@petersharpe.net)

---

### 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

### December

Sun 6 <sup>th</sup>	Morning Praise, St Ruan Church	11.15am
Sun 13 <sup>th</sup>	Holy Communion St Ruan Church	9.30am
	Christingle, St Grade Church	3pm
Sun 20 <sup>th</sup>	Carols at St Ruan Methodist Chapel	11am
	Nativity at St Mary's Church, Cadgwith	3pm
	Nine Lessons and Carols, St Ruan Church	6pm
<b>Christmas Eve</b>	<b>Midnight Mass, St Ruan Church</b>	11.30pm
<b>Christmas Day</b>	<b>Family Communion, St Wynwallow Church</b>	10am
Sun 27 <sup>th</sup>	Joint Family Communion at St Keverne Church	11am

### January

Sun 3 <sup>rd</sup>	Morning Praise, St Ruan Church	11.15am
Sun 10 <sup>th</sup>	Holy Communion St Ruan Church	9.30am
Sun 17 <sup>th</sup>	Family Service, St Ruan Church	11.15am
Sun 24 <sup>th</sup>	Holy Communion, St Ruan Church	9.30am
Sun 31 <sup>st</sup>	Holy Communion ( <i>BCP</i> ), St Ruan Church	9.30am

## Methodist Services

**Rev'd Steve Swann 01326 240200**

Service at 11.00 a.m. Each Sunday

## Roman Catholic Mass Times

**Fr. Gilbert 01326 572378**

Sunday Mass at  
St. Mary's Helston at 9.00 a.m.

# Parish Scrapbook 2015

1. Buller Day. CH
2. Winning crew on Peter and Tony night. SJ
3. Tall stories at the Fishing Festival. CH
4. Sarah Legge presenting Luke Stephens with his prize in the Cadgwith Fishing Competition. CH
5. Sarah Stephens and John Trewin work out the rankings in the Cadgwith Fishing Competition. CH
6. Steve Holyer with his lovely prize winning bass. CH
7. Matilda showing Freddie and Jamie her cup in the Fishing Competition. CH
8. Cricket umpires Paul Ferrari and Mike Nunn. CH
9. Bill Scolding out for a duck while Steven Legge looks on. CH
10. Gemma Bennett shows the boys how it's done. CH
11. The Rascals with professional coach Russ Ralph. GB
12. Scorer Paul Penrose confirming Wayne Briggs is out for a duck. MH
13. Ruan Rascals in their new kit. GB
14. Jeremy Wootliff, Brian Jenkins and Paul McMinn at Folk Day. MH
15. Paul McMinn, Folk Day. MH
16. Folk day evening in the pub. AK
17. Ruan Revellers Brian Jenkins and Richard Palmer. CH
18. Ruan Revellers Ann Vaultier, Judith Green, Jacqui Griffiths, Sheila Collins, Mary Keeley and Cathy Brown. CH
19. Nigel Green and Gemma Bennett ready to open the bar for the May Festival. MH
20. Demolition work starts on the Rec pavilion. MH
21. The pavilion is removed from site. MH
22. Smiley face in the sky on Bonfire night. CH
23. Taking Barbara Youell (nee Legge) home to Cadgwith for the last time. Nigel Legge in his boat Razorbill with Rev. Deirdre Mackrill, Jon Youell, Pete Youell, Jackie Sayer, Nigel and Carole Hunt. JS
24. Christmas Lights Switch-on 2014. CH
25. A rare duck found nesting in a boat on the beach in Cadgwith. CH

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### Photos Supplied by:

AK - Arnold Küsters, CH - Chris Hunt,  
GB - Gemma Bennett, JS - Jackie Sayer,  
MH - Moira Hurst, SJ - Sam Jane



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# Cadgwith Cove

## Christmas Menu

### Starters

#### **Smoked Salmon**

with cucumber mousse and dill gel

#### **Spicy Apple and Parsnip Soup (V)**

with cinnamon croutons

#### **Chicken Liver Parfait**

with toasted brioche

#### **Beetroot and Goats Cheese Salad (V)**

A selection of pickled beetroots with local goats cheese

### Main Course

#### **Roast Turkey**

confit leg ballotine, goose fat potatoes, seasonal vegetables, homemade cranberry sauce and jus

#### **Roast Sirloin**

chestnut stuffing, pomme dauphinoise, vegetables, homemade horseradish sauce and jus

#### **Roast Monkfish**

samphire colcannon, moules marinière and spicy roasted carrots

#### **Wild Mushroom Wellington (V)**

with cranberry mash, seasonal vegetables, and vegetable nage

### Desserts

#### **Apple Crumble (V)**

with Cornish clotted cream

#### **Mulled Wine Sorbet**

with cinnamon swirl

#### **Christmas Pudding (V)**

with homemade brandy sauce

#### **A Selection of Cornish Cheese (V)**

with grapes, celery and crackers

Dine with us this Christmas, our festive menu is served from 1-31st December excluding Christmas Day.

All our food is sourced locally and cooked to perfection by the chefs in our kitchen. We are proud to offer fresh fish caught the Cadgwith Cove Fishermen and meat from our local butcher C&E Retallack.

£20.70 per person 3 courses/£15.70 per person 2 courses. Prices include a free bottle of selected wine for tables of 6 or more diners.

Optional extra: Enjoy an after dinner coffee alongside a duo of mint and chocolate truffles for £4 per person



## Cadgwith Pilot Gig Club - 2015.

It's been a busy year for the Gig Club, which as always started with winter training in the relatively calm waters of St Anthony. There must be easier ways to burn off those Christmas mince pies, but the thought of a sunny Scilly start line in early May always provides a bit of motivation...



The World Championships instead brought rain and force 8 Easterlies, perfect for Tamarisk and Buller but not so much fun for river based clubs who rarely face such conditions, and all Cadgwith crews had good results across the weekend, with traditional celebrations to follow.

Soon after saw the arrival of a set of beautiful new doors for the Gig Shed in the Cove. The originals were destroyed by the February storms of 2014, and once the insurance was settled, local Carpenter Stuart Hammill spent over 3 months creating these from scratch at his workshop in Kuggar. Every knot painstakingly cut and filled, every plank treated twice, every joint measured and adjusted to fit, a brilliant job which we are all very grateful to Stuart for.

Summer weather (before the middle of August anyway) was settled and boats were out from the Cove regularly to make the most of it. Most weekends saw over 4 crews of Junior rowers out, many for the first time, and always enjoying it, getting stuck in and encouraging each other. Barely 8 weeks later at the u/14 Championships at Hayle, we entered 4 Junior crews, almost all rowing competitively for the first time (one crew politely asked their Coxswain to shout louder at them as it made them row better!) All the Juniors did the club proud across the year, and we are really grateful for the support of parents who helped in various ways over the season.



**Scillies Ladies A Team**

cont.



# The Cadgwith Cove Inn

*as featured on BBC's 'The Fisherman's Apprentice'*

**Garry and Helen would like to update you on**

## **What's New for December and January**

Christmas Menu available from 1<sup>st</sup> - 31<sup>st</sup> December  
Pre booking is required, please call 01326 290513

### **Saturday 5<sup>th</sup> December - Christmas Lights switch on**

Warm Doughnuts served outside the Inn

Evening Service 5pm-9.30pm

Music by Graeme Mathieson 9.30pm-midnight!

### **Christmas Eve**

Carols with the Cadgwith singers

### **Christmas Day**

Watch the swim at midday in the Cove

Bar Open 11am-2pm

### **Boxing Day**

Local celebrities in the Mummers Play!

Approx. 2pm

### **Christmas Sunday 27<sup>th</sup>**

Live Music by Jordan Jane 3-6pm

### **Christmas Monday 28<sup>th</sup>**

Quiz Night 8pm start & the jackpot will be won!

### **Christmas Tuesday 29<sup>th</sup>**

Live Folk Music & open mic

### **New Years Eve**

"Pop Stars" Fancy Themed Dress Party

Dining Table Service 5.30pm-7.30pm

Live Band 9.30pm by Pop Cornwall

Disco & Bar until 2am

### **New Years Day**

Cadgwith Singers

The Cadgwith Cove Inn will be closed on Sunday 10<sup>th</sup> January 2016 and re-opening at 3pm on Friday 22<sup>nd</sup> January 2016.

**Let's make The Cadgwith Cove Inn the social hub of our community**

**We look forward to seeing you all very soon**

**Cadgwith, Helston, Cornwall. TR12 7JX**

Telephone - **01326 290513** Website - **www.cadgwithcoveinn.com**

Email - **garryandhelen@cadgwithcoveinn.co.uk**

Facebook and Twitter - **cadgwithcoveinn**



Under 14's at Hayle

Buller Day brought sunshine and great rowing for everyone, and again the success of the day was thanks to so many people who helped with the huge variety of jobs which have to be done before, during and after the event. Peter and Tony night, Buller Cup, and the great performances and commitment of the u/16's Juniors which got them on the

podium at their Newquay Championships all slowly brought the summer to an end.

The Senior's Newquay Championships in September saw a top 15 finish for the Men's A , and competitive rows from the Women's crew, and as nights draw in thoughts now turn to winter boat maintenance (and the fundraising we rely on from Buller Day and Fish BBQ's to pay for it)

We are very grateful to Ross and everyone at Poldhu Café for sponsoring our rowing kit and jackets, the Cadgwith and Ruan Community Trust for Junior oars and lifejackets and everyone in the Club, community and Cove who helps and supports us as a Club.

Merry Christmas, and here's to a successful and enjoyable year ahead for everyone.

Thank You

**Cadgwith Pilot Gig Club Committee 2016**



Under 16's at Newquay

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# Recreation Ground News

## Bonfire Night

Once again, Roddy Hall put on a most spectacular firework display. The event was a great success, despite us not being able to put up a tent for the bar, on account of the wind. Jon Spalding kindly made his site office available, and the bar was run from there. The area was a bit of a quagmire, but people seemed to take it all in good spirit.

Thanks to everyone who helped the Committee before, during and after the event, especially the Green family for allowing their field to be used to launch the fireworks; also Brian Brown and Gavin Cadman who helped Mike Fleetwood with the back breaking task of clearing all the fragments of fireworks from the launch site; Judith Green, Linda Drysdale and Ruth Alfrey-Cryan for manning the gates, Sue Cadman for helping with the bar; Rachel Holder and Di Fleetwood for ensuring no-one fell over in the mud.

And, of course, thanks to everyone who supported the event. It wasn't set up to be a fund raiser, but we made a profit, which will be added to our funds for fitting out the new pavilion.

## The Pavilion

The pavilion is progressing to schedule and within budget at this stage. Digging the foundations proved to be a bit more work than was anticipated, due to the amount of concrete - 38 tons of it - buried



Muddy work. 20<sup>th</sup> November 2015



in the ground under the old pavilion. It seems excessive for the size of the old pavilion and I'd be most interested if anyone knows why it was put there.

A few people have kindly offered to donate equipment for the new pavilion. We will be publishing a list soon of items required, along with cost, and we hope it will form the basis of a "wedding list" type system, where you will be able to choose an item or a number of items to suit your budget. Gifts will be acknowledged in a book or on a plaque; details of which are still being finalised.

## Sports Day

The next Rec event will be the May Festival, to be held on Spring Bank Holiday weekend, 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup> May 2016. We're planning to incorporate a sports day into the event, probably on the Sunday. Please get in touch if you can help organise any matches or games as part of this.

*Recreation Ground Committee*  
c/o Moira Hurst tel: 290257  
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History repeated itself at October's 'Quiz Night At The Village Hall' with **THE MIXED BUNCH** repeating their triumphant September performance to take the October winners' crown as well.

Just as at the previous Quiz Night, it was 'The All-Nighter' round which proved to be decisive ..... and how!! We all thought that 47 points out of a possible 60 points was a superb performance last month but a monumental 57 points out of a possible 60 by The Bunch this time out shattered the record books and left all of their opponents gasping for breath and trailing in their wake. **CLIFFHANGERS** fought hard to prove they were 'The best of the rest' but were left trailing in second place by a great big 11 1/2 points margin.

Although a couple of our regular teams were missing we were pleased to welcome two new teams, **A 'BROOM SHORT OF A FEW BRISTLES'** and **'MUNDYS MOOR'**, to our quizzing ranks. Both the New Broom and the M's produced very creditable first time performances but it was the Ms who trailed in at seventh spot to claim the infamous **'WOODEN SPOON'** at their very first attempt.

## QUIZ NIGHT NEWS

Rumour has it though that the **Spoon** is proudly displayed in a very local front porch for all the world to see!

**Skinny** and **Mags** delivered a wide 'Spectre' of 'intriguing' Guest Round questions which certainly had the teams 'shaken and stirred'. A big thank you was given to both of them **BUT** watch out, it's **Kevin's** turn next time so you have been warned!

After the calculators had cooled and the points double checked the final 'scores on the doors' were as follows:

<u>Position</u>	<u>Team</u>	<u>Score</u>
1 <sup>st</sup>	The Mixed Bunch	134.5
2 <sup>nd</sup>	Cliffhangers	123.0
3 <sup>rd</sup>	The Buccaneers	113.5
4 <sup>th</sup>	A Broom Short	113.0
5 <sup>th</sup>	The New Crew	108.0
6 <sup>th</sup>	New Blood	92.0
7 <sup>th</sup>	Mundys Moor	73.0

Thanks again everyone for another super evening of quizzing fun and games. Take care and see you all next time.

*Quizmaster Dave.*

**Next Quiz Night Dates:**

**15<sup>th</sup> December - Christmas Quiz**

**26<sup>th</sup> January - New Year Quiz**



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## **CLOSE ENCOUNTER WITH THE NHS, PART II**

By Tony Halliday

We were told early in the morning of the 12<sup>th</sup> July that there was a high potential match. The team looking after Jan (and us) had seen the effects of the previous day's late cancellation and passed the news on as soon as they felt confident that a transplant was a high likelihood. We were told to expect the preparations to take most of the day and once again were asked to manage our expectations – just in case. Our points of contact were kept to a minimum to ensure that accurate information was passed to us, the Transplant Coordinator and the Lead Consultant were the principle points of contact and we had to respectfully allow everyone else involved to focus on the intensive care situation. As well as being ventilated Jan was on a type of Dialysis and being infused with sedatives, blood coagulants, anti-coagulants, antibiotics, Insulin, blood pressure medication, heart rate medication and food... Her attendant nurse constantly checked vital signs (as they had all week) and made any adjustments necessary to ensure that a transplant was still a viable option. Those nurses were rotated on a regular basis, occasionally we would see the same one for two days in a row but as their role was so intense they routinely had one rest day in 3. Their commitment was so impressive, they were all extremely technically proficient as you would hope! Most were also very empathic towards us and would try and pass any positive signs on but they would all be careful to report the facts as they were right then and right there, carefully avoiding speculation.

Consultants, Registrars, Doctors and Junior Doctors also rotated out after very long (15 hours and more) shifts. Although there were always more than 20 patients in their immediate care they were always able to pass the latest news on. Now we were waiting for the operation we had to curb our enthusiasm for minute by minute updates and completely trust that 'when they knew, we would know'. We had signed 'assent' paperwork the previous day, essentially as Jan was an adult they took complete control over her care and did not have to seek permission to proceed. As a formality they are required to confirm that we as her family understand why they acting they way that they are and the importance of them doing so – big thumbs up from us there! We were kept informed at regular intervals, final confirmation coming a little after 6pm. We saw Jan to theatre sometime around 7, amazed that they could transfer her with so many devices attached. Her family support team now numbered 8 1/2, we headed to my sister's flat across London where we could all wait for updates. There were 3 incredibly business-like phone calls, around 8:30 in the evening - confirmation of who I was followed by 'we have started'. 10:30 'The transplant is in place'. 01:20 'We have finished, the patient is doing well'. A few tears, then bed.

Some serious discussions had been had ensuring that we all understood that whilst a transplant was the only option, it didn't guarantee a successful outcome. The first day post op couldn't have been better, there was an immediate stabilisation of Jan's systems and no untoward signs. Sedatives were being withdrawn and the wake up process was underway. Unfortunately as we visited on the second day we were told that Jan was going back to theatre as a bleed was suspected. Although this is almost a routine occurrence because of the incredibly fine line that the Doctors walk in terms of managing a patient's systems we were still very concerned over this latest turn of events. Another 3 hours with the Surgical team (including the family observation that Jan does like to go to the theatre when in London) and we were once again told that the situation was as

cont.

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good as it could be.

For us there were further demonstrations of first class medical care, for Jan it was a gradual weaning off her support systems as her donor graft took more responsibility for managing her systems. Sedatives were withdrawn, less oxygen was required for ventilation, blood pressure, heart rate and the blood's ability to clot all improved. After a week we started to see the first signs of Jan trying to breathe by herself – a tracheostomy had been performed so that as Jan woke she wouldn't be traumatised by having a tube fitted down her throat. We had been told what the various screens around her bed actually meant and had spent most of the time scanning them for positive signs. One morning a nurse said that she had noticed a slight difference in how heavy Jan's eyelids were when she was doing her checks, later that day we saw the first signs of movement in over two weeks. They were only yawns and a slight flickering of the eyes but they had a fairly major impact on us.

It was at this point that Jan came back on line. She remembers Tom, myself and her nurse of the day talking to her. Rather bizarrely the patient opposite was called Michael and was a very restless individual, there were lots of requests for Michael to stop rolling around and behave, this led Jan to wonder why her brother-in-law was a patient in the same hospital?

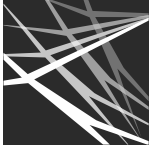
The critical care eased off a little at this point, Jan was doing well and whilst she was still monitored very closely the bulk of the medical resource was focussed on more critical cases. We could get involved more, Jan couldn't talk because of the trachi so we all became expert lip readers (some were better than others). Initially Jan was paralysed because of her previous organ failure and the extended wait for the operation. This was diagnosed early and thanks to a focussed physio team we were able to help Jan to regain enough independence to get transferred to Derriford around the middle of August. A short stay there, a different but equally committed team allowed her home on the 28<sup>th</sup> of August. Whilst Jan could only manage a short distance on crutches at this point her condition was a million miles from just a few weeks earlier

We still have a support team in November and will continue to do so, we see less of them but they are always available. We are told that the organ graft is doing fantastically well and that is reflected in Jan's general progress.

It wasn't by choice but we have had a front seat show of just what the NHS is capable of. The TV dramas and documentaries don't do it justice, there are some small flaws here and there but there are in any organisation. They were unable to identify the cause of the Liver failure but luckily for us they were able to fix it.

We still have to thank the donor's family and we will do. Whilst we have to remain anonymous we can at least let them know how much their gift has been valued and what it means for us.

Although the family's and close friends attention became so focussed on Jan's situation, we were all very aware of the depth of support, best wishes and goodwill that was coming from the whole community. We did try and let people know how she was at the various stages of her illness, it seemed to be the right thing to do as so many people were expressing concern. This support was highly appreciated and at times quite humbling. There are too many people to thank individually but we would like to say thank you to everyone in the community for their support, it really did mean a lot.



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# Gardening in the Winter

*by David Endean*

I started my last article saying how the season had changed, well since then there has been no sign of frost. The month started with the warmest recorded November day then a few days later it was the warmest November night-time temperature recorded. Even on the 4<sup>th</sup> of November I saw a pair of swallows performing acrobatics. I am not sure if they missed the last flight to South Africa or they heard what a good show the Fireworks were to be on the Rec so decided to hang around for a little longer. I must say the Redwings are now abundant, they are busily stripping the hedgerows of all the berries and chattering well nearly as loud as the starlings. But a truer sign that the season is on the change is that I have changed my hat, one that does not blow off so readily and keeps my ears warmer.

What to do in the garden is the real question. My first suggestion is to do as much as possible of paths or put some boards down to spread the weight and help to preserve the soil structure. It really does not take long to become a quagmire with regular foot traffic. One bonus with the damp soil is that any deeper rooted weeds that you do not admit to having in your patch of Eden will come out much easier now with the aid of a garden fork. Get in amongst your beds and borders and remove any dead, dying and fallen leaves from on top of your plants, especially the exposed crowns of the herbaceous perennials. In most cases if you

leave them there they hold moisture and cause rot and disease.

I have got to prune three large rose beds this December. I like to do it early in the month but many of the books say to do it earlier in October. I find that it is too mild down here and they put on a lot of soft growth which is easily damaged. I prune out all the dead and damaged growth then reduce the good stems back to about four buds, leaving stems about six inches long. This technique suits bush roses of the hybrid Tea and floribunda types. For shrub roses like rugose and similar types, just remove the damaged and diseased parts and then tidy to shape. Do the same for the ground cover types. For all roses I like to give a generous amount of a slow release fertiliser now plus a liberal dressing of well-rotted farmyard manure. I find if you attempt to apply this later in the spring you knock off and damage young shoots, setting the plants back a while.

The shortest day is the traditional time to plant shallots. Pick a well-drained highly fertile spot with copious amounts of manure or garden compost added and push them into the soil with their necks just buried, spacing them between 9 and 12 inches apart. At this time of year they will take quite a time to make any progress and so often people wait until spring is with us before undertaking this task. When shallots are planted on the shortest day tradition dictates that they will be ready for

cont.

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harvesting on the longest day.

Over the Christmas and New Year it is customary to potter down to the greenhouse and sow seeds of large exhibition onions. Like all seeds, best results are obtained from clean trays and fresh dry potting or seed compost and new seed. Prepare a seed tray with some sieved compost, lightly firm it and soak it for a short while. Allow to drain then sow the seed sparingly on the surface and cover with another thin layer of sieved compost. Label the tray with its name and date. These seeds will need some heat so place the tray in a heated propagator at 65°F/18°C in good light in the greenhouse or similar place. The varieties to grow for this are Kelsae, Mammoth and Ailsae.

As the month goes on, some broad beans and peas started off in

pots do well and you can sow the first of the lettuce and pointed cabbages like Greyhound and Hispi. This will help to fill the hungry gap during May and June.

I still need to get out and tidy around my daffodils. They need a weed and possibly a top dress of compost, which helps to keep the slugs and snails away when they flower ready for the spring show in March. The greenhouses need a good sort out, cutting back the chrysanthemums ready for them to produce cuttings material in early spring. Remove old annual plants and generally have a good tidy up. Try to have a proper wash down and disinfect the greenhouse before spring arrives and time is in short supply when you want to start sowing and growing in earnest once again.

Some shrubs I like to give a hard prune now are *Buddleia davidii* (Butterfly bush), *Hypericums* (St John's Wort), lads love and *Leycestrias* (Pheasant berries). This helps to maintain good compact floriferous shrubs. I normally take these back to six inches above ground level. In the spring a liberal application of fertiliser will work wonders.

When the weather is wet, windy and awful my advice is to just stay in and sit by the fire reading some catalogues and planning what seeds and plants you will grow next year. Even dare to dream of the glorious display that will behold your humble plot. Do what you can this winter and make sure you enjoy what you're doing, keep safe in doing so, spring will soon be upon us. As I pen the next instalment the snowdrops will be about to drop, now there's a thought, enjoy your gardening.

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# The Herbal Medicine Cabinet

by Deanne Greenwood BSc (Hons) Herb Med, MCPP

## The Holly and the Ivy', tra lah lah lah...

There are many medicinal plants associated with the festive season. Some may be of use if you find yourself suffering from symptoms of over-indulgence – which are quite common at this time of year. A surprising number are poisonous, by the way, although can safely be prescribed by a qualified herbalist.

**Holly:** The ancient druids bedecked their houses with holly leaves and berries (*Hex aquifolium*) to celebrate the winter solstice, and holly has long been associated with Christmas. In herbal medicine, it was traditionally used to treat fever, jaundice and rheumatism (oh, and smallpox!), although I don't know of any herbalists, myself included, who still use it. The berries are poisonous, the leaves are prickly!

**Ivy:** There is scientific evidence to support the use of Ivy leaf (*Hedera helix*) as a respiratory remedy, and you'll find it in a number of proprietary cough syrups. In herbal medicine, it's used as a tincture to help relieve bronchitis and asthma. Leaves and berries are toxic!

**Frankincense:** This medicinal plant has religious connotations, as it is said to have been one of the three gifts given to baby Jesus by the Three Wise Men. Frankincense (*Boswellia serrata*) is an excellent anti-inflammatory, and clinical trials support its use for arthritic conditions. It features in a lot of prescriptions I make up for musculoskeletal problems.

**Myrrh:** Myrrh (*Commiphora molmol*) belongs to the same botanical family as frankincense, and was another gift from the Three Wise Men. Myrrh makes a very effective antiseptic gargle for mouth and gum infections, such as sore throats, ulcers and gingivitis. It's another plant I use a lot in my herbal medicine practice.

**Sweet chestnut:** This tasty fruit may be very good roasted on an open fire (as feted by Nat King Cole in *The Christmas Song!*), but in herbal medicine we use the leaves of sweet chestnut (*Castanea sativa*) to make a tea, which can be used to help relieve coughs and clear catarrh, and gargled with for sore throats.

**Mistletoe:** Stealing a kiss beneath the mistletoe (*Viscum alba*) might set your pulse racing, but this potent medicinal plant actually helps reduce blood pressure and heart palpitations. There has also been a lot of research conducted into its cancer-fighting properties. Another highly poisonous plant in the wrong hands!

**Milk thistle:** One of the classic herbal detox and liver support remedies, milk thistle (*Silybum marianum*) is the one to consider taking in the New Year after too much rich food and wine. There are many proprietary brands of milk thistle concoctions on the market, but if you want to ensure you're taking something that is of good quality and contains enough of the active constituent to do the job, best to see a herbalist.

**And finally... a remedy for festive flatulence!** Too much rich food and alcohol can lead to windy weather fronts... if you get my drift! If flatulence is a problem, you'll be doing everyone a favour by having a cup of peppermint (*Mentha piperata*) or ginger (*Zingiber officinale*) tea laced with a teaspoon of crushed fennel (*Foeniculum vulgare*) and caraway (*Carum carvi*) seeds. Also good for heartburn and indigestion.

Wishing everyone a very jolly Christmas and New Year!

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## Christmas Quiz

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

## Answers to the November Quiz

1. In which country was Francis Bacon born? *Ireland*
7. Who was the first celebrity champion of Strictly Come Dancing? *Natasha Kaplinsky*
8. What is Switzerland's largest city? *Zurich*
9. What was the name of the first U.S. space shuttle? *Columbia*
10. Which John always sang in black? *Johnny Cash*
11. When was the football World Cup first televised? *1954*

Questions set by Norma Gossip



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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 12 October 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, 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:**

Councillor Preston declared an interest in the payments schedule as he is one of the tree wardens. This was noted.

### **3. Public time:**

Gary Pollard, who is making an application to fill one of the two outstanding casual vacancies on the Parish Council, introduced himself to the Councillors.

### **4. Police report:**

In the absence of PCSO Berry, the Chairman read out the report. There had been 4 crimes dealt with by the police during September. The Chairman also noted that the crime statistics for the region for July and August showed that a large proportion related to anti-social behaviour.

### **5. Cornwall Councillor's time:**

Cornwall Councillor Rule reminded the Councillors that she has funds available in her Community Grant Fund and funds were also available from the Goonhilly Wind Farm Community Fund for minor projects.

Cornwall Councillor Rule confirmed that paperless planning is going ahead from January 2016. A Parish council can request to defer this to April 2016. Grants of £700 are being made to Parish Councils to purchase equipment and training will be provided by Cornwall Council.

Finally she confirmed that the parking tickets issued to drivers attending a funeral in Helston were still under review.

### **6. Minutes for acceptance:**

Having been previously circulated, it was proposed by Councillor Freeman and seconded by Councillor Jones that the minutes of the meeting held on 14 September 2015 be accepted. Carried 9 votes in favour and 1 abstention.

### **7. Planning:**

#### Planning Applications for consideration

- PA15/ 07655 – Equestrian Barn, Worvas Farm, Ruan Minor. There was discussion as to whether this proposal would involve a business opportunity which would provide local jobs. It was felt that insufficient detail had been presented with the application and also a business plan would have been helpful. It was proposed and seconded that, as this is a development in an Area of Outstanding Natural

cont.

Beauty and the benefits to the local community are unclear, this application was not supported. Carried 6 votes in favour and 4 against.

Planning applications decided by the planning authority since the last meeting

- PA15/06825- Erection of an agricultural building for livestock housing, Terrice Farm Tresaddern, Ruan Minor [Approved]
- PA15/06826- Erection of an agricultural building for livestock housing, Terrice Farm Tresaddern, Ruan Minor [Approved]
- PA15/06890- Proposed extension and alterations including a balcony, Yesnaby Prazegooth Lane, Cadwith [Approved]

Pre-applications ,consultations and appeals: None to consider

**8. Finance**

- Financial Report – the bank reconciliation was noted, together with the displayed statement of Income & Expenditure for September 2015.
- Payments Schedule - it was noted that a request had been received in respect of the Parish Council's donation to the cutting of the churchyard grass. It was agreed that the donation be increased this year to £1,800 in line with the budget (from £1,500 in previous years). It was proposed by Councillor Fleetwood and seconded by Councillor Freeman that the payment schedule totalling £3,075.48 be approved. It was noted that the expenditure shown for tree/ shrub purchases for the tree wardens had been approved at last month's meeting. Carried 10 votes in favour.
- Equipment for displaying planning applications – in view of the grant received of £700 it was agreed that the purchase of the appropriate equipment should be considered at the next meeting.



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**9. Matters arising from the minutes:**

- Play Area update – it was reported that Phase 1 is nearly complete with the zip wire and crabber climbing frame (incorporating the re-used slide) in place. Phase 2 is currently being put together along with various grant applications. This will involve the nest swing, rocker and some additions to the launching tower at a cost of £15,000. Councillor Fleetwood again stressed the importance of having a contract in place for ongoing maintenance. The formation of a formal Play Area body with its own constitution to monitor and control the play area and make independent grant applications is being considered. This would involve members of the local community and possibly a representative from the school. **Action: Play Area Committee**

cont.

- School Bus Shelter – it was requested the Clerk explore this further with Cornwall Council. **Action: Clerk**
- Speed control – in view of the high cost of an automatic speed warning sign, the Clerk was requested to ask the Highways Department if a survey could be carried out both in Kuggar and past Long Moor in Ruan Minor. There is no charge to the Parish for a survey. **Action: Clerk**
- War Memorial - it was noted that the required repair work had been carried out and had been paid for by the Community Trust. It was not considered that a major repair project (which a grant could be applied for) was necessary.

#### 10. **Matters for consideration:**

- Emergency Plan – it was requested that any suggestions regarding the plan are sent to the Clerk prior to the next meeting. **Action: Councillors/ Clerk**
- Room Rental – although a room is available in the Village Hall, it was agreed that the meetings should continue to be held at the Methodist Chapel, particularly as the usage of the Chapel is currently under review with a possible threat of closure.
- Christmas Shopping Trip – there has been a request for funding to support a trip to Truro. Christine Jane was to be asked to provide a list of potential participants and Councillor Preston agreed to explore the cost of using the School minibus. **Action: Councillor Preston**

#### 11. **Correspondence:**

- Casual Vacancy – it was noted that Gary Pollard had applied to fill one of the two casual vacancies on the Parish Council. Mr Pollard has the necessary qualifications. There was some discussion about whether this item should be carried over to November's meeting .It was proposed by Councillor Collins and seconded by Councillor Trewin that his application be considered straightaway. Carried 10 votes in favour.

Following this, it was proposed by Councillor Fleetwood and seconded by Councillor Lee that Mr Pollard be co-opted onto the Parish Council. Carried 10 votes in favour.

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

- AONB Signage update- Councillor Preston reported that the project is progressing.
- Steps at Little Cove, Cadgwith – it was reported that the erosion at the top of the steps is being investigated by Ben Dickinson of Highway Services. Delays in action appear to be due to lack of funding and short-term measures are being considered. In view of the health and safety concerns, the Clerk was asked to chase this up again. **Action: Clerk**
- Request for railings on Footpath 6 in Cadgwith – Councillor Preston reported that he had spoken to Inclusion Cornwall regarding work on the footpath and is waiting to hear from PAROW. It was agreed that Councillor Preston would get an estimate for the installation of a rail and that he would also contact Hamish Gordon / Cormac. **Action: Councillor Preston**
- Litter on second beach, Kennack Sands – Councillor Clifton agreed to produce laminated signs for the leaflet pocket on the lifebelt post. She reported that clearance of the litter had taken place. **Action : Councillor Clifton**

cont.

- Inspection of Closed Church at Ruan Major – Councillor Stephens had made contact with the Church Uses Committee and had carried out a visual inspection. On her visit, maintenance work was being carried out on the tower. Concerns remain about plants growing in the walls and, although Councillor Stephens is happy to continue with her monthly inspection, the Diocese has agreed to continue carrying out quarterly reviews.
- Noise at Kuggar – The Parish Council had been copied in on a large amount of correspondence regarding this and it was noted that it may be possible to attach conditions to any future temporary licence application.
- Footpath 1 – it was noted that the start of this path is quite overgrown and that clearance is the responsibility of the landowners. The Clerk was asked to contact Coastline and the owners of Ruan Vean regarding this. **Action: Clerk**
- Mundy's Field car park - Councillor Preston had carried out the monthly inspection and had nothing to report. There was some discussion about planting but concerns were expressed about the impact of roots on underground services. It was suggested that any residents who wished to do anything to improve the car park should come to the monthly meeting and discuss their ideas with the Parish Council.

### 13. In Committee:

It was agreed that the next part of the meeting be held in 'closed' session The meeting closed at 9.40pm.



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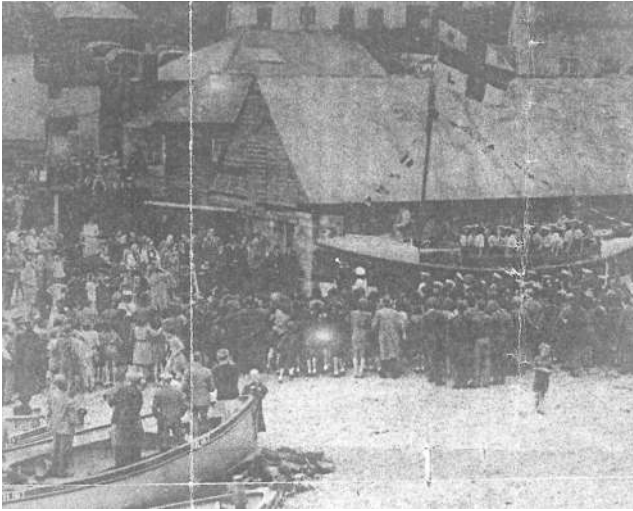
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## Launching Lifeboat was Task for Women

*[This is an extract from a 1973 newspaper article about the Cadgwith Lifeboat. It was given to me by Rose Bowcher, who pointed out that her late mother is mentioned, along with several other much missed residents of the Parish. Ed]*



This photo accompanied the newspaper article with the caption:

“The scene at the christening of the former Cadgwith lifeboat, Guide of Dunkirk, on June 14, 1947. It was withdrawn in 1967.”

..... Right up to 1967 there were [life]boats at The Lizard and Cadgwith. The Cadgwith lifeboat has now been withdrawn, but the association with lifeboats will never die. For centuries the majority of men in the crews at both Lizard and Cadgwith have come from Cadgwith village.

The first and second coxswains of the Duke of Cornwall, Bunny Legg and Anthony Jane, both live in Cadgwith, as did the last coxswain of the Cadgwith boat, Henry Jane, the brother of Anthony. The Stephens family, of Cadgwith, once had seven men serving on the two boats.

It is not only the men who devote their time, energy and skill to the lifeboat. During the last war most of the young men of the village were away and when the boat had to be launched it was the women who did the job. When the maroon went up, they would drop anything they were doing and run, hauling on the ropes to get the boat into the water.

One of these was Miss May Carter, now a sprightly 67-year-old and living up the hill in Ruan Minor. She was born in Cadgwith and lived there for 64 years. One of her neighbours in the old people’s bungalows in Glebe Place is Miss Flossie Stephens, another of the band of women who put their shoulder to the ropes.

Two others still living in Cadgwith are Mrs Ellen Bartlett, of Ruminella View and Mrs Ruby Bolitho who lives at Man-o-War. All these brave ladies are in their sixties. They can’t haul on a rope now, but there were many times during the war that they heaved and strained to get the boat to the water. “The older men used to make up the crew during the war years”, said Miss Carter. “But we women were the ones who went down to pull the boat out.

“Any time of the day or night we pulled her out - and we could get her in the water in under 11 minutes. ....





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Tuesday 3pm - 5.30pm  
*Appointments 3.30pm - 5pm*

Wednesday CLOSED

Thursday 2pm - 6pm  
*Appointments 3pm - 5pm*

Friday 9am - 12 noon  
*Appointments 9.10am - 10.40am*

### Mullion Health Centre - 240212

Mon 8.50-11.10am & 3.50-5.40pm

Tue 8.40-11.10am & 3.50-5.40pm

Wed 8.40-11.10am & 3.50-5.40pm

Thu 8.40-11.10am & 3.50-5.40pm

Fri 8.40-11.10am & 3.50-5.40pm

## NUMBERS YOU MIGHT NEED

### ST RUAN CHURCH & ST WYNWALLOW

Churchwarden: Sheila Stephens 290583  
 Treasurer: Derek Elliott 290432

ST MICHAEL'S, MULLION &  
 St Mary's, Helston. Fr. Gilbert 572378

METHODIST MINISTER  
 Rev Steve Swann 240200

SURGERY  
 Mullion 240212  
 Ruan Minor 290852  
 Out of Hours 0870 242 1242  
 NHS Direct 111

POLICE  
 Helston Police Station 08452 777444  
 Emergency calls 999  
 Non urgent calls 101  
 Crimestoppers 0800 555111

MOBILE LIBRARY 0300 1234111

GRADE-RUAN UNDER FIVES  
 Jan Halliday 290978

GRADE-RUAN C OF E SCHOOL  
 Secretary: Louise Raybould 290613

MULLION SCHOOL 240098

GRADE RUAN PARISH COUNCIL  
 Chairman: Jeb Preston 07964215277

CORNWALL COUNCILLOR  
 Carolyn Rule 240144

VILLAGE HALL BOOKINGS  
 Tasha Allen 291232 or 07792292665.

RUAN MINOR STORES & POST OFFICE  
 Claire Bollard 290138

RECREATION GROUND COMMITTEE  
 Chairman: Mike Fleetwood 290365

CADGWITH GIG CLUB  
 Secretary: Mike Hardy 290282

NATIONAL TRUST  
 Rachel Holder 291174

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We have plenty of Christmas stock available – chocolates and sweets, cards (including Andre's latest card) and wrapping as well as some novelty items. We also have Toots' boats, Elle Parsons' sea glass pictures and a number of local books that make great stocking fillers.

Retallack Meats have provided us with a list of items you can order in store ready for the big day. We can also order in fresh fruit and vegetables. New for this year we have a selection of pre-packaged hampers from the Cornish Food Box. Based around a number of themes they contain all of your favourite Cornish produce. Please ask a member of staff for more details.

We're gearing up for that time of year in the Post Office too. We have all of the packing materials you will need to ensure that your gifts arrive in one piece. Make sure you post parcels early, to avoid disappointment.

**Our opening times over the Christmas period are as follows:**

<b>Christmas Eve</b>	Closing at 12 noon (why not join us for mulled wine and mince pies and maybe some impromptu carols?!) )
<b>Christmas Day</b>	<b>Closed</b>
<b>Boxing Day</b>	<b>Closed</b>
<b>Sun. 27<sup>th</sup> Dec</b>	Shop open 9am to 1pm
<b>Mon. 28<sup>th</sup> Dec</b>	<b>Post Office closed.</b> Shop open 9am to 6pm
<b>New Year's Eve</b>	Closing at 12 noon
<b>New Year's Day</b>	<b>Closed</b>
<b>Sat 2 January</b>	<b>Post Office closed.</b> Shop open 9am to 7pm

***Finally, from myself and the team, thank you for your fabulous support in 2015. We wish you all a very Merry Christmas and a happy and healthy 2016.***

**Telephone 01326 290138**