

Grade Ruan Gazette

October 2022
Volume 36 No 7




In this Issue: All our usual features, plus:

Stick Insects - again
Grade Ruan Rally 2022
Cadgwith Pilot Gig Club
Cadgwith Fishing Cove Trust

Memories with Johnno & Gladys
National Trust Update
1997 Cadgwith Flood

£1.00

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business and holiday let in the Parish**





Thai Street Food

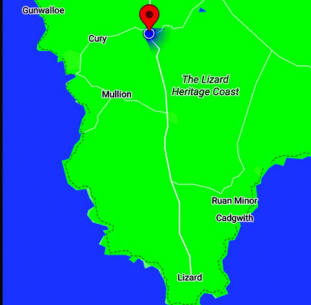
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DATES FOR THE DIARY

Alternate Wed	Recycling: 5 th and 19 th October
Alternate Mon	Garden Waste Collection 10 th , 24 th October
Every 4 weeks	Mobile Library: Glebe Place 10.35am-10.50am. 12 th Oct
Most Mondays	Quiz at the Pavilion from 8pm, Bar opens 7pm
Every Wed	Evergreen meeting. Pavilion. 2pm-4pm
Every Thursday	Village Hall Market. 9.30-11.30am
Every Friday	Fish & Chip Van at the Rec. 5pm onward
Every Fri& Sat	Pavilion bar open. 5pm onward
1 st Sunday	Kennack Sands Beach Clean 2 nd October
2 nd Tuesday	Book Club at the Rec, 1-3pm. 11 th October
2 nd Wednesday	Parish Council Meeting, 7pm. 12 th October
4 th Tuesday	Village Hall Quiz 7.30. 25 th October

OCTOBER (See “What’s On” Section for details)

2 October	Pet Service, St. Grade Church, 3pm
8 October	RMFC Home v. Praze-An-Beeble Res. Bar open from 2pm

ADVANCE DATES

5 November	Poppy Appeal Christmas Market, Village Hall. 10.30am
5 November	Fireworks at the Rec
13 November	Remembrance Sunday. Traditional Act of Remembrance at the Village War Memorial at 10.45am.

Front Cover:

A lovely tribute to the late Queen Elizabeth II
Drawn by Elowen, Year 3 at Grade Ruan School

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Village Centre	Janet Gascoigne

All houses (including holiday lets) 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 David Gascoigne on 01326 290536.

CONTRIBUTIONS

Please send contributions to the Editors' email address shown below. Paper contributions can be put in the Gazette Box 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.

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.600 copies of each issue are distributed, and the rates are reasonable!

Colour: Full page £24, Half Page £14.
Black&White: Full Page £18, Half Page £10, Quarter Page £6 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 the Editors

GAZETTE CONTACTS

Co-Editor	Moira Hurst 01326 290257 graderuan.gazette@btinternet.com Linden Lea, Ruan Minor, Helston. TR12 7JL
Co-Editor:	Sally Watts 01326 291395 graderuan.gazette@btinternet.com Bryher House, Ruan Minor, Helston. TR12 7JT
Treasurer:	Peter Martin 01326 290566 pjanddlm@gmail.com 14 Ledra Close, Cadgwith. Helston. TR12 7LD
Printing:	Parish Magazine Printing. 01288 341617
Advertising:	Co Editor or Peter Martin, as above
Distribution:	David Gascoigne 01326 290536 janndave43@hotmail.com
Subscriptions	£21.50 per annum Judith Green 01326 290118 judith@treleague.net

Over the Counter Sales: Peter Martin, as above

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

Noticeboard

The Gazette AGM was held in September, attended by Committee members and one of our distributors.

The Gazette's finances remain healthy; however it was decided that we should adjust our income and expenditure to ensure we remain solvent. A number of changes were agreed and these are set out overleaf.

On behalf of the Gazette Committee, David Gascoigne, the Distribution Manager, would like to extend a huge thank you to all the Distributors who go out in all weathers to get our magazines to us.

We are always interested in receiving your input, so if you have any stories or photos that could be of interest to fellow residents, please do send them in.

Moira Hurst

Happy Birthday in October to: David Jane, Eve Bosustow, Poppy Gilbert, Lauren Birchmore, Tom Roberts, Paula McMinn, Rebecca Langdon, Mike Tonks, Claire Humby, Ben Fletcher, Amanda Townsend, Chris Hunt, Ann Vaulter, Bim Ma, David Gascoigne, Pat Palmer, Riley G, John Trewin, Hannah Johnson, Jamie Trewin, Kevin Bosustow, Joal Robertson, Audrey Stokes

From Johnno:

I would like to thank all friends and relations for attending my 90th Birthday party. It was lovely to see so many of you there, also for all your beautiful cards, gifts and messages which I'm very much enjoying! I would like also to thank the Village Hall and the amazing Kerrier Male Voice Choir - they were excellent

Best wishes to all.

From Rose Bowcher:

This is from a very old article and I thought people who knew about the Girl Guide Lifeboat would be interested.

Guides' Gift Saved 17

Girl Guides raised £5,522 to buy a Lifeboat in 1940 and her first job was the Dunkirk Evacuation. Unfortunately her engine broke down and she had to return across the channel under sail.

After the war she was named "*The Guide of Dunkirk*" and went to Cadgwith, where she saved 17 lives up to 1963 when she became a private pleasure boat at Mevagissey.

Can anyone please tell me what became of the Lifeboat that was donated by Girl Guides at the beginning of the last war?

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Changes to the Gazette

Having had a significant surplus of funds for a few years, we haven't had to worry too much about the Gazette finances, but it has now got to the point where we have had to review costs and income to ensure we remain solvent. The following changes were agreed at our AGM and will be implemented immediately:

1. Printing Costs will be contained by limiting the number of colour pages, although still having a colour cover, colour ads and some colour editorial.

Please Note: The "What's On" section will be in black&white by default. If you specially want your event notice to be in colour, there will be a charge of of £3 for a half page and £6 for a full page.

2. Advertising Rates will be increased as follows:

Colour:

Full page from £20 to £24

Half Page from £11 to £14

Black&White:

Full page from £15 to £18

Half Page from £8 to £10

Quarter Page from £5 to £6

3. Cover Price will be increased from 90p to £1.
4. Subscription cost will increase from £1.75 (£17.50p.a.) to £2.15 (£21.50p.a.) This is to cover the cost of the magazine (£1), postage (£1.05) and envelope (10p).

Gerry Charles 1939 - 2022

Gerry first came to the village in 1968 when his in-laws purchased Silver Sands Holiday Park. This was next door to Mr Les Bosustow who, on finding out that Gerry was a good cricketer, whisked him off to play for Mullion which he did for several years. Also he played golf at Mullion with Mr Frank Tonkin and other friends. When the family sold Silver Sands after ten years they moved to Ledra Close in Cadgwith. Gerry used to go sea fishing with Mr John Bray while John's wife Winnie made pasties for when the boys came home. Gerry and family continued to come down every year and he was here just two days before he died. His association with the village was for 54 years.

Mike Nunn



RUAN MINOR VILLAGE HALL

Reg. Charity No. 225626

WHAT'S GOING ON AT THE VILLAGE HALL?

WI-FI

Free Wi-Fi is available to all Hall users.

THE THURSDAY MARKET and MONTHLY QUIZ

The Thursday market is now open without any restrictions. We look forward to seeing you there! Refreshments are being served as usual including the famous Bacon Sarnie!

The Monthly Quiz is held every fourth Tuesday at 7.30 pm, £1 entry. BYO refreshments, we will no longer be serving tea and coffee in the break..

FITNESS AND WELLBEING

Mondays: 18.00 - 19.30 - Yoga with Tanya Strike

Tuesdays: 18.00 - 19.00 - Fitness with Sam Jane

Wednesdays: 17.15 - 18.15 Pilates with Clare Girling

Thursdays: 16.00 - 17.00 and 18.00 - 19.00 - Fitness with Sam Jane

Further details from the class providers

SNOOKER ROOM

The Snooker Room is operating without restrictions on numbers. Please check the Village Hall Facebook Page in case the situation changes. A new key system is to be introduced in the near future for the Snooker Room to ensure security and insurance compliance. A key safe will be installed and all paid up members will be provided with the access code.

Outstanding membership fees are now due.

We encourage the use of sanitisers and following the Council and Public Health guidelines of hands, face, space in order to combat any further spread of Covid 19

To get further information, please telephone Liz Outten on 01326 290910 or visit Ruan Minor Village Hall's Facebook Page

RUAN MINOR VILLAGE HALL

AFTER 8 YEARS AND A DOUBLING OF OUR ELECTRICITY CHARGES WE RELUCTANTLY NEED TO INCREASE OUR PRICES FOR REFRESHMENTS AT THE THURSDAY MARKET AS FROM NOVEMBER 3

TEA/COFFEE/HOT CHOCOLATE FROM 50p to 80p

TOAST AND TEACAKES FROM 50p to £1

BACON SANDWICHES FROM £1.50 to £2

EGG SANDWICHES FROM £1.50 to £2

BACON & EGG SANDWICHES FROM £2.00 to £2.50

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CADGWITH FISHING COVE TRUST

FISHING LOFTS NOW AVAILABLE

LOFT 1	This is a good size loft in the Steamers House (formerly George's loft). Licence fee is £125 per quarter (£500 per year).
LOFT 2	A similar size loft in Fort York beneath Beach Cottage. Licence fee is £125 per quarter (£500 per year).

Applications to occupy these lofts will only be considered from persons who actively fish from Cadgwith Cove. Priority will be given to commercial fishermen who fish from Cadgwith Cove.

Lofts may only be used for the storage of fishing gear only (no fuel) and for no other purpose. Further details of terms and conditions will be made available upon application.

To discuss details or to view the lofts, please contact one of our trustees (Danny Phillips, John Trewin or Brett Jose).

To express an interest, please either send an email to info@covetrust.uk with your contact details, or send a letter to Cadgwith Fishing Cove Trust, c/o Treleague Farm, Ruan Minor. We will then contact you with further details.

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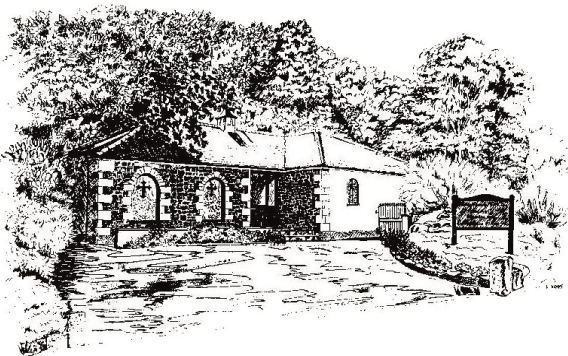
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What's ON



Saturday 5th November

Ruan Minor Village Hall

Charity Christmas Crafts

10:30am to 2:30pm

to raise funds for this year's Poppy Appeal

over 25 arts and craft stalls, coffee and cake, raffle

children's colouring competition

plus arts and crafts for all ages to make and take away

with Hannah from Thimble and Sketch



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[RNLI.org/volroles](https://www.rnli.org/volroles)

The RNLI is the charity that saves lives at sea

Royal National Lifeboat Institution, a charity registered in England and Wales (209603) and Scotland (SC037736). Registered charity number 20003326 in the Republic of Ireland



Ruan Minor Afternoon Book Club



Next Meeting will be

**Tuesday 11th October, 1.00 – 3.00 p.m.
at The Pavilion**



£1 admission – Tea and Coffee Available

Discussion of September Book

Contact Mary Keeley by Facebook Messenger

or marykeeley@hotmail.co.uk Tel:01326 290008



Come to our

PET SERVICE

A Service of Thanksgiving and Blessing for Animals and Pets

St Grade Church, Sunday 2nd October, 3pm

All pets welcome - together with well-behaved owners!



RUAN MINOR VILLAGE HALL

WE URGENTLY NEED MORE VOLUNTEERS

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FROM 9 AM TO 12 NOON**

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Please contact Trish on 290338 or Mark on 290910



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More on Stick Insects

From Ann Birtwistle

How interesting to have read Paul Penrose's piece on spotting the stick insect. Whilst walking at Trellisick about 5 years ago, don't ask me why - but I looked down on a leaf-strewn muddy path to see a stick insect! So lucky that I didn't step on the poor little thing. On getting home and investigating what I had seen - yes, indeed it was an "unarmed stick insect"! The web site invited me to send in a rough grid reference so that the sighting could be recorded (Malcolm Lee, Phasid Study Group). Who would have thought that there would be such a web site and yes, there had been sightings in Glebe Place some years back. So..... 30 seconds of your life which you won't get back: -

Collective noun for stick insects: Bushel. They moult between 5 and 6 times before they die at around 1 year old. They can also be known as stick-bugs: walking sticks: bug sticks or stick animals. They can regenerate a missing limb AND a female stick insect can reproduce without a male! Isn't nature wonderful?

Paul Penrose reported his sighting to the Phasid Study Group and had this response from Malcolm Lee:

"Yours is the first stick-insect report from St Ruan, although the Unarmed Stick-insect has been found nearby at Ruan Minor itself, with two reports from Glebe Place, about 600 yards NE from you. The image confirms your identification that the ones in your garden are also Unarmed Stick-insects, in this case a juvenile.

Stick-insects have neither need nor ability to travel far under their own steam, typically moving no more than a few tens of yards during their whole annual life cycle, preferring to remain static in the hope of not being noticed by a potential predator. That means all colonies are very localised, often to just a few nearby gardens rather than thinly spread about the whole region. Their main means of distribution is with human help as we bring plants into our garden from areas where stick-insects are present. There are now several garden centres in Cornwall and Devon which have this species within their grounds, and as we buy their plants the stick-insects occasionally come too.

The Unarmed Stick-insect originates from New Zealand and has been known in Cornwall since the 1920s at least."

VILLAGE HALL QUIZ

Hello, having a wee break North of the border at the moment I don't have the quiz night results to hand. There has been some great quizzing over the summer so well done to all the teams taking part

As autumn arrives all are welcome to come along on the fourth Tuesday of the month to try your luck

Time for another wee dram

Slainte Mhath!

Skinny



The Watch House



Cadgwith's Ice Cream and Gift Shop



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Grade Ruan Ruan Rally 2022

On the 7th August this year we resumed our Vintage Rally. The previous two years we had been unable to hold the Rally because of the pandemic. In 2022, we thought that it might be good to re-start the Rally and held several meetings, to consider whether we would be bringing it back to life or starting from scratch again. We thought that we would start small and even ask Tristan Hunt (Jumunji) if he could arrange for his super cars to come in with us to fill the field. Tris was very keen and a fantastic help and did make an interesting difference to the day.

Unfortunately, we had completely misunderstood the feelings of the vintage vehicle owners, as it soon became obvious that everyone wanted to get out and display their vehicles, motor bikes, stationary engines etc. Entry forms flooded in and we had enquiries from all over Cornwall and further afield. We then had a different problem: how can we fit them all in? Field plans were printed off and careful measurements taken. The ring – a tradition of these rallies – was made smaller and moved up the field. Our marquees were placed as near the top hedge as practical; the caterers were instructed to keep well into the hedges as were the bouncy castles and other amusements. We had to be on the field early on the day as the car boot stalls gathered and we closed them up as much as we could. The stationary engines were told what room they had and self-supervised their positioning. Motor bikes, horses, model boats, crafters etc were all accommodated eventually.

Then came the cars, tractors, super cars and military vehicles. And they came, and they came. At one stage the road was backed up to the Mullion turning. Vintage cars were not designed to idle for long periods in queues, so they overheated and had to pull into the side of the road to cool down. The bus to Ruan Minor called his office and advised that no further busses be sent this way. One person reported that it had taken them one hour and twenty minutes to get from Mullion and another, forty minutes from Ebenezer Chapel. People who had just popped to Mullion for a paper or the like were not best pleased.

We found it very difficult to organise who was who in the cars. Tractors etc are easy and just go straight into the field, no holdup! Cars; however, come in different categories. Some are just foot passengers and should go into the carpark field. Then there are disabled people who we have always allowed into the rally field, also bandsmen for the three bands need to get their instruments in. Then there are the super cars which, to my untrained eye, look quite ordinary until you lift the bonnet. Then, finally are the vintage cars, some of which, to a seventy-year-old man like me, look fairly new. All this led to some confusion on the gate and slowed things down.

As well as the exhibitors etc. we had a large number of visitors queuing along the road. The ladies on the gate collecting the entrance fee had no time off and laboured all day trying to get people in as fast as possible. This was the same story from the raffle gazebo.

By about one o'clock we had everyone in and things settling down. The field did turn out to be big enough! It was a great success both financially and more

cont...

importantly everyone seemed to have a good time. Several visitors and exhibitors commented on the friendly atmosphere and the feeling of welcome they received, and this has always been a very important feature of our rally. The super cars created a lot of interest and really contributed to the day. The judging worked but we could do with help. The Treasurer and I never stopped for the day. The dog show with a new judge went smoothly with no fights or severe disappointments and had a large following. What looked like a serious problem at one point in the day, turned out very well by the end.

We do have a few problems to overcome for next year. Mainly we were understaffed in several quarters. The problem with the cars will require more staff on a rota system as will the bar, gate raffle etc. All these problems can be overcome, and I will write again nearer the next rally to suggest to those willing to help how we intend to do it.

My thanks go out to all those who helped this time: not confined to committee members but also people who saw the problems and came and helped. This is a great show for our parish and we should all be proud but, perhaps, not complacent. And remember how HOT it was!

Stevyn Collins (Secretary)



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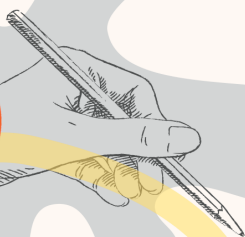
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Sunday 2nd October
MORE WORKSHOPS &
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DATES AND BOOKING VIA WWW.THIMBLEANDSKETCH.CO.UK

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Cadgwith Pilot Gig Club

It's been a fantastic season for Cadgwith Pilot Gig Club this year. A hard winter of training was rewarded with our best World Championships results in recent memory on the Isles of Scilly. We have since enjoyed a busy summer of regattas and regular Friday Night club racing. The juniors have had 4-5 crews training on a weekly basis and our senior squad has gone from strength to strength.

In September, 2 crews competed at the Ladies County Championships in Newquay. We later sent a club record 4 crews to the Mens County Championships and incredibly had 2 of them reach the Semi Finals! We would like to thank the community for all their support at our club bbq's and bars this summer. It's certainly been a year to remember and we can't wait to see what 2023 holds!

Billy Jane



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www.holidaylodgesforsalecornwall.co.uk

Friends of Kennack Sands

Seven volunteers took part in the August Beach clean. The beaches and areas around the beaches were full of litter including the 'dog waste only bins' (I had the job of removing it!) A hot day ending in a great swim after the beach clean.

September's beach clean welcomed 7 volunteers plus two children, who enthusiastically took part in the beach clean. It was a glorious day with a lively outgoing sea splashing on the shore. Thankfully, there was only a small amount of litter on the beaches (mainly small plastics) BUT the surrounding areas were dreadful with cans, bottles, dog mess and various food packaging! The lay-bys and small cliff top car park were disgusting. This is such a shame because we all can enjoy free parking thanks to the kindness of the landowner. Thankfully, the dog waste bins this month did not contain any rubbish.

Litter on beaches is not only unsightly it can harm wildlife, humans and ecosystems in the sea (80% of beach litter ends up in the sea)! There is no excuse for leaving litter behind at our beaches - please take care of them and educate others to do so as well!

A big thank you to Josh at Mora Cafe for his support.

The next beach clean will take place on Sunday 2nd October 2022 at 10am.

All Welcome!

Anne Tryhorn

Picture Frames

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photos & cross stitch*



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CADGWITH FISHING COVE TRUST

FORT YORK PURCHASE COMPLETE

We are delighted to announce that we have completed the purchase of Fort York in Cadgwith. This completes the purchase of all the fishing buildings in Cadgwith, protecting them all from development for the fishermen of Cadgwith forever.

Fort York is a large and complex fishing loft and is the most important set of buildings to all the fishermen as it houses the ice machine and cold room that is used by all, as well as a fish shop and numerous small fishing lofts.



The purchase of the freehold of this third building is the final step of our three-step plan to save the fishing buildings, the first being to secure the Winch House (having leased it from the Parish Council on a 125-year lease), the second being the purchase of the freehold of Steamers House.

Cont.....

The map below shows the land boundarie, with each of the 3 buildings highlighted:



The focus of Cadgwith Fishing Cove Trust will now shift to the repair, running, maintaining, and improving these buildings for the fishermen of Cadgwith.



The legal process took far longer than we ever anticipated, but having now achieved our goal, there is a real sense of relief and gratitude. We would not have believed 3 years ago this was even possible. It seemed

Cont.....

an unachievable dream, but it has come true solely thanks to huge public support.

Thinking about how we got here, we especially wish to thank Luke Pavey and his team at Frank Films who brought the fisherman's plight to national attention on BBC2 with "Cornwall: This Fishing Life", and we must not forget the teams at BBC Spotlight, ITV Westcountry and Radio Cornwall, all of whose support also helped send our fundraising effort into the stratosphere.

We also wish to pay tribute to the former owners whose custodianship over many years have kept the buildings running and out of the hands of developers over many decades. We are pleased to take over as the new custodian of all these properties.

Most importantly we and all the fishermen remain very thankful to the nearly 9,000 supporters who donated to our cause and saved these buildings.

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Rector's Ramblings

If you leave Hay on Wye, Powys, in a south-westerly direction you might well be on the B4350 road.

If you're brave enough to leave *that* minor road onto a narrow, unnamed country road, where the trees meet at the top forming a green tunnel, then after about 10 or 11 miles you will come to the tiny hamlet of Capel y Ffin – which means 'the chapel on the boundary' – as it lies on the border between Wales and England.

And there you'll find a tiny church: the Church of St Mary the Virgin, built in 1762 on an ancient site of worship and pilgrimage. At just 26ft by 13ft inside, it is one of the smallest Churches in Wales. The east window, above the altar, looks out at Hay Bluff as it winds its way southwards; and on that window have been etched the words of the first verse of Psalm 121:

'I will lift up mine eyes unto the hills; from whence cometh my help?'

At times like these – with so many anxieties and worries: about the cost of living; about the situation in Ukraine; about our worries for our own families; we might feel overwhelmed and we might indeed be asking ourselves: *"From whence cometh my help?"*

Well, the next verse in that Psalm gives us the answer: *"My help cometh even from the Lord: who hath made heaven and earth."* Because when we ask Him, when we cry out to our Creator God, He is there. He watches over us; He doesn't sleep; He doesn't give up; He's there with you and with me all the time.

We are not guaranteed lives free from uncertainty and difficulty, but if we can hold a perspective that enables us to trust in God in all situations, that seems to be where this psalm is directing us.

May we lift up *our* eyes unto the Lord, seek His help, and put our trust in Him. Amen.

Blessings

Revd Deirdre

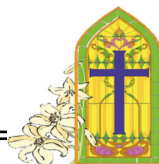
deirdre.mackrill@btinternet.com

☎ 01326 281178





Church Services October



Methodist Services

Rev'd Diane Grice 01326 240200

dianegrice@btinternet.com

Sunday 2 nd	11am	Mrs Margaret Flinders (Harvest Festival)
Sunday 9 th	11am	Rev. Diane Grice
Sunday 16 th	10.45am	at Central Methodist Chapel, Helston (No service here)
Sunday 23 rd	11am	Mrs Anne Moyle
Sunday 30 th	11am	Mr Isacc McNish

Church of England Services

Sun 2 nd	Joint Harvest Festival Service, Ruan Minor Chapel	11am
	Annual Pet Service, St Grade Church	3pm
Sun 9 th	Holy Communion, St Ruan Church Harvest Evensong (BCP), St Grade Church	9.30am 3pm
Sun 16 th	Family Service, St Ruan Church Sea Harvest, St Mary's Church, Cadgwith	11.15am 3pm
Sun 23 rd	Holy Communion, St Ruan Church	9.30am
Sun 30th	United Benefice Service at St Wynwallow Church	11am

Roman Catholic Mass Times

St Mary's, Helston Sunday 9.30 a.m.

St Michael's, Mullion Sunday 11.30 a.m.

Weekday Mass - see noticeboard or website.

Priest Priest and Parish Office Tel: 01326 312763

Email: helston@prctdr.org.uk

More information can be obtained at

www.falmouthcatholicchurch.org.uk

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

Churchwardens:

Sheila Stephens 01326 290583; Mark Outten 01326 290910

For weddings, baptisms, funerals: Revd John Ough

01326 281079

For pastoral concerns: Revd Deirdre Mackrill

01326 281178

Saturday 23rd July 2022 – The Lizard RNLI Lifeboat launched on service shortly after 2.30pm to go to the assistance of a French, seven meter yacht with five people on board, all of whom were wearing lifejackets. Upon arrival on scene it was clear that the yacht had lost its rudder and was unable to helm. In conditions described as moderate the yacht was approximately three miles south west of Mullion. Under the command of Second Coxswain Darren Thirlaway and after the situation had been assessed, a tow rope was passed to the yacht with the intention of taking it in to the nearest and safest port, Newlyn. However as the tow was underway, it was soon ascertained that due to the rough conditions on scene the yacht was not towing straight or safely and then began to take on water. In addition to the tow rope the decision was made to pass to the yacht the sea drogue which worked by providing substantial resistance through the water as the yacht was being towed by the lifeboat. The drogue steadied the yacht and enabled the slow tow to Newlyn to commence. RNLB Rose had arrived in Newlyn with the yacht and its very relieved occupants just after 5pm. The lifeboat arrived back at the station where she was refuelled and made ready for service again by 7pm.

Wednesday 27th July 2022 - Following a 999 call to the Coastguard from the casualty vessel, The Lizard Lifeboat launched on service at 8pm. The 15ft open boat with one person on board had lost all engine power and was drifting approximately 200m from shore near Ogo-Dour Cove, south of Mullion Cove. Upon arrival on scene it was quickly ascertained that the boat had no means of power or propulsion so the decision was taken to attach a tow line and safely take the boat in to Mullion Harbour. Prior to their arrival in to the harbour the smaller Y-boat was deployed from the lifeboat to safely escort the boat in to the cove. RNLB Rose arrived back at her station at Kilcobben Cove at 9.15pm where she was re-housed, refuelled and made ready for service again when required by 9.35pm.

Saturday 13th August 2022 - RNLB Rose launched on service shortly before 9pm to locate an overdue swimmer in the vicinity of Mullion Cove. Approximately five minutes after launching the lifeboat was stood down by the Coastguard as it had been reported that the casualty had been rescued by two paddle boarders who proceeded to transfer her to a local fishing vessel where she was safely taken ashore in to Mullion Harbour. RNLB Rose returned to her station at Kilcobben Cove and was made ready for service again when required by 9.30pm.

Sunday 14th August 2022 - The lifeboat was tasked at 3.27pm following a request from the Mullion Coastguard Rescue Team to carry out a medical evacuation of a female casualty from Pentreath Beach, The Lizard. Upon arrival on scene it was ascertained that the casualty had a pre-existing medical condition, and was in need of urgent medical attention. The smaller Y-boat was deployed to collect the casualty from the beach where she was then safely transferred to the lifeboat. Accompanied by the Y-boat, RNLB Rose then proceeded to Mullion harbour and again safely transferred the casualty (via the smaller Y-boat) in to the care of the Coastguard Rescue Team and to await the arrival of an ambulance. Once rehousing the Y-boat back on to the lifeboat, RNLB Rose returned to her station shortly before 5pm and was made ready for service again when required.

Cont....

Sunday 14th August 2022 - The second launch of the day for the lifeboat and her crew was at 8.30pm. RNLB Rose launched on service to locate and assist a yacht with two people on board in a position (approximately) five miles south of Lizard Point. The Coastguard had reported that the vessel had fouled its prop during the early afternoon and as a result its occupants had every intention of sailing to the nearest port. However as the wind had died in the early evening the yacht had become becalmed and was unable to continue making any progress. Upon arrival on scene the decision was made to attach a tow rope to the yacht and it was safely taken in to Falmouth Harbour. RNLB Rose arrived back at the station at 12.15am.

Thursday 25th August 2022 - Our crews were paged at 7.35pm and promptly launched on service at 7.44pm to reports of two paddle boarders struggling in the water off Gunwalloe Cove. One of the casualties was reportedly unable to get back on the paddle board and was potentially in need of immediate assistance. RNLB Rose arrived on scene at 8.07pm and ascertained that thankfully both casualties had managed to safely get ashore by themselves. Prior to departing Gunwalloe the lifeboat carried out a shoreline search to ensure that the area was clear. RNLB Rose arrived back at her station at Kilcobben Cove shortly before 9pm where she was rehouse and made ready for service again when required.

Friday 16th September 2022 - Our crew were paged at 4.47pm to assist a 36ft yacht in a position of 12.5 nautical miles, west, south west of The Lizard Point. With two people on board, both of whom were wearing life jackets, the yacht was said to be taking in water and a burning smell was also reported by its occupants. Following a prompt launch and under the command of Coxswain Dan Atkinson, RNLB

Cont....

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Rose and her crew proceeded to the scene. Upon their arrival the smaller Y-boat was deployed and a salvage pump and two lifeboat crew members were transferred to the yacht which was taking in water at approximately one inch per hour. Thankfully following reports of a burning smell, no smoke or signs of a fire were detected. Following communication with the coastguard it was soon ascertained that recovering the yacht to a mooring or pontoon was not an option given the leak and the speed at which the water was entering the vessel.

The decision was taken to tow the yacht in to Falmouth where appropriate facilities and operations would be organised to lift the yacht from the water to prevent it from eventually sinking. After a safe and steady tow RNLB Rose and the yacht arrived in Falmouth shortly after 10pm. Our crew arrived back at the station (following a well deserved refreshment break) at 12.40am, where RNLB Rose was made ready for service again when required.

Congratulations to three of our newest lifeboat crew members who have recently completed a programme of training approved by the Maritime and Coastguard Agency. *Mel Corden-Lloyd*, *James Thirlaway-Price* and *Matthew Bray* attended the RNLI College in Poole, Dorset where each achieved their Certificate of Proficiency in Personal Survival Techniques.



Following the announcement of the death of HM Queen Elizabeth II our station flag was flown at half-mast. On behalf of everyone involved with the RNLI, we send our heartfelt condolences to The Royal Family on the death of Her Majesty Queen Elizabeth II. The Queen dedicated 70 years as Patron of the RNLI. Her Majesty's support for our lifesavers - and our cause - will never be forgotten.

The 2023 Lizard Lifeboat Calendar is now available and can be purchased at The Lizard Post Office and various shops in The Lizard village. Alternatively, for those wishing to purchase one please send a message via our social media sites. Our grateful thanks again, to *L&S Printing* who kindly print and donate the calendars free of charge.

With the ongoing maintenance work continuing at the station sadly we remain closed to visitors at this time. Reopening dates and times will be posted on our social media sites as soon as we are able to welcome visitors again.

Up to date news, information and photographs can be found on the station's Facebook, Twitter and Instagram pages. On behalf of all at The Lizard Lifeboat Station we thank you for your continued and invaluable support.

Lyndsay Bray
Lizard Lifeboat Press Officer
The Lizard Lifeboat Station – 01326 290451

Memories with Johnno & Gladys, by Susan Moore

I have many lovely memories from my childhood thanks to Johnno & Gladys - from making 'perfumes & potions' in their back shed with their grandchildren, to fun mornings at the Chapel for Sunday School. But one memory that really stands out is the day we rescued a seal from Kennack Sands.

'The Seal Sanctuary'

By Susan (approx age 7/8yrs)

"On Wednesday 4th of January, I went to Gladys & Johnno's house because mum & Tracey had gone to Falmouth and dad had gone to Cadgwith. So at about 8 o'clock, Johnno went to Kennack for a walk and found a seal washed up on the rock. He went home quickly and phoned up the Seal Sanctuary. Then I came and we went down there to see it. When we got there I went to see if it was still there. Then the Seal Sanctuary van came down and a man and a woman came out of the van. We showed them where the seal was. Then they caught the seal and put it in the box. They drove off quickly to the Seal Sanctuary and we went home and had lunch. After that I done some drawing and then I wrote this."

A local newspaper article later revealed that the five-week old seal pup - named Ling - was suffering from malnutrition and had a nasty gash to its mouth but was now recovering well.

The Seal Sanctuary
On Wednesday 4th of January
I went to Gladys &
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Then the Seal Sanctuary van
came down and a man & a
woman came out of the van.
We showed them where the
seal was, and

Seal pup saved from sands

A FIVE-WEEK-OLD seal pup was rescued from Kennack Sands, The Lizard, last week and is now recovering at the Seal Sanctuary at Gweek.

Given the name of Ling, the pup was found to be suffering from malnutrition and a nasty gash to the mouth.

The gash has since been stitched and is being cleaned regularly.

Staff at the sanctuary are confident it will heal quickly.

Ling is also receiving a course of antibiotics and mucolytics to relieve his congestion.



Cont....



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WHAT DO YOU CALL A GROUP OF LIFEBOATS?



A MAGNIFICENT COLLECTION OF LIFEBOATS AT THE RNLI's EYEMOUTH LIFEBOAT STATION

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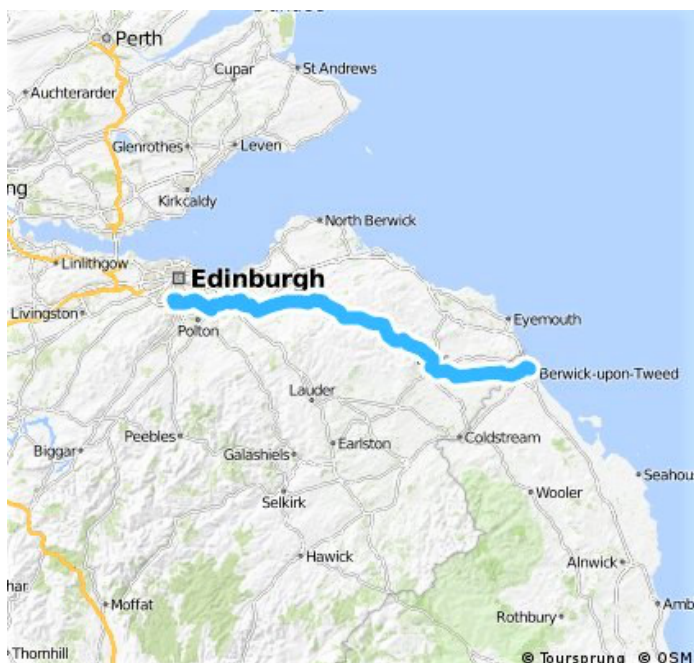
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Maggie Weaver very kindly passed this photograph to me after her son had sent it to her from Scotland. It does, indeed, show the RNLI's Eyemouth Lifeboat Station boasting a magnificent collection of vessels but what is the collective noun for a group of lifeboats???

The RNLI's Eyemouth Station is situated in Berwickshire in the Scottish Borders Region of Scotland. It is located 51 miles south-east of Edinburgh and 8 miles north of Berwick-upon-Tweed and was established in 1876 as protection and support for the local fishermen in an area prone to more than its fair share of challenging storms.

In the photograph you can see 7 boats from 6 different lifeboat classes and 5 different lifeboat stations. Moving across right to left from the quayside we can see a Severn Class (Aberdeen LBS), a Trent Class (Dunbar LBS), a Shannon Class (Eyemouth LBS), a Mersey Class (Berwick-upon-Tweed LBS), two 'D Class', In-Shore lifeboats (Eyemouth and Berwick-upon-Tweed LBSs) and a fast response boat from the St Abbs independent lifeboat station which was established in 2016. Severn Class, *RNLB BON ACCORD*, was 'visiting' Eyemouth for maintenance work and the other boats had assembled to take part in a special events day.



SHOWING LOCATION OF EYEMOUTH

Cont....

The other four lifeboat stations represented in the photograph are:



ABERDEEN LBS



BERWICK-UPON-TWEED LBS



DUNBAR LBS



ST ABBS LBS

Thanks very much Maggie, but back to the original question; what do you call a group of lifeboats? We have received the suggestions; 'A Saviour of Lifeboats' and 'A Hope of Lifeboats'. I favour 'A Shout of Lifeboats' or 'A Call-out of Lifeboats' Got any ideas?



RIP MA'AM AND THANK YOU.

**DAVID GASCOIGNE
VISITOR CENTRE MANAGER.**

CADGWITH COVE GRAND INTERNATIONAL FISHING COMP

RESULTS 2022

Phew what a summer, with beautiful sunny days and lovely warm evenings, just right for the fishing competitions held in the cove. I'm writing results first in this issue and competition results will follow later to round the year off. The last comp was called off due to the dreaded easterly wind, but we went ahead with the presentation evening and the results are as follows:

Junior champion with 25 points Tamlyn Carter, 2nd Place Jamie Trewin 21 points and third spot was shared by Toby Mitchell, Lucas Fletcher and Joe Tonks with 10 points apiece, 4th Place Jude Westlake

Junior girl champion Rosie Jane

Best lady angler Issy Crockett

Best specimen fish Richard 'Skinny' Williams

Skippers trophy Danny Phillips 28 points

And the *overall champion* for 2022 with 30 points is Callum Hardwick Joint second-place went to Steve 'H' Holyer and Jowan Hoskins, both with 15 points

A big thank you to Tony Portas, Lizard Tackle and Bait; Di Fleetwood, The Watch House; Matt and Hat Bourne for sponsoring the junior anglers with the prizes; also not forgetting Kate Phillips for collecting the entries on the beach and my first mate for the weigh-in Sarah Stephens. It wouldn't happen without you all.

Tight lines

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**National
Trust**

National Trust Update Sept / Oct 2022

It's been another busy summer for National Trust (NT) in the area, although a slightly quieter year in terms of visitors. We have been busy pushing along various projects that were paused through covid lockdowns. We are now moving into the season for more concentrated habitat management work, the work that keeps the land in our care suitable for a broad range of wildlife. We want to share some details with you, as it involves some work in the parish:

Habitat Management along the coast

The Lizard Ranger Team have been granted a Higher Tier Countryside Stewardship (CS) agreement for the coastal land that runs from Carleon Cove at Poltesco, to Church Cove, near Lizard Point. This means we have some more support to work on areas that are at risk of losing biodiversity.

The strip of land mentioned above is largely a mix of rocky cliff, scrub, and maritime grassland, and supports numerous rare plants and animals, including some very rare grassland species. Due to the biological importance of these species, the land is designated a Site of Special Scientific Interest (SSSI), and any management must work within Natural England's guidance.

Although this land has been managed for wildlife by the National Trust for many years, the new agreement will allow us to tackle areas that are at risk of losing biodiversity, either due to scrub encroachment or the spread of invasive species; it will also help us continue with low intervention management such as conservation grazing which also helps support some of the Lizard's rarest species.

Over the next couple of years, you'll see our Ranger staff & volunteers (or specialist contractors):

- Cutting back scrub in areas of species-rich maritime grassland that are at risk of scrub encroachment
- Pushing back bracken using mechanical (non-chemical) bracken control on key biological sites
- Removing species of invasive non-native bamboo and gunnera from the cliffs between Carn Barrow and Church Cove. Work that will take place during the winter of 2022, with follow-up work in summer 2023.
- The inland boundary running between Enys Head and Kildown Point will also be fenced by contractors this winter, to allow us to continue conservation grazing the cliffs with our herd of Shetland ponies.

cont.

As with all the sites in our care, our long-term vision is for the land to be managed on a landscape-scale, with a dynamic mosaic of habitats; with important biological features – such as rocky outcrops, maritime grassland, heath, flushes, and scattered scrub – maintained within the mosaic. This agreement will allow us to push ahead with improving this stretch of coast for the incredible species and habitats it supports.

Looking after the woodlands in our care

It's been an early Autumn: Back in the summer we started to see the leaves on trees dying off due to the drought, this is a way of the tree saving water. Where there is only a little leaf loss, the trees should recover, but in Poltesco especially, the elm has been quite badly affected – we are hoping this is drought related however, it may also be a resurgence of Dutch Elm Disease; we'll keep you posted as we learn more.

Managing Ash Dieback: Ash dieback (*Hymenoscyphus fraxineus*) is a fungus which originated in Asia. Its introduction to Europe about 30 years ago has devastated the European ash (*Fraxinus excelsior*) because our native ash species has no natural defence.

The disease has been gradually spreading across the UK and here on the Lizard we have been surveying Ash trees each summer for the past few years when die back in the crowns is most visible.

This year has been the first where we have had a significant number of trees affected and whilst this will potentially have an effect on the long-term composition of our woodlands with up to 80% of Ash predicted to die, there will be some associated conservation benefits. Gaps in the woodland canopy and increased light levels will benefit a wide range of woodland species as will the increase in dead wood and there is an opportunity for diversifying our woodlands where space is created.

Where trees die and there is no risk to property or public we will leave them to naturally decay. However, this year we will be undertaking work on around 20 young and early mature ash across the Lizard that could pose a risk to roads, buildings or visitors. In all this work we will consider benefits for wildlife, some trees being left whole if felled to then break down naturally and others being reduced to a safe height and left as standing dead wood; both generating important habitats for wildlife.

To keep in touch with more regular news please visit www.facebook.com/LizardNT. If you have any questions about this work or any other aspects of our work, we'd love to hear from you please get in touch: catherine.lee@nationaltrust.org.uk.

Recreation Ground News



See us on Facebook:
"Grade Ruan Recreation Ground"

It's been a busy summer for all of us and the Recreation Ground and Pavilion bar has been no different. In August, in addition to our normal Friday and Saturday opening times we hosted a BBQ for the WI and Richard and Becci Collins' wedding celebration – both a great success.

As a result of hosting events on the field, the committee has decided to replace the bar's glasses with polycarbonate ones. The decision was made to keep recreation ground users (football players, school children, general public) safe from injury from broken glass and I think everyone would agree it's the right thing to do. The outlay to make this change was considerable and therefore we do ask that people do not take these home when leaving the premises.

You may have seen a few new signs around the Recreation Ground asking people to pick up after their dogs. These signs were designed by children in the school to help raise awareness of the continual problem with dogs fouling on the playing field. The pupils have done a fantastic job and we're hoping that the signs will make everyone pick up after their dogs.

The football season is well underway with Ruan Minor Community FC having a number of home games in August and September. The support for the team has been superb and I

really hope it continues. A big thank you to Danny and John for giving their time to make sure we have a team in the village this year.

With Autumn imminent, we have the return of euchre and darts league on Thursday evenings. This means that we will be open at least 4/5 evenings a week.

Mondays: quiz night (from 8pm)

Thursdays: cards/darts (from 7:45pm when darts/cards are at home)

Fridays: Fish & Chip van (from 5:00pm)

Saturdays: Football (bar open from 2:00pm if RMFC are home; from 5:00pm if football is away).

As ever we're always on the look out for more volunteers for bar staff or general help with events. If you'd like to be involved with the Recreation Ground or Pavilion Bar, then please don't hesitate to get in touch. Many thanks for your continued support.

Jake Scolding – Chairman.





Grade Ruan School News



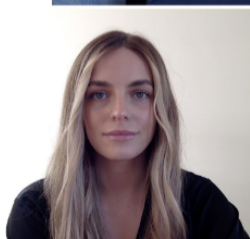
Welcome to Grade Ruan School

A very warm welcome to our wonderful new Reception starters in Rose Class: Amelie, Elowen, Merryn, Elodie-Rae, Sol, Lola, Pip, Wylfryd, Evelyn and Tilly. Many of the children have siblings in older classes so are already well known to us.

We also welcome Darcey who joins us in Year 6 and has been enjoying making new friends in Socoa Class.

Our new TA Miss Paige Maguire also joins Socoa Class.

Welcome everyone!



GRADE RUAN PARISH COUNCIL
Minutes of the meeting held on 13th July 2022

Due to the death of Queen Elizabeth II and a period of national mourning, the planned Full Council meeting on 14th September was postponed to 28th September. The minutes from the meeting on 13th July were therefore not approved for publication by the Gazette deadline. They will be included in the next Gazette.

Draft minutes of that meeting can be found at:

<https://www.grpc.org.uk/your-council/minutes/>



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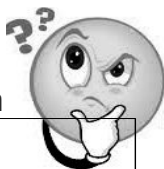
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OCTOBER QUIZ

Famous and/or influential people – can you name them



1.	The Girl Guide movement.	
2.	Radioactivity.	
3.	Co-founder of Microsoft.	
4.	A lady Aviation Pioneer.	
5.	Creator of WWW (World Wide Web).	
6.	Functioning light bulb.	
7.	Suffragette - women's right to vote	
8.	English Poet and Playwright.	
9.	Laws of gravity	
10.	Helped to establish nursing standards	

ANSWERS TO AUGUST / SEPTEMBER QUIZ

Well Known Events in History

But can you guess when ?

1.	Eye test chart created by Dr H Snellen.	1842	1852	<u>1862</u>	1872
2.	HJ Heinz founded in USA with 57 Varieties	<u>1869</u>	1879	1889	1899
3.	The Severn Railway Tunnel was opened	1856	1866	1876	<u>1886</u>
4.	First Tennis Championships at Wimbledon.	<u>1877</u>	1888	1898	1908
5.	Thomas Cook opens travel agency	1831	<u>1841</u>	1851	1861
6.	Ship the Mary Celeste found abandoned.	1862	1872	<u>1882</u>	1892
7.	New Holland renamed Australia	1794	<u>1804</u>	1814	1824
8.	Coca-Cola invented	1856	1866	1876	<u>1886</u>
9.	1 st Edition of Roget's Thesaurus published	<u>1852</u>	1862	1872	1882
10.	Foundation Sandhurst Royal Military College	1779	1789	<u>1799</u>	1809

The 1997 Cadgwith Flood

The newspaper reports and photos below relate to severe flooding in Cadgwith on the 3rd of March 1997, 25 years ago.

National Weekly Newspaper of the Year

The West Briton

FLOOD ROUND-UP

Homes and businesses swamped as water and sewage erupts from drains

Chaos as flood hits village

By Greg Nicholas

Extracts from The West Briton and the Helston Packet, 6 March 1997.

Newspaper cuttings supplied by Rose Bowcher and Paul Penrose



● Neighbours lend a hand in removing a ruined carpet from a house at Jimmers Court. Picture - Paul Yockney

The tiny village of Cadgwith on the Lizard Peninsula was in chaos this week after flooding wreaked havoc and left a trail of damage estimated at thousands of pounds.

Homes and businesses in the centre of the village were swamped as a stream littered with huge dead elms burst its banks and was no longer able to cope with the volume of water caused by heavy rain on Monday night. Water and sewage spilled from drains and a five foot deep crater appeared across the fishing cove to the sea as boulders and other surfacing materials were washed away.

"It was very frightening," said Carol Chesters, of the Cadgwith Hotel, where water rushed through the ground floor, ruining carpets and furniture. Guests pitched in to help Mrs Chesters and her husband John. "It started to come in just before 7pm and flooded the kitchen and then the dining room. We tried to divert it out the door but the patio was also



cont.

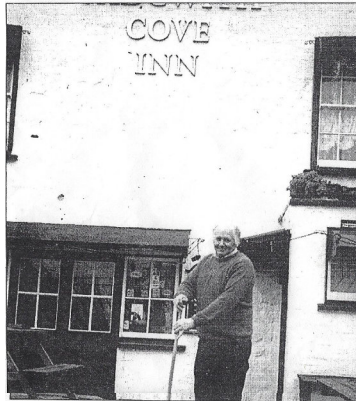
The day the floods came to Cadgwith

flooded and we had water and silt coming in both ways", said Mr Chesters.

Bob Hobbs, who was babysitting for his daughter Alison Goldsack on the first floor at Jimmers Court, said it all happened so fast and the water was three feet deep on the ground floor in about 30 minutes. "I was putting the little ones into bed when I heard Tarka the dog whimpering. When I came downstairs the dog was paddling in a foot of water. I couldn't get out of the house and there was nothing I could do as the water was rising so fast. I could not believe my eyes." When Mrs Goldsack. Returned, firemen had to put a ladder on high ground so that she could climb through a kitchen window into the house.

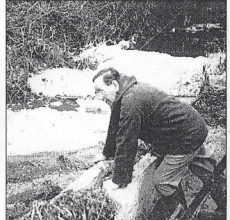
To the rear of Jimmers Court, Stream Cottage, the home of Jocelyn Fletcher, suffered more than most. Her garden became a lake and water and sewage swept through the cottage, leaving a trail of damage.

The local Crab Shop was another casualty and owner Julie Sturman was counting the cost. Villagers piled sand bags in front of her shop in an attempt to keep water out, but as fast as she bailed out more water was oozing out of a drain making it a hopeless task.



□ Landlord of the Cadgwith Cove Inn, John Chesters, cleans up outside the pub which was closed on Monday night due to flood damage.

How villagers tackled the invasion of the sea



□ Bob Hobbs of Russ Minor watches as the elm trees build up alongside his daughter's house, 'JIMMERS COURT'.

Pictures: David Brenchley and Beverley Spina



Alison Goldsack holds up a piece of carpet, which is covered in mud, during the clean-up operation at her home.

Gardening in October

by David Endean



So much has happened since the last instalment of the gazette. Depending on your opinion we have just had the best summer for more than a generation or the polar opposite. It was so dry and hot that many trees shut down and started to cast their leaves and other plants shut down and ceased flowering early. Runner bean crops were very poor, and the lawns had a distinct Sahara-like look to them. But when the weather broke, and we got some significant rain things soon perked up. But beware that hose pipe ban is going to be with us for a good while yet to allow the reservoir level to recover.

Normally at this point I would be encouraging people to enter our annual village autumn show. but unfortunately, this year it will not happen. After 2 years of covid issues, it was not possible to organise it this year due to major life changes with various members of the committee.

Our lawns are recovering well now, and mowing has resumed but the dry times have left a lot of thatch in the lawns. It is dead material and really needs removing, a good exercise with a spring tined rake or possibly it may be a bigger job and requires a mechanical device. There may be some bare patches or at least it may be very thin in places, so it may require some over sowing of grass seed. This will germinate quickly with the soil being warm and moist.

Annual summer bedding plants are really spent by now so if you have not cleared them up already and consigned them to the compost heap now is the time. You can refresh the area by digging it over a little and adding some fertiliser ready to add a little autumn and winter colour or perhaps a spring favourite like wallflowers. Next spring with a little sun on them they will look bright and cheerful and smell delicious. All new planting will need watering in, which will have to be with a watering can so carefully think how much you can manage. On the point of water for the garden if you have not got one already seriously consider installing a water butt. If you already have one, can you find room for another? Install it now and collect the winter rain - it will save you money from your water bill if nothing else.

Herbaceous perennials are plants which die back in the winter and come back again in the spring. If you have large clumps which are getting overcrowded or losing some vigour, now is a good time to cut them back and dig them up split them down a bit, so you have some smaller vigorous clumps. You can plant them into other areas of the garden or the same spot.

Cont....

Dig the area over well and remove any perennial weeds and roots, add a little fertilizer and some home-made garden compost if you have it. Improving the soil in this way helps it to retain moisture and nutrients. These plants will establish quickly in the warm soil putting on good root growth ready to burst forth with fresh foliage next spring. Now is a good time to get in there and tidy up these perennials anyway removing any dead material which may harbour pest and diseases and if left there may encourage some rot around the crown of these plants.

We are now in the season to plant spring bulbs. I have said enough over the years about this. Most can be planted now but I would leave tulips for another month. Hopefully the rain that we have had has made your soil less like concrete and something that you can dig.

Another job is to possibly give your hedges a final trim to make them look sharp for the winter. Using good sharp tools will make the job easier and give you a better finish. The fun bit is picking up all the debris afterwards, which invariably takes longer than cutting the hedge in the first place.

The days are getting shorter but take advantage of the good ones and enjoy your gardening.

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DOG FRIENDLY.
ONE NIGHT
STAYS WELCOME

From the Gazette Archives

20 Years Ago - October 2002

Here are a few snippets from the October 2002 Gazette:

To the person who took our garden gnomes for a walk the other evening: Will you kindly bring them back!!! (PS We'll ignore the fact of trespass and theft this time!) [I have withheld the name of the gnome owners as the culprit knows where the gnomes live. What a **silly** thing to do!!]

Mrs Elaine Berr, a regular visitor to our lovely area, wishes to thank all the people on Kugar Farm camp site for helping in the search for her IGUANA that had gone off adventuring !!! It was found safe and happy in the hedge!

PETER AND TONY EVENING, 9 August

Every so often when gig crews are training they will row without a cox. This can help balance a crew out, ensuring equal pull on both sides (good for going straight!) or getting the Bow pair to do some work: (good for steering!). This experience also comes in handy if the incumbent cox decides to go walkabout, or even swimabout due, often enough to, shall we say, old fashioned 'activity' on the buoy turns! In the annual memorial race for the Cadgwith fishermen, there was some tight racing between Rose, coxed by Plugger, and Buller, coxed by Parry. Plugger's crew did actually win in Rose, but how he managed to drive them on down the last leg - from the bow of Buller, was really something worth seeing! Good Coxing!

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SURGERY HOURS - see page 52

Ruan Minor Surgery - 290852

Monday	9am - 12 noon
Tuesday	2pm - 5.30pm
Wednesday	CLOSED ALL DAY
Thursday	2pm - 5.30pm
Friday	9am - 12 noon

Lizard Surgery - 290415

Monday	2pm - 5.30pm
Tuesday	9am - 12 noon
Wednesday	CLOSED ALL DAY
Thursday	9am - 12 noon
Friday	2pm - 5.30pm

Mullion Health Centre - 240212

Mon	8.30am - 6pm
Tue	8.30am - 6pm
Wed	8.30am - 6pm, 6.30pm - 8pm
Thu	8.30am - 6pm, Closed 1pm - 2pm
Fri	8.30am - 6pm, Closed 1pm - 2pm

All Surgeries will be closed on the following Bank Holidays:

New Year's Day	Good Friday
Easter Monday	Early May
Spring/Whitsun	Summer/August
Christmas Day	Boxing Day

NUMBERS YOU MIGHT NEED

ST RUAN WITH GRADE 290583
Sheila Stephens 078780 70269.

ST MICHAEL'S, MULLION &
ST MARY'S, HELSTON.
Parish Priest/Office 312763

METHODIST MINISTER
Rev Diane Grice 240200

NHS DIRECT 111

POLICE
Helston Police Station 08452 777444

Emergency calls 999
Non urgent calls 101

PCSO Julie Berry 07595 008199
Crimestoppers 0800 555111

MOBILE LIBRARY 0300 1234111

GRADE-RUAN UNDER FIVES
Clare Tipper 07929 902938

GRADE-RUAN C OF E SCHOOL
Secretary 290613

MULLION SCHOOL 240098

GRADE RUAN PARISH COUNCIL
Chairman: Jeb Preston 07964215277

CORNWALL COUNCILLOR
Anthony Soady 07546 218200

VILLAGE HALL BOOKINGS
Liz Outten 290910

RUAN MINOR STORES & POST OFFICE
Claire Bollard 290138

PAVILION 567140

RECREATION GROUND COMMITTEE
Secretary: Mike Fleetwood 290365

RUAN MINOR FOOTBALL CLUB tba

CADGWITH GIG CLUB
Secretary: Mike Hardy 290282

NATIONAL TRUST
Lizard Office 222170

RNAS CULDROSE 552415
07768106569

DEFIBRILLATORS

LOCATIONS

Cadgwith:

Near Ladies Toilets

Ruan Minor:

In Porch of Doctors Surgery.

If used

Please return to the cabinet and contact

Jeff Lee Tel. 01326 290143

Email: jeff.lee@grpc.org.uk or

Mike Fleetwood, Tel: 07831 401464

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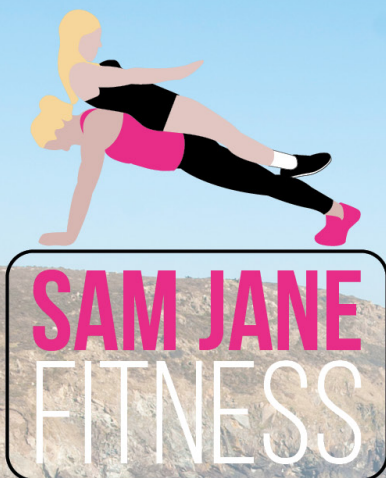
Most of our visitors return year after year and so, if you have a holiday cottage, why don't you give us a call and we can give you information and advice with no obligation.

Debbie Collins

Tel: 01326 290162

e-mail: info@cadgwithcovecottages.co.uk

Website : www.cadgwithcovecottages.com



TIMETABLE OF CLASSES

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HIIT CLASSES

Fun fitness classes that can be adapted for all ages and abilities

Tuesday	6.00-7.00pm	Ruan Minor
Wednesday	9.15-10.15am	Ruan Minor
Thursday	6.00-7.00pm	Ruan Minor

CHILDREN'S NETFIT CLASSES

A combination of fitness and netball activities

Monday - 3.30-4.30pm	Year 7 to Year 11	Mullion School
Monday - 4.45-5.45pm	Year 3 to Year 6	Mullion School

CHILDREN'S ABC OF PE

Fun, multi skill activities that encourage good ability, balance & co-ordination

Thursday - 3.45-4.30pm	Reception to Year 3	Ruan Minor
<i>School pick-up available from Grade Ruan School at 3.15pm</i>		

Contact sam@samjanefitness.co.uk

or contact via Facebook or Instagram if you would like to book into a class
or need any more information about any of my classes.



*Booking is essential as health forms need to be
filled in prior to starting a class.*





As the nights start to draw in and the visitor numbers fall away, you can still rely on your local store, café and Post Office to remain open. We will probably need your support more than ever this coming year. As they say, please 'Use us or lose us.'

We'll have lots of Halloween goodies to help you celebrate the season. Please be mindful of those who are unable to join the mayhem and prefer a quiet evening.

We think our coffee and hot chocolate are the best around and our prices are hard to beat. Come and enjoy them with a slice of cake or one of Penny's lovely pork pies or quiches. They're proper 'ansum! We can also do breakfast to eat in or take-away. Why not pre-order to avoid the wait? There's usually someone around to have a chat with too.

Royal Mail has strikes planned for 30 September and 1 October. Please keep an eye on Facebook and posters in-store for the latest information. As a Post Office, we will remain open to accept parcels, provide cash withdrawals and for all of your usual bill payments etc.

Shop

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Saturday 8:30am to 7pm

Sunday 9am to 1pm

Café

Monday to Friday 9:00am to 3pm

Saturday 9am to 12:30pm

Post Office

Monday to Friday 9:00am to 5:30pm

Saturday 9am to 12:30pm

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