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## Pillaton Village News

No. 161 September 2012

It has been an exhausting summer for me this year. It all started in July with Britain's first ever winner of



the Tour de France. A win that needed hours of commitment and dedication - long hours spent on the settee following Bradley Wiggins through the Alps and Pyrenees on British Eurosport. However something must have rubbed off. On my regular cycle rides, with nothing much to do besides getting out of breath, I've been busy renaming local landmarks. In my mind's eye I now ride past L'Auberge du Frère Fatigué, out to Le Carrefour de L'Arbre d'Amy, down to Le Pont du Clapper and finally there is always the long climb up the mighty Alpe de Kernock to face. I've even been toying with investigating the aerodynamic qualities of sideburns.

After the cycling came the magnificent spectacle of the London Olympics, with unbelievable and amazing becoming the two most commonly used words in the English language. It was hard going, but after a few days I knew I just had to keep pushing on through. The BBC commentary team kept saying the stadium crowd made the extra yard for the British athletes, but I was also the third paddle in the kayak, the sharpest arrow in the quiver and the extra zip in the speedos. For two whole weeks I needed discipline and focus. Reactions had to be at their sharpest for the 100 metres sprint. In a race that lasts just 10 seconds, timing and positioning are critical. A moment's indecision in the living room could mean everything was over, and woe betides anyone who dropped or fumbled the remote during the relay.

As the Games began to draw to a close I began to have doubts. Could Britain be winning too many medals? Where were all our plucky losers? Shouldn't we be giving Johnny foreigner a little bit more of a chance? It was all very unBritish!

Since the triumphs of the main Olympics, more success has come at the Paralympics and now Andy Murray has gone and become the first British man to win a Grand Slam tennis tournament in 76 years. It won't last, we can almost certainly count on those serial underachievers, the England football team to let us down.

Next copy date 5<sup>th</sup> November 2012 - full details on page 23.

Robin Dwane **Editor** 

#### PILLATON PARISH COUNCIL

#### Minutes of Parish Council Meeting 18 July 2012

ATTENDANCE Cllrs Dolley, Hoskin, D. Floyd, S. Floyd, Martin and Harris.

APOLOGIES District Councillor Egglestone

#### RESIGNATION

The resignation of Mr I. Edwards was accepted. The vacancy would be advertised and if no election was requested the Council would co-opt a new member.

#### **DECLARATIONS OF INTEREST**

Cllr Martin declared a personal interest in the matters of cars parked on pavements and the complaint from Mrs Martin.

#### **PUBLIC FORUM**

There were two members of the public present. Mr Millward complained about the siting of the dog bin especially as the emptying of the dog bins was not being carried out. The Chairman explained that he was making great efforts to ensure bins were emptied regularly and the siting of the bin was determined by safety reasons. Mr Millward thanked Cllr Martin for bagging the waste.

#### **MINUTES**

The Minutes of 20 June 2012 meeting were accepted unanimously.

#### MATTERS ARISING

The Council agreed the wording of a notice prepared by Cllr Harris for insertion in the Village News, appealing to villagers to park without causing an obstruction.

#### **COMPLAINT**

The Council agreed a response to Mrs Martin regretting that she had been upset by the removal of her notice and stating that the Council had taken immediate steps to prevent a recurrence.

#### **SAFETY OFFICER**

Cllr Martin kindly agreed to become the Councils safety officer.

#### CODE OF CONDUCT

The Councillors completed their individual registers of interest.

#### PLANNING PERMISSION

None.

#### **FINANCE**

The Bank position of current account £8,407 and deposit £855 was noted.

The following payments were authorised; payments from Capital grant £3 496.24, Audit Commission £342, Web site £35 and Digley play inspection £48.

#### FEEDBACK FROM COMMUNITY AREA NETWORK

No meeting had been held in the period.

#### ANY OTHER BUSINESS

Thanks were recorded to Ray Crocker for installing the bin at the field.

The Chairman reported that work was due to commence on repair of Mushton Lane by Cornwall Council.

The possibility of having a medical first responder in the Village was discussed.

John Wheeley's report on the web site references was welcomed and John thanked.

The broken Pillaton sign and various pot holes were reported.

Chairman Mr Dolley



#### **PILLATON WI**

#### **IULY MEETING**

Daffodils, strawberries, pigs and bombs...What do these have in common? They are all memories shared with Pillaton WI by our July speaker, Iris Snell.

A lifetime spent in the Tamar Valley proved a rich source of reminiscence as Iris brought her childhood to life for us while her fingers were busy creating lovely arrangements of flowers in containers linked to her stories. Growing the daffs, taking the local produce to Plymouth to sell, tales of Meg and Jim the sheep dogs and remembering the bombs that fell on the farm, were all woven into Iris's stories.

The kettle she used for one arrangement was used to carry scalding hot tea out into the fields for the farm workers – an apple on the spout prevented accidental burns! A wooden strawberry carrier was the inspiration for another arrangement.

Oh – and thankfully those bombs didn't explode! They were pulled from the ground by the farm tractor!

The business meeting reminded members of some diary dates. Village events included the collection for Operation Sunshine and also the barbecue at Rick Park Farm on 21 July; the summer trip to Launceston on 30 July and the Pillaton Summer Show on 1 September.

Events from County news were highlighted, including The American Musical day and the Annual Council Meeting, with lists circulated for members to add their names if interested.

Pillaton WI doesn't arrange a general Monday meeting during **August**, but it's traditional to have some sort of summer

"outing", so this year an evening visit to Alice Brown's Museum of Antique Chairs was organised.

The Museum is just outside Launceston, and we met at the Weary Friar on a typical Cornish summer evening – in other words, cool, drizzly and grey, and later to rain properly! – to share cars for the trip. As none of us knew quite what to expect, the outing was something of a magical mystery tour.

#### **VILLAGE GARDENERS**

We have an 8' x 6' lean-to aluminium frame green house, with glass, which is available free to anyone willing to collect it.

Call Don or Jo King on 01579 350890.

The Museum is laid out in a series of outbuildings on Alice's farm, with the chairs grouped roughly by period. The Museum is a by-product of Alice's chair business, and so many of the exhibits are for sale. Only the rarest chairs are kept for permanent display, but Alice tries to keep examples of all the periods and styles to ensure that visitors to the Museum gain a real understanding of evolving designs in chair manufacture.

It was a most interesting evening, rounded off by coffee and biscuits in the farmhouse kitchen before we drove back to Pillaton through the rain.

Our next meetings will be on 10 September, when our speaker will be Ann Moxley talking about her childhood internment in Shanghai during the war, and on 8 October, when we will bring food to share with our friends at our Harvest Supper.

Anne Henderson

Pillaton WI is a friendly group and welcomes new members. Come along and meet us! If you would like to know more about Pillaton WI, please contact Ann Henderson on 01579 351289.



#### **PARKING NOTICE**

This Notice is produced on behalf of the Parish Council following recent complaints from Parishioners in Barton Meadows.

The subject is inconsiderate parking and obstruction of the pedestrian footpath.

The matter was raised at the Parish Council Meetings on the 20 June and the 18 July 2012 and we have been in contact with both Cornwall Highways and the local Community Police Officer from Saltash.



STOP!
Have you locked your doors and windows?

We have been advised that the Highways Act 1980 gives power to both the Council and the Police allowing them to take action if required.

Remember that if you are parking in a way that causes an obstruction, on or across a pavement or obstructing access for emergency vehicles, action can be taken.

Be sensible, park with consideration to others.

Andrew Harris
On behalf of Pillaton Parish Council and Neighbourhood Watch





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#### A NEW EXTENSION TO THE PILLATON CHURCHYARD

We are very lucky in Pillaton to have a beautiful church and churchyard which is at the core of the village and provides a focal point together with the village hall and the Weary Friar for so many of the important moments of the village.

Currently we have the main churchyard around the church which is closed to new burials and alongside this we have the new churchyard which is currently in use. A team of dedicated volunteers from the village maintain both these beautifully and we should be very grateful to them. The current extension is over half used and we have had the opportunity to purchase a further parcel of land from the Diocese of Truro leading off the back of the churchyards. This purchase has now been completed, thanks to some local generous benefactors and the land now belongs to the village through the stewardship of the PCC.

Now this new area will be slowly brought into use as resources and volunteer labour are harnessed. It is planned that the three areas of the churchyard will be linked so that all are wheelchair available. The main entrance will be through the gateway between the old and current churchyards. The gates currently at the entrance to the village hall have been generously donated when they are replaced and the 'lane' will be tidied up. The fence around the current churchyard will be removed together with some of the self- seeded scruffy trees and the Callington Young Farmers have kindly agreed to put in a new fence to enclose the whole area in mid-September.

The new area will not be needed as a graveyard for some years but it should be ready with dignity when it is required. The plan is that a natural bank and hedge be established down the side and the establishment of a small screened maintenance area at the bottom of the plot. The area will be linked into the closed churchyard by a slope and blended into the current extension with the whole area maintained to the same high standard. We are hoping to put a seat in the new extension (if anyone has one that is no longer required, it would be appreciated) and the area will be a quiet area for contemplation.

The whole project will only be as good as the village wants it to be and will be entirely supported by volunteers gradually turning this piece of field into a place we can be proud of.

Tony Rowe
Chair of Fabric Committee
St Mellion with Pillaton Parochial Church Council

## **ROGER J EDGAR**

#### **Electrical Services**

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MOBILE **0788 757 2481** 



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## PILLATON GARDENING CLUB **SUMMER SHOW**

The annual Pillaton Gardening Club Summer Show took place at the Village Hall on Saturday, 1st September. With 35 adult entrants and 7 juniors, the show was deemed a great success with most categories represented. Close rivalry in the vegetable sections saw Esme Garland second to Ian Edwards who not only won the J Hubbard Cup for Leeks, The Kernock Park Nurseries Shield for most points in sections 1-4, the Kathryn Bunkum cup for most points for vegetables but also the WI Rose bowl for most points for preserves. Ian's versatility also extends to woodwork which could be seen in the form of his beautifully made tray displaying 6 varieties of vegetables. Esme Garland, not to be

outdone, went home with

cut flowers, The Howarth trophy for needlecraft and

the Rose Peter Cup for



Prizewinning display of vegetables



Hydrangea entries



Selection of jam sponges

Other adult trophy winners were Richard Warwick for the most points for pot plants, Linda Mavin for herbs and fruit, Alison Downing for art, Rose Peter for floral art, Shirley Floyd for cookery and best jam sponge, Spencer Symons for wine and Ann Henderson for colour photography. Tea Slemon, although a junior, won the Ken Beal Shield for handicraft and also 3 medals for her efforts.

Junior trophy winners were: Oliver Symons for junior photography, Abigail Lucas for most points in the Junior section and the best infant's garden on a plate. Juniors obtaining medals for entering were Mia Buckley, E Buckley, Oliver Symons, Tea Slemon, Abigail Lucas, Ross Lucas and Artley Whipple Kiss.



The prize raffle

The J and T Dolley Trophy awarded to the family gaining the most points in the show went to the Spencer family.

The Treasurer would like to thank Sandra Beal for presenting the trophies, our judges, Rose Peter and John Hubbard for door duties and running the raffle, to everyone who helped on the day and especially to our Show Secretary Carole Hoskin, because without her, there would not be a show.

> Linda Mavin Secretary and Show Treasurer

### **COFFEE MORNING**

My very grateful thanks to everyone who supported me, in any way, at the coffee morning held on Saturday 8 September in the Village Hall in aid of Macmillan cancer support and Sue Ryder Care.

Amazingly, we raised just over £600 . . . . and counting!!



Helen Edwards

#### FIRST PEAL ON THE NEW EIGHT BELLS AT PILLATON

The refurbishment and augmentation of the bells at Pillaton were completed in 2009, and so it was felt that a first attempt at a full peal was long overdue. Peal ringing has become established as a major goal of change ringers, the first recorded peal being rung in Norwich in 1715. A full peal consists of more than 5,000 different changes, none of which are repeated. The idea of 5,000 changes undoubtedly came about because 5,040 changes is the maximum number that can be rung on seven bells (factorial 7) and takes just under three hours, so its choice as a long-length target is clear. The full extent on six bells (720 changes) takes some 23 minutes and on eight bells (40,320 changes) some 24 hours (nearly impossible by a single band, but it has been done!). The success of a full peal requires intense concentration on the part of the ringers, although with easy-going bells like those at Pillaton it is not too physically demanding.



Pillaton Peal Band, 21 July 2012

Left to right: Mark Hood (St Kea, 3), John Body (Callington, 5), Anne Body (Callington, 2), Robert Perry (Truro, 4), Richard Warwick (Pillaton, 1), Norman Mattingley (Kenwyn, 7), Owen Borlase (St Dominick, 8), Neil Hitchens (Gulval, 6).

Changes on the bells can be rung in different combinations, termed methods, which are given names which often refer to the places they were first rung. Methods on six changing bells are termed minor, seven changing bells triples, eight changing bells major, and so on. Cornwall Surprise Major was considered the most appropriate method for the Pillaton attempt, with eight changing bells. (There is no Pillaton Surprise Major, although Pillaton Surprise Minor has been named and was first rung on the old six here in 1984). If possible, we wanted the peal to be rung by a resident band of members of the Truro Diocesan Guild of Ringers. Accordingly, ringers from the east and west of the county, representing seven different towers, assembled on Saturday 21 July at 3.00 pm for what proved to be a successful attempt, comprising 5088 changes rung in 2hrs 52 mins. Eight previous peals have been rung on the old six at Pillaton, the first in 1911, but this was the first on the eight and also the first peal of Cornwall Surprise Major rung by a resident band, the first in the method for Mark Hood from St Kea and the first as conductor for Owen Borlase from St Dominick. The tower captain at Pillaton, Richard Warwick, was also delighted to fulfil his ambition to ring a peal on the bell that bears his name.

Richard Warwick



FRUIT CASE

The season of mists and mellow fruitfulness is really upon us now, though I knew it was

imminent when the leaves of my Liquidamber showed a russet tinge three weeks ago. The Lynher valley has already been slow to emerge through the early morning mist, though this late summer sun is more than welcome to ripen fruit and warm our hearts.

The chaotic weather has driven most gardeners potty, but we were happily distracted and even watched daytime telly when the Olympics were on. Jubilee and Olympic patriotism make a pleasant relief from the norm and the celebrations will wind down with the madness of the last night of the proms and the closing ceremony of the Paralympics, next year already seems sadly flat!

I am trying to wind myself up to chutney-making mode, and I have been gathering the gubbins to get going...stock checking the boxes of jars and assorted lids, counting labels, deciding which recipes to use and finally gathering the ingredients. The wet weather in late spring washed away many blooms so the apple crop is much smaller this year, and I hope I have enough to fulfil my daughters request for a small jar of chutney for all her guests at her wedding next June...no pressure!!!

The strange weather is responsible for the weeds in my garden, as it has been either too wet or windy or dry, to have a really good satisfying weeding session (to the extent you feel virtuous). We had wet (monsoon), we had wind (blowing seeds around), and then we had more wet which germinated the weeds faster than the vegetable seeds. It was teeth grindingly frustrating! The result in my garden was a blanket of rose bay willow herb, pretty on railway sidings but a real pest in my beds! I have never even seen it my garden till this year....

It is fun gathering the fruit, though I have to admit I have a tendency to graze my way to the kitchen, as the fresher the better. My runners are rubbish this year, but my fig tree did well and the mulberry tree is always a challenge as the fruits ripen, standing under the branches trying to reach the ripe berries, you can be bombarded by the ones you cannot reach, and emerge from the canopy with polka-dotted stains all over. It is wise to dress appropriately, fortunately I do not have the unnecessary luxury of posh clothes, so staining adds drama to my ensemble.

My autumn idyll is tinged with sadness at the passing of one of my piggies, Pin. His brother, Chip, drew my attention to the problem at breakfast, as he was upset, and kept noisily head-butting Pin to get him going. Pin seemed rather flopped and listless, so we went to the vet, who said his breathing was laboured,

he was hypothermic and his tummy was empty. He said he would do his best, but diagnosis of 'small furries' was difficult. The vet gave Pin an anti-biotic jab (squeal), and a course of antibiotics for the following week. I was to keep him indoors with a hot water bottle and feed him organic baby food through a syringe. The whole week revolved around the sick piggy, who seemed to rally and even began to enjoy the attention, but then his perkiness stopped and he seemed to be in pain and went straight back to the vet for pain-free paradise. I could not bear the thought of him suffering in pain. I did what I could and it all cost considerably more than a guinea! The other piggy is really giving me a hard time, despite extra dandelions, because his brother has not reappeared.

My grandsons continue to entertain and exhaust me, I have great hopes for Herbie (10 months crawling) as a potential gardener, as his mum has already removed a worm from his mouth (he has already sampled bunny currants), and it is fun to watch him beetle into the flower beds hounding the dog. Poor Mabel has to drink from the pond as all her stainless drinking bowls of water have been emptied by Herbie playing water patting. On his last wet camping weekend his white baby-grows had to be boiled as they were mud brown! Jemima describes him as an off-road baby!

I have encouraged their singing and dancing madly to 60's music, which is a considerable improvement on whining whilst awaiting meals. Feeding time at the zoo is a fraught and messy experience with sticky hand prints liberally spread along a height line level with their little paws. I shall have to have a blitz at the end of this month, when they leave for their Sussex cottage, and am looking forward to NOT treading in lumps of masticated banana on the floor. Everyone says I will miss them but I would like to hit sanity once more, to have a tidy house where I can find what I am looking for, without sticking to every surface below four feet!

Artley, now three, is capable of more constructive anarchy with his football, decapitating flower-heads and kicking hard enough to remove ceramic gnomes from their feet..... qualifying them for the Paralympics. If reprimanded by his 'fierce' grandma he gives me a knowing look, he is far too wise for his age; little people get away with murder, just by smiling.....

Jan Simms

#### **FOR SALE**

Television-SHARP LC-26GA5E-AQUOS LCD COLOUR Flat screen, with original instruction book and receipt.

This Telly has not been used since last Christmas when my son unexpectedly bought me a larger one. I was quite happy with this one but do not need two.

It has been stored wrapped in bubble wrap in my office.

Cost £659 new. For sale £250. Jan Simms 01579-351441



Over the weekend of 24/25 August the first Pentillie Festival of Speed took place in the stunning grounds of Pentillie estate. This was a very brave venture by Ted Coryton and his family, and gave the West

Country an almost unprecedented opportunity to enjoy the thrill of motorsport close up, and a chance to look at some beautiful motor cars attended by their owners. The event was well supported by local motor clubs and societies with major distributors and sponsors taking extensive stands around the grounds and castle. In addition to the motor



Alfa Dana (with brolly)

action, the event featured scalectrix, archery and clay pigeon shooting, and Caroline Quentin arrived for a television feature. Standing in the peace and quiet between showers on Saturday we were suddenly treated to the most

extraordinary display of stunt flying I think I've ever witnessed, a real hair on the back of your neck moment, and quite how the plane managed recovery from some ridiculous angles was beyond belief.

Any outdoor event is largely dependent on the weather and following torrential rain, Saturday became 'challenging'



Towing cars from the mud

to say the least, resulting in a quick decision to change the display areas and car parks for the Sunday events. Large numbers of staff and volunteers helped to move vehicles away from the display area above the main drive, while Plymouth Motor Club experts and marshals ensured that safety on the course was a priority.

Fortunately, Sunday was dry, and massive crowds arrived, filling car parks with enthusiasts and visitors, who were able to take advantage of the conditions and enjoy the event. I was fortunate enough to be in the display car parks for both days and although a few people might have been unhappy with their placement or parking, the vast majority were full of praise for the event, and the very rapid and efficient way in which the areas had been reorganised. Huge crowds lined the hillclimb to enjoy a very exciting and successful event. Total attendance for the festival was an astonishing 6,500.

I don't think I have ever been so cold, wet and tired at the end of a day as I was on that Saturday, but there was a tremendous feeling of achievement looking at the success of Sunday. The question is, would I volunteer if the event was run again, raining or not? I'm already on the list! Now where are my wellies?

Pentillie have asked me to convey their grateful thanks for all the ongoing patience and support from the local community, especially through 'extraordinary weekends' like the Festival of Speed.

David Hall Volunteer, Pentillie FoS 2012

## THE UNITED BENEFICE OF ST. MELLION-WITH-PILLATON, ST. DOMINICK, LANDULPH & ST. INDRACT

#### DIARY FOR THE BENEFICE

<u>DIAKY FOK THE BENEFICE</u>								
<u>DATE</u>	<u>DAY</u>	<u>SERVICE</u>		<u>CHURCH</u>				
23 Sep	Sunday	0930	Sung Mass	St. Dominic				
		1115	Matins	Landulph				
		1115	Sung Mass	St. Mellion				
24 Sep	Monday	1900	Harvest Praise & Auction	Pillaton				
25 Sep	Tuesday	0915	Said Mass	St. Mellion				
29 Sep	Saturday	1300	Wedding Harris/Collier	St. Dominic				
30 Sep	Sunday	0930	Matins	Pillaton				
		1115	Sung Mass	Landulph				
01 Oct	Monday	1900	Harvest Supper	St. Dominic				
02 Oct	Tuesday	0915	Said Mass	St. Mellion				
06 Oct	Saturday	1000	Coffee Clack, Rectory Room	Cargreen				
07 Oct	Sunday	1000	Benefice Mass	St. Mellion				
08 Oct	Monday	1930	Deanery Synod	St. Nicholas & St. Faith				
09 Oct	Tuesday	0915	Said Mass	St. Mellion				
12 Oct	Friday	Music Festi	ival until 20 October	Landulph/Cargreen				
14 Oct	Sunday	0930	Matins	St. Dominic				
		0930	Sung Mass	Pillaton				
		No Service	due to Music Festival	Landulph				
		1600	Pet Service	Pillaton Village Green				
16 Oct	Tuesday	0915	Said Mass	St. Mellion				
17 Oct	Wednesday	1200	Pasty Lunch, Rectory Room	Cargreen				
21 Oct	Sunday	0930	Sung Mass	St. Dominic				
		1115	Matins	Landulph				
		1115	Sung Mass	St. Mellion				
23 Oct	Tuesday	0915	Said Mass	St. Mellion				
28 Oct	Sunday	0930	Sung Mass	Pillaton				
		1115	Sung Mass	Landulph				
30 Oct	Tuesday	0915	Said Mass	St. Mellion				
04 Nov	Sunday	1000	Benefice Mass	Landulph				
06 Nov	Tuesday	0915	Said Mass	St. Mellion				
08 Nov	Thursday		}					
09 Nov	Friday	Craft Fair	}	St. Dominic				
10 Nov	Saturday		}					

<u>DATE</u>	DAY	<u>SERVICE</u>		<u>CHURCH</u>	
11 Nov	Sunday	Remembrance Sunday			
		0930	Act of Remembrance / Sung Mass	Pillaton	
		1000	Service of Remembrance	St. Dominic	
		1050	Remembrance		
			then Matins at 1115	Landulph	
		1500	Church and War Memorial	St. Mellion Rd	
13 Nov	Tuesday	0915	Said Mass	St. Mellion	
18 Nov	Sunday	0930	Sung Mass	St. Dominic	
		1115	Sung Mass	St. Mellion	
20 Nov	Tuesday	0915	Said Mass	St. Mellion	
21 Nov	Wednesday	1200	Pasty Lunch, Rectory Room	Cargreen	
25 Nov	Sunday	0930	Matins	St. Dominic	
		0930	Sung Mass	Pillaton	
		1115	Sung Mass	Landulph	
27 Nov	Tuesday	0915	Said Mass	St. Mellion	

### **BENEFICE CONTACT DETAILS**

For all enquiries regarding Baptisms, Weddings, Funerals or any other Parish Business please contact:

Canon Wilson on 01822 832518

Messages: Betty Reynolds (Secretary) 01579 351069

E-mail: stmellionwithpillatonpcc@btconnect.com

The Benefice Office in St Mellion Church Hall is open on Thursdays from 10.00 am to 12.00 noon, or by arrangement with the Secretary.



## The Meary Friar



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## Nicola Greene

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#### **LEGACIES**

Continue the faithful giving of a lifetime.

Have you made a Will?

Would you like to add a Codicil to your Will?

Have you considered leaving a legacy to your Church both as an act of love and thanksgiving to God and as a powerful witness to your friends and family? Your local Church has information available that will help you to answer these questions.

Contact: Jim Bennet ACIB.MLIA (Dip)

Honorary Treasurer, St. Mellion with Pillaton P.C.C.

'Fox Hollows' 16, Barton Meadows, Pillaton, Saltash, Cornwall PL12 6SE

Tel. and Fax: Liskeard 01579 350067 Mobile: 07979 644990

Email: jim bennet@foxhollows.co.uk

### **COPY FOR VILLAGE NEWS**

Deadline for copy: Monday  $5^{th}$  November 2012

**Publication date:** Friday 23<sup>rd</sup> November 2012

Copy should preferably be sent to my office e-mail address at *dwane.design@btinternet.com* in the form of a Word document or simply text in an e-mail. If you do not have access to the internet, hard copy is perfectly acceptable (typed or handwritten) and should be delivered to me at 9 Barton Meadows. Images for the Village News can be in virtually any digital format or as hard copy for scanning.

Any queries please call Robin Dwane on 01579-351560.

#### **VILLAGE NEWS ADVERTISING RATES**

Full Page advert: £12 per issue; Discounted price for six issues: £60 Half page advert: £6 per issue; Discounted price for six issues: £30 Third page advert: £4 per issue; Discounted price for six issues: £20 Quarter page advert £3 per issue; Discounted price for six issues: £15 Small Classified Adverts: Free to village residents.

The views expressed are not necessarily those of the Editor.
The Editor reserves the right to alter or omit any articles submitted.

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## PILATES CLASSES

#### Limited Numbers

Small classes - Pre-booking essential

Pillaton Parish Hall Wednesdays 6.30pm – 7.30pm

Thursdays 10am - 11am



- Reduce / Eliminate Back and Neck Pain
- Flatten Abdominals
- · Improve Posture and Breathing
- · Tone Thighs, Buttocks, Triceps
- Manage Stress
- Develop Flexibility, Strength and Relaxation

#### Contact

Liz Court 01579 350441 or 0752 689 9781 lizziecourt@hotmail.co.uk

## St. MELLION V.A. C OF E SCHOOL

St. Mellion, Saltash PL12 6RN Tel: 01579-350567

E-mail:

head@st-mellion.cornwall.sch.uk www.st-mellion.cornwall.sch.uk

ARE YOU CONSIDERING A PRIMARY SCHOOL?

WHY NOT PAY A VISIT TO ST. MELLION SCHOOL?

In our school children come first and we pride ourselves on good relations, the caring family atmosphere and high standards of both work and behaviour.

Please telephone for a prospectus or to make an appointment to view the school with the Headteacher:

Mrs Angela Palin
We look forward to seeing you

## Reflexology

Pamper yourself or someone close to you

#### Gina Curtis RGN MICHT

01579 - 350103 Mob 07743349685 Curtisgina13@aol.com

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