

# Pillaton Village News

Issue 174 November 2014

Village web site at [www.pillaton.org.uk](http://www.pillaton.org.uk)

## Seasons Greetings



Clapper Bridge in the snow



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Being able to relax, switch off or focus is not always easy. This course aims to help people develop reflective skills & an inward looking habit, to gain peace of mind. We will have a look at what is available in the world of meditation and you can take from it what you want & need.

Dates (2<sup>nd</sup> Wednesday of month), arrive 6.30pm for coffee/tea/cake, start 7-9pm

1. January 14<sup>th</sup> What is meditation? An overview of the course. How can meditation and relaxation help in real life?
2. February 11<sup>th</sup> Meditation, deep relaxation & use of mantra mind thinking or positive affirmations. Breathing to relax.
3. March 11<sup>th</sup> Mindfulness or paying attention on purpose. Learn how to connect to your body and the environment around you.
4. April 8<sup>th</sup> Creative visualisation. How's that going to help?
5. May 13<sup>th</sup> Chanting or the use of the voice. What.....? Me.....?
6. June 10<sup>th</sup> Bringing it all together. How have these sessions changed me and what will I take out of this?

Total cost - £120 in advance, concessions available. Venue – Flowerwood, Pillaton. Phone/email Ruth for more information & to book a place.

# Pillaton Village News

No. 174 November 2014



The Christmas adverts for the major supermarkets and department stores have all started to appear on the television. Depending on which way you view it, it's either downhill all the way to Christmas or a long uphill slog. This year the start to the Christmas season has been tempered, perhaps very appropriately, by the theme of Remembrance and the centenary of the start of the First World War.

Every family is likely to have had ancestors who served in the Great War, each with their own very different story. Until recently it was difficult to find out much about their experiences; older generations often being more reticent to talk about such things. However today there is a rich vein of historical documents concerning individuals and their units which are now available online from the National Archives and various family history sites. Two types of document that may be of particular interest are soldier's wills and unit war diaries.

To use a personal example one of my ancestors was a career soldier who served as a sergeant in the South Wales Borderers. On 7 Aug 1914 he wrote to his new wife of a few months, just before leaving for France as part of the British Expeditionary Force. He speaks of doing his duty, not to worry and; "I'm going to bring home German sausages and we will all have a good feast." Sadly his words never came to fruition and he was killed two months later at the First Battle of Ypres, his death being recorded on the Menin Gate.

Soldiers had been encouraged to write letters home to their next of kin indicating what they wanted to happen to their effects in the event of them being killed and the letter in question was accepted as being the last will of Sergeant William John Dwane. Although not formal wills in their own right, the War Office was prepared to accept them as such to establish eligibility for widow's pensions. These documents are often very poignant and contain snippets of what life was actually like at the Front and thousands of similar letters are now available at [www.gov.uk/probate-search](http://www.gov.uk/probate-search). If your ancestor was killed in World War 1 and you want to find out more it costs only a few pounds to download these wills.

Perhaps even more interesting are the First World War Diaries of many Army Battalions that are available online on the [www.nationalarchives.gov.uk](http://www.nationalarchives.gov.uk) website. Again it only costs a few pounds to download a complete diary that covers the battalion's activities. Although you may not find a specific reference to an ancestor, the diaries provide a fascinating insight into day to day life on the Western Front. Men did not spend four years standing in a trench, instead

there was a regular rotation of troops from reserve areas to the front line, senior officers, even the King, visited the troops and everyone had an obsession about washing feet!

In my example of the South Wales Borderers it is possible to follow the battalion's retreat from Mons towards Paris for 200 kilometres in the blistering heat of August and September 1914, before the British and French Armies finally managed to turn and halt the German advance.

To conclude my personal illustration I will give two quotes from the diaries. The first is the entry is for 4 Aug 1914, which reads perhaps not surprisingly; "WAR declared between GREAT BRITAIN and GERMANY at midnight." This contrasts sharply with the entry for 11 November 1918, the date of the Armistice; "Training was washed out and the battalion washed feet." Clearly nothing was going to interfere with Army routine! No mention is made of the Armistice, possibly after 4 long years it was considered to be too good to be true. To return to happier things, let me conclude by wishing Seasons Greetings to all readers of the Pillaton Village News.

Next copy date is 5 January 2015 - full details page 23.



*Robin Dwane, Editor*

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# PILLATON PARISH COUNCIL

## Minutes of Parish Council Meeting 17 September 2014

### ATTENDANCE

Cllrs. Dolley, Heap, Martin , Harris and Warne.

### APOLOGIES

D. Floyd, S. Floyd and County Councillor D. Pugh.

### DECLARATIONS OF INTEREST

None.

### PUBLIC FORUM

There were no members of the public present.

### MINUTES

The Minutes of 16 July 2014 Council meeting were accepted unanimously.

The Minutes of 30 July 2014 Planning meeting were accepted unanimously.

The Minutes of 19 August 2014 Planning meeting were accepted unanimously.

### MATTERS ARISING

None.

### PLANNING PERMISSION

The planning application for a rear extension to 12 Barton Meadow Pillaton was approved unanimously.

The planning application at Tremoan Barn St Mellion for partial demolition of an old outbuilding and rebuild it as a purpose built double garage was approved unanimously.

### FINANCE

The Bank position of current account £301 and deposit £1,837 was noted.

The Council approved payment of £15 for a poppy day wreath.

### ANY OTHER BUSINESS

Cllr Harris volunteered to complete the questionnaire on liaison with the Devon and Cornwall Police and to comment upon their performance.

Thanks were given to Cllr Martin for cutting the grass at the Playing field using his own machine due to the lack of repair to the Council mower.

*Chairman D Dolley*

## **VOLUNTEER SOUGHT**

A volunteer to carry out the distribution of the Pillaton Village News in Briar's Ryn is required. If you can spare the time and are interested please contact Dave Dolley on 01579-350159.

# PILLATON PARISH COUNCIL

## Minutes of Parish Council Meeting 22 October 2014

### ATTENDANCE

Cllrs. Dolley, Heap, Martin , Harris, D. Floyd, S. Floyd and Warne.

### APOLOGIES

County Councillor D. Pugh.

### DECLARATIONS OF INTEREST

Cllr Warne left the meeting during approval of payments.

### PUBLIC FORUM

There were no members of the public present.

### MINUTES

The Minutes of 17 September 2014 Council meeting were accepted unanimously.

### MATTERS ARISING

None.

### PLANNING PERMISSION

None.

### FINANCE

The Bank position of current account £281 and deposit £2,833 was noted.

The Council approved payment of £160 to R. Warne for repairs at the Play Park.

A precept of £2,500 for the year 2015 to 2016 was agreed.

### ANY OTHER BUSINESS

Cllr D. Floyd was pleased to report that the granite milestone from Pillaton Mill had been located by Cormac and would be replaced.

*Chairman D Dolley*

## **CHRISTMAS GREETINGS**

ANN & GEOFF BARNICOAT, LEN & SUE WHITE  
PETER & JENNY FRANCIS, JOHN & SUE ARCHER  
WILL NOT BE SENDING VILLAGE CHRISTMAS  
CARDS THIS YEAR. INSTEAD THEY WILL BE  
MAKING A DONATION TO THEIR CHOSEN CHARITY.  
THEY WOULD LIKE TO WISH ALL THEIR FRIENDS  
AND NEIGHBOURS A VERY MERRY CHRISTMAS  
AND A HAPPY & HEALTHY NEW YEAR.



## A UNIQUE EXPERIENCE AT PILLATON CHURCH

A magical evening was held at Pillaton on the Thursday before Remembrance weekend when the church was decked with poppies. A fabulous feast was provided by Shirley Floyd in the Village Hall and then we were all treated to an evening of organ magic by Jonathan Delbridge, based on the repertoire of his latest recording 'A Confounded Box of Whistles'.

This was the very first time that an organ recital has ever taken place in this historic church, consecrated by Bishop Bronscombe in 1259. Until last year, the organists have struggled with a 'domestic' Victorian parlour organ donated by the great local house – Newton Ferrers- some 100 years ago and long past its prime.

Following the catastrophic lighting strike of January 2013, which rendered the inside of the church like a wartime blitz site, the organ was beyond repair; insurance plus parishioner donations allowed a replacement organ to be bought on ebay from Yorkshire. Jonathan called it a 'fantastic digital instrument' and 'one of the very best that I have encountered'.

We were entertained by an exciting programme of organ music ranging from Bach to Fats Waller plus a wonderful rendition of Trelawney which Jonathan had prepared for the Royal Albert Hall organ – and sounded great on ours as well.

An evening which will be long remembered in the village!

*Tony Rowe*



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## PILLATON VILLAGE HALL

***Saturday 29<sup>th</sup>***

***November***

***at 7.30 p.m.***

***Please come along and enjoy a  
1960s themed concert***

When the trio

***'Girls Out Loud'***

will be entertaining you during the evening.

The ticket price of £15.00 will include a two course meal.

Please bring your own drink

For further information or to reserve your tickets please contact

Sue on (01579) 350065 ([susantwhite@btinternet.com](mailto:susantwhite@btinternet.com))

or Ann on (01579) 351289

# St. Mellion School News



There has been a successful start to the school year with fourteen new children joining the school. It is lovely to welcome new families to the school and we very much look forward to working closely with them to ensure that we are able to guide the children to reaching their potential. We now have 62 children on our roll who are arranged in three classes, taught by our brilliant, enthusiastic teachers. Miss Morfe teaches Class 1. In this class are our youngest children who are in YR, Y1 and Y2. Mrs Christopher takes the Y3 and Y4 pupils in Class 2 and Miss Welch teaches the oldest pupils Y5 and Y6 in Class 3. Our classes are smaller than average, and our pupils additionally benefit from very experienced support staff working in each class.

Already this term the children have learnt so much and enjoyed our new topics taken from the new National Curriculum. Expectations become ever higher and I am pleased to report that the pupils at St Mellion rise to the challenge every time. The school works in close partnership with the home enabling each child to be at the centre of everything we do.

Visitors to school this term have included tri-athlete Vicky Holland who brought her gold and bronze Commonwealth Games medals. She was an inspiration for our pupils. To see their eyes light up with the realisation that anything is possible, as they heard how Vicky started as, 'just someone who was keen on sport, and not even the best,' was a magical moment for the teachers to observe.

We have also met Issy who 'planted' 2000 of the red poppies that have made the amazing display at the Tower of London as part of our learning at this year's time of Remembrance. Again another inspirational talk.

Our sporting involvement has started well with very high placings in the first event of the cross country season. Annelie came eighth. Our footballers have won their first match, and the netballers have won one and lost one match.

We always take part in the art competition at the Honey Fair in Callington. This year many of the children were awarded rosettes resulting in us winning the competition and a lovely big trophy which was presented to us by Callington Rotary Club.

Did you hear us on Pirate radio recently, when Neil and Tina interviewed our children about their theatre visit to Horrible Histories? The younger children spoke about some 'old' things they had brought in from home. One 'old' thing was a photo of 'Grandad Hair' when he was younger. Sadly there was no photo of

'Grandad No Hair'! (Shout out to Mr D. who resides in Pillaton!)

It is November, and Christmas starts very early in school! It is a lovely time for the children as they are so excited and optimistic about the season! Christmas cards are already designed and at the printers, the Christmas trip is organised- skating at Eden, the Christmas Fair is in the planning and it would be lovely to see you on Sat 6th December. There are always lots of lovely things to buy, games to play and people to have a mince pie and a chat with! We will be singing at Crocadon on the 29th, and again at the golf club on the 14th.

If we don't see you at any of these occasions then the children, staff, governors and I would like to wish everyone a Wonderful Christmas and a Happy New year!

*Angela Palin  
Head Teacher*

## St Mellion & St Dominic School Governors

### Fun Quiz Night

at

Pillaton Village Hall

Friday 6 February 2015

at 7.00 pm

**Put It In Your Diary**

**More Details To Follow**

## Fundraising Update - Ruth's Scilly Swim Challenge 6<sup>th</sup> September 2014

Cancer affects so many families and I know that includes families in Pillaton. So I want to dedicate this swim to the memories of those that have passed away. A big 'thank you' to everyone who has donated to the Chestnut Appeal which is a charity aimed to help men who have prostate cancer in Devon and Cornwall. As of 6<sup>th</sup> October the total we have raised is £635.72, which is over £300 more than the target I set myself. And on top of that figure is Gift Aid of £133.00. See <https://www.justgiving.com/Ruth-Woodley2/> for most up to date information. Not bad for an old bird swimming between & walking across six islands of the Isles of Scilly.

Once again – many thanks,

*Ruth Woodley, Flowerwood*

## GARDENING CLUB HALLOWEEN

Pillaton Village Hall was decorated with black and orange balloons for the children's pumpkin carving and tasting evening on Friday 31st October. Linda Mavin master-minded the event providing a variety of mouth watering pumpkin cakes and pies, pumpkin soup, pumpkin bread and other tasty snacks. Ian Edwards grew the pumpkins on his allotment and the children (assisted by parents and other adults) carved them into lanterns which were displayed on the tables.

After everyone tucked into the food the children went off to trick or treat dressed as witches, mummies, vampires and other scary characters. Sue White donated some sweets to start their collections and Carole Hoskin organised all the setting out and clearing up, helped by Richard and Maire Warwick and Dan Mavin and his partner Vicky.

Good fun was had by all.

*Maire Warwick*



*Some scary pumpkins!*

## PILLATON WI

### October Meeting

Just picture the hall – tables laid for a meal, vases of autumn flowers in evidence, lots of dishes of lovely looking food, noise levels high and lots of laughter. Why? Well our harvest supper of course! It was a very pleasant evening with conversation topics of all sorts. We had earlier in the meeting welcomed two new members who are Irene Renfree and Chris Barwell so hopefully they too enjoyed the fun and food. Nothing more to say really!

*Pam Lowther*

### SKITTLES LEAGUE NEWS

As many people are probably aware, Sue and Len White have decided to stand down after organising the Skittles League for many years. Fortunately, John and Ruth Stannard have now agreed to take on this role. The full 2014-2015 Fixture List has been published and can be viewed on the village website. The league programme starts on Thursday 20 November and runs through until Saturday 14 March 2015 with the Presentation Evening pencilled in for Saturday 11 April. The League's thanks go to Sue and Len for all they have done over the years and to Ruth and John for taking over the reins.

### NEIGHBOURHOOD WATCH

The latest Saltash Policing Team Monthly Bulletin is now on the village website. One item which readers may find of use are:

#### Reporting Lost Property

From the 3 November all lost property enquiries from members of the public will be dealt with by using the website [www.reportmyloss.com](http://www.reportmyloss.com)

Currently the Force receive around 150 calls per day in relation to lost property, this affects the time staff could be using to respond to other 101 and 999 calls. The Report My Loss website is linked to a national database.



*101 - The non emergency number for Devon and Cornwall Police  
Textphone 18001 101 for the deaf, hard of hearing or speech impaired  
Always call 999 in an emergency*

## FRUIT CASE

The 'Big Wet' has started, turning the rufus and gold tones of the crisp piles of fallen leaves into a soggy heap, slippery under foot, the vibrancy of their colours lost, washed away by the rain.

We are denied the childish delight of running through piles of dry leaves kicking them high, making them dance for us.

A few weeks ago the continued drought had begun to crisp living foliage, drying leaf edges and causing early leaf fall. On one walk beneath the beeches overhanging the church wall, the lively breeze caused the beech nut cases to land on the road with such force, they sounded like machine gun fire. The layer of shucks on the road was dry and crisp enough to crunch underfoot like shingle.

The rain has brought in the wind so typical of October, bringing down the apple crop, their bruised, open skins an open invitation for wasps and birds.

Now I am working like a Trojan producing chutney and prepping apples for the freezer, hoping against hope the freezer is big enough. I have to admit that some species of apples are so beautiful to look at they are just too visually delicious to eat. I have a few trees of local varieties my favourite is Tregonne King, the skin of which is rich pinky, orangey, almost pearlised sheen. I tend to sit one on the microwave and just enjoy the beauty of the colour. Daft, but 'there is pleasure in being mad, which none but madmen know.'

Accompanying the 'Wet,' is the weeks of explosions, fireworks and bonfires, stretching before and beyond the 5th enabling all to celebrate, and all the cats and dogs to become terrified to a state of catatonic exhaustion. My guinea pigs have moved into the conservatory, the torrential rain having permeated their wooden bungalows, not through the newly painted bitumen roof, but through the wooden walls. The hutches are drying out in the shed in preparation for a refurb, whilst the piggies are enjoying the luxury of indoor hutches in the conservatory. I have no sense of smell which I am sure is an advantage in this situation. My piggies sing to me at the sound of a rustling bag, always hopeful of a titbit, but when the weather is dry they can still return to their beloved grass run.

When the apple trees have lost the remainder of their leaves, the big prune starts. I have already started on the black currants and gooseberries, as my scratched hands will verify. I am making some headway with my autumn prune and tidy, clearing beds and putting the garden to bed for the winter. It is hard work made harder by the wet weather.

My greenhouse has had 5 new panes but there are still 3 more to replace, and it is not a job I enjoy, but I have delayed so long and now have to wait for a still dry day. The big slugs have returned with the wet, as big as mice! If you go out with a torch at night you can drastically reduce their number by dropping them into a bucket of salty water with the help of old BBQ tongs. This will be a great help at the start

of the growing season, we cannot rely on a really cold spell to decimate them like a couple of years ago.

I came across a note for animal lovers to pass on, Holly and Poinsettia are POISONOUS TO DOGS, and anti-freeze is POISONOUS to CATS and DOGS, so if you spill it on the drive, wash it away, as both cats and dogs lick their feet.

Most of us have.

Jan Simms

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<p><b>Robin Dwane Design</b></p> <p>E-mail: <a href="mailto:robin.dwane@btinternet.com">robin.dwane@btinternet.com</a> Telephone: 01579-351560</p> <p><a href="http://dwanedesign.co.uk">dwanedesign.co.uk</a></p>	<p>Typesetting of Books &amp; Brochures, Calendars &amp; Cards, Family History Research</p>
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O Come, all ye faith- ful, joy- ful and tri- umph- ant, O come ye, O come ye to

## Christmas Events

**Carols at the Castle**

Join us amidst twinkling lights in our courtyard for Christmas carols, mulled wine & delicious refreshments! FREE ENTRY. Donations to go to Kernow Young Carers.

Wed. 17<sup>th</sup> Dec, 6:30pm

**The Christmassy Christmas Show...**

...of Christmassy Christmasness! A festive puppet show (Squashbox Theatre) with hilarious comedy, songs, quizzes & Christmas science. 5+ yrs. Refreshments. Booking essential.

Mon. 22<sup>nd</sup> Dec, 3pm

Tickets: Child £3.50, Adult £5, Family (2A 2C) £15.

01579 350044 [www.pentillie.co.uk/events](http://www.pentillie.co.uk/events)  
Pentillie Castle, St Mellion, Cornwall, PL12 6QD.

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19

THE UNITED BENEFICE OF ST. DOMINIC, LANDULPH  
AND ST. MELLION-WITH PILLATON

DIARY FOR THE BENEFICE

<u>DATE</u>	<u>DAY</u>	<u>SERVICE/EVENT</u>	<u>CHURCH</u>
16 Nov	Sunday	1000 Benefice Eucharist	Pillaton
23 Nov	Sunday	1000 Benefice Eucharist	Landulph
30 Nov	Advent Sunday	1000 Benefice Eucharist/carols	St Mellion
07 Dec	Sunday	1000 Benefice Eucharist	St Dominic
		1000 Toy Service	Pillaton
14 Dec	Sunday	1000 Benefice Eucharist	Pillaton
		1800 Carols at the Golf Club	St Mellion GC
		1800 Carols	St Dominic
21 Dec	Sunday	1000 Benefice Eucharist	Landulph
		1600 Carols around the Tree	St Mellion
24 Dec	Christmas Eve	1700 Christingle	St Dominic
		2330 Midnight Mass	St Dominic
25 Dec	Christmas Day	1000 Benefice Eucharist	Pillaton
28 Dec	Sunday	1000 Benefice Eucharist	St Mellion
04 Jan	Sunday	1000 Benefice Eucharist (Epiphany)	Landulph
07 Jan	Wednesday	0930 Weekday Communion Lady Chapel	St Mellion
11 Jan	Sunday	1000 Benefice Eucharist	St Dominic
15 Jan	Thursday	New Priest Candidates' tour of Benefice	
16 Jan	Friday	New Priest Interviews	
18 Jan	Sunday	1000 Benefice Eucharist	Pillaton
		1000 Morning Prayer	St Dominic
21 Jan	Wednesday	12 Noon Pasty Lunch Rectory Room,	Cargreen
25 Jan	Sunday	1000 Benefice Eucharist	St Mellion

**BENEFICE CONTACT DETAILS**

For all enquiries regarding Baptisms, Weddings, Funerals and any other Parish business contact your Churchwarden or a Reader - full details on notice boards.

Messages: Betty Reynolds (Secretary) 01579 351069

E-mail: bettyreynolds232@btinternet.com

The Benefice Office in St Mellion Church Hall is open on Fridays from 2.00 pm to 4.00 pm, or by arrangement with the Secretary.

**Pillaton Village Diary**

Wed 19 Nov	Pillaton Parish Council Meeting, Pillaton Village Hall
Sat 29 Nov	Entertainment from 'Girls Out Loud' and meal, Pillaton Village Hall
Mon 8 Dec	WI Christmas Party, Pillaton Village Hall
Wed 17 Dec	Pillaton Parish Council Meeting, Pillaton Village Hall
Mon 12 Jan	Pillaton WI - Cookery Demonstration, Pillaton Village Hall
Wed 21 Jan	Pillaton Parish Council Meeting, Pillaton Village Hall
Fri 6 Feb	St Mellion & St Dominic School Governors Quiz, Pillaton Village Hall
Mon 9 Feb	Pillaton WI Open Meeting, 'Astronomy; John Dutton', Pillaton Village Hall
Wed 18 Feb	Pillaton Parish Council Meeting, Pillaton Village Hall
Sat 7 Mar	Pillaton and the Great War Evening, Pillaton Village Hall
Mon 9 Mar	Pillaton WI Annual Meeting, Pillaton Village Hall
Wed 18 Mar	Pillaton Parish Council Meeting, Pillaton Village Hall
Mon 13 Apr	Pillaton WI Members Meeting, Pillaton Village Hall

**RECYCLING DATES**

Along with the normal rubbish collections on Tuesdays, recycling and garden waste will be collected as follows:

Tue 18 Nov	Recycling
Tue 25 Nov	Garden Waste
Tue 2 Dec	Recycling
Tue 9 Dec	Garden Waste
Tue 16 Dec	Recycling
Tue 23 Dec	Garden Waste
Tue 30 Dec	Recycling
Tue 6 Jan	Garden Waste
Tue 13 Jan	Recycling
Tue 20 Jan	Garden Waste
Tue 27 Jan	Recycling

**Village News**  
**DISTRIBUTION & COPY DATES**  
**2015**

Issue No.	Copy Date	Dist. Date
175	5 Jan	23 Jan
176	2 Mar	20 Mar
177	4 May	22 May
178	6 Jul	24 Jul
179	7 Sep	25 Sep
180	2 Nov	20 Nov

As the Village News is produced and distributed by volunteers, the distribution date is only a guideline, but the Village News will be usually be available the week before.



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LEGACIES

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Have you considered leaving a legacy to your Church both as an act of love and
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MOST LIFETIME GIFTS ATTRACT THE BENEFIT
OF 28% ADDED TAX RELIEF TO THE DONATION

Contact: Jim Bennet ACIB.MLIA (dip)
Honorary Treasurer, St. Mellion with Pillaton P.C.C.
16, Barton Meadows, Pillaton, Saltash, Cornwall PL12 6SE
Tel: 01579 350067 Mobile: 07979 644990
Email: jim@pillaton.com

Copy For Village News

Deadline for copy: Monday 5th January 2015
Publication date: Friday 23rd January 2015

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

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



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