# Pillaton Village News

Issue 179 September 2015

Village web site at www.pillaton.org.uk

### **SUMMER SHOW**

The annual Pillaton Gardening Club Summer Show was held in the Village Hall on Saturday 5 September. The show was a great success although the number of entries was somewhat down on previous years. Possibly this was due to the very variable weather we have been experiencing, particularly during the last month, affecting growing conditions. According to Brian Hutfield's rain gauge it was the wettest August since he started taking records five years ago, with nearly 7 inches of rain falling.

See page 6 for full details of all the prizewinners. The selection of images from the show comes courtesy of Ian Edwards.











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### Pillaton Village News

No. 179 September 2015

Pillaton is now back in touch with the rest of Cornwall!

In early July we became cruelly isolated, with no simple way of getting to Quethiock or using the back road to Tideford, all thanks to the efforts of the renegade foreign driver who ran amok with his lorry on Clapper Bridge (see photos on village website). However, thanks to a swift bit of repair work by Cormac, the bridge was re-opened by 1 August and all normal communications had been restored. Unfortunately the driver was never apprehended and is presumably, even now, weaving an erratic path across Europe, terrorising the autoroutes and autobahns, hopefully never to return. I might possibly be overstating the case here, making our hapless lorry driver sound more like a criminal mastermind rather than someone who simply can't read a map; he might not even be foreign and just got lost on the way from Dagenham. But there again, evil geniuses don't usually do third party fire and theft and it was very difficult to get to Blunts or St Ive.

The next copy date is 2 November 2015 - full details page 27.

Robin Dwane, Editor



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### PILLATON PARISH COUNCIL

### MINUTES OF PARISH COUNCIL MEETING 14 JULY 2015

<u>ATTENDANCE</u> Cllrs Dolley, Heap, Martin, Harris, Warne, D Floyd, S Floyd and County Councillors D Pugh and J Flashman.

APOLOGIES None.

DECLARATIONS OF INTEREST None.

<u>PUBLIC FORUM</u> There were no members of the public present.

#### **MINUTES**

The Minutes of 17th June 2015 Council meeting were accepted unanimously.

#### MATTERS ARISING

- a) Neighbourhood plan. Councillor Harris explained the extensive requirements of a neighbourhood plan but believed that a Plan was necessary to control development in the Parish. The Council resolved, by means of the minutes being published in the Village News and web site, to seek Parishioner's interest in forming a neighbourhood group to formulate a plan.
- b) Damage caused by Contractors of solar farm. County Councillor D Pugh undertook to follow up the Parish Council's attempts at achieving repairs.
- c) Road repairs at Pillaton Mill. County Councillor J Flashman recommended contacting Cormac to ensure the repair was made.
- d) Damage to Clapper Bridge. It was anticipated that the bridge would be repaired within three weeks and that the ford would be reinstated.
- e) Cycle route Callington to Saltash. Councillor Harris volunteered to attend the meeting regarding creating the route.

#### PLANNING PERMISSION

The Council resolved by a majority to recommend to Cornwall Council planning section that paper copies of planning applications be continued to be sent as opposed to receiving details electronically.

#### **FINANCE**

The Council approved payments of £220 for Hall hire and £29.50 for hosting domain name.

The Bank position of current account £263 and deposit £2,142 was noted.

### ANY OTHER BUSINESS

The Chair reported that because of an adverse play park inspection report, he had had to close the zip wire. The Council resolved to seek an estimate of costs of repairing the equipment assessed as posing risks, from the Company who had installed the equipment. County Councillor D. Pugh kindly offered to assist in funding the repairs from his community chest of up to £500. Cllr Martin confirmed that he had already dealt with rust on the slide.

The Chairman read out a report from John Wheeley giving the statistics for visits to the site and thanks were given to John Wheeley for his maintaining the site at no cost to the Council.

Chairman D Dolley



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10 to 12:30
Pillaton
Village Hall
——

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Books, CD's / DVD's

Cakes, All kinds of Crafts

Entry: £4.00 (includes Coffee & Homemade Cake)

### PILLATON GARDENING CLUB SUMMER SHOW

On Saturday 5th September the Gardening Club held its annual Summer Show in the Village Hall. Exhibitors and entries were down this year, but we were still able to put on a good show. I would like to thank everyone who entered and who came along in the afternoon to look at the show. We need everyone's support to keep going.

I would like to thank all the judges for giving up their time in the morning; Mr Owen Hoskin, Mr Richard Harnett, Mr John Archer, Mrs Rosemary Long, Mrs Jackie Martin, Mrs Gill Hayles and Heather Troup.

This year's prize winners were:

Kernock Park Nurseries Shield (Most points Sections 1-4) - Ian Edwards

Rose Peter Cup (Most points Cut Flowers) - Jan Simms

Horticultural Society Cup (Most points Pot Plants) - Linda Mavin

Kathryn Bunkum Cup (Most points Vegetables) - Ian Edwards

J Hubbard Cup (Best exhibit Leeks) - Ian Edwards

W E Lucas Cup (Best exhibit Herbs) - Shirley Floyd

Clare Druett Cup (Most points Fruit) - Rose Cradick

Ken Beal Shield (Most points Handicraft) - Helen Edwards

The Howarth Trophy (Most points Needlecraft) - Pam Lees

Peter Hicks Plate (Most points Art) - Alison Downing

Gymkhana Association Cup (Most points Floral Art) - Kathryn Bunkum & Sue Archer

Davina Beal Cup (Most points Cookery) - Shirley Floyd

WI Rose Bowl (Most points Preserves) - Ian Edwards

WI Silver Vase (Best Jam Sponge) - Teresa Symons

VNA Symons Wine Trophy (Most points Wine) - Spencer Symons

Pillaton Wives Group Cup – Oliver Symons

Keason Cup - Mark Floyd

Headmaster's Cup (Most points Junior Section) - Oliver Symons

Playgroup Cup - Oliver Symons

Rose Peter Shield (Most points Children's Cookery) - Yasmin Rundle

Newton Ferrers Trophy (Best Potted Begonia) - Shirley Floyd

J and T Dolley Trophy (Family gaining most points) - The Symons family (Spencer, Teresa and Oliver)

If there are any classes that you would like to see in next year's schedule please contact me, and the committee will do their best to add them in. Once again many thanks for all your support.

Many thanks,

Carole Hoskin (Show Sec)

### Do you enjoy SINGING?

Did you watch Gareth Malone's programme "THE CHOIR"?

Then why not come and join in Pillaton's

### **SINGING DAY?**

Saturday 3rd October 10.00 am -1.00 pm

being held at Pillaton Church

Free to enter and music provided

All welcome - Young or old, novice singer or experienced

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### Pillaton and The Great War

An evening of words and music

### Saturday 17 October, 7.30 pm Pillaton Village Hall



Ticket price will be £6 per head, to include a glass of wine and nibbles.



### NEWS FROM THE PILLATON WORLD WAR ONE COMMEMORATION GROUP

#### FORTHCOMING EVENTS

### The Charity Clay Pigeon Shoot

The shoot originally planned for 26 September 2015 has had to be postponed. The new date is Saturday 14 November 2015 and full details including the venue and how to participate will be published later in flyers to be distributed around the village, in the next edition of the Village News and on the website. Our apologies for any disappointment this change may have caused.

### Trafalgar Night Mess Dinner

This will be held on Friday 30 October 2015 at the Weary Friar, 1900 for 1930. It will be in the form of a traditional Royal Navy Wardroom Mess Dinner celebrating the Battle of Trafalgar (adapted as necessary to suit the local environment and resources of the Weary Friar). A maximum of 60 places will be available, on a first come-first served basis (with a reserve list if the event is over-subscribed), with a maximum of two persons per reservation. The cost is £30 per head and will include a three course dinner (fish starter, roast beef main course and a dessert – precise menu details are being kept secret!), coffee and port or madeira (for the traditional toasts), and a £5 donation to the Group's fund raising efforts. To make a reservation please provide your names (first name and surname, plus title), a contact telephone number, and any particular dietary requirements or other special needs, in writing/hard copy, and drop off or send to Peter Johnson at Fairway (off Barton Meadows), together with a cheque made payable to the Pillaton World War One Commemoration Group: please note no reservation is guaranteed until acknowledged by Peter. Reservations without payment will not be accepted. Dress code – Mess Undress/black tie/dinner jacket (with miniature medals) (optional lounge suit for those without DJs) and equivalent for ladies.

If you have any ideas or would like to assist or contribute to the Group, please contact either the Group's Chairman, Peter Johnson (01579 351409) or the Secretary-Treasurer, Chris Ley (01579 351033). Thank you.



### **WORLD WAR I DIARY - August to October 1915**

The Pillaton WWI Commemoration Committee suggested that a regular update of events that took place a hundred years ago might be of interest, so here is a flavour of what was happening in the Great War from August to October 1915.

There was general stagnation on the Western Front with continued shelling and trench warfare but no major attacks but things were happening on the Eastern Front. On August 5th the German army entered Warsaw and they moved on to Russia proper taking Kovno, Brest-Litovsk and by August 20th a major Russian fortress at Novo-Georgiersk, where the Vistula and Bug rivers converge. The Austrians and the Germans by then held over 1.4 million Russian prisoners in camps where the conditions were truly appalling. Kitchener agreed with the French to launch a great offensive on the Western Front in late September to take some pressure off the Russians.

The British, French and Colonial troops that landed on the Gallipoli Peninsula in April had met much tougher Turkish resistance than expected and progress had stalled. A new British landing took place on August 6th at Suvla Bay in an attempt to link up with the Anzacs to the South. Australian, New Zealand, Indian, Gurkha and British troops landed safely and took the Turks by surprise, but their generals failed to move inland quickly enough allowing Turkish re-inforcements lead by Mustafa Kemal to arrive. In a diversionary attack above Anzac cove that became known as the Battle for Lone Pine, 1,700 Anzacs were killed or wounded and no less than seven Victoria Crosses were won. Unfortunately, the British lost the initiative and there was to be no further ground gained. Winston Churchill's brother, Jack, who was serving in Gallipoli, wrote that the Suvla landing had been made by raw, little trained troops who only understood the tactic of gaining a 100 yards and then digging in (which was after all the main experience gained in France and Belgium). British allied troops were also discouraged by a violent form of diarrhoea which affected nearly all of them.

By September 1915, there were signs of growing unrest in the Russian population. In early September, an International Socialist Conference in Switzerland attended by Lenin and Leon Trotsky, called for an immediate peace. In the captured Polish and Lithuanian territories, a campaign of "Germanisation" began whereby civilians were put under military law, political activity was forbidden, newspapers censured and all teachers were to be, and their classes taught in, German.

On September 7th and 8th, German Zeppelins bombed the City of London, Holborn and Bloomsbury killing 22 civilians. There were immediate demands for better protection from air attack, and a system of anti-aircraft gun emplacements began to be set up round London.

The Allied Offensive to take pressure off Russia began on September 25th with attacks by the French at Champagne and the British at Loos. Britain used poison gas for the first time in the war, but some confusion was caused when it blew back over the British lines. Battalions advanced in waves of about 1,000 men each and were mown down by the German machine guns, a weapon that General Haig had only a few months earlier described as "much over-rated" and that "two per battalion" was more than sufficient. Nearly 10,000 British soldiers were killed or

wounded at Loos in a battle that went on until October 13th.

In the Balkans things were also not going well. On October 5th, Austria and Germany invaded Serbia and 13,000 British and French troops were rushed to Salonika to try to slow down the advance. The Bulgarians also attacked Serbia on October 11th and joined the Austro/German alliance.

In Belgium, on October 12th, nurse Edith Cavell was executed for helping British and French prisoners to escape to Holland leading to a surge of anti-German feeling in Britain.

The month ended with the newly appointed commander at Gallipoli, Sir Charles Munro, making a recommendation to Kitchener that the Allies should withdraw their troops from what had been a failed and costly venture.

Don King

### **PILLATON AT WAR 1914-1918**

A Tribute to the Men of Pillaton who fought and died in the Great War

This is a 45 page booklet compiled by Don King about the men killed during WWI who are commemorated on the Pillaton War Memorial and in St. Odulph's church together with some information on others from the local area who served and survived.



PILLATON AT WAR 1914 - 1918

Copies will be on sale (price £6) at the Memorial Event being held at the Village Hall on Saturday 17 October,

but you can also order a copy by emailing Don at donald.king@btinternet.com or call 01579 350890. All net proceeds will be donated to the Pillaton Memorial Playground Fund.



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### **PASTY & PUD**

#### PILLATON VILLAGE HALL - SATURDAY 14 NOVEMBER 11.30- 2.30 PM

We have put together what we hope you will find an interesting morning.

Pasties and Puddings, (the puddings will be made by Shirley Floyd). Tea/coffee and soft drinks will also be available.

Try before you Buy – Gary & Sonia Bridgman's Gold Award Winning Sausages. If you haven't tried them before now is the opportunity.

Come along and try your hand at Iris folding – Noreen Symons will be giving a demonstration on this unusual craft.

June Hutfield will be showing us how to make a knitted necklace.

There will be a stall run by the Children's Hospice South West selling their own Christmas Cards. Buy your cards and gifts ready for Christmas and support this very worthy cause.

Nearly New Stall – jewellery, DVD's, unwanted gifts etc.

Bargain Box Bonanza – Come and see what prize awaits you under each separate box. £1.00 per go!

The proceeds from this event will be split between the Children's Hospice South West and Pillaton Village Hall.

There will of course, be the usual raffle. (Donations will be very welcome).

Price per person £6.00 please book your ticket with either June (01579) 350476 or Sue 350065, so that we know how many pasties to order!

June Hutfield & Sue White

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## LAUNCESTON AND CALLINGTON PLOUGHING ASSOCIATION

## 40th ANNUAL PLOUGHING MATCH (INCORPORATING THE NATIONAL QUALIFIERS) AND WORKING DAY

At 10.00 am

### SUNDAY 4th October, 2015

To be held at

## HOWTON FARM, PILLATON, SALTASH, CORNWALL PL12 6QY

### **VINTAGE & MODERN PLOUGHING - HORSE PLOUGHING**

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### FOR FURTHER INFORMATION

Please Contact: Andrew Medland 01566 781594 Pauline Thompson 01566 773619

### **RIDE LONDON 2015**

As many of you know, last year I completed the Prudential Ride London event in horrendous rain. Well, for all of my sins, I decided to do it again this year on August 2<sup>nd</sup>. I wanted to do this event again to raise money for Moorfields Eye Hospital in London. This hospital is leading the way in research and development in the treatment of



many eye conditions including Congenital Glaucoma. For the last twelve years we have had to routinely visit this hospital and this has made us realise that they are a real asset to our NHS that needs support.

The event started in the Olympic Park at 6 am, with 26000 riders leaving at 5 minute intervals in waves of around 2000 people. I was in the first group to set off on the 100 mile ride. We had to be at the start for 0515, so it was an early start getting up at around 4 o'clock.

The whole route was on closed public roads, so the pace was fast and fun, which meant I didn't have to worry about stopping at red traffic lights and junctions. During the event we climbed 3800 feet, which is not that bad for a ride of that distance. If you are a cyclist yourself you will understand that exercising in Devon and Cornwall is a totally different experience. The route itself took us through the centre of London, past all of the famous land marks like the Tower Of London, before heading out through Richmond Park, Dorking and onto the two significant climbs at Leith Hill and Box Hill in Surrey. We then turned for home at which point my knees started to suffer. I kept myself dosed up with pain killers to help the situation and no, I didn't take any performance enhancing drugs! We came back through Weybridge, Walton-on-Thames and Kingston. The support along the way was incredible with people really giving us the boost to push on for the finish line. Finally, after 5 hours 30 minutes, I entered the centre of London cycling along the Thames, though Whitehall, past Big Ben and up the Mall finishing outside Buckingham Place in 5 hours 40 minutes. I then caught up with mates from work as, although we all did the event together, it is very difficult to stay together for this distance as you find you all ride at a different pace.

Due to the generosity of people in the village, other friends and my employer, I have managed to raise  $\pounds 540$  for the charity. If there is anyone who still would like to donate to the charity, this can be done through the website 'My Donate'. Please follow the link http://www.btplc.com/mydonate/ and then go to "sponsor a fundraiser'. Many thanks again.

Kevin Edwards

I have heard it said that people do not generally look up; well I was countering that tendency lately

### FRUIT CASE

and was rewarded. I was tidying my garden when the cry of a crow drew my eyes skywards; the noisy crow was mugging a lone buzzard. Buzzards are a common sight, swooping low over our cars on the way to Callington, or souring over the Lynher in their annual courtship dance, or better still as sentries extending gate posts and telegraph poles on watch for lunch.

I noted the finger ends of his wings flexing as he half heartedly manoeuvred away from irritating crow, but his tail was not right, not fan shaped but fish shaped. On checking in my bird book I discovered it had been a Kite, this was confirmed by Francis, my neighbour a Scot who had witnessed a Kite consuming a pigeon on his back lawn a day later. A new boy to watch on our patch. I am glad by guinea pigs have a strong wire net cover over their run!

The strong dappled sunlight of early morning and evening can be hard on the eyes, such vivid colour and light, preparing us for the months of rain ahead. The dry spell earlier in the summer made me worry for my hydrangeas, but when the rain did come it was sufficient to make them shoot up and bloom in time for the village flower show. I love my blue hydrangea cloud, full of blousy blooms making the stems sag with the weight of them. The colours vary through pale and darker blues and purples, different types and sizes but all together making a lovely late summer show. The acidic soil under the fir is to their liking for colour, though inclined to dryness, not such a problem when sheltered from the sun by the drooping branches.

Sometimes I sit in the new church yard for a while just to see how it is shaping up and to watch the changes in the patchwork fields. Today when I tipped my face to the bright sky, there were levels of life each separate and largely unaware of each other. Vapour trails streamed from an airliner as it droned high in the heavens, a slow, indecisive cloud teased itself across the centre ground and all the while the last of the swallows chatted and dived around each other as they practiced for their flight from our coming winter.

It is the time for clump noises, as the apples fall from the trees; let's hope there are no gales to assist their fall before they ripen. I have had a good year for apples and with that I am gathering the ingredients for chutney making, such a fun way of preserving apples for the winter.

I did not grow many Vegetables this year, but the figs were good, black currants plentiful, and the mulberry tree was prolific, though I do share all my fruit with the birds.

I will be entering the cut, prune, and tidy away period, tedious but essential. Remember that rats and mice, having spent the summer romping in the fields, will be looking for sheds and compost bins to spend the colder months in, so do not leave any appetising bulbs stored fruit or seeds to encourage them. Tins are best for storage; it is easy for those sharp teeth to get through plastic dustbins, wood and pretty much anything. I have even found a neat hole in the side of an empty tub of rat bait.

I am going to sort out my bulbs and get ready to plant them for a colourful doorstep display in the spring.

Ian Simms

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### TRAVEL TIPS AND TALES

Summer's over... and Christmas beckons! Christmas can be a lonely time, especially without family around. Lots of holiday companies offer Christmas breaks, and it's nice to get away for a complete change if you are able to do that. No, this isn't another advert for Brittany Ferries – but their Christmas mini-break (organised by Mistral Holidays) is a jolly nice way to spend the three festive days. You'll find plenty of company and entertainment to suit all age groups. Here's what they offer – it's first-hand experience from last year's cruise...

### Gem No. 5 - Mini-Cruise to Antwerp, Belgium, on the Pont Aven

The Pont Aven is a lovely ship, a bit like a small cruise liner. She sails from Portsmouth on Christmas Eve, and if you travel to Portsmouth by car you can drive the car on board with you – just for parking as you can't drive off in Belgium – which can be cheaper than parking in Portsmouth for 3 days. The ferry port's a short drive from Portsmouth's lively waterfront Gunwharf Quay, home to lots of factory outlet shops, restaurants, cafés and bars.

You'll have all the Christmas trimmings on the ship, and can have Christmas Day lunch as she sails up the river and docks at historic Antwerp (home to the diamond trade) – right in the centre of the old part of the city, a stone's throw from the markets which even on Christmas Day are busy and oozing atmosphere – lovely! Don't miss visiting the splendid cathedral which possesses some of Rubens' major art works. The time is your own to wander, or simply stay on board.

Boxing Day – there's an optional coach trip to the captivating medieval town of Bruges, about an hour's drive from Antwerp. A local guide will take you on an easy walking tour, through its pretty cobbled streets, past attractive canals. Colourful markets will still be in full swing, and there are plenty of souvenir shops – Bruges is famous for lace-making, and chocolate! Belgium beers are pretty good too, especially the fruit ones. Tip – try the excellent Straffe Hendrik beer, translated 'Strong Henry', brewed in the last brewery still operating in the old city centre. (Another tip – you can only buy wines and spirits in the bars and restaurants on the Pont Aven, not in its shop, as the ship isn't licensed to sell duty-free alcohol and tobacco in Belgium).

The ship leaves Antwerp on Boxing Day evening, arriving in Portsmouth around 2.00 pm the next day. If you are up for, it there's another mini-cruise to Rouen in France the following week – to celebrate New Year!

For the time being, happy planning – more travel tales and tips next year...

Linda Harris

#### **CALLINGTON U3A EXHIBITION DAY 2015**

Callington Town Hall - Monday 5th October 10.00 am - 12.00 pm The exhibition contains displays of the various activities that the U3A members enjoy. From art, baking, music, singing, writing and much more.

All are Welcome; Come and see what we do; www.callingtonu3a.org.uk

### PILLATON WEBSITE REPORT 2015

#### Background

The website went 'live' on 8th September 2010 and is now approaching its fifth anniversary.

#### Content

There are nine main sections on the site: 1) Home 2) News 3) Diary 4) Notices 5) Activities 6) Amenities 7) History 8) Council 9) Gallery.

### Website Activity

The table below shows yearly totals for visits and pages viewed (downloaded).

YEAR	VISITS
2010 (Sept on)	677
2011	3,570
2012	5,655
2013	6,646
2014	7,806
2015 (to June 30th)	5,119

As can be seen from the table above, there is a year on year increase in activity. For 2014, this averaged 21 visits and 65 pages downloaded per day.

Currently there are over 300 pages on the site (about 250 last year) and in excess of 500 photographs.

Copies of the Village News produced by Robin Dwane are available from the website and are regularly downloaded as is also Andrew Harris's booklet of local walks.

Items contributed for website publication over the past year came from (amongst others): Maire and Richard Warwick, Brian and June Hutfield, Dave Dolley, Dick Woodley, Tony Rowe, Andrew Harris, Sue White, Pam Lowther, Gary Martin, Robin Dwane, John Stannard, Helen and Ian Edwards, Jo and Don King, Ann Henderson, Rosemary Long, Peter Johnson and Chris Ley, Tony Laurillard, Linda Mavin and Susan Concannon (Project Quethiock Parish).

A search on Google for Pillaton shows our web site third in the list following two entries for the commercial site Pillaton Pools (in Staffordshire), so it is easily found.

#### What Next?

Continue to post details about events and activities so that villagers are kept informed. Try to obtain some more old photographs and historic items of interest to add to the site.

John Wheeley

### Landulph Festival of Music and the Arts 2015

The Landulph Festival of Music and the Arts was founded in 2002 to promote Music and the Arts in East Cornwall. From a modest beginning the festival has expanded and now presents national and international artistes. The Festival aims to cover a wide range of music genres including classical, folk, jazz and rock, and as wide a range of performing and non-performing arts as possible. This year's programme is:

Fri 2 Oct 8.00 pm	Theatre: "The Ugly Sisters" - Landulph Memorial Hall
Sat 3 Oct 8-8.30 pm	Rock Night: The Sound - Landulph Memorial Hall
Sun 4 Oct 2.30-4.30 pm	Children's party (& Tea party) - Landulph Memorial Hall
Tue 6 Oct 12.00 noon	Lunchtime Concert; Bel Canto - Landulph Methodist Church
Thu 8 Oct 7.30 pm	Archaeology of Tamar Valley - Cargreen Yacht Club
Fri 9 Oct 8.00 pm	Medical maelstrom & light supper - Landulph Memorial Hall
Sat 10 Oct 7.30 pm	Variety: Village Night - Landulph Memorial Hall
Sun 11 Oct 6.00 pm	Classical Concert: Aquarelle Guitar Quartet - Landulph Memorial Hall

For full details, including ticket prices and booking arrangements go to the festival website at www.landulphfestival.co.uk or ring 01752-841598.



Tamar Valley Health Patients' Group



www.TamarValleyHealth.co.uk

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Tamar Valley Health PPG are a group of patients that meet alternate months with Health Centre staff to discuss ideas, comments and suggestions about Your surgery.

To know more about us email tvhPPG@outlook.com for eNewsletter and updates.

### tvhPPG taking a step on exercise

People who are active have lower rates of coronary heart disease, high blood pressure, stroke, diabetes, colon and breast cancer, and depression.



Adults should aim to be active stally. Aim for Moderate intensity of activity for an average of 3D minutes on at least

Walking offers health & happiness. It has the ability to restore and preserve muscular, nervous and emotional health while at the same time giving a sense of independence and self-confidence. The more a person walks the better they feel, the more relaxed they become and the less mental clutter they accumulate.

Walking is good for everyone.

The tvhPPG Newsletter lists many local groups to help you get active.

Walking one mile can burn up to 190 Calories of energy and walking two miles a day, three times a week, can help reduce weight by one pound every three weeks.



By 2050 almost 60% of the UK population could be obese with the economic cost reaching £49.9 billion at today's prices.

tvhPPG

Tamar Valley Health Patients' Group



www.TamarValleyHealth.co.uk

tvhPPG@outlook.com



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

DATE	DAY	SERVICE/E	<u>VENT</u>	<u>CHURCH</u>
20 Sep	Sunday	1000	Eucharist	Landulph
22 Sep	Tuesday	0930	Holy Communion	St. Dominic
27 Sep	Sunday	1000	Harvest Eucharist	Pillaton
		1000	Family Service	Landulph
29 Sep	Tuesday	0930	Holy Communion	Pillaton
04 Oct	Sunday	1000	Eucharist	St Dominic
		1600	Pet Service	Pillaton
		1800	Harvest Evening Praise	St Dominic
05 Oct	Monday	1800	Harvest Supper	St Dominic
06 Oct	Tuesday	0930	Morning Eucharist	Pillaton
11 0ct	Sunday	1000	Family Service	Landulph
		1000	Eucharist	Pillaton
13 Oct	Tuesday	0930	Morning Eucharist	Landulph
18 Oct	Sunday	1000	Morning Praise	St Dominic
		1000	Eucharist	St Mellion
20 Oct	Tuesday	0930	Morning Eucharist	St Mellion
21 Oct	Wednesday	1200	Pasty Lunch, The Rectory Room	Cargreen
25 Oct	Sunday	1000	Eucharist	Landulph
		1000	Family Service	Pillaton
27 Oct	Tuesday	0930	Morning Eucharist	St Dominic
01 Nov	Sunday	1000	Eucharist	St Dominic
03 Nov	Tuesday	0930	Morning Eucharist	Pillaton
08 Nov	Remembrance Su	•		
		1000	Morning Praise	St Mellion
		1100	War Memorial	St Mellion
		1000	Service of Remembrance	Pillaton
		1050	Civic Service of Remembrance	St Dominic
		1050	Service of Remembrance	Landulph
10 Nov	Tuesday	0930	Morning Eucharist	Landulph
15 Nov	Sunday	1000	Family Service	St Dominic
		1000	Family Service	St Mellion
17 Nov	Tuesday	0930	Morning Eucharist	St Mellion
18 Nov	Wednesday	1200	Pasty Lunch, The Rectory Room	Cargreen
22 Nov	Sunday	1000	Eucharist	Landulph
		1000	Eucharist	Pillaton
24 Nov	Tuesday	0930	Morning Eucharist	St Dominic
29 Nov	Advent Sunday	1000	Morning Praise	St Dominic
		1000	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 Fridays from 1.30 to 3.00 pm, before attending please check with Betty. Other days/times by prior arrangement.

Pillaton Village Diary		
Sat 26 Sep	Macmillan Cancer Coffee Morning, Pillaton Village Hall	
Fri 2 Oct	(2 Oct - 11 Oct) Landulph Festival of Music and Arts (see page 21)	
Sat 3 Oct	Pillaton Singing Day, St Odulph's Church, Pillaton	
Sun 4 Oct	Ploughing Match, Howton Farm, Pillaton (see page 14)	
Mon 5 Oct	Callington U3A Exhibition Day, Callington Town Hall	
Mon 12 Oct	Pillaton WI Harvest Supper, Pillaton Village Hall	
Sat 17 Oct	Pillaton and the Great War Evening, Pillaton Village Hall	
Wed 21 Oct	Pillaton Parish Council Meeting, Pillaton Village Hall	
Fri 30 Oct	WW1 Trafalgar Night Dinner, Weary Friar	
Mon 9 Nov	Pillaton WI, Hat Making, Pillaton Village Hall	
Sat 14 Nov	Pasty & Pud Lunch, Pillaton Village Hall	
	WW1 Charity Clay Pigeon Shoot at Rock Wood	
Wed 18 Nov	Pillaton Parish Council Meeting, Pillaton Village Hall	
Mon 14 Dec	Pillaton WI, Christmas Party, Pillaton Village Hall	

### **RECYCLING DATES**

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

as ioliovs.	
Tue 22 Sep	Recycling
Tue 29 Sep	Garden Waste
Tue 6 Oct	Recycling
Tue 13 Oct	Garden Waste
Tue 20 Oct	Recycling
Tue 27 Oct	Garden Waste
Tue 3 Nov	Recycling
Tue 10 Nov	Garden Waste
Tue 17 Nov	Recycling
Tue 24 Nov	Garden Waste
Tue 2 Dec	Recycling

# Dillage Dews DISTRIBUTION & COPY DATES 2015/16

Issue No.	Copy Date	Dist. Date
180	2 Nov	20 Nov
181	4 Jan	22 Jan
182	8 Mar	25 Mar
183	2 May	20 May
184	5 Jul	22 Jul
185	5 Sep	23 Sep

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

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?

MOST LIFETIME GIFTS ATTRACT THE BENEFIT OF 25% 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 2<sup>nd</sup> November 2015 Publication date: Friday 20<sup>th</sup> November 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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### Introducing Our New Head Chef!

Ray Kemp, ex Rolls Royce Chef, has recently joined the Team at Pentillie. We are delighted to now be offering lunches, dinners, afternoon teas, and even brunch parties.

Our first Pentillie Ladies Luncheon will take place on Tuesday 3rd November at 12pm. £22.50 per person to include a drink on arrival. Enquire now on 01579 350044.

Christmas Lunches will also be served throughout November, December & January. From £22.95 per person, to include Coffee and Chef's Mini-Mince Pies.

If you need more space over the Christmas Break, don't forget we have plenty of cosy bedrooms available for Bed & Breakfast. You are of course welcome to join your friends for a dinner in the Castle if you fancy it!

To book Bed & Breakfast or for more details on any of the above please contact us on 01579 350044 or contact@pentillie.co.uk

> www.pentillie.co.uk Pentillie Castle, St Mellion, Cornwall, PL12 6QD







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