

The Granite Towers

*A Community Magazine for
Luxulyan and Lanlivery*



October & November 2024

EDITORIAL



Hello everyone,

Well, we're in that post bank holiday long drag period, with no public holidays until Christmas. OK, so we have Bonfire Night and Hallowe'en as entertainment, chiefly for the kids, but no holiday for adults, as such. Our Harvest Festival in churches in fact has pre-Christian roots and is usually held on a Sunday near to the

equinoctial "Harvest Moon", but again, no holiday. Across the pond they get Thanksgiving – on a Monday in early October for Canada and at the end November on a Thursday (plus usually the following day) in the USA. In many Canadian provinces they also get Remembrance Day.

Although not now a church festival, the origins of these Thanksgiving events have both religious (such as Harvest Festival) and secular connections, being frequently attributed in North America to the early European settlers. Unlike Christmas they are not commercialised holidays, and it used to be a general rule, when I lived in the States, that Christmas decorations would not be displayed before Thanksgiving; but of late this is frequently ignored. The pressures of the retail world win again!

The world as we know it, appears to have several existential threats, though perhaps wars (always ongoing) and climate change appear to be the chief possibilities. Earlier in the year over a dinner with colleagues up country, I got involved in a discussion - on the likelihood of success or otherwise in our attempts as nations to remedy the effects of climate change - which became quite heated, as it were. One chap pointed me to a tome, which I duly acquired, which covers the links between international climate change negotiations and game theory (a branch of mathematics/economics developed in the second half of the 20th century). It is very much a textbook, demonstrating how a win-win situation can be developed for all sovereign states involved, whether currently polluters or pollutees, which gives rise to positive planet outcomes. One thing struck me was that whilst random events can be allowed for mathematically, what about totally illogical sequences of

behaviour in our strategies – which may not always be well catered for in the some of the theory. After all, throughout our existence, when have we humans or groups not exhibited this trait and repeated our mistakes time after time, usually to our detriment. How right was the German philosopher Hegel, when he said over 200 years ago, "The only thing that we learn from history is that we learn nothing from history." I guess the same analysis may apply to wars, but that's a discussion for another day!

The Olympics seems to have been a great success, although I am informed that much of the TV coverage seemed to be cycling from the velodrome. They seem to have covered every possible type of race in the sport, such as sprint, pursuit, team and individual, plus some with funny names (well to me anyway) such as omnium, keirin and madison. Now to many, the velodrome is a bit boring and not very "outdoorsy", with no good scenery so let us relocate to a lawn in Versailles (like some of the equestrian sports) and diversify. We could have a slow bicycle race, maybe even add a variation of "balancing an egg and spoon at the same time" as well to top it off. (Ah, memories of infant and junior school sports days.) I suppose if the Olympics were to take place on the Isle of Man, we would have three-legged races!

It's been a good year for blackberries, although some of the depth of flavour may be a bit lacking. My lockdown 2020 vintage of sloe gin is running out, so how timely that these amazing fruits are in abundance this year. Even if you don't like the idea or flavour of gin, the end product tastes nothing like that and is well worth the effort! (See recipe later in this edition.)

All change on the spiritual front in Lanlivery and Luxulyan with the vicars moving on, Paul to Padstow and Jules to Wadebridge. At least they'll be able to visit each other via the Camel trail. They will both be missed, and we wish them all the best with their new parishes.

Have a fruitful autumn!

Robin

The views of the editor are always personal and not necessarily those of the Granite Towers and committee.

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ADVERTISING

Please note our advertising costs and new contact details, as shown in the box on page 5

LUXULYAN VILLAGE HALL BOOKING AGENT

Chris Thomas tel: 01726 850618
email: printmasterchris@sky.com

LANLIVERY OVER 60s

The Lanlivery Over 60's Lunch Group meets, at The Crown Inn, on the 2nd Thursday in every month, at 12 noon. We enjoy a convivial lunch, looked after by the lovely staff, an informal quiz and a raffle. There is no membership fee, just bring along £1 for a raffle ticket, and pay The Crown Inn for what you eat and drink. We're a friendly bunch and enjoy meeting new members.

To find out more, or to book a place, call Mark on 07717 298 884.

Best wishes, Mark and Peggy

VIEW FROM THE SURGERY

It's October which means it's flu vaccination time at the surgery, alongside the flu vaccination there is a Covid booster like last year. We try and start the clinics as soon as possible which previously has meant mid-September. However, this year the government has only offered to pay for vaccinations performed in October, so we are starting a little later than usual and is a bit more concentrated than usual. The flu vaccination has been shown to help reduce hospital admissions and mortality in the population who are frail or have a weak immune system. It has also been shown to reduce the spread of the flu virus from infected people who are asymptomatic (still to have the symptoms of the flu). For full disclosure, the vaccination programme is also a source of income to the practice, so it helps fund the running and staffing of the practice. It does mean extra work though with about an extra 1200 appointments in the month, mainly at the weekend so we don't disrupt the weekday running of the practice.

Over the summer there has been lots going on to effect primary care. There is a new vaccination programme for the Respiratory Syncytial Virus (RSV). The virus can cause pneumonia and bronchiolitis, which can cause breathing problems and may need admission to hospital, and in the extreme can be life-threatening. So, this vaccine is being offered to pregnant patients (28 weeks and on), and to patients between the ages of 75-79. The reasoning behind offering to vaccination to people who are pregnant is to protect the babies after they are born.

The autumn normally brings coughs and colds with its arrival, which can lead to a high demand on appointments but a lot of these are self-limiting and need no specific treatment. The local pharmacist can offer help and advice in most cases. Viral coughs and colds last longer than people expected and can last 2-3 weeks before improving. There are some symptoms which can indicate a more serious infection such as a persistent temperature (more than 3 days), shortness of breath, blood in your sputum, or chest pain.

Another condition we see in autumn and winter is Chronic Obstructive Pulmonary Disease (COPD). In my career it has had several names – chronic bronchitis, emphysema, COAD and now COPD. COPD is thought to effect about three million people in the UK with a large proportion not being aware of the condition. The condition is the second largest cause of admission to hospital and can be the reason for about 1.4 million GP appointments. The main cause of this condition is smoking so may be thought to be preventable. Dust exposure is another common cause. The symptoms of COPD are a cough that is often productive, recurrent chest infections, and breathlessness. The main treatments are stopping smoking and several different types of inhalers. Luckily with advances in medicines the number of inhalers a person has to take is being reduced from previously up to four types a day to one or two and also less frequent daily doses, from four times a day to once or twice a day. This means that people are more likely to take the inhalers in the correct way and not forget them. So that means less breathlessness, less infections and less hospital admissions. Currently improving the treatment is one of our projects at the surgery – we are offering reviews to people with COPD with multiple inhalers and seeing how breathless they are, how good they are at using their inhalers and if they have had any hospitalizations due to COPD. We are looking at their medication and trying to improve their regimes to help them. Let's hope it works and helps to keep people well.

Take care of yourselves

Andy Haywood

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LANLIVERY PLAYGROUND

Many of you may have noticed that the old playground equipment in the playing field has been removed this summer and that new equipment and a new playground surface have been installed.

The old equipment, which dates from the late 1990s, had become uneconomic to maintain and was repeatedly failing statutory Health and Safety inspections. Accordingly, the Parish Council had no option but to remove it but voted that it should be replaced as it is such an important facility for our young people. The new equipment and surface is now in place and has cost just over £30,000 ex vat. It was funded mainly by the Parish Council using annual community payments from the solar farm at Sweethouse but also with the invaluable help of a small group of parents who have secured grant funding for the project.

The Parish Council would like to record grateful thanks to them and, also, for grants of £2,000 from the Pontsmill Turbine Fund, £1,000 from Thomas Bullock Trust, £250 from the Lanlivery Feast Committee, £800 from the Three Spires Lodge, £46 from Restormel Luncheon Club and the promise of funds from Lanlivery School PTA. If phase two of the project is to go ahead to allow the addition of swings, a seesaw and/or a roundabout then we will be looking at spending a similar amount again and this would need to be funded through more community fundraising.

If anyone has any ideas or would be willing to help with this then please let the Parish Council know by emailing the Parish Clerk Sally Vincent on sallyvincent957@btinternet.com

Cllr R Paterson, Chairman, Lanlivery Parish Council

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BOOKING FOR LUXULYAN MEMORIAL INSTITUTE

The Institute is now open, in line with Covid restrictions.

To book the Institute, £10 per session:

Contact Luxulyan Parish Council Clerk by telephone or email: Mrs Christine Wilson, 01208 831283, clerk@luxulyanpc.co.uk

Please send copy for the next edition of "THE GRANITE TOWERS"

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EMAIL ADDRESS for Granite Towers copy:

granitetowersluxlan@gmail.com Photos for front or back page to Ellen McConnell ellen.mcconnell@hotmail.co.uk

See page 10 for all deadline dates.

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FLexercise is go again!

This popular and well-established ladies exercise class is starting back again at the Lostwithiel Community Centre on Wednesday 25th September at 10.30am

FLexercise really is for everyone - we are ladies of all different ages, shapes, sizes and levels of fitness. We exercise the whole body with movement and simple dance steps. Whatever your level of fitness you can start at your own pace and gradually improve.

We focus on a range of exercises to develop good posture and correct body alignment, providing improved flexibility, energy and strength.

I very much look forward to seeing everyone again and if any ladies would like to come and join us, we'd be delighted to welcome them too.

Katy can be contacted on:
 07732 028616 or katyiholmes1@gmail.com



BOOK GROUP

Do you enjoy reading and discussing books? If so, why not come and joint us at Lanlivery Book Club. We read a wide selection of books and have a lively chat with refreshments.

Please contact Kay on 01566 248159 for details of the next meeting.

Kay Roberts-Lister

RED MOOR SCHOOL



Well its back to school and into the autumn term for us all at Red Moor.



One of our Students enjoying Archery

The summer has been a busy one with Summer Enrichment Days going on as well as the site team on site most days to oversee essential maintenance work – we now have a lovely new roof on our hall and Red Moor is looking better than ever.

Our Summer Enrichment Days consisted of some fabulous activities such as beach exploring, dog walking and sports camps and were enjoyed by both students and staff alike.

We have an amazing few months planned in the run up to Christmas and look forward to sharing more with you soon.

Compiled by Kerrie Rawlings, RMS Admin Team

MEMORIAL INSTITUTE COFFEE MORNINGS

Plant Swap season is with us for one last time this year in October, so come along with any plant you don't need & swap it for something more interesting. If you haven't anything to swap then come along anyway and buy something from the table. Also to enjoy a cup of tea or coffee and bacon butty, cake and some company. The Institute will be open from 10am on Saturdays 5th October and 2nd November, which will be the Poppy Appeal.

AA CLEANING

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Ideally, 1/4 page submissions should fit into a four to the page format 13.5 cm height x 9.5 cm width. Note we do not construct adverts; they should be supplied in finished form.

PLEASE NOTE OUR PRICES AS FOLLOWS FOR SIX ISSUES PER YEAR:

**Large adverts—1/4 of a page—£45
Small adverts—1/8 of a page—£25**

LUXULYAN OVER FIFTIES

Luxulyan Over 50s is a club that meets on the first and third Wednesdays every month for a modestly priced lunch and friendship at the King's Arms, Luxulyan at **12noon**.

Members are phoned or e-mailed a few days in advance to select, from a choice of two, their main and sweet courses so that delays are kept to a minimum.

Subs are £2 per year and a raffle is held at each meeting which helps with the cost of the Christmas meal.

New members are welcome, so please telephone Val on 01726 850045 for details.

www.avalenweddings.co.uk

Contact Clare Hugo on 07881 224791



CHAIR YOGA IN LUXULYAN

Now available at Luxulyan Village Hall are sessions for Chair Yoga led by Tracy. Sessions are from 10 am to 11 am on Fridays, cost is £8.50 per session. No need to book, just come along and join in. Tracy is a great teacher and will be sympathetic to your aches and pains – to a certain extent anyway!

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."

SALLY KINGTON

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LUXULYAN 100 YEARS AGO

Transcribed from the original text in the Cornish Guardian and Notts Evening Post

Notts Evening Post. 6 October 1924: more than 50 snakes and adders, the largest 39 inches long have been killed at Luxulyan station this summer.

CG, 17 October 1924: Parish Church Harvest Festival. The thanksgiving services were held on Thursday and Sunday and were well attended. At the week-night service Rev L Browne MA (Vicar of Bodmin) preached and on Sunday the vicar (Rev CF Jones MA) occupied the pulpit. The choir fully sustained their reputation in the rendition of the anthem "How Manifold are Thy Works".

CG, 17 October 1924: Ebenezer UM Harvest Festival. The harvest festival services at Ebenezer were held on Sunday, September 28th and continued on Wednesday October 1st. Mr Fred James of Trethosa, St Stephens preached on the Sunday. His reputation as a preacher drew very large congregations. Mrs Hearn of Bodmin with her party gave an excellent service in the afternoon, Mr F James presiding and the following taking part: Mrs Hearn at the organ, Misses Sandry, Rowse, Phillips, Pellow, Messrs Phil Brown and Shelley.

On the Wednesday following the Rev HG Lowe preached. A public tea at 5.30 and public meeting at 7pm was presided over in a very efficient manner by Mrs Collins of Bugle, the speakers being Revs Corlett (Wesleyan) Lowe and Hortop. The chapel was tastefully decorated. The ladies after helping at the quarterly meeting luncheon, catered for the public at the tea-tables. The service and effort were successful financially as well as in the healthy influence of the varied services.

CG, 17 October 1924: The Quartettes Busy Day. Quality is always valued. Musically the demand for it is greater than the supply. Hence those artistes whose aim is to do justice to the correct interpretation of the choicest compositions, are seldom without a concert engagement. Many agree that quartette singing is the most appreciative form of musical utterance. No greater proof of this is needed than a careful study of the past and further engagements of the premier male quartette of the county – the Luxulyan Quartette (Messrs Jolliffe, Tregonning, Sturtridge and Parker). Throughout Cornwall their services have been required to ensure the success of many undertakings. The Quartette has been instrumental in augmenting the funds of many charitable institutions. On Sunday they were obliged to put in a full day's work. They were assisting the church choir at the harvest festival service in the morning and evening – at Wadebridge UM Church in the afternoon when an overflowing audience expressed the warmest thanks for providing such a splendid musical service – and at the Public Rooms, St Austell, contributing the principal vocal items for the St Austell Town Band concert. The winter engagements now being received are a further indication that the demand on the Quartette's services is in no wise slackening.

CG, 28 November 1924: Services were held in the Ebenezer UM Church on Sunday in aid of the funds of Bodmin hospital. The preacher in the morning was Mr CT Trevail and in the evening Mr R Collins of Bugle. In the afternoon the Providence Male Voice Choir gave a sacred concert to a crowded congregation, Mr CT Trevail presiding. The concert was not only well rendered but the selected pieces were most appropriate. Thanks were tendered to Mr Datson of Bugle the organist, Mr Minear (the conductor) and to the choir for the excellent service rendered. The proceeds will be handed to the Treasurer of the Bodmin hospital.

Compiled by Hazel Harradence

LANLIVERY VINTAGE RALLY AND COUNTRY FAIR 2024

The Rally activities started on 31st August with the Horse Show organised by Becky Littleton at Lanescot Farm by kind permission of the Phillips Partnership. A busy but wonderful day with lots of entries in the horse showing classes, and the dog show run by Sophie Dunn and children's games run by Diane Williams. Thanks to Becky's army of helpers, it was a great success as a huge amount of work goes into planning and running this popular event. Riders love it as it is one of a very few traditional horse shows run locally nowadays and it is known for its friendliness and inclusivity.

On 7th September the Vintage Rally and Country Fair opened its gates. It takes all year to plan for this, Louise Phillips the Rally Secretary and Phil Longhurst the Chairman put in vast amounts of time and effort together with the Committee and all the volunteers who turn up to man the various elements e.g. pay gates, children's games, tea tent, ring marshalling, parking - the list is endless. Setting up and taking down afterwards is a massive undertaking.

The first day of the Rally was a great success, the threatened downpours largely held off. Visitors enjoyed the parades of the large entry of tractors, cars, steamers, motorbikes, ably commented by Roger Tappin, as well as the display of stationary engines and car boot sale. The tractor pullers were popular as ever. Karin Henderson the Mayor of Lostwithiel came to officially open the event, heralded by piper Jon Brown. Plenty of trade stalls were there to browse, and there were interesting tables in the Craft Tent, the ukulele band Barry's Shed played in the tea tent in the afternoon. The working section cut and thrashed the ripened corn, and the shire horses ploughed. Sophie ran the dog show again and Sue Hopper and Rebecca Chapman ran a popular have a go dog scurry.

Sadly, by Sunday morning the weather had taken its toll on the ground underfoot. With the weather worsening with little prospect of improvement the sad decision to cancel had to be made. It became a challenge to organise getting all the heavy vehicles out without mishap.

Thanks to the Chapman family for the use of their fields every year. With the second day of the show cancelled there will not be so much surplus funds for our charities, but over the last 40 years the weather has only caused two cancellations so we must count our blessings and press on for next year. Thank you so much to all you Lanlivery people who helped out this year, as in other years, it could not be done without you. The Committee really needs even more people to come forward and help. If you think you could help as a committee member, please do contact Louise on 07771 927826, we meet once a month usually on a Tuesday evening in the church.

Best wishes

Jenny

07462 878150

FRIENDS OF LUXULYAN VALLEY

Just another quick update from FOLV. We had a very interesting trip from Mevagissey on a fishing boat made in 1962 in Girvan, Scotland. Besides seeing numerous sea birds, a pod of dolphins swam alongside either side of the boat and seals were spotted, including one on a rock doing its interpretation of a banana. We also had a very informative walk in the valley with David Skelhorn showing us the traces of our industrial past.

David, with help, has also done extensive investigation and cataloguing of many remaining objects from our past. The link to the catalogue can be found on our website.

One of the benefits of being a member is you get a free quarterly newsletter where you see detailed write ups of these events with photos including dolphins and seal.

A reminder that we are having an open afternoon on November 16th in Luxulyan village hall with various stalls children's activities and Screech Owl Sanctuary.

Robin Stephenson
Chair

Events for October & November

Wednesday 16th October at 7.30pm

Luxulyan Village Hall—John Smeaton, Civil Engineer

A presentation by Duncan Matthews on the 18th century 'father of Civil Engineering'. Designer of lighthouses, bridges, canals, and the development of Portland Cement.

Saturday 16th November at 2.00pm

Luxulyan Village Hall—Open Event/ Screech Owl Sanctuary. (See advert on page 13.)

An afternoon of presentations, displays and face painting. Come and enjoy getting close-up to owls, find out more about the FoLV, Cornwall Heritage Trust, the Woodland Trust, Cornwall Wildlife Trust and more.

Volunteer days

Luxulyan Valley Friday 11th October 9.30am – 3.30pm

Bottom of incline and lower tramway. Coppicing the straggly trees beside the lower tramway at the base of the incline, which will improve the habitat and make the stonework of the incline easier to see. We will also be working around the picnic area under the railway viaduct. Meet: Pons Mill car park SX0728856150

Luxulyan Valley Friday 29th November 9.30am - 3.30pm

Lower tramway Velvet path area. Coppicing, ride widening and wall clearing. Meet: Black Hill car park SX0584457309

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SKYLARKS: MEETING GOD THROUGH NATURE

You may have heard the mention of Skylarks on the Community Facebook Page or on a poster! What is Skylarks?

Skylarks is facilitated by Luxulyan Church but takes place, with permission, on the Luxulyan Environment Green Glebe Space (LEGGs) just behind the church. It is an opportunity for all ages together to meet God in nature. It is very gentle and led by everyone attending, in other words tailored to those attending!

Each session is based on a Bible passage or story (but no previous knowledge of the Bible is assumed) and a sheet of optional suggestions of activities, both things to think about and practical, is available and includes the Bible passage and a prayer. Some adults just prefer to sit and chat – sometimes in depth about what we are doing, general life issues, or just a friendly chinwag! The opportunities are there to ask the big questions (which none of us have the answers to!) and learn together. There is no compunction to do anything other than enjoy the company and the natural world around us – everything else is optional!

We usually finish with toasting marshmallows around a fire pit with optional chocolate biscuits to make smores!

So far, we've had scavenger hunts, painted stones, made clay hedgehogs, clay leaf bowls in which to pour our blessings, taken the opportunity to plant hedgerow trees and stand and stare! We've also had a BBQ during the summer. Our September session will have a harvest theme, and our November theme will look at remembrance (Sunday 3 November at 3pm). In December we invite everyone, adults and children, to take part in an outdoor Nativity (Sunday 22 December).

We are currently a small group but welcome anyone to come and join us from 1 to 90!

If you wish to be kept in touch with our activities, please email famporter58@gmail.com or ring 07761798220.

Shelley Porter

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LANLIVERY SCHOOL PRIZE-GIVING 1956

From the Cornish Guardian – August 1956

LANLIVERY SCHOOL

Former Headmaster Presents Prizes

A record number of parents and friends attended the prize distribution at Lanlivery County Primary School on Wednesday last week.

The chairman, Mr L. P. Higgs introduced Mr A. R. Blewett, a lecturer with the WEA and former headmaster of the school, who presented the prizes.

In reminiscent mood, Mr Blewett referred to the "dear days of long ago" when, in 1906 he went to Lanlivery school as its Headmaster, with Mrs Netherton as his colleague, and he spoke of his happy association with the school and memories of those days.

Addressing the children, whom he complemented on their happy, healthy and alert appearance, he told them that life was a great adventure, providing that they made full use of their talents and opportunities.

Mr J. C. Sandry, a school manager expressing thanks, spoke of his school days, under Mr Blewett, and of the great inspiration he was to all his pupils. (Continued on next page)

Mrs Netherton and Mrs Sanders, both former teachers at the school, were also present.

Mrs E. E. Secker, the Headmistress referred in her report to teaching as the most demanding, yet rewarding work anyone could undertake. She said, "We as teachers, are entrusted with young children during their most impressive years, and are responsible to a very high degree for their spiritual, mental and physical development."

The children had worked well. Many of them were so interested in nature study that they now had a small reference library of their own at home and were developing a keen sense of observation which was all important if they were to appreciate the wonders of the world which surrounded them.

Two children had been selected for grammar school education. Electricity had been installed both in the school and in the canteen and some new furniture had been provided. Mrs Secker thanked the parents and friends for their wholehearted support.

Prize winners were: Pamela Higgs, Patricia Tubb, Linda Thompson, Betty Ead, Janet Fox, Margaret Henwood, Jacqueline Chapman, Christine Sanders, Tony Pollard and Gwendoline Sanders.

An enjoyable programme which followed included songs. Light refreshments were served on the school lawn.

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BUILDING OF LUXULYAN VILLAGE HALL Part 4

2025 will be 50 years since Luxulyan got started on its village hall and it seemed like a good time to mark it with a history.

In 1999 it was found that unfortunately there was a shortfall in funding of £10,000 in part due to the fact that the project manager accepted estimates that were not complete – not all included materials to be used, or VAT, or included materials but not labour. Even more fund-raising took place including car boot/tabletop sales, bingo thanks to Cyril Stanlake, cream teas, raffles, local donations, a loan from CRCC and loans from individuals and the bowling club. There were many areas of the build that were not satisfactory and concerned many individuals and firms. It all took time to put right, not helped by the fact that the project manager disappeared off site and did not come back again.

By June 2000 it was decided that the work would be completed for a grand opening in October. It was suggested that Graham Roach or Humphrey York be invited to the ceremony. In the event Graham Roach was unable to make it and suggested Mrs Valerie Small of Roach Foods, so she was there with Humphrey York.

Towards the end of 2002 Ria Taylor came to a meeting to announce that Sure Start had £100,000 to spend in Luxulyan. They wanted to build an extension to the side of the building and restructure rooms within the building – with the approval of the committee and user groups. Sure Start would then rent the rooms the same as any other user group although they would expect to have access when required. Ria also informed the committee that to have Sure Start funding they had to put together a business plan and then make a bid for the funding. Training to help put together the business plan was provided.

The Business Plan was sent to Sure Start and received a very favourable reception, and by March 2004 the money for the extension was approved, planning granted, and work started at the end of that month. The Sure Start Extension Official Opening in October 2004 was well attended with Mayor Lesley Clarke and was a great success. Both the meeting room and the crèche were in constant use by both committee-type meetings and Smarties. The contractor working in Rosevale Gardens offered to lay the top surface on the car park for £7,500 and this was gratefully accepted.

Unfortunately, Ofsted were unhappy with the playgroup having to use the adult toilets when other groups were in the main part of the hall. In October 2006 plans were afoot for a two-toilet block with wash basins including a staff toilet, washing facilities, a covered play area and an uncovered play area with an all-weather surface. £500 was awarded by Sure Start for the plans and £6,000 once the project was off the ground. The parish council approved the extension into the playing field that was their responsibility.

Whilst all this was going on there were all the 'housekeeping' problems associated with any building – heating, lighting, toilets, painting, change of doors, leaking roof; all needed cash to be found by the Village Hall Management Committee. The plans were drawn up by David Vaughan, but with many alterations required by the planning authorities. However, by the end of 2007 Building Regulations had been approved, with the exception of the roof trusses for which the company had not sent specifications. The structural engineer asked for changes, companies approached for quotes did not quote as asked and there were continuing delays. Three quotes were needed before the Lottery would approve funding, and those received were for £75,000 and £80,000 – far more than the committee expected.

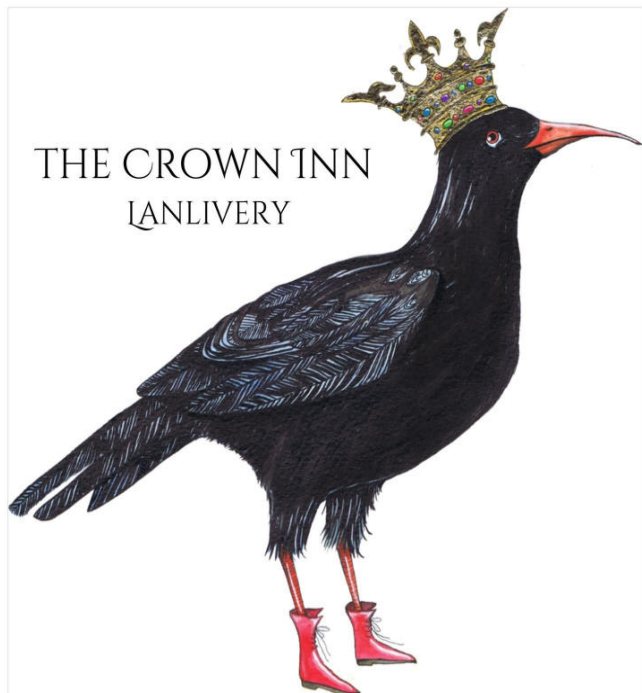
By January 2009 enough grant money had been approved for work to begin, but bad weather that winter delayed matters. A leaking roof in the main part of the building caused some concern, due, it was found, to the lead being stolen. Fortunately, the insurance company paid up but suggested that a lead/zinc alternative rather than lead would be better, but work would not start for another 2-3 weeks.

Eventually the playgroup had their extension, the village hall had solar panels, all the decorating was done, and much later on new flooring, curtains and a new heating system mean that the village hall is now fit for the future. Current committee members are Chris Thomas Chairman/booking clerk/cleaner, Clare Eich Secretary/Treasurer, Jim Cleare Vice Chair, and representatives of all local organisations. All groups ideally should have a representative and are more than welcome, at any meeting.

There is now a memorial plaque on the outside wall to the late Ralph Oliver without whom this project may not have got started. In the main entrance hall is a collage commemorating almost all of those who contributed in the early days. To anyone whose name is missing, our apologies.

Two photographs on back cover of this edition show: the October 2000 re-opening ceremony with Humphrey York, Cyril Stanlake, Alf Fooks, Ralph Oliver, Diane Oliver, Cynthia Grose, Avril Carne, Gerald Grose, and the 27th September 2004 opening of Sure Start extension.

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A GUIDE TO THE DEADLINE DATES FOR COPY FOR THIS MAGAZINE

Deadline dates are generally the **10th of the month preceding publication of the edition.**

Editions are April/May; June/July; August/September; October/November; December/January; February/March;

THUS:

May 10 for JUNE/JULY edition

July 10 for AUG/SEPT edition

Sept 10 for OCT/NOV edition

Nov 10 for DEC /JAN edition

Jan 10 for FEB/MAR edition

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Back to School

Everybody has settled well back into school and we have been delighted to welcome nine new Reception children into Ash Class and are very proud of how well they have settled in and become part of the Luxulyan School community.

Go Cornish

On Saturday, 13th July, as part of Luxulyan Feast Week, the first ever Great Luxulyan Cornish Show was held at the school. There were competitions with six categories and three age groups for each category. The categories were Cornish art, Cornish photography, Cornwall in miniature, decorated stone, six cakes or biscuits and four pasties or scones.

There were lots of entries and our judges very much enjoyed looking at them all and selecting winners. We were very lucky to have as our judges Harry Glasson, Caroline Davey, (from the Cornwall Heritage Trust) and the Reverend Jules Williams.

In the afternoon the school choir sang a selection of Cornish songs, including 'Cornwall My Home', written by Harry Glasson. There was also a short demonstration of Cornish dance given by some of the children. In addition, we held a Grand Raffle, with some wonderful prizes donated by local attractions, as well as offering refreshments.

The whole event raised £290 for the Cornwall Heritage Trust.
The event was open to the whole community and very much enjoyed by all who came.
We hope that this might become a regular part of Feast Week in the future.

*Compiled by Rachel Allison
Ash Class Teacher*





FRIENDS OF THE FOWEY ESTUARY

Are you interested in your local environment? Want to get involved in surveys, conservation work or just find out what amazing wildlife can be found around us. The Friends of the Fowey Estuary have a varied annual events programme from guided walks and talks to practical conservation, there really is something for everyone.

Take a look at our website www.friendsofthefowey.org.uk

Or join us on Facebook

Our events are free to members and £2.50 for non-members, unless stated otherwise

Would you like to join the Committee?

The Friends of the Fowey Estuary would like to add some new committee members to reinforce the existing team. The main focus of the committee is to organise the annual events programme. Committee meetings (which are very informal and usually only two or three per year) start in September with the aim to get everything booked before Christmas, so that our events cards can go out with the membership renewals.

There's no experience necessary, just enthusiasm and good ideas!

If you're interested or would like any more information, please get in touch with the Chair, Peter Edwards peterj.e.golant@gmail.com 01726 833141



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FoLV Open Event All welcome!

Saturday 16th November
2-5pm Luxulyan Village Hall

3pm – Screech Owl Sanctuary talk
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LADS REUNION

To anyone interested in having a get together for those who were in LADS please email me at rtrus28252@aol.com

We would be looking to hold the get together one evening during the half term week in February, when we used to perform, in Luxulyan Village Hall.

If I get can an ideal of who is interested, I can then see if the Hall is available for us to meet up

Alan has agreed to put some excerpts of our performances for us to watch as let me know if you are interested.

Rosemary Truscott



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or contact Robin Stephenson (Chair)
on 01726 852109
or Claire Eich (Membership Secretary)
on 01726 850781

Guests and new members are always welcome at our events - see "Dates for your Diary"



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WI REPORT

Members returned to Luxulyan Village Hall for the September meeting on Wednesday 11th, the meetings of May, June and July all having been held in the meeting room at Lanlivery Church, and having had the customary break of no meeting in August. President Verna Roberts welcomed everyone back and a hearty rendition of Jerusalem was sung.

Colourful posies made by Verna were presented to the speaker for the evening, Lynn Gould, and to Sue Hillier and Anne Parr for their birthdays.

Lynn’s subject was Fascinating Fowey characters, and she illustrated them very well with excellent portraits and photographs projected onto a screen. She told us about Rydon Noel, a poet who wrote vividly and lovingly about Fowey, Lostwithiel and Tintagel. He put Fowey on the map in the late 1800s. Next came Leo Walmsley, a writer who spent time in Africa and returned to Fowey to write about Cornwall. One of his most famous books was “Love in the Sun”. We then heard about Fred Yates, a painter who came to Fowey in about 1969, and who lived hand to mouth doing odd jobs and gardening for people while painting and selling his art. Much of his work included line drawings and many of his oil paintings remind people of the work of L.S. Lowry. Lynn brought the lives, times and personalities of these people to life in an enthralling way, and she was warmly thanked by Lorna Curtis.

Refreshments were served and the business meeting began. After the minutes and matters arising, which included thanks to Liz Edwards for a wonderful afternoon tea held in her garden in August, Verna read a letter from Peggy Langdown, who was stepping down from being Secretary and Treasurer for personal reasons. Members were grateful for her work during the time she had taken over during the interim period. When members were asked for volunteers to fill the positions, Jackie Russell and Lee Hemmings stepped forward.

Val Hodge took numbers for the October Harvest meeting, when there will be a pasty supper and Amanda Penk said she would be leading another WI walk, this time The Hall Walk in Fowey. Lorna Curtis said she would organise a group to enter the Winter Fair Competition. The Christmas Lunch will be held on Wednesday 4th December.

Rebecca Julian won the raffle and Joan Lawson won the competition, a Fowey artefact or ornament. Flower of the Month was won by Lorna Curtis.

The next meeting will be the Harvest Supper on Wednesday October 9th at 7pm.

Visitors and new members are always welcome to meetings. Please ring Jackie Russell on 07925 966 696 if you would like more information.

The meeting closed at 9.50pm.

Verna Roberts

LUXULYAN CHARITY COFFEE MORNINGS

At the King’s Arms, Luxulyan, on the last Thursday in each month there is a Charity Coffee Morning kindly hosted by Sam and the team. The money raised goes towards various projects around village; most recently it has given money to the Youth Football Club to help towards their medals and trophies for the end of the season, and £500 to the school towards the expenses of the Breakfast Club as part of the Just Giving page that has been set up for raising funds. Coffee/tea, a piece of cake and a raffle ticket each cost £1. If you can bring along a small raffle prize as well, that will be gratefully received. The next two meetings will be 31st October and 28th November. We look forward to seeing you.

SAVE THE DATE!



Antics Roadshow Kernow will be performing their murder mystery, “Slaughter at the Great Cornish Pasty Bake Off” at Luxulyan Village Hall at 7.30 pm on Saturday, the 30th November!

Come along, bring a picnic and your favourite tippie, and have some fun, interrogate the suspects and try to outsmart Hirsute Parrot and Miss Citron in solving the murder - can you do it before them? There’s a prize in it for you if you can and raffle prizes too!

It promises to be an entertaining, fun-filled evening so don’t miss out! Especially as the tickets are just £7 per head!

Keep an eye out for our posters advertising the event nearer the time and how and where to get tickets. You can also contact Jules Jonklaas on 01726 435110 or email julianajonklaas@sky.com for more details, or look at our Facebook page.

We look forward to seeing you for another evening of murder and mayhem!

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KIT-KAT CRISIS

Gemma glanced at her watch and sighed. Half an hour before the train was due. Not relishing the thought of standing in the rain or sitting in the waiting room, she went to the café. She ordered coffee, sat at the last free table and peeked into her bag to see what her mother had packed for her. A sandwich, a banana and yes, a KitKat. Dear Mum, she thought, always trying to give me my favourites and cheering me up, especially since I finished with Mike.

Unable to resist, she reached for the KitKat just as her phone pinged with a text. It was her sister, wishing her good luck on the course she was attending. She pinged back a reply as a man sat down opposite her. A man in a black suit and a white, clerical collar, she saw when she looked up. On the booklet next to his cup she read the heading: St Peter's Anglican Church Parish Magazine. Gemma wondered why such a young, pleasant looking man would be attracted to a life in the church. A frown creased his forehead and he looked distracted. He stirred sugar into his tea, then tore off the wrapper of the KitKat and broke off a finger.

Incensed, Gemma broke off a piece and ate it quickly. The man looked up as she took another piece. Gemma felt herself flush, but said nothing. What do you say to a vicar when he steals your snack?

To her surprise, he took the rest of the KitKat, broke it in half, picked up a piece and pushed the last of it towards her. Confusion reigned in Gemma's head. Why did this man, this vicar, or whatever he was, think he had a right to help himself to someone else's food, then justify it by giving some back to her?

Confusion turned to annoyance, and after swallowing the last of her coffee, she swept up her bag and stalked out. 'Hey!' she heard him call, but the train was pulling in and she ignored him. Cheeks flaming, she boarded the train.

For the next hour she sat, soothed by the rhythm of the train, watching the countryside slip by, every now and again her mind returning to the KitKat stealing vicar. He'd looked worried. Perhaps he was worried about something. Perhaps that's why he'd acted so erratically, or perhaps he genuinely thought the KitKat was his. Poor bloke, she thought, her annoyance turning to sympathy. It must be an awful life, having to be nice to people all the time, spending half your life in church and wearing that stupid collar.

She was almost at her destination before she felt hungry. Opening her bag, she drew out the sandwich, then felt about for the banana. Her fingers closed around something else, something very un-banana-like. A KitKat. *Her* KitKat. Which meant...

Heat crept up her neck and suffused her face. He hadn't eaten her snack. She'd eaten his! And he'd said nothing. Instead, he'd shared it with her. Embarrassment flooded her. How stupid he must have thought her, and how stupid she felt now. What made it worse was that she'd probably never see him again, never have the chance to apologise.

Over the next few weeks Gemma tried to forget the incident. So, she'd made a mistake, made herself look silly. What did it matter? It was over, finished, and she would never see the young man again. Somehow though, she couldn't forget his face when he'd given her the last piece of KitKat.

The following month Gemma was again at the station, en route to a subsequent training course. She wasn't looking forward to it. Truth be told, life as an accountant didn't really appeal to her. She was beginning to wish she'd chosen nursing, though the idea of all those long medical names was off-putting. A robotic voice announced a twenty-minute delay for her train, so she made her way to the café. She stopped in her tracks when she saw the young vicar at a table facing the door. Before she had time to think he looked up and noticed her. A smile lit his face, transforming his features from pleasant to really rather good-looking.

'Hello,' he said. 'I wondered if I'd see you again.'

'Really?' Gemma said, hot with embarrassment. 'I'm so sorry about – I mean, I thought-'

'It's all right,' he said, standing up. 'Let me buy you a coffee.'

After indicating the chair opposite, he swung round and approached the counter. He returned a few minutes later and placed a cappuccino in front of her.

'So where are you off to?' he asked.

'Exeter, on a course,' she said, wrinkling her nose. 'How about you?'

His expression changed and his face clouded over. 'To see my dad,' he said. 'He's in a nursing home in Bristol. It's strange, really. I spend a lot of my time consoling people with sick and dying loved ones, but when it's your own...'

Gemma nodded, feeling his distress. 'It must be hard. I don't know what I'd do without my parents. Still, I suppose we all have to face it one day.'

Gemma learned that his name was Tom, that he was single and had been ordained three years previously. Still learning the ropes, as he put it. They were still engrossed in conversation when Tom said: 'Isn't that your train?'

Gemma jumped up, snatched up her bag and rushed onto the platform just as the train began to move away. Making an instant, completely uncharacteristic decision, she turned and went back to the café.

'What time is your train due?' she asked Tom.

'Not for fifteen minutes,' he answered.

Gemma went to the counter and bought another coffee for herself and tea for Tom. She returned to the table and put down the tray.

Tom eyed the tray and raised his eyebrows.

'Tea,' Gemma said, 'and KitKat. One each this time.'

Christine McHaines

LANLIVERY SOCIAL EVENING

Friday 15th November 2024 from 7.00pm—Lanlivery Church

On Friday 15th November 2024 in Lanlivery Church I am organising a 50/50 fund raiser social evening in support of the Air Ambulance and Lanlivery Church. Entertainment will be provided by local ukelele group, Barry's Shed, as well as a quiz run by Chris who will no doubt get your little grey cells working as usual. It is £10 entry which also includes nibbles but BYOB please. There will also be a raffle. Contact Rosemary on 01208 872144 to book your place by Friday 8th November. Look forward to hearing from you.

Rosemary Truscott

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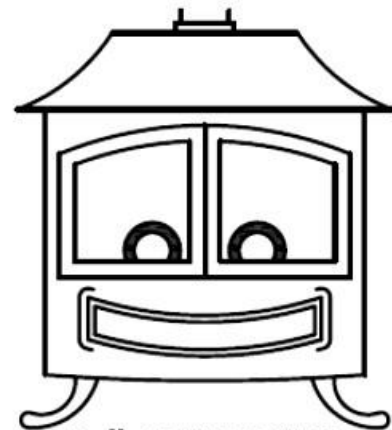
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FROM THE MEADOW BARNs



There's a family who live near Boconnoc, and who contribute in umpteen ways to the work that happens here at Meadow Barns. I really felt for them over this Vintage Rally weekend, when they were off taking their daughter to university in Edinburgh. This leaves the children's rooms in their house empty for the first time... all the fledglings have flown! Obviously, therefore, I understand fully why they have just flown off themselves for a week of much-needed sun in Spain, whilst we at home have yet another low

in the weather chart. The endless rain makes me worry there won't have been enough insects on the wing to help the swallows prepare for their journey south ... which no doubt will be happening very soon. The swallow tattoo is on my son's hand. We both inherit our love of swallows from Jean Thomas.

This brings me to thinking of another autumnal proverb, the one about reaping what you sow. After almost eight months of patient step-by-step work, we are due to receive some funding this autumn, part of a Levelling Up pot for supporting and growing our Cornish mining sector into the future. Guided by the wider 'Geo-Resources' group based at University of Exeter, we will use this to offer a set of three sessions and a final presentation of certificate over the next three months, for families with young children.

Our Family Learning Together programme will involve outdoor activities, digging, planting and marching about while singing songs, to explain the fundamentals of our warming climate, of renewable energy, battery storage and the hope that Cornish metals offer for the future. Half of the opportunities will be at Meadow Barns, but - as we are working very closely with Imerys/British Lithium, Wheal Martyn, Roche pre-school and Roche NHS surgery as well, the other half will be in the Clays District. However, the great news is that two sessions of award ceremony and celebration with a Christmas theme, will take place in Lanlivery Church. And this is mostly down to the enthusiastic support of Rosemary Truscott, our Star Baker!

Posters describe our celebration as a 'What the Dickens' show. It sets out in light-hearted fashion, full of songs, how and why Dickens made a visit to Cornwall in 1842. His purpose was to research and develop themes that were vital for his messages of social justice in 'A Christmas Carol'. In West Cornwall he went down a mine, on the North Coast he met the family of doctors called Marley and explored our most famous ghost haunts during the days of All Hallows and All Hallows Eve (maybe he actually did call it Halloween, having just spent six months in America?!).

Our first run is for very young members of Lanlivery families only, asking just £1 per person to attend on Tuesday 19th November after school. We suggest the children have a run around for a little while then come for a snack at 3.45pm, followed by a quick rehearsal and a joining in performance between 4pm and 5pm. The second opportunity, on Saturday 23rd November, is open to all ages, from across the whole of mid Cornwall. Doors will open at 6.45pm for a show at 7pm, with the food options afterwards. Rosemary has come up with a Christmas Dinner flavour goose-shaped biscuit (amazing, thank you!), with 'afters' of a mini Christmas pud and 'Smoking Bishop' warm spicy punch. Tickets are £10 for an adult, £12 for a family group unless they are receiving a certificate, in which case it is free. (Family group means 2 – 6 people, in the one price!). There will be a donation bowl, towards the refreshment costs; anything more you can afford in support would be wonderful.

To keep in touch with all this, plus the other ongoing 'future of valley' heritage and nature project please sign up to our Green Friday blog before the end of September. It is then going to convert to a private sharing place, rather than the open to everyone resource that has been provided until now. <https://themedowbarns.co.uk/gf-blog-24-week-36/>

Caroline Stephenson

* * * * *

EMAIL FROM OXFORD



How quickly the evenings draw in once we hit late August. I find it feeds that familiar feeling I experience at this time of year, the slight unease (potentially described as dread), but also anticipation. That feeling from childhood and school days of the return to a busier schedule,

generally filled with lots of homework, but also rejoining clubs and hobbies or starting something new. This year I find my self slipping into the old pattern with a gradual shift in routine. Moving from a summer of being mostly at home and working out our new family roles into a time where I can explore what it is to be in the 'Mum' world. From immediate day to day needs and requirements, to starting to join the new 'club' openings of mum and baby groups, not forgetting those where our dog Ruby can join in too (a win-win for all involved). So it is that I find myself in a state of curiosity at how my life and all those in it are evolving, while marvelling at the changes that are happening before my eyes. I often try to catch some of these moments with my camera, but the photos never really portray the moment exactly, they merely act as a reminder. My photo files have started growing exponentially, so I may have to dip back into organising them into photo books (a process I find both time consuming and frustrating), or actually printing some off to put into albums (not quite so frustrating).

The garden has had to take a bit of a back seat, though our dogs' newest routine which she chivvies me to engage in is

joining her outside, sometimes to play, but more often than not it's just for company while she snuffles around rediscovering previously hidden treats or chasing the squirrels along the fence line. So it is that I'm actually able to potter away regularly for 10 minutes or so at a time.

After planting up my sunflowers into opposite garden borders, it has become blatantly obvious that I need to add a serious amount of enrichment to the border where I've been trying to grow veggies, with limited results. The sunflowers in this border have hardly grown much bigger than when they were first transferred from the pots, whereas the ones planted in the opposite, usually shrubby border, have grown really well and are now flowering.

As for the success of my various seed growing attempts, well the tomatoes have come to some form of fruition, though as with every other year I have a lot of green tomatoes left to try and ripen or turn into green tomato chutney. The cucumbers have been a success; the gherkins and cornichons also, though I could have done with more of these to make a better crop. It doesn't really make sense to try and pickle one gherkin every couple of weeks! My sweet peas have been semi successful, as in there've been a few flowers and they always look pretty though they could definitely have been better. Peas, beans and salads have been a total failure due to the constant predation from slugs and snails, even with seedlings grown on in the greenhouse first. I shall continue to try, because one day I am determined I'll be able to enjoy salad from the garden, not just from the supermarket.

I have often lived my life within my own head, running over options and possibilities. I have tried, at times, to counter this self containment with the practice of mindfulness and of being present, which I find brings a shift in perspective, understanding and appreciation of myself and my surroundings. So often with practices of self care, I am good at practicing for a few days but it then tends to tail off. Since the arrival of my daughter, the need to be present has taken precedent and I find myself spending more time in a sense and space of gratitude. This isn't a marked 'must take time to be grateful', I think it probably comes from the slowing down of the need and ability to be trying to do something all the time. When you have a sleeping or smiling little bundle of joy in front of you, all those worries and self expectations become less important than enjoying the moment.

Heading forward into the busy next few months I wish you all more time enjoying the small but precious moments right in front of your eyes, may it bring you to a sense of peace and gratitude.

Until next time.

Katy x

* * * * *

ENVIRONMENT COLUMN

Luxulyan Environment Green Glebe Space



At long last our posh new sign has arrived! It is now proclaiming that the site is open to all! The growth on the site has been particularly lush this year due to the wet and warm weather we have been having. The cold and wet in spring had an adverse effect on our pollinating insects this year but we are hoping that the numbers recover. We haven't seen as many moths, butterflies and bugs as last year (but our gardens have suffered too!). We hope that the site will provide a good hibernating area for those surviving! The bug hotels that the school children made 18 months ago have proved valuable homes!

We have spent a lot of time this summer nurturing our newly planted hedgerows, and the planting will continue this autumn. The mulch is just about keeping the lush grasses at bay.

All our 1.6 acres will need cutting this year and we hope to do this towards the end of September; our scything course will take place on September 21st and we will also buy our own kit so that we can continue to cut after the course. We will also be raking the grass up so that traditional meadow techniques will help the biodiversity in the future. We also have some wildflower seeds to sow after mowing so hopefully next year we should see a few more varieties.

Our winter project is to make a pond area, but we will need help from professionals both with the siting and digging which will cost; we will be looking for some grant funding. At our AGM in August, we realised just how much we have achieved in two years, but we are not complacent. Nature needs us! And we need nature!

We are delighted to host 'Skylarks', a small group of children and adults exploring faith through nature. They have met three times so far with more planned, including using our facilities for an outdoor nativity in December, which should be fun as well as keeping our traditions. We also hope that the school will continue to use our facilities for Forest School activities.

At the end of June 2025, we will have to renew our lease which means that we have to raise £1000 for our lease renewal and rent; to this end we will be organising another plant and bake sale next year amongst other fundraising opportunities! Please continue to support us!

Finally, just a reminder that the site is open to visitors 24/7! Please do come and enjoy the peace and quiet and just listen to nature at its best! Have a picnic at the tables and just appreciate the wonderful countryside we live in!

Volunteer mornings: Saturday 12 October and Saturday 9 November 10 – 1pm. All welcome, always plenty to do from small tasks to more complicated! Stay for as little or as long as you wish. Refreshments provided!

Further information from Shelley 07761798220

FROM CHURCH



A final word from the Rector,

Well, this is it, the final article from me as the Rector of this wonderful benefice of six parishes. It's hard to believe that Linda and I have been here for almost nine years - and what wonderful years they have been.

Oscar Wilde wrote, 'There are two kinds of people in this world, those who bring joy and happiness when they arrive, and those when they leave!' I genuinely expected the announcement of our leaving to be met with much mirth and merriment, so I have been both surprised and humbled by people's sadness and regret that we are leaving.

I would like to take this opportunity to thank my clergy colleagues for their unstinting support and help in running the benefice over the past years; without them much of what is being done might not have got done. I encourage you to continue in the same spirit of unity, collaboration, and co-operation that you have shown over the years. I have flourished because of your fellowship, comradeship, and collegiality.

To our churchwardens, worship leaders, and all who hold office in our churches, I say a special thank you; thank you for being 'the face in the place' for our communities! For your constant help, support, and guidance with the everyday stuff of running the parishes. We will miss you!

Benefices are inevitably increasing in size as more and more parishes find themselves being added to reorganised areas. Clergy are inevitably under more and more strain as they try to cope with the increased admin as a result, so it is becoming more and more important that an area has a good administrator - and I have had one of the best! We have all benefited from Catherine's professionalism, and organisational skills in more ways than we can imagine. 'Thank you' doesn't even come close!

I especially want to say thank you to all of you who support our churches Sunday after Sunday, who turn up in all winds and weathers to worship. You have enriched our lives with your fellowship and company, and without you there would be no reason for doing what I do! You all deserve a special

thank you, if only for enduring some of the cheesy jokes I've attempted! You have trusted me with your stories, your most treasured memories, you have allowed me to walk with you through some of your most painful experiences, to hold you in your darkest moments, and to rejoice with you in some of your happiest - it's surely the truth, that we are profoundly changed by the people we meet along life's journey. I will ever be thankful for our time among you, for the deep and lasting friendships we have made, and the joy that will sustain us as we face the future. In the words of A. A. Milne's most famous character, 'How lucky am I to have had something that makes saying goodbye so hard'.

In closing, if we are really lucky, once in a while we will meet someone who holds a treasured place in our hearts, someone whose company, wisdom, and guidance we rely and depend on, someone who transcends mere friendship - a mentor, dare I say, a 'father in the faith'! We have been blessed beyond measure to have walked this way in the sainted company of my 'older and wiser priest', whose anecdotes, life lessons, and words of wisdom I have often quoted, and that we have all benefited from. When I broke the news that I was leaving Lostwithiel, he told me it was the news he'd been dreading. Not as much as I dreaded breaking it!

And now in the well-used format of many of my sermons, lastly and finally... for the lucky and the few, and for those for whom it is written, we will find someone with whom we can walk this pathway called life. I have been blessed beyond measure to have had Linda by my side, and to her I offer my undying thanks for her selfless support that has allowed me to be to you what I have tried to be. She has followed paths that have not always been of her choosing, relocated her job as required, and left family and friends whenever the call came. I owe her more than I can ever say. Forgive me for my indulgences in this final article; I wanted to express here what I am likely to be incapable of expressing when the time comes! I truly hate goodbyes, so it's just as well there will be none for us, since wherever you are, you'll always be in our hearts.

*Your friends,
Linda & Paul*

* * * * *



Dear friends

American journalist Sydney J. Harris once said this:

"Our dilemma is that we hate change and love it at the same time. What we really want is for things to remain the same but get better."

As many of you may already know it was announced at the beginning of September that I am moving on from my current post. I have been Priest-in-Charge of my current churches since 2016 and that's considered quite a long time for a first incumbency (the first Vicaring job after curacy). I'll be moving after Christmas to Wadebridge to become their Rector, and I am excited for the new challenge.

Nevertheless, I am also quietly dreading it. I'm dreading my final services in each of my churches, I have no desire to pack up a whole house and I don't want to change dentists, doctors, hairdressers, running clubs or dog walk destinations. So basically, I'd like to move and also stay exactly where I am.

They say that the only constant in life is change. We simply don't have the power to stop it - we get older, our families get older, and we lose people along the way. So, I think it's quite natural that when we think of change it's usually accompanied by the assumption that change will make things worse. But focussing on the negatives blinds us to all the positive changes that happen too.

To give you an example- there are some who have resisted the change in Britain to somewhere more multi-cultural than it used to be. Immigration has been high for some time - but the media doesn't like to let slip that Britain currently has the lowest rate of violent crime it has ever had. I wonder what those who were rioting just a few weeks ago would say to that!

Not all change is bad, and since it is inevitable anyway, I'd like to refer you back to my favourite prayer: God grant me the

serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.

Or in this case: God grant me the serenity to accept that I can't change everything changing.

I watched a short interview with Michael Caine a few days ago. He was talking about one of his first acting jobs in a theatre. He was meant to come onto the stage, but someone had accidentally wedged a chair in the doorway. Someone asked him why he was late for his cue, and he told them about the chair. This man said "in acting as in life, use the difficulty. If the play is a comedy, fall over the chair and make people laugh. If the play is a drama, pick up the chair and throw it." We don't have the ability to choose the difficulties, and change is often one of them. But we do have the choice to rally against it or to use it.

As I am approaching a move, the question I want to ask myself is how I can use this change, use the hassle of moving and the difficulties it presents to grow closer to God and more into the person I am called to be.

I can choose to commit each stage to the Lord and notice Him walking alongside me. I can use the opportunity to make new friends. I can pray for a new community. I can enjoy exploring new dog walking routes and coffee shops.

In the same way, if you're part of a church which has to share a Vicar you could complain about it and write a letter to the Church Times, or you could find ways to bless your church leader, take responsibility for something new, forge new connections across the group and discover new ways to work together.

God is the only constant, and as we seek Him, He calls us to use the changes in life to point people towards Him and grow closer to Him ourselves.

With my blessing as ever,

Jules x

FROM CHAPEL



Dear friends

A job description could read as follows. Requires living on the job. Irregular and unsocial hours. Prepared to work in all weather conditions. Exposure to hazardous chemicals and bodily fluids. Involves working knowledge of fast-moving machinery. Able to work with large and unpredictable animals. Frequently working in isolation. Able to adapt to a range of environmental conditions, and work productively with the weather. Good record keeping and administrative skills. Governed by national and inter-national regulations. Able to respond instantly to consumer demand. The price paid for the product is set by the customer. Any guesses? Any offers?



This of course describes the working life of many in our agricultural industry. It is good to remember those whose efforts mean we have a harvest to celebrate. This is a year round task. If we ever needed evidence of the faith and commitment of the human spirit just remember farmers and growers, who are even now investing time and energy and money to ensure the harvests of the future. It is easy to take the work of farmers and growers for granted when supermarket shelves are constantly re-filled. Such a lack of gratitude could never happen in a rural area.

In his parable of the sower Jesus shows he has a deep understanding of the agriculture of his day. Jesus recognised people needed caring for the body as well as the mind and spirit, instructing that Jairus' daughter is given something to eat. Jesus voiced his gratitude in giving thanks to God for the harvest of land and sea in the offering of loaves and fish to share.

Jesus gives a pattern of thankfulness and generosity that celebrates the harvest, those whose efforts means we have food to eat, and the ever-creating God of seed time and harvest. So next time we are held up by a tractor on the road, let us be thankful that there are – still – people who are prepared to be farmers and growers. After all, would we want to do their job?

Revd. Iris Bray

NEWS FROM GUNWEN

The second Community Lunch of the summer was on 7th July, after the well attended morning service. Other Friends joined later and a superb lunch was enjoyed by all. Many thanks to the Ladies who do all the organisation for the event.

On the 25th July a Cream Tea and Raffle was held to support The Granite Towers, the Community Magazine enjoyed by all its readers in the Lanlivery and Luxulyan areas.

Forthcoming dates for the diary are the Harvest Festival Service with Tony Warren on October 13th at 11am. There will be a short service on 14th October at 7pm followed by the Harvest Festival Sale and Supper. All are welcome to join with us.

For more information about all of our services and other events please see the St Austell Methodist Circuit website or contact Keith Truscott on 01208 75532.

Best wishes from all at Gunwen Chapel.

Judy Uden

Lanlivery Church News and Services

Lanlivery Services

As we bid farewell to Revd Paul Beynon and wish him well in his new ministry in Padstow, there may be changes to services over the next period.

We will endeavour to keep to our 9.30 schedule.

Worship will be available online via the Benefice of the Lostwithiel Parishes Facebook page and on YouTube. Please check pew notes, social media and the notice boards.

October 2024

6th, Trinity 19

9.30 Morning Prayer

13th, Trinity 20

9.30 Eucharist

20th, Trinity 21

9.30 Morning Prayer

27th, Last Sunday after Trinity

9.30 Eucharist

November

3rd, All Saints

9.30 Morning Prayer

10th, Remembrance

9.30 Eucharist

17th, 3 Before Advent

9.30 Morning Prayer

24th, Christ the King

9.30 Morning Prayer

Years' Mind

remembering the anniversaries:

Oct

Tracey Jacqueline Mallett
Kevin John Williams
Celia Kathleen Laurence Gay
Dominic David Christophers
Gertrude Margaret Bonney
Peter John Sandry

Nov

Stephen Henry Thomas
William Douglas Kellow
Margaret Smith
Norah Clarice Mary Skerry
Raymond Horace Darborne Davis
Vivien deLancy Boucher
Colin John Dunn

From the Registers

Married:

On 13th July, Natalie Jane Cape and Blake Douglas Challis

On 31st August, Chloe Ann Olver and Philip William Harper

We wish them many happy years together.

Baptised:

17th August, Amelia Eloise Truscott Crane, baby daughter of Katie and Paul. Welcome.

Transition

While we are without a rector in the Benefice, if you require help or information, please contact the Church Office (details below) or one of the church wardens who may be able to point you in the right direction!

Be assured that work is in hand, with the assistance of the Archdeacon and Diocese, to appoint a new incumbent.

Contact details for Lanlivery Church

www.lanliverychurch.org.uk
lanlivery@gmail.com

Find us on Facebook: St Brevita, Lanlivery Parish Church

Rector: Vacant

Associate Priest: Revd Sheila Bawden

Churchwardens

Tim Turner: 01208 872165

Ellen McConnell: 01208 872981

ellen.mcconnell@hotmail.co.uk

Church Office: Monday to Wednesday, 0900-1200

01208 872232

church_centre@yahoo.co.uk



LUXULYAN CHURCH NEWS

CHURCH ACTIVITIES



Autumn Quiz

Saturday

12th October 2024

7.30 pm

Luxulyan Village Hall

Teams of up to 4

Admission £6 per head
including pasty and refreshment

Call Arlene on 01208 831145
to book a table



Proceeds in aid of Luxulyan Church



SOUP & SWEET IN LUXULYAN CHURCH



Soup & Sweet is provided on the first Sunday of each month at mid-day. There is no need to attend the church service preceding this. The next dates are 6th October and 3rd November.

PRAYER WALKS

Luxulyan church organises a prayer walk in the parish once a month.

If you would like to join us or have a particular person or place that you would like us to pray about please contact Shelley on:

famporter58@gmail.com
or 07761 798220

ST AUSTELL FOOD BANK – helping local people in crisis

We are happy to receive donations for the food bank at any time. Don't forget to include toiletries as well as staples such as tinned tomatoes, tinned fruit, soups, and treats (chocolates etc). Toilet rolls also very welcome!

These can be left in the marked box just inside the church.

SKYLARKS

Our next session of Skylarks will take place on **Sunday 3 November at 3 pm** and will have a remembrance theme.

See also article on page 8 of this issue.

Luxulyan Church Services

Below is a draft. Note that some of our services may change. Please check notice boards, the website and social media for the latest update!

Sunday 6th October

11 am Sung Eucharist

Rev Jules Williams

Sunday 13th October

11 am Sung Eucharist

Rev Barry Browning

Sunday 20th October

11 am Parish Praise

Local Worship Leaders

Sunday 27th October

11 am Sung Eucharist

Rev Jules Williams

Sunday 3rd November

11 am Sung Eucharist

Rev Jules Williams

Sunday 10th November

11 am Remembrance

Local Worship Leaders

Sunday 17th November

11 am Sung Eucharist

Rev Jules Williams

Sunday 24th November

11 am Parish Praise

Local Worship Leaders

CONTACT DETAILS FOR LUXULYAN CHURCH

Website: www.achurchnearyou.com/church/2490/

Priest:

Rev. Jules Williams

01726 76282

revjules@btinternet.com

(Day off normally Friday)

Churchwardens:

Robin Burley

01208 831145

rabbkol@aol.com

Jim Cleare

01726 850553

Jim.cleare@btinternet.com

SLOE GIN RECIPE

Ingredients:

Sloes

Castor Sugar

Gin – supermarket own brand is sufficient

Container: 1 or 2-litre sterilised Kilner jar(s)

Method:

Wash and dry the sloes and place in a single layer on greaseproof paper on a tray in the freezer for at least one day. (The alternative to this is to prick each fruit with a cocktail stick at least twice.)

Weigh all sloes.

Half fill a Kilner jar (the sort with a clip-top lid) with sloes.

Weigh remainder of sloes to determine weight used.

Add approx. 60% of this weight of sugar to the jar; top up with gin and shake well.

Store in a dark cupboard and shake daily for the first week.

The finished sloe gin should be ready after 3-5 months, when the liquor should be decanted to another container. (Note: leaving it too long may reintroduce bitterness.)

Robin

COUNTRY DIARY

12th JULY 2024

Torrential rain this afternoon. Semi ripe ash 'keys' litter the paths. By early evening the weather has cleared, and I hear the welcome, high-pitched calls of a newly fledged wren family.

13th JULY

Buddleia and privet are now in full bloom. This is, as last year, three weeks earlier than I would have observed forty years ago. A few bees are busy on the echiums, cornflowers, foxgloves, hedge woundwort, herb Robert and lupins. There are no butterflies! A juvenile great spotted woodpecker feeds from the suet coconut until it is ousted by an adult male.

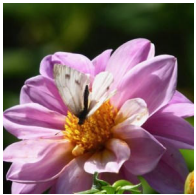
18th JULY

Sunny and warm with a light breeze. Mid-morning a fledgling blackbird noisily demands food nearby. As I gather a fragrant bunch of sweet peas a bee flies in to seek nectar in them so I stand still while it visits each flower methodically before taking its leave. My guilt at picking them is tempered by the fact that no more blooms would develop if I refrained from cutting.



24th JULY

Dull and cool. The miserable summer continues. The garden seems cloaked in an eternal, green twilight which is proving a disaster for insects. I give the birds extra food each day to help where possible. I encounter a young rabbit by POND SIX.



27th JULY

All is silent amongst the flowers save for the sound of raindrops dripping from the leaves after a recent shower. The sun conquers the clouds and soon

illuminates the dahlias and heleniums now providing food for the pollinators. I watch a holly blue and a few large whites venturing forth into the warm air. Many gulls are overhead, very vocal today as they drift aimlessly like newly released thistledown through the summer skyscape.

29th JULY

Warm and dry. A juvenile nuthatch feeds tentatively from the suet coconut but is quickly usurped by a belligerent

house sparrow. I discover the first ripe blackberry of the season.

6th AUGUST



Whilst viewing POND TWO I observe an exuvia attached to a flag iris blade. The new dragonfly will have emerged earlier in the day.

10th AUGUST

Late afternoon I discover a golden-ringed dragonfly laying her eggs in the shallow edge of the stream. I video the scene as she bobs up and down like a black and yellow pogo stick.

14th AUGUST

Sunny and warm. I see a frog in POND TWO. Along Bullfinch Lane I find a discarded jay's feather, exquisite in design and colour.



16th AUGUST

As usual, at breakfast time, a robin is the first to arrive, alighting at my feet like a russet leaf to snatch a suet pellet.

18th AUGUST

Passing through Lockengate Keith draws our attention to a kestrel hovering over an adjacent field.

19th AUGUST

The rowan branches are weighed down with thick clusters of scarlet berries. I sense the stillness of autumn now.

23rd AUGUST

Four dunnocks forage erratically amongst the leaf litter.

24th AUGUST

Whilst clearing duckweed from POND TWO I inadvertently trawl up a dragonfly nymph. I quickly release it back under the water where it may yet spend another year before completing its metamorphosis. This afternoon Maggie reports a sighting of a silver-washed fritillary butterfly in her Luxulyan garden.



26th AUGUST

A loud humming announces the arrival of the bees and hoverflies in the newly opened ivy flowers on the garage roof. A nuthatch feeds leisurely from the seed dispenser until it is suddenly rebuffed by a pesky grey squirrel!

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COUNTRY DIARY



29th AUGUST
At Heligan the robin's wistful autumn song drifts through the stillness of the flower garden.

30th AUGUST
At home a raven 'kronks' loudly while below, in Willow Wood,



a great spotted woodpecker proclaims his presence. Two female common darter dragonflies bask in the sunlight.

1st SEPTEMBER
Whilst passing by the stream I disturb a large bird which flies off rather clumsily upstream. I think it is a water rail which only appears near the house in winter.

5th SEPTEMBER
A chiffchaff calls loudly on Rowan Bank.

8th OCTOBER 1990
As I hang out my washing this morning I narrowly miss treading on a tiny shrew!

7th NOVEMBER 1990
I hear a frantic tapping sound coming from the nest box on the old apple tree. A nuthatch looks out briefly through the hole before returning inside to continue his work.

Kathryn Hill

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OUTDOORS

- History walks in Luxulyan Valley
- Working models of Green Building, Energy and a House of Green Play

JOIN US!

- Phone 07967 653346 or connect via the web page at www.themeadowbarns.co.uk



Little Foresters

We are a small pre-school set in the grounds of Lanlivery school. We offer great facilities with a huge outdoor space and use of the forest school. Funded places for 3 and 4 year olds and 2+ year old places available the term before they turn 3. Our aim is for children to develop and learn in a safe, stimulating, fun and happy environment.

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For more information please contact
Steph Apostolou: luxulyanpreschool@gmail.com

ALL ABOARD
to LUXULYAN PRE-SCHOOL

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LUXULYAN COMMUNITY CINEMA

At Luxulyan Village Hall

OUR NEXT 2 FILMS

THURSDAY 17TH OCTOBER

Good Will Hunting

The most brilliant mind in America's top university isn't a student he's the kid who cleans the floors. Will Hunting is a headstrong working-class genius who is failing the lessons of life. After one too many run-ins with the law, Will's last chance is a psychology professor, who might be the only man who can reach him. Finally forced to deal with his past, Will discovers that the only one holding him back is himself.

THURSDAY 21ST NOVEMBER

Thelma

Squibb, who did most of her own stunts in the film, plays Thelma Post, a feisty 93 year old grandmother who gets conned by a phone scammer pretending to be her grandson (The White Lotus' Fred Hechinger) and sets out on a treacherous quest across Los Angeles accompanied by an ageing friend (Roundtree) and his motorised scooter, to reclaim what was taken from her.

Film Starts 7.30pm

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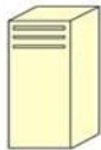


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Dates for your Diary

OCTOBER 2024

Wednesdays	Luxulyan Short Mat Bowls	2.00 – 4.00pm 7.00 - 9.00pm	Luxulyan Village Hall
Fridays	Chair Yoga	10.00 – 11.00am	Luxulyan Village Hall
Fridays	Luxulyan Short Mat Bowls	7.00 - 9.00pm	Luxulyan Village Hall
Wednesday 2 nd	Luxulyan Over 50s	12.00pm	The King's Arms
Saturday 5 th	Plant Swap	10.00am	Luxulyan Memorial Institute
Sunday 6 th	Soup and Sweet	12.00pm	Luxulyan Church
Wednesday 9 th	WI – Harvest Supper	7.00pm	Luxulyan Village Hall
Thursday 10 th	Lanlivery Over 60s	12.00pm	The Crown Inn
Friday 11 th	FOLV – Volunteer Day	9.30am – 3.30pm	Ponts Mill Car Park
Saturday 12 th	LEGGs Volunteer Day	10.00am – 1.00pm	Glebe Land
Saturday 12 th	Autumn Quiz	7.30pm	Luxulyan Village Hall
Wednesday 16 th	Luxulyan Over 50s	12.00 Noon	The King's Arms
Wednesday 16 th	FOLV – James Smeaton Talk	7.30 pm	Luxulyan Village Hall
Thursday 17 th	Luxulyan Community Cinema	Film starts – 7.30pm	Luxulyan Village Hall
Thursday 31 st	Charity Coffee Morning	11.00 am	The King's Arms

NOVEMBER 2024

Wednesdays	Luxulyan Short Mat Bowls	2.00 – 4.00pm 7.00 - 9.00pm	Luxulyan Village Hall
Fridays	Chair Yoga	10.00 – 11.00am	Luxulyan Village Hall
Fridays	Luxulyan Short Mat Bowls	7.00 - 9.00pm	Luxulyan Village Hall
Saturday 2 nd	Plant Swap / Coffee Morning	10.00 am	Luxulyan Memorial Institute
Sunday 3 rd	Soup & Sweet	12.00 Noon	Luxulyan Church
Sunday 3 rd	Skylarks	3.00pm	Glebeland
Wednesday 6 th	Luxulyan Over 50s	12.00 Noon	The King's Arms
Saturday 9 th	LEGGs Volunteer Day	10.00am – 1.00pm	Glebe Land
Sunday 10 th	COPY DEADLINE FOR DECEMBER 2024/JANUARY 2025 GRANITE TOWERS		
Wednesday 13 th	WI	7.00pm	Luxulyan Village Hall
Thursday 14 th	Lanlivery Over 60s	12.00pm	The Crown Inn
Friday 15 th	Social Evening	From 7.00pm	Lanlivery Church
Saturday 16 th	FOLV – Open Event	2.00pm	Luxulyan Village Hall
Wednesday 20 th	Luxulyan Over 50s	12.00 Noon	The King's Arms
Thursday 21 st	Luxulyan Community Cinema	Film Starts 7.30pm	Luxulyan Village Hall
Thursday 28 th	Charity Coffee Morning	11.00am	The King's Arms
Friday 29 th	FOLV – Volunteer Day	9.30am – 3.30pm	Black Hill Car Park
Saturday 30 th	Murder Mystery Night – see page 15 for details	7.30pm	Luxulyan Village Hall

**SAVE THE DATE: Restormel Concert Band Christmas Concert - 17th December
in Lanlivery Church**



Cover: Autumn Sunrise over Treskilling Down - Kathryn Hill

3. Cream Teas at Gunwen

5 & 6 Lanlivery Rally Horse Show

1 & 2. Luxulyan Village Hall - Opening and anniversary

4. Luxulyan Skylarks

7. Lanlivery Rally Dog Scurry