

FREE!



CALSTOCK NEWS



February – March 2024



Photo by Jan Simpson

Kid's Corner

From Calstock Primary

One of the most important things the new year brings us is our resolution to do the next year in a grand way by making it our year, and to do our best to make this world a better place.

Some of the Class 3 students are putting their New Year's Resolution in concrete, well, in ink at least and here they are:

Willow- I will try to be more confident.

Harvey- I think I should help my mum more.

Lilly- Give up cutting my hair while it's long.

Eleanor- Drink more water.

Lola- Go on a motorbike ride more often to get some fresh air.

Ayame- Be A Better Friend!

Angelina- Do more artwork at home and school and be more artistic.

Zoë- To go for more walks and run with my mum and dad.

Jago- Play more football.

Nate- Be better at Maths and help mum and dad.

Teddie- Play more football.

Abbie- I am going to try and lose weight.

Rowan- (To) Go for a run every weekend.

Zacary- Improving my manners.

Pilla- Be kind to family and friends.

Charlie- Get better at art and gaming (and watch more Animes).

Esme- Be more artistic.

Seren- Go for a bike ride more often.

Alannah- Be more outdoorz.

Kensa- Walk my puppy more often.

Nancy- Save Money.

Ollie- To be more crafty.

Amy- To be kind.

Elowen- Be the best student I can be!

Ori- To go on the trampoline more.

Sol- To make more money for London.



A massive thank you to our parents/carers and organisers of the Advent Windows trail and Christmas Carols event, who raised an incredible **£1,516.79** for the school! This is such a wonderful community event, with such a lot of creativity and hard work going into producing an advent window.

EDITORIAL

When we go around asking people what they like or love about the Calstock surround and one of the things that is always said is about the friendliness of the people and I mean those living here and those visiting. There is an almost poetic resonance about this area. Just take this morning.

We don't have a shop here so I want to go to ASDA in Gunnislake to pick up a few things. It is wet outside, drizzly windy wet. Okay, this is where I live. Down at the bus stop I hear a clip clop and look down the street to see a young lady on the saddled back of a beautifully strong tan horse clip clopping up the hill framed by the arch of our viaduct. I almost take out my phone to photograph this scene with a swirling drizzle and shine on both horse and rider but I would rather just take it in with my eyes. She waves and shakes her head sort of like saying, what are we both doing out in this wet? I smile back and nod the same.

The bus is twenty minutes late. John is pulling out from across the street and yells over to ask me where I am going and offers a ride. As he pops me off (can't say that in the States) I find out he was actually going in the opposite direction toward Callington. He couldn't let me stand around out there in the drip.

In the shop I can't find Peperami for my son. Pete, a shop employee, tells me where to go but they only have the regular size Peperami and at 11, my son has decided that he only likes the mini Perperami, so I take the chance and get two regular

size Peperami and we will see what happens. Pete promises to make next month's writers' group. Pete writes good detective stories with a lot of noir shadings and human empathy.

I decide to go and see the schedule for the train and find it might be an alternative to the bus but I have to wait about 45 minutes in the drizzle. Of course a bus turns the corner and I am a bit disappointed since I love trains. The driver opens the doors, two people get off, just in case I ask if he was going to Calstock and he says that usually he does but there is construction going on so he only goes as far as the railway crossing which is about three-quarters of a mile uphill from my house but in the windy wet grey drizzle. I say, thank you and he apologises with a concerned shake of head nodding toward the drizzle.

I wait, sitting in the clear train shelter, and a lady arrives and takes off her long wool coat and shakes the water off saying she is drenched. She notices my accent and is happy to know that I live around here. As she shakes the water from her hair she lets me know that though she doesn't have a Cornish accent her family is from Al-bas-t'n (Alboston) and have been there for about two to three hundred years.

As the train twists and slowly moves on its route to Calstock I am smiling at the spidery Winter sparse branches reaching up to the drizzle and shining in a covering that accents green tints and shades in a mist. Children are giggling in the seats ahead of me.

H.E. Ross

Calstock News is published with the kind assistance of Calstock Community Primary School.

Next deadline 25 March 2024. Please send submissions and ads to info@calstock.news



Editors Note:

The Calstock News assumes no responsibility or liability for any errors or omissions in the content of this periodical.

The information contained in the Calstock News is provided with no guarantees of completeness, accuracy or usefulness.

CALSTOCK COMMUNITY CAFE

The Calstock Community Cafe meets 11 times a year, often on the third Sunday of the month between 11am and 3pm in the Village Hall and on Festival Day. The Cafe serves reasonably priced light lunches, refreshments and Cakes. Often there are workshops and other delights, occasionally



a clothes, book and toy swap and usually some other creative pursuit.

Hopefully, it will soon be a Repair Cafe venue too. It's a warm space in the colder months, has a kids' corner and is very family friendly. The Calstock Community Cafe is run by a bunch of brilliant volunteers and is non-profit. The money it raises goes to help local

community projects, particularly those providing events that may not happen without its help.

Got any ideas?

The Cafe also sponsors a free Festival Day including live music, workshops, stalls and all the delights of a Festival. This year it is on Sunday 26th May, the day before Spring bank holiday Monday. That's been running since 1990 almost continuously.

In December we did a food bank benefit and raised £215 for the Callington Food Bank. We had live music from "Under The Fingers" and pasties were donated by Tamar Foods.

January 21st we held a Clothes Book and Toy swap, Calstock Samba band entertained us from 11 till 12. Local kids made some brilliant posters for the next Community Cafe. The event made £85 to subsidise the future events.

Watch out for the posters for the next Community Cafe, February 18th, when you can partake of a Pancake Feast.

Calstock Community Cafe has a very special social feel, very family friendly, very chilled, great atmosphere with lots going on. Come and give it a go if you fancy. You can follow Calstock Cake on Facebook to keep up with what's going on.

Calstock Cake

*In case you want to know
a little Kernowek:
café: koffij*



CALSTOCK IN BLOOM

By the time you read this we will have been enjoying just one of the reasons that makes the Tamar Valley so special, the beautiful wild flowers, daffodils, snowdrops and violets, to name but a few. Our public footpaths are such a joy to walk, spring has to be the best time of all.

Last year for the first time we saw the historic

Now we can look forward to seeing them all bloom.

Andrew Brown kindly gave us some Yellow Rattle seeds which we have cast around the newly planted daffodils. It was rather a windy day and I was anxious that my dog Peggy, (always a willing helper), would also be sprouting them as they tangled in her ears!!



varieties of daffodils Calstock in Bloom had planted around the VillageGreen. In October we had a special Community Day to help plant an additional 4000 daffodil bulbs on the bank at the end of the football pitch. Despite the awful weather with the help of our community morning volunteers we completed the task in no time at all. Thank you everyone who came to support us. Thanks to Councillor Dorothy Kirk whose grant enabled us to purchase the bulbs.

Yellow Rattle is an annual native wild flower which is partially parasitic on grasses and therefore reduces the grass vigour (it does not kill grass) allowing other wildflowers to establish. To see its effect in a meadow, see this 3 minute video by Plantlife: <https://mooremeadows.org.uk/information/meadow-creation-and-management/beginners-guide/>

We also have some beautiful blossoms to enjoy soon, my favourite are the two in



the our Mediterranean Bed, that is adjacent to the car park. This garden was our major project last year which we are so proud of, but the fact that these two hidden treasures can now flourish and we can fully appreciate them at last, is so rewarding. The pear is *pyres salicifolia* 'Pendula', planted by Julian Clinkard in memory of his wife Robin. The other tree is a *Verburnum*.

Our plans for this year do not include entering the Britain-in-Bloom competition. It is an immense amount of work and although this year we will continue with the same energy this means we will not have the same deadlines to meet and can therefore relax and enjoy putting this years plans into action. One of our aims is to improve the quality of our soil to enhance the growth of our plants and make them truly amazing. We are replacing some of the wooden plant troughs, in the Friendship Garden (adjacent to the village hall). They

will be a suitable height and width for the preschool children to plant and care for, I hear they have some keen gardeners this year.

It's hard to believe we will have only been a team for two years. We can't express enough how we hope you will come and join us, make new friends, be involved in something that makes such a difference. Give what ever time you can spare, you don't have to become a committee member. We have all sorts of areas and ideas that will benefit from your help.

We now meet most Wednesday mornings, our first Community Morning will be on Sunday, 7th April, 10.00-12.30, come and see us if only for a chat. If you want to get involved message me on FB Calstock in Bloom or drop an email to susan.swinton@googlemail.com we look forward to hearing from you.

Written by Susan Swinton

*In case you want to know
a little Kernowek:
flower: bleujen*



THE BIG JAZZ CHOIR

The Big Jazz Choir is embarking on a new rehearsal programme this year - hit songs from the 1960s - for our summer concert (Thursday June 27th). We'll be covering as many of the greats as possible - arrangements of songs from The Kinks, the Beach Boys, The Mamas and the Papas as well as covers of solos from Joni Mitchell, Bob Dylan and Mary Hopkins, to name but a very few!



If you love the songs from this era, and fancy doing a small audition to join choir, please contact Helen: helenportermusic@gmail.com or 07807 752 401.

CALSTOCK COMMUNITY VILLAGE HALL

01822 832376, admin@calstockhall.com

Calstock Village Hall is located in an idyllic part of Cornwall in the Tamar Valley, right on the banks of the River Tamar. The venue has a range of facilities, including a licensed bar with a good selection of wine and beer. It has a modern catering kitchen and sound and lighting facilities for live music and theatrical productions. The hall and its bar is a space for community activities and events.



- Adult Ballet** Tues - 11.45am
- Short Mat Bowls** Mons - 7:30 - 9pm
- Weds - 7:30 - 9pm
- Tai Chi Classes** Thurs - 4:30 - 5.30pm
- (beginners)
- Thurs - 5:30 - 6.30pm
- (advanced)
- Friendship Circle Coffee Morning**
- Thurs - 10 - 11.30am
- (all welcome)
- Belly Dance Classes** Thurs - 7.30 - 9pm
- Chess Club** Meeting on occasional Weds

- Yoga Classes** Tues - 1.30 - 2.45pm
- Weds - 6 - 7.15pm
- Samba Drumming** Suns 11am-12pm
- Youth Club** Once a month on a Friday
- from 6.30-8.30pm
- Community Café** Once a month on a Sunday, see
- Calstock Hall Facebook page
- for dates and times
- Pilates Classes** Tues - 5.30pm
- Circus Space** Suns at 7.00pm
- Tamar Valley Pre-School**
- tamarvalleypreschool.co.uk

CURRY NIGHTS

DOOF on Tuesday evenings cooking up a storm with delicious Asian Cuisine. Book in advance to avoid disappointment (but sometimes they can take walk-ups too). Takeaway service only.

SHAMROCK PLAY BOAT



Would just like to point out that these people are not actually pirates but just some of the wonderful volunteers who have come to the rescue of the Shamrock play boat after she was nearly scuppered by Rospa. Thanks to all involved.

Also, we have had some brilliant feedback from the children at the primary school with imaginative and colourful suggestions for future improvements. We will look at all the ideas and update as soon as possible.

Phil Spurr

MOBILE LIBRARY



My name is Peter Fox and I work for Cornwall Council Mobile Library service. I took over in July of 2023 from my colleague Jo Zimber who had worked on the Mobile Library for around 42 years, so a hard act to follow. There are 2 mobile vans which cover the county. One of the vans covers the West of Cornwall from Truro down as far as the Lizard. Our van covers the East of the county up to the border with Devon.

Both vans play an integral role in the communities we serve, by visiting rural villages and towns where people, for whatever reason, cannot access a main library. For certain people the mobile service is a vital

lifeline, giving them a chance to pop in, select a book or collect a reservation and more often than not have a good catch up with other people with whom this may be the only time they get to speak with another person.

Working for the mobile Library is both challenging and rewarding. The role allows me to travel all over the East of the county throughout the year and meet some interesting characters. I get to see the beautiful vistas of the county on both the north and south coasts, which some people would pay a small fortune to see.

2024 is going to be a challenging year for the mobile service, however I hope that the mobile can go from strength to strength and grow even more so that more people, not just in Calstock, can utilise the service we provide.

Our schedule sees us near the Calstock Village Hall on Thursdays, between 2.35pm - 2.55pm on 8 February, 7 March and 4 April.

Photo from Tavistock Times Gazette website

RECYCLING FOR CHARITY PROJECT

The recycling project trailer will be outside the Tamar Valley AONB at Drakewalls 6 Feb from 12 until 12:15.

OR you can Drop off your plastic Sweet Tubs and Milk Bottle Tops, to Glynn House on the triangle opposite the entrance to the Calstock train station or at the *Callington Library foyer*. Drop off by 15 Feb.

Recycling for Charity cannot accept:

• From 3 Feb we are **no longer** able to accept toothpaste tubes and boxes.

Pet food pouches take to *Pets at Home* in Launceston or Liskeard

Medicine Blister packets put in your black bag for the council to incinerate

Vinyl's, VHS & cassette tapes (originals) call Declutter 07540 239151 for collection.

Tetra packs there are special skips at *Liskeard and Launceston Recycling Centres*

Working Laptops contact *Launceston Lions Club* 0845 833 9528

Black plastic clothes hangers TESCO have a cage in their stores

Asthma inhalers TESCO Launceston Pharmacy hve a collection bin

Disposable Razors order envelopes at Gillette Recycle Razor Blades /Gillette UK

Do not leave any of these in our collection bins.

Keep up to date on our project by joining our Facebook group at

www.facebook.com/groups/recycling.for.charity

or visit our web page

www.south-hill.co.uk/charity-recycling

Thank you for the amazing support.

We have raised over £13,000 for charity.

TAMAR VALLEY COMMUNITY FOOD

TVCF is pleased to announce that after operational & technical delays, Asda is now donating to The Community Fridge a whole range of items (65kg this week already!). A big thanks goes to Adam & Sam at Asda plus our wonderful volunteers who collect etc

Please help us save food from waste by claiming these before midnight on their Use-By date. The best time to visit is between 9.30pm and 10.15pm Mondays, Tuesdays, Wednesdays, Fridays & Saturdays.



20 QUESTIONS FOR CALSTOCK NEWS

Giresh and Rosie, doof asian cuisine

How long have you lived in Calstock? Just over two years as a family. Rosie lived here in in 2010-2013 as well.

What brought you to Calstock? Rosie's dad spotted a 'to let' sign outside what is now our house. We jumped at the chance to come to the village, especially as Rosie's parents live here!



What is it about Calstock that you enjoy most? We love that there's nature all around us. It's a world away from Kuala Lumpur, where Giresh grew up, and he loves learning about the natural environment here.

What do you do in the community? We run a weekly Asian takeaway called Doof from the village hall, which has been a great success (thank you to all our customers!).

Do you know any of your nearest neighbours? Yes! We're very lucky to have lovely neighbours who all muck in together for things from fixing potholes to Christmas parties.

What would you like to see more of in Calstock? More groups or classes for kids

at weekends. Stay and play, messy play, or ballet and football.

Where are you most likely to be seen? In the summer it's the ice cream shop and the pirate ship most weekends. And on Tuesday evenings we're busy cooking up a feast in the village hall.

What is your favourite local walk? The riverbank walk! We also like going to "the swamp" as our son Max calls it, on the way up to Okeltor.

What for you is the highlight of Calstock's events calendars? Our kids love the Christmas lights switch on, and the May Revels are always fun. It's great that all the events are interactive without any pressure to join in.

What is your favourite: moorland, coastline or wood? We like them all!

What would be your perfect day? Giresh would love to spend the morning cooking something amazing, before heading out for a walk with the dog and kids, and then coming home to a house full of delicious smells and food that's ready to eat.

What in your opinion is the best view in the valley? The view from our back doorstep looks down towards the river and the wetlands. It makes us feel so lucky to live in such a beautiful place.

Which season do you enjoy the most here in Calstock? Definitely summer, when everyone seems more chill, and there's more time to enjoy the village after work.

continued on the next page ->

Do you talk to the ducks? Yes, it would be rude not to!

Where did you last see Rusty? Trotting past our house at a suspiciously early hour last weekend.

Have you ever left a toy in the toy wall? Every weekend the kids choose a toy to add to the wall, and then enjoy spotting ones we've left there before.

Have you ever swum in the Tamar? Nope, not brave enough for that! Giresh enjoys a dip in the sea though.

Which side of the train do you sit on when you go over the viaduct? Cotehele side, so we can wave at Rosie's parents' house on Higher Kelly.

What three words describe your life here in Calstock? Peaceful, relaxed, supported .

CALSTOCK SAMBA BAND



The sun always shines – or it feels like it – when Calstock Samba meet. We're a relatively new group, some of us have lots of drumming experience, others not so much, and some of us are just finding our way. But we're all loving the Samba vibe. We're led by the fabulous Tom Attwell who makes all things possible – and yes, it was us drumming up a storm at Montol.

If you'd like to join us we meet every other Sunday in Calstock Village Hall at 10.45. Some of these meetings coincide with Calstock Cake so if you'd like to check us out

first, just come along, eat the lovely cakes and listen to the Samba groove. Big thanks to Calstock Cake who are loaning us their drums. New members are always welcome, but over eighteens only please due to the noise levels. The first session is free and after that we have a suggested donation of £5. Drums are in short supply at the moment, so if you can bring a Samba drum with you that would be great., but we've lots of percussion available. If you'd like to know more about us, just email chrisseywallis@gmail.com

TAVISTOCK REFILLERY: FILL UP



Tavistock Refillery has been operating since September in the centre of the town supplying quality dry goods, eco cleaning products and ethical cosmetics.....not to mention on Fridays and Saturdays you can get a cup of freshly made Masala Chai and a cinnamon bun!

The shop came about following the closure of 'Jar' who had set up the same business. Three people got together to form a Community Interest Company and began fundraising. A

few months later the funds were there and the shop was a going concern. The business is growing steadily as more people become aware of us. The whole place is run by volunteers, with just one person employed for one day to organise the business side of things.

As well as operating as a shop the space is a hub for people who want to reduce their plastic waste consumption, who want to learn about living a simpler life and who want to secure a better future for the planet. We have held musical evenings in the space and there are plans for a series of talks in the near future.

We look forward to seeing you in the shop soon... and if you would consider volunteering that would be most welcome!

We are located at 4 Market St., Tavistock, PL19 0DA

contact@tavistockrefillery.co.uk

Simon Glossop

CALSTOCK POST OFFICE:



Village Hall, The Quay, Calstock PL18 9QA
01822 832297

Opening hours:

Tuesday afternoons: 2pm to 5pm.

Thursday mornings: 9am to 12 midday.

*In case you want to know
a little Kernowek:
community: kemeneth*



SEWAGE IN THE TAMAR: WHAT IS SOUTH WEST WATER TRYING TO HIDE?

South West Water has used a gagging clause in the freedom of information regulations to prevent Calstock Parish Council from having data about the sewage that they discharged into the Tamar in 2021.

There were over 1,000 sewage spills into the Tamar in the Parish lasted for a total of

the 1,117 spill events occurred. This would enable them to match the rainfall data with the spill events to see whether they were all really happening when there was heavy rain. South West Water refused on the grounds that OFWAT, the water industry regulators, are investigating the use of overflows and that



12,951 hours from South West Water's 13 combined sewage overflows. These are designed to allow spillage into the river at times of heavy rainfall to prevent sewage backing up into homes and on the streets.

The Council wanted to check whether all those hours of spillage were really happening only during excessive rainfall. Cllr Andrew Brown said, 'The Environment Agency had no problem about giving us the rainfall figures for 2021. We know exactly how much rain there was every 15 minutes during the year.'

The Council then asked for the same detail from South West Water on when exactly all

there is a risk of 'undue influence' if they release the information. They told the Council that this risk outweighed the public interest in having this information.

However, the rainfall data for Gunnislake obtained from Environment Agency showed that in 2021 there were only 43 days when there was significant rainfall for a total of just over 30 hours. SWW spillage data for Gunnislake alone records 100 events resulting in 1690 hours of sewage discharge into the Tamar. This is a huge discrepancy.

Cllr Alastair Tinto said 'there is a massive public interest in having this information. We

have just carried out a survey of Calstock car park to see why it floods so badly – one of the most concerning findings was that raw sewage was seen in a storm manhole cover, the chamber of which discharged directly into the river! Every user of this car park is entitled to know how much and how often sewage is going into the river and perhaps also into the carpark.’

The Parish Council has applied to DEFRA to get a Designated Bathing Water Status for the Tamar in Calstock. Councillor Richard Newton Chance, who is heading up this application said, ‘our surveys for this application showed just how many people use

the river for swimming, sailing and canoeing. They deserve to know how safe their water is.’ Cllr Wakem, Chair of the Parish Council, said “this refusal to co-operate with our requests is very disappointing. What are they trying to hide? We will continue to pursue this request for information and to clean up our River for the sake of all the people who use it. We have a busy waterfront used by children and adults. We have a rowing and gig club we also have a number of moorings and a pontoon which is used by many visitors to our village. Sewage is toxic – to people, to wildlife, and to the environment. We don’t want it in our river, or any river.”

Alastair Tinto

CALSTOCK PARISH COUNCIL TO TWIN WITH A PARISH IN UKRAINE

Inspired by the twinning of Liskeard with a town in Ukraine, Calstock Parish Council has given the go ahead for us to do the same. The Parish already has strong links with Ukraine. Ukrainian families have settled here. Darren Tait, who runs convoys of supplies for Ukraine, lives in St Ann’s Chapel. Many people in the Parish collect goods for the convoys. This is an ideal time to deepen links with a formal twinning.



Liskeard’s Mayor, Simon Cassidy, Darren Tait and Yuliya Teplova, who has lived in Calstock with her family for the last 18 months, came to the Parish Council and spoke movingly in favour of the idea.

While Ukraine is a war zone reciprocal visits will be very unlikely but there are still many

opportunities for our community to support theirs. Their schools, for example, have to meet in basements & many teachers have left to fight on the frontline. There is enormous potential to link their schools with ours enriching both in the process. Children are struggling to learn English. Twinning would give opportunities, through pen pals and Zoom calls perhaps, for their youngsters to speak English. Choirs could share their music. Sports teams could link together.

The first step is to identify a suitable community. We have a small planning group which is doing this. Yuliya has good contacts and is helping us.

It would be great to know what you think about this.

Contact:

alastair.tinto@calstockparishcouncil.gov.uk

PARISH COUNCIL: HOUSING IN CALSTOCK

The Planning Committee discussed the announcement by the developers of **Bridge View Nurseries** that they don't think any affordable housing is viable on the site. The Council was unanimous in supporting the Planning Officer to refuse this view. The site was approved in 2018 only because it promised to deliver 15 affordable houses in Calstock. No serious attempt was made to get a housing association to take on the affordable housing. The Council thinks that the community is completely let down. We don't need more large market houses like those already on this site which cost between £500,000 and £800,000, way above the pockets of most people in Calstock. This renegeing of the original commitment will be

grounds work, outdoor furniture and property are kept to a high standard. We are keen that the role will also further develop volunteer-led projects. Working with the communities across our parish will be pivotal. It's an exciting development for the Parish Council. We are now recruiting. We are looking forward to taking on responsibility for **Town Farm Field** – this area will lend itself to environmental projects and it is hoped will see public access permitted on some, if not all of the field. This will go alongside the Parish Council taking on ownership of the Bridge and path adjacent to the wetlands. Much work has gone into this from our ward members and the Tamar



fought by the Council every inch of the way. We are delighted that Clare Bullimore has been appointed Clerk to the Council. The Deputy Clerk post will be replaced with an **Outside Services Leader** to lead a team to ensure our

Community Trust who have done a sterling job in moving this forward – we thank all of those who have given up so much time to this.

Clare Bullimore, Clerk, 01822 748847
clerk@calstockparishcouncil.gov.uk

CALSTOCK REPAIR CAFÉ

If all goes to plan, the first Calstock Repair Café will be on Sunday 18th February from 10.00 am – 2.00 pm and we'll be sharing Calstock Village Hall with Calstock Cake. Future dates will be the 3rd Sunday of every month (just like Calstock Cake).

Calstock REPAIR CAFÉ

It's going to happen !

SO, WHAT IS A REPAIR CAFÉ ?

It's a free meeting place where people can get together to:

- alter or mend clothes
- fix broken furniture, electrical gadgets, bikes, toys, crockery and more

Want to learn how to:

- Sew on a button ?
- Fix a zip to a coat ?
- Wire a plug ?

There are basic skills that can help us get by day-to-day that can extend the life of the things we buy. A Repair Cafe offer the opportunity for people to learn something new by chatting and watching the volunteer repairers.

It's also a great place to just come along and chat.

It's as simple as that.

All repairs are carried out free of charge, but a small donation to cover the cost of solder, glue, thread etc would be greatly appreciated.

SO, WHAT DO WE TRY AND FIX ?

Well, anything that one person can carry in. If it's too big to carry, then it's too big for us to fix.

When you arrive with your item (only one please) we carry out a sort of triage:

- Can we fix it ?
- Is it a job for a professional ?
- Is it beyond repair ?

In a village like ours there's bound to be plenty to fix and we have a small band of eager volunteers to help. If you have skills to share and fancy joining us, then just let us know by chatting to a member of the team.

It doesn't have to be every month.

In addition to repairing things there's a little bit of admin and "meet and greet".

Nothing too onerous.

It is supposed to be fun after all !

For further information, please contact:
Ian Richards on 07771523505 or
email ianofcalstock@gmail.com

REVIVING FURNITURE, REDUCING WASTE: A SUSTAINABLE SOLUTION

In the hope for keeping that old chair that means something special to you, Andy Marks of Andrew Marks Furniture Services recommends a maintenance cycle or schedule depending on the chair condition and needs of the piece of furniture. You don't necessarily have to throw it away.

According to a 2018/19 report by The North London Waste Authority, a staggering 22 million pieces of furniture are discarded annually in the UK. European Environmental Bureau data paints an even grimmer picture, revealing that approximately 10.5 million tons



of furniture end up in landfills each year. Beyond the environmental benefits of reviving furniture, there are economic advantages to choosing repair over replacement. Investing in furniture repair and maintenance can prove to

be more cost-effective in the long run, providing a practical and sustainable solution for homeowners.

Andy hopes to help with advice on how to keep it repair and to enhance your special or just practical piece of furniture here in Calstock News. In the next issue, Andrew Marks Furniture Services will delve into the care of leather furniture, offering valuable insights on how these timeless pieces can be revived and enjoyed for years to come. It's a small step, but one that holds the potential to make a significant impact on reducing furniture waste in our communities.



If you need some more immediate advice or work, please contact Andy. His contact details are in our advertising section.

*In case you want to know
a little Kernowek:
furniture: **mebel***



DRAKEWALLS: THE MOST DANGEROUS MINE IN CALSTOCK PARISH

Drakewalls Mine sprawled across the Asda site to Well Park Road. In 1860 it was the largest tin producer in East Cornwall employing 166 people underground and 232 on the surface, including men, women and children often as young as 10 years of age. In 1860 it produced 176 tons of tin worth £14,348 & 20 tons of copper ore. Profits were

the 60 fathom level blowing a rock. While tamping the holes the charge exploded killing him on the spot.

Most of the accidents however occurred because heavy machinery on the surface was not properly protected.

In July 1857 a ‘youth’ called John Hoskin of Harrowbarrow slipped on the grinder crushing

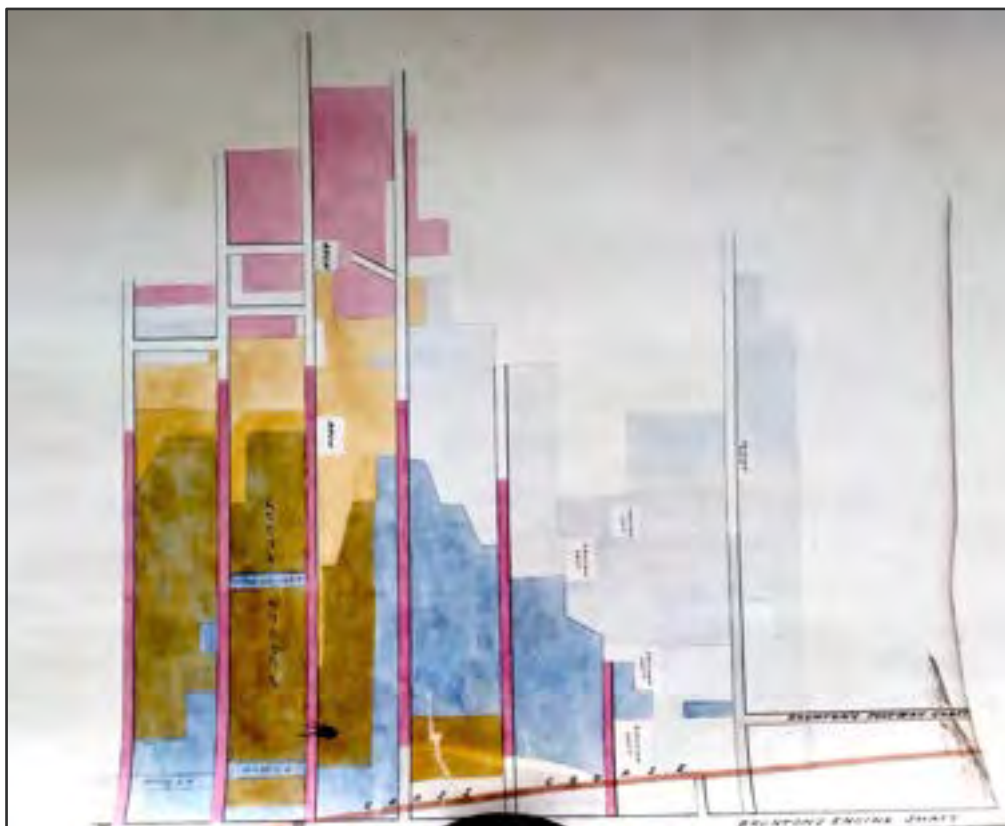
his foot. His leg was amputated above the ankle.

In December 1858 Matilda Howard was passing the steam engine and caught her clothes in the wheel which dragged her onto it. One foot was crushed. Part of her foot was amputated but ‘the poor creature never recovered from the shock’. The Coroner’s verdict was ‘died from injuries accidentally received at Drakewalls Mine.’

In March 1859 a boy called Tucker was greasing the wheel of the stamping

machinery. His foot slipped. The wheel caught his foot which was entirely wrenched off. His thigh muscles were torn. They amputated at the thigh but ‘the poor sufferer couldn't stand the shock’ and died the same day. He was 11 years old!

Alastair Tinto



Drakewalls Mine 1871 MRO R63.3 curtesy of Kresen Kernow

good but were made with scant regard to health and safety. The newspapers reported gruesome accidents. If you have no stomach for such things read no further!

Some accidents happened underground. In July 1858 a man fixing timber in the shaft fell 10 feet when the platform he was standing on gave way and broke his leg. In September a lad called Thomas Greary was deep in the mine at

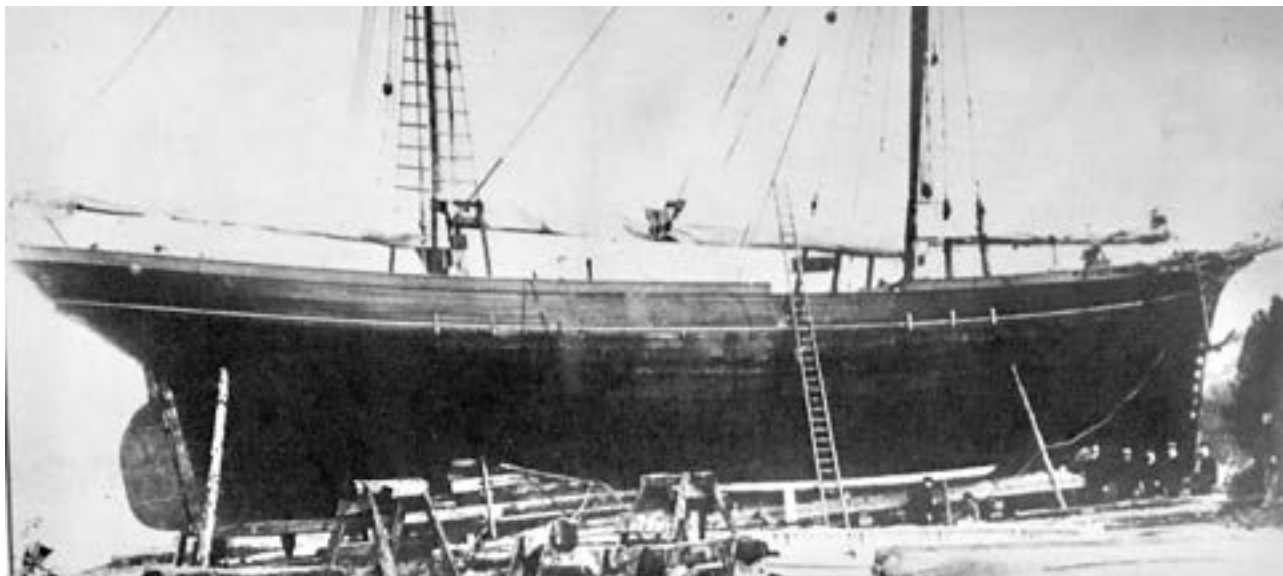
GARLANDSTONE: ENDANGERED SPECIES

The Calstock area of the River Tamar did not produce many deepwater vessels. Of those I could find only two Tamar Ketches, the CFH launched in 1891 and the *Garlandstone*, built between 1903-1909 at the James Goss Boatyard, Bere Alston, Devon, though normally the location is referred to as Calstock, the nearest village directly across the River Tamar. James Goss is most noted for the fine quality of his small vessels and Tamar Sailing Barges.

In reference to the *Garlandstone* the late Basil

the *Garlandstone* to be registered as a National Historic Ship in 1996. She lists as number 136 of over a thousand vessels on the Registry. Dr Mark Horton, Professor of Archaeology at the University of Bristol, stressed that 'The *Garlandstone* is not only the last merchant ketch to have been constructed in the West Country, but the only one surviving with substantially intact fabric.

On the 27th of January 1909 the 76' between stem and sternposts, Tamar Ketch, *Garlandstone*, was launched at the James Goss



Greenhill, former Chairman of the National Maritime Museum, wrote, 'She was designed for transporting goods between Great Britain and Ireland, via the Celtic Sea and rivers of the South West of England, in particular the River Tamar and the River Severn. She also regularly sailed between Lisbon and Calstock, notably supplying fresh fruit to the townspeople.'

On her 100th birthday in a Tavistock Times Gazette interview with the late Martyn Heighton, creator and director of National Historic Ships and restorer of the SS Great Britain pushed and obtained certification for

Shipyard across the River Tamar from Calstock where the Ferry Farm is now located. Her first owner was Captain John James Davies Russan who had been watching her construction for years. He not only named her but commissioned her as the first deepwater trader built this far up the Tamar. The *Garlandstone* worked almost continuously under six owners until 1961 when she was sold to an American and converted into a yacht.

She did not work out as a yacht and lay derelict until the 1970s when R.A. Kyffin and Colin Lansdown obtained her and had her towed to Porthmadog, Wales and began a long

piecemeal restoration under the umbrella of the Gwynedd Maritime Museum and eventually the National Museum of Wales.

In 1987 she was towed to Morwellham Quay and more restoration was carried out. In 1998 the *Garlandstone* received £120,000 grant from the National Heritage Lottery and for 13 years restoration work was carried out. The restoration was only to give her a 'museum quality' completion and she was used as a floating exhibit at the Morwellham World Heritage Site. 13 years later she was moved ashore at Morwellham Quay.

Why am I writing about an old boat whose round stern can be seen by anybody moving along the River Tamar and passing by Morwellham Quay? I am writing about a piece of maritime history and heritage in a nation that was built as a maritime nation whose ingenuity produced trade that roamed by water

to all parts of its interior, and expanded that trade to every area of this planet. The one of two vessels that moved out and away from Calstock sits just up the river beginning to sag without the support of the community. The one vessel, a UK Historic Vessel, built for and committed to deep water voyages to Ireland, France, Portugal along the West coast of England and the whole coast of Wales with her homeports being Calstock, Milford Haven, eventually Porthmagod and now Morwellham. There were up to 700 Westcountry Trading Ketches working from the Southwest of England. Now there are two deepwater Westcountry sailing traders vessels that have been fully restored and were in worse shape than *Garlandstone*: the 87' Bessie Ellen, launched at Mt. Batten and the 98' Irene of Bridgewater, Somerset.

H.E.Ross

CALSTOCK PARISH ARCHIVE

We are looking for any photographs and programmes of pantomimes in Calstock which we could borrow to copy. We have the ones below, but there must be lots more out there. It would be great

if you could contact me or bring them up to the archive. Of course, if you have anything else relating to the parish, they would be most welcome.



The archive opens for the year on 30th January
Our opening hours are: Tues and Fri - 10.00am
– 2.00pm, Wed- 12.00 – 4.00pm.

Lynda Harman, Tel 01579 351413

lynda.harman@btinternet.com

CALSTOCK PARISH LOCAL HISTORY GROUP

Come along to the Calstock Parish Local History Group and learn about the history of our great corner of the world. We get together once a month with talks in autumn/winter and outings in spring/summer. If you'd like to become a member, it's £7 a year. You'll receive three newsletters packed with articles about local history, and discounted entry to the talks and outings. But you don't have to be a member to join in.

SAT 23RD MAR - ASPECTS OF THE INEQUALITY OF WOMEN THROUGH THE AGES

Mike Hayward will cover a wide range of issues including: 1000 years of outright women's inequality since the Norman invasion, the religious roots of gender inequality, witch-hunts, medical bias against women from the 17C, impact on genealogical research and locally, Cornish witches and the Cornwall County Lunatic Asylum at Bodmin (called St Lawrence's in 20C) consistently



Calstock, early 1900's. Photo from the Calstock Parish Local History Group website

Upcoming talks are all about the gals:

SAT 24TH FEB – VOTES FOR WOMEN

Pamela Vass outlines the national campaigns for Votes for Women and tells of the women's suffrage movement in Devon and Cornwall. She'll include original footage and numerous illustrations, firsthand suffragette accounts and readings from her book 'Breaking the Mould: The Suffragette Story in the South West'.

having many more women patients than men over many decades.

Meet at the Methodist Church in Albaston. No need to book. Start time: 7.30pm; members £1.50, visitors £3. All welcome.

For more information about what we do, please contact me: tishvalva@mac.com, 01822 832414. Maybe we'll see you there.

Tish Valva

MRS. DOREEN LUCKHURST



Photo by Doreen Luckhurst

Doreen Luckhurst was born on 5 March 1928, St. Pirans Day, in Ashford, Kent, and found her way to Calstock while staying with her daughter who was living in Dartmoor. While looking for a house nearby a hunch had her turn left and, ‘Here I am.’

She had moved from the other side of England from Wye, between Ashford and Canterbury, ‘I worked for the Ministry of Fish and Agriculture as a Lab Assistant.’ The move was because she wanted to be near her daughters, one who now lives in Bere Alston and the other in Wadebridge. The area was good enough for them to present her with 7 grandchildren and 9 great grandchildren. Another thing was that Doreen hadn’t started driving until she was in her 50s and only stopped driving just before lockdown when she was 91.

‘I used to do a lot of photography. But, I don’t get out so much now and I like to bake,

especially Christmas Cakes, and my dog, Poppy who is 15 years old now.’

About present day Calstock she says ‘It’s lovely the way it is. Everyone is so friendly. I remember the balloon race coming over and a balloon came down over the Viaduct. I took some photographs. Maybe I could do a little exhibition of my photographs so people can see and remember things that happened in the village.’



Photo by Doreen Luckhurst



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THE BORSCHT: KIND OF MAGIC

Guide to the proper Ukrainian meal

This meal is good for when your soul requires a fest. It's not a festive dish for weddings. But it creates a fest inside of you. When you see someone after a long time, when you appreciate a person in your life – it's the Borscht that you cook.

It's basically a meat bouillon with potatoes, carrots, onions, bell peppers, beetroots, tomato paste, cabbage, garlic, dill and parsley. And a bit of magic. Each part of Ukraine cooks its own borscht, every city or hamlet has its own recipe, every housewife has a secret ingredient of her unique borscht.

I'll dare to declare the several pillars that unite them all. And to give you my recipe of magic.

Meat bouillon is fundamental, it's in the basis of taste. Any meat would work: beef, pork or chicken – up to you. But make it transparent and intense.

Beetroot gives the colour that makes borscht so easily recognizable. Combine it with tomato paste to add this sweet-and-sour note to taste.

And cabbage – if you prepare it properly. Shred it nicely, add some salt and then knead it as a dough. When it's juicy, simmer it with a bit of oil in the frying pan with the lid on.

Blanche cut onions and carrots in oil. Add there cut bell peppers to make the colour and the taste even richer. And season it with ground coriander and black pepper.

Then add them all in your bouillon and simmer at a very moderate fire, to let all colours and tastes mix and penetrate. Cut parsley and dill as finely as you can, together with 2-3 cloves of garlic and add it in the pot. Cover the lid, switch off the heat and let it brew for a good half an hour.

By this time the whole household will smell like you're cooking borscht. This half an hour will not be easy but you must be strong to hold on.



Now, starts the magic.

You'll need a slice of what we call the black bread. It's almost like the rye bread - but darker and more intense. The proper Ukrainian black bread is of rectangular shape, with caraway seeds. Smell it, feel its deep aroma with a sweet note of caraways.

You'll need a slice of salo (stress on the first syllable). It's not just lard. The proper salo is bold, it has good layers of meat, it can be salted or smoked. You store salo in freezer and that's why it cuts into thinnest petals. Place petals on your black bread and add some spring onions on top.

You're almost there.

You'll need to open your freezer again: there, next to salo, is *the fogged bottle of horilka* (Ukrainian for vodka). It's so frozen that horilka stretches rather than flows - it's the best. Just 30 grams for one shot. Mmmmm...

Now - you are ready.

Drink ice cold horilka with one sip and immediately follow it with a spoonful of hot borscht and a good bite of salo and spring onions on the black bread.

And when you feel how the iced stream mixes with the lava of taste and aroma of the borscht, you'll know it. ***This is it.***

This is the Borscht.

Live deliciously!

Happily conducted by Volodymyr Tverezyy

MUSINGS FROM THE THERAPIST'S CHAIR...

Healing Our Hurting Feelings

I have agreed to do a presentation at the Calstock Health and Wellbeing Fair this Saturday 27th January on the topic, *How to heal our hurting feelings*. I hope these jottings are interesting for those who cannot be there.

We all occasionally have feelings that we find difficult to manage. We might be grieving for a loss or feeling angry about some injustice. This is natural. Sometimes we might feel anxious and maybe we have reason to be, but if our feelings seem more than the situation warrants then we are operating from an unresolved past hurt.

The most common approach to dealing with our negative or hurting feelings would be to suppress or push them down. But usually what we push down will come back even stronger. Another way to deal with that negativity is to emote, rant, rave and give full vent and so get a temporary release, which is healthier than suppressing them. But the feelings will return. We can also try to rationalize our feelings away, but this does not work; they remain there all the same. Emotional responses are generated by the *limbic system* in our brain and

rationalizing can actually put defenses in place and so leave those feelings intact.

Why not just acknowledge, recognise that feeling? Say hello to them? If you think, 'I am angry or hurt or sad.' then those feelings become your identity. But reframing them as, 'I am recognising those feelings and keeping them company.' Maybe notice where you feel them in your body Just keeping your feelings company can help them release.

We need to get some space from our feelings in order to recognise, welcome and befriend them. Our hurting feelings can actually change. They can become less threatening. We may be surprised in a good way at what our own brain's limbic system is trying to say to us. We don't have to agree or disagree but it allows us to be curious. And with curiosity comes recognition and with recognition change spontaneously happens. Try it for yourself and see!

Wishing everybody well for 2024.

John L. Threadgold

*In case you want to know
a little Kernowek:
feeling: **omglewans**
therapy: **dygthyans***



THE HAVEN CALSTOCK

SPRING THINGS - TRA LA LA, TWEET TWEET !

February and March can be such joyful months, perhaps it's the gardener in me, but I always feel such a sense of renewal and optimism at this time of year. Snowdrops, and other Spring bulbs, lengthening days and the promise of warmer, drier weather. All wonderful Spring treats. Here's some more treats, available at the Haven in Harewood.

TREATMENT SPECIALS FOR FEBRUARY AND MARCH

Warming treats are on offer in February and March - a heated couch awaits, and warmed massage oils - a bespoke blend containing Frankincense, May Chang, Sandalwood, Palmarosa and Black Pepper essential oils. Choose from a back, neck and shoulder massage or seated upper body massage.

VALENTINES DAY- A ROSE FACIAL RITUAL

Opening with soothing Starflower cleansing milk, followed by a moisturising facial massage using organic rose facial oils.

Cool herbal compresses to rest and rejuvenate the eyes, and time to relax and unwind with a warmed, muslin cloth applied, to help the pores open and absorb the gorgeous rose oil.

To finish, a refreshing tone with hydrating frankincense mist.

FROM PEN TO ZEN

Unlike a diary, which is often a simple record of everything that happened in your day, a journal is more focused on what you feel about it. Whether you're a seasoned wordsmith, or a novice in the world of writing, journaling has something for everyone.

Perhaps the gentlest way to think of journaling, is not as a task, but as having a simple chat with yourself. Comparable to how you gain clarity and understanding by discussing things with a friend, journaling can provide similar benefits. It offers the chance to set aside time to connect with yourself, express your thoughts and examine your emotions and experiences. In a 2018 study, published by the National Library of Medicine, it was shown that writing about positive experiences for just 15 a minutes a day, three times a week, may help ease feelings of anxiety and stress and boost resilience. Not only that, but it can help with goal setting, improving organisation and provides a creative outlet for ideas and and inspiration.

It's for everyone. There are no rules to follow, no judgements to fear, and no boundaries to confine your thoughts or creativity. You don't have to journal in a notebook,

It can be in any medium - a piece of paper, a note on your phone, a post-it note, the back of an envelope.

If you're contemplating starting, remember that the first step is the most important one. The great thing is that it's an easy habit to form, and after a while, you will be left with an inspiring collection of material to look back on, when in need of a pick-me-up. Don't be deterred on busy days or not knowing where to begin. That's the beauty of journaling, its simplicity is key. Even on days when you might be tired or short on time, it doesn't need to be lengthy. You can even sum up your day in one sentence if needs be. It isn't just about writing, its about self discovery, growth and finding clarity.

continued on the next page ->

THANK YOU

Last but not least, *a huge thank you* to all my lovely clients, friends, neighbours and relations, who have supported me over the last few months, during my brush with breast cancer. I really couldn't have done so well without you all. My NHS care has been truly amazing, as well as from Macmillan, Breast Cancer Now and The Penny Brohn Centre in Bristol. A heart felt thank you, one and all.

SHARE THE LOVE

I'm happy to report that I'm back at work now, so please get in touch to make an appointment. If you have friends, colleagues or relatives that might benefit from a relaxation treatment, please put them in touch with me via my website www.thehavencalstock.co.uk or via my social media pages (thehavencalstock).

Happy Spring
Love Lily x

YOUR PATH TO A PAIN-FREE AND ACTIVE LIFESTYLE

Hello from Tavistock Physio Clinics. We are a team of dedicated Chartered Physiotherapists and a Personal Trainer working from clinics in Lamerton, Tavistock, and Yelverton. We are committed to providing the highest level of service to enable you to lead a pain-free and active lifestyle.

At Tavistock Physio Clinics, our expertise lies in identifying the root cause of your pain, stiffness, or mobility issues. Our goal is to offer tailored solutions to help you overcome any issues you may be experiencing.

If you find yourself suffering with aches, pains, or movement difficulties, we're here to help you move better and feel better. Every day, we support individuals like you in their journey towards improved wellbeing and quality of life.

One of our top tips is to keep moving. Whether you have a sedentary job or hobby, introducing regular movement into your routine can work wonders. Set a reminder to move every 30 minutes - whether it's standing up and sitting down, taking a short walk, walking up and down the stairs, or simply stretching. Your body will thank you for this small act of care.

If you're facing challenges with your mobility or fitness, remember, we are here to support you every step of the way. There are no excuses when it comes to prioritising your wellbeing!

Visit Tavistock Physio Clinics and take the first step towards a healthier and happier you.

Website: www.tavistockphysio.co.uk

*In case you want to know
a little Kernowek:
ache: gloos*



CALSTOCK FOOTPATH SOCIETY MAY CLOSE

I have just been to the AGM of Calstock footpath society, they need your help. Due to a lack of members with the energy, enthusiasm and youth to continue things the society may be forced to close.

Over the past few decades this society has done a lot of work to maintain and improve access for walkers within the Calstock parish and wider Tamar Valley area.

New members are needed who may have the interest and energy to serve on the committee

and continue the work of this important group who have worked closely with the parish Council to promote footpath use and monitor paths.

Juliet Sangita has taken over as chair, we have three months to make this work or the society will be disbanded. More info to follow, keep an eye on here to see what you can do for the paths that are such a big of people's lives.

Phil Hurley

GUNNISLAKE AND DISTRICT UNIVERSITY OF THE THIRD AGE (U3A)

We exist to provide fulfilling educational and social activities for those who have more time to pursue new or existing interests. Gunnislake and District u3a, which includes the whole Calstock Parish, has a healthy membership and a good range of activity groups.

WHAT DO WE DO?

We meet at 10.30 on the fourth Monday of each month at the Village Hall in Gunnislake. We socialise, exchange ideas and information and regularly hear speakers on subjects of interest.

We publish our own bi-monthly Newsletter and at the monthly meeting we display lists of groups and information sheets for each with names and phone numbers of co-ordinators. If you cannot find a group that caters for your particular interests, why not consider setting one up? Help is available from the Committee and the Groups Co-ordinator.

THE GROUPS

These cover a wide range of interests and mainly meet during the day in members'

houses and occasionally in other venues. Each group has a leader, who does not have to be an expert, who keeps in touch with group members and organises meetings. Each group runs itself and decides its own programme.

The groups provide entertaining and stimulating activities and are a great way to meet people and make new friends.

Current groups: Dance, Quiz, Crime Fiction (on-line), Local History, French, Board Games, Italian x2, Walking, Genealogy, Lunch Club,

WHAT DOES IT COST?

The annual subscription is currently £12.00 which covers administrative costs and a capitation fee to the Third Age Trust.

Each member pays 50p to the host/hostess when attending a group and £1 at monthly meetings to cover the cost of hiring the hall.

When car sharing for trips to meetings, walks and other activities we pay at least £1 to the driver to cover expenses.

For more information or to join please email: gunnislakeu3a@gmail.com

EMPTY HOUSES

There are 800 families in Cornwall living in emergency accommodation. There are 21,000 people on the Cornwall housing register. There are more than 1500 people in Cornwall homeless on any given night. Many families are evicted from their homes under the no fault eviction rules, often those homes then become second homes or Holiday lets. Many second home owners and holiday lets avoid paying Council Tax by claiming small business rates relief. Can you believe all that? It's legal and considered normal and acceptable by many.

As a contrast, there are more than 13,000 homes in Cornwall classed as second homes and there are more than 20,000 holiday lets in Cornwall many of them whole homes.

Locals cannot afford to buy because they cannot compete with those who want more than one house. Surely nobody needs more than one house. House prices are beyond the means of most average young families, as are rents in the private renting sector. Invariably there is nowhere to rent.

Why are house prices and rents so expensive? Simple economics, demand exceeds supply. The excess demand is created, among other reasons, by an artificial increase in the numbers wanting to buy houses, such as, demand from second home owners and those who buy whole houses as holiday lets and those who buy to let privately. This also limits supply. Do away with those categories and demand goes down and supply goes up, houses become affordable, rents go down, availability increases and fewer tenants get evicted. It would help, if Cornwall County Council or housing associations provided more rental housing then there would be less need for private landlords.

I don't know how many second homes there are in Calstock or houses that have become

exclusively holiday lets, but it looks to me as though there's too many for Calstock's benefit. Do you own more than one house or do you holiday let out a house that could be a home for somebody local or do you own a second home? Does it concern you that second homes and homes used as holiday lets deprive the local school of school children, the local shops of customers, the village of neighbours and many local people of a local home?

There are moves afoot to change the laws to make it less profitable to use a house as a business, namely, licensing holiday let businesses, requiring planning permission to turn a home into a holiday let, not permitting small business rate exemptions and charging double, triple or even quadruple council tax for houses that are not used as homes. Sadly, it's very unlikely that those who make the rules will change the rules, as often they are those who also benefit from the rules. We will see.

I'd like to see the local authority make compulsorily purchase second homes and holiday lets at a realistic price, not the inflated price produced by the inflated demand. They could then let out those houses to people whose families live locally or who work locally, at affordable rents. In Looe and Cawsand a similar scheme has been adopted to prevent loss of local housing to the second home market. It was very popular. Will it Happen Here? I hope so. I'd also like to see housing developments that obtain permission on the condition that they will provide affordable housing, have to build the affordable housing first before they are permitted to build unaffordable housing, that happens elsewhere. While we are at it let's stop the no fault eviction rule.

There is a facebook page Calstock Second Homes. If you fancy, take a look.

Barry Kirkman

TAMWED TO WIND UP

Tamwed, the Calstock-based charity that has supported impoverished rural communities in South India for almost 20 years, is winding up. The reasons for this are given at www.tamwed.org. The projects we have helped to deliver will continue through another, long-established organisation that works with tribal people in the Nilgiri Hills. Thanks to all those who have supported us over the years – they have helped



our partner NGOs in India to achieve a huge amount.

The photo is from one of our South Indian Breakfast fund-raisers in the hall.

Oz Osborne, oz.calstock@outlook.com

ON GARDENING

Barry Kirkman raises some topical questions in his article in the last edition of Calstock News, many of which go to the heart of what gardening is about.

Some are being hotly debated by leading horticulturalists, but thankfully in ways that are more enlightened and respectful than the ill-considered and oddly defensive response on social media from Calstock in Bloom's vice chair. But let's move on.

Arguably the most crucial question is the relationship between gardens and the natural world. Historically many gardeners have viewed wildlife – whether 'weeds', insects or animals - as something to be controlled or even eradicated, in the pursuit of the perfectly curated paradise. But can gardeners work with nature to create something that nourishes all of life, rather than working against sections of it? I'd argue we can. Indeed without gentle intervention, only the thugs prosper. But what's needed is the most delicate of touches. In an approach that embraces Calstock's unconventional spirit, here are some ideas. I'd love to hear others.

Firstly, let's welcome the wild – and that means bee, butterfly and moth friendly

indigenous plants and those that freely self-seed. Secondly, bin the bedding. Invariably grown in plastic, greedy for water and fertiliser, and with a life-span of barely a season, it's got the carbon footprint of an elephant. Plus, planted en masse, we look no different from any other town or village in the UK.

Instead let's choose annuals and biennials – cosmos, cornflowers, hollyhocks, honesty, nigella, snaps, scabious and many more – collecting our own seeds each year. Even better, a cutting patch, where the whole village can snip a few flowers, bringing nature's beauty into our homes. To thrive, plants need regular cutting, so given a little guidance, it's a win-win.

If we want to capture imaginations, inspiring a long-standing love of nurturing and growing, people need to feel fully involved throughout – not just used as occasional work horses delivering others' grand plans.

Would this win awards? Maybe. But isn't it more important to create something where everyone plays a part? Achieve this and the rewards will be far greater.

Lynne Pearce

CALSTOCK SOCIAL CLUB



Firstly, for all events in the club you have to be a member or signed in by member of committee (no more than 3 times). Membership is £10 a year for under 65's and £5 a year for over 65's.

We have a lot of events this year and some new bands/artists.

Sunday 25th February- BICYCLE REPAIR MAN - Acoustic set 4-6pm

Saturday 16th March - DR THUD'S REMEDY- Irish 🍀 Folk Band from 9pm.

Saturday 23rd March - STRANGE ALMOND- 80's synth band from 9pm

Friday 29th March - PIG RACE evening. From 8.30 pm.

Come and buy a pig and be in for a chance to win a cash prize. Lots of fun and laughter. Pigs are £3 each. All monies raised will go to a local chosen charity.

CALSTOCK MORNING COFFEE



The Friendship Club is hosting the **Calstock Morning Coffee** every Thursday morning 10.00 -11.30 we get together in the village hall for coffee, socialising and chat - why not come along and join us?

We have lots of books on sale, the post office is open with some lovely cards, and every 6 weeks we have a visiting chiropodist. With cheerful Charlie at the post office it's an ideal time to drop into the main hall to come and meet us - no need to be lonely in Calstock! We have outings during the summer, mostly by coach, lunch in the Tamar once a month with a great Xmas lunch in December.

What's not to like?

Contact Cheryl Mulvihill, 01822 833474, Maureen 01822 833095, or Jane Kiely 01752 466287. or just pop into Calstock Village Hall any Thursday between 10-11.30 - you will be made very welcome.

FRIENDS OF THE TAMAR VALLEY

We meet at the Tamar Valley Centre on the first Friday of the month for a talk on interesting subjects about the valley, or from people who live in the valley, with connections to the valley or even further afield, We open the centre at 7 pm for a 7.30 start, non members very welcome for £2.00 donation.

Our next talks are as follows:

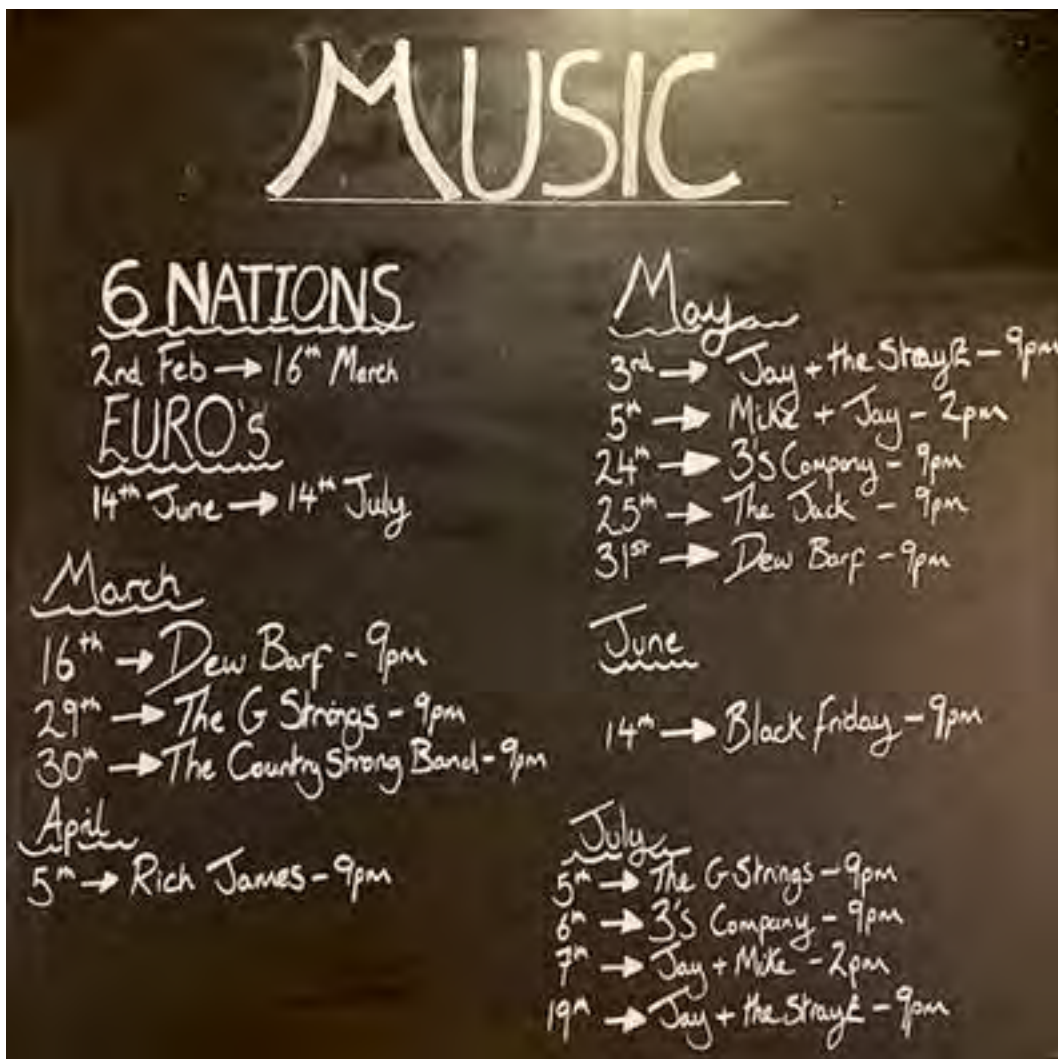
2nd Feb - The Greatest Seaman of the Age by Ron Smith - Cornishman Sir Edward Pellew, later ennobled as Lord Exmouth

1st March - Clive Charlton will give the history of the Edgcumbe family, from their roots as Devon yeoman farms to the aristocracy we know today.

6th April - an earlier start of 7 pm for our AGM followed by a talk on the Sedding Architectural Dynasty in Cornwall and Devon by Helen Wilson.

For any queries on these please contact Jane Kiely on 01752 466287 or janekiely3@gmail.com, or just turn up at the Tamar Valley Centre.

THE TAMAR INN



CALSTOCK VILLAGE HALL

Happy new year... if we're still saying that?! We've got an exciting year planned at Calstock Village Hall. Here's what's in the pipeline so far, including live music, dance, theatre and community events. Banish those winter blues and treat yourself to some tickets today. Where we can, we offer a limited number of discounted ticket prices to under 25s, so book early if that's you!



JAZ DELOREAN (SOLO) - FRI 16TH FEB AT 7.30

Jaz is the compelling frontman of the massive Tankus the Henge. His solo tour is an excellent opportunity to get to know him and his music in a more intimate environment. He came to Calstock a while back and blew everyone's socks off, so we can't wait to welcome him again.

JAMES WILTON DANCE – LORE – SAT 24 FEB, 7.30PM

LORE is the new production from award-winning dance company James Wilton Dance.

CALSTOCK COMMUNITY CAFE...

Once a month Calstock Community Cafe is held at the Village Hall. It's open to everyone and is a great chance to make friends and get to know more people in the village. Come and enjoy a warm welcome, a low-cost meal, some

It's a folklore-inspired journey into a pagan world of gods, demons and humans, all embodied through otherworldly athleticism. LORE is about connection to nature, making you feel the energy that flows from the ground, through our bodies and back into the earth.

GAZ BROOKFIELD - FRI 1ST MARCH AT 7.30PM

Following the success of his previous village hall tour back in Feb 2023, and the release of his top ten album, Morning Walking Club, the amazing guitar-wielding singer/songwriter Gaz Brookfield takes to the road once more in a run of very intimate village hall gigs.

General event info...

- We don't charge a booking fee for buying tickets online. We absorb these costs ourselves.
- Please note - we have no issue with you reselling unwanted tickets but we are unable to do so either beforehand or on the door, so please don't ask us to!
- Please don't bring your own alcohol - we need you to use our bar.

cake and plenty of chat. Kids are very welcome, and there are plenty of activities for them to get involved with. Next dates are Sunday 18th February 11am-3pm and Sunday 17th March 11am-3pm

FEELING LUCKY?

Calstock Hall is partnering with One Lottery to help raise much-needed funds for the Hall. A ticket a week costs just £1 (but you can buy more if you like!), and 50% of all draw funds go straight towards the Hall. With a **£25k**

jackpot and loads of other prizes you could find yourself having a very lucky day, and you'll be directly contributing towards the future of the Village Hall. Players must be 18 or over.

HIRE THE HALL...

Calstock Hall is a great facility to hire for your event - email Matt admin@calstockhall.org if you'd like to find out more about hosting your wedding, private party or meeting.

Wishing you all the best for 2024 and beyond... From all at Calstock Village Hall

EVENTS AT CALSTOCK ARTS FOR FEBRUARY & MARCH 2024

A great choice of performances, ticketed and free entry, are available at the Old Chapel over the next two months. This includes our first country performance on 3rd February and the return of the excellent COOP Big Band, comprising of students from several Plymouth schools, on 9th February.

Calstock Arts use We Got Tickets as our ticket seller and all tickets under £25 are charged a £1 fee. Provided the performance is suitable, under 18 tickets are always available for half the general admission fee. Please contact us on **01822 833183** for U18 tickets or if you don't have internet access. Leave a message with your number and we will get back to you.

Booking in advance is cheaper and this helps venues plan events and gives them confidence to book national/international artists, in addition to great local talent. We're also happy to give discounts to groups. Friends of Calstock Arts receive a £2 discount on tickets over £10.



A summary of all the gigs can be found below and these (and other later in the year), including links to artist's music, are available at <https://calstockarts.org/whats-on/>.

Unless noted differently doors and bar open at 7pm and performances start at 8pm but please check when booking tickets. We look forward to seeing you at the Old Chapel soon.

Thursday 1 February C-Fylm Rye Lane (film cert 15) @1930

Doors open 6.45pm for 7.30pm prompt! £6 for first film (& joins CFylm) & £4 for members

Saturday 3 February My Darling Clementine (country)

Tickets £15 online or £18 on the door.

Friday 9 February Co-operative Big Band (jazz & more) @1930

Doors and bar open 7.00pm, start time 7.30pm.
Free entry – donations appreciated.

Saturday 10 February Peter Knight and John Spiers (folk)

Tickets £18 in advance

Friday 16 February Derek Nash with the Martin Dale Trio (jazz)

Tickets £14 in advance & £17 on the door.

Saturday 17 February The Barbican Quartet (classical)

Tickets £14 in advance & £17 on the door.



Thursday 22 February Black Ops and Beaver Bombing (talk) @1930

Doors and bar open 6.30pm, start time 7.30pm.
Tickets £5 in advance & £8 on the door.

Thursday 7 March C-Fylm Oppenheimer (film cert 15) @1900; interval as film 3 hours!

Doors open 6.30pm for 7.00pm prompt! £6 for first film & £4 for members.

Friday 8 March The Countrymen (folk rock harmony)

Tickets £12 in advance & £15 on the door.

Sunday 10 March Kathryn Roberts and Sean Lakeman (folk)

Tickets £20 in advance & £23 on the door.

Thursday 14 March The Primrose Quartet (classical)

The programme is available on the website.
Tickets £15 in advance & £17 on the door.

Friday 15 March Stephen Moss - Ten Birds that Changed the World (talk) @1930

Door and bar open 6.30pm, start time 7.30pm.
Tickets £10 in advance & £13 on the door.

Thursday 21 March until 28 March Wild About Calstock - exhibition @1000-1600

See article elsewhere in the magazine with more details. Open to the public daily - free entry

Friday 22 March Annika Skoogh Quartet (jazz)

Tickets £11 in advance & £14 on the door.

Saturday 23 March Tom McConville and Michael Biggins (folk)

Tickets £16 in advance & £19 on the door.

**For more information -
Phone: 01822 822183
or Email: mail@calstockarts.org**

ABANDONED BOATS ON THE RIVER TAMAR

You may or may not be aware but there is a growing threat to the beautiful river Tamar. Boats constructed from fibreglass have become the norm since the late 1960's and growing numbers of them are reaching the end of their economic life. They eventually succumb to osmosis or hull failure and become too expensive to keep afloat. The abandonment of boats in the rivers around Plymouth will be an increasing problem with the advancing of time. There is no compulsory registration for leisure boats which has been one of the more liberating aspects of boating. But with this comes the problem of tracing owners who

on the Devon bank and one recently sunk in midstream at Halton Quay after being left on some poor local's mooring. This will affect the nature in the river first with fuel or plastic waste washing out and potentially coating or choking birdlife, otters, fish or seals. If left the hull will eventually break down to become a maelstrom of micro plastics. The sunken boat is also a danger to other river users so surely will have to be sorted out - but by whom?

The land owner usually is the one to bear ultimate responsibility. If a vessel is a hazard to navigation the Kings Harbour Authority should step in – but the costs involved can be significant.



choose the unethical option to simply dump their boats.

We currently have two abandoned boats in our immediate area. One south of Cotehele Quay

This problem will only increase and how to deal with old plastic boats is a complex issue. Wooden boats, going back to the dawn of time,

continued on the next page ->

have quietly broken down and been absorbed back into the environment or their timber recycled. Granted, some paint and tar has had its effects but largely this is dwarfed by the enormous scale of the fibreglass tsunami we will all be faced with.

The French have experimented with grinding them up and adding the mush to tarmac but this only hides the problem. Incineration again shifts the problem to the atmosphere. Landfill is the only option currently available and this really is no option at all. So what can we do?

The Port Authority in Plymouth is seriously considering a compulsory registration for leisure boat owners and this will be a step in the right direction. However the loss of freedom to boaters is a sad price to pay for others care free attitude to their unwanted boats.

Adding the cost of disposal to the purchase price or maybe one day they will train some bacteria to gnaw away at the old boats but until then we must consider this and keep a weather eye out for it on our river.

Calstock Boatyard.

HELLO FROM THE OTHER SIDE



2024 has arrived and we will be well into the year by the time this goes out.

While January and February are a quieter time for us it does give us a chance to catch up on some repair jobs and finish the hedge trimming, weather allowing. All the cattle are housed, nothing on the fields, except the sheep. Yes there are sheep.

They are actually Charlii and her husband Mark's flock of Romney sheep. Having sheep to graze in December and January is quite good for the grass. Sheep nibble grass (cows wrap it around their tongues and pull), so the sheep eat a lot tighter encouraging the grass to tiller/spread out, firm up the pasture and hopefully get the growing season off to a good start.

Sheep are quite easy to move around with a good dog and a cattle box, they are also very good at moving themselves. Thank you very much to the kind lady who rang and informed me they had all gone into the wood. Charlii, Mark and Floss the dog were able to get them back before they had gone too far!

We have sixty cows to calve in a six week block from mid-February so those cows are currently on holiday not being milked and in a shed up the hill, so milking isn't taking as long. Although I shall be busy rearing their calves when they arrive.

All the best for 2024,
Ali Rundle, Ferry Farm.

CALSTOCK FLOOD SCHEME – WHY DID THEY DO IT?



The Environment Agency (EA) embarked on the re-alignment of our flood banks for two reasons. The first is that the existing flood bank was showing signs of weakness and erosion at several places. They were concerned that at some time in the future there could be a catastrophic failure, i.e. the bank gives way during high river levels. If this happened, the breach would widen rapidly as the river pours through resulting in catastrophic flood with potential for loss of life. The second reason is that the EA knows that with rising sea levels, their job of protecting low lying properties nationwide is going to be more difficult and costly in the future. So they are reducing their liability anywhere they can. The scheme reduced the length of embankment from 1400m to about 900m, the new bund is purpose built and much stronger.

The flood risk assessment commissioned by the EA concluded little change to flood risk to

properties from future flooding (I beg to differ), so no effort was made to significantly raise the flood bank. The original bank averaged 3.7m above mean sea level, with some spots as low as 3.5m. The new embankment is designed to be 4.0m above mean sea level. This summer 2024 they are expected to return to build up the bank by the football field to the same height as that by Town Farm Field and the waterfront by the green which is 3.7m.

Next issue I shall talk more about the flood risk and whether we should be concerned that there are no plans to protect the village centre against sea level rise

My name is Pete Thompson. I have been involved with the flood defence scheme from the start. All the information I have put here is gleaned from meetings, conversations with EA staff and contractors, plus information taken from documents, opinions are my own.

Peter Thompson

COTEHELE QUAY GIG CLUB

I have never been into sport. I was one of those girls who hid behind the first tree on a cross country run and waited for everyone to loop back 45 minutes later, tagging on the end pretending to be out of breath. So, when I was asked to make up a team for the World Pilot Gig Championships in 2010 my first reaction was to say no. Anyway, I had a bad back so rowing was certainly not on the cards. How I was persuaded to get involved I will never, never know but suffice it to say, that, with 4 weeks before the competition, I was in a boat and learning the ropes. We, of course, came last by

the right to pilot her in, plus the pot of prize money – and that is how the sport was born – and is getting ever more popular with new clubs emerging all the time.

Cotehele Quay Gig Club was set up in 2010. Today we have a membership of 166 split 50/50 between competitive and recreational rowers. At the 2023 World Gig Championships our Ladies A crew came 11th – an astonishing result considering that we are relatively new on the scene. It's an amazing sport for people of all ages. We are keen to attract juniors 11+ so if you want to row, race or just enjoy the beauty of the Tamar Valley



a long way. In fact the safety boat had to shepherd us in because we were holding up the next race – embarrassing BUT I was hooked.

Gig rowing has been alive in Cornwall since the 18th Century. Gigs ‘piloted’ large vessels in need of specialist navigation into port. Whichever gig reached the ship first won

from the water you know where to come and – no excuses about bad backs – rowing has cured mine!

Want to know more or get involved?
www.cqgc.org.uk

Sheila Snellgrove

WILD ABOUT CALSTOCK

Words from a Primary School student about the Wild About Calstock Programme, *'It was really, really fun, because I got to go outside and have fun with my friends. The older people were very nice, they told me about where we were, and we took a picture together.'*



Wild About Calstock is a nature-based intergenerational arts project engaging school children from Calstock & Stoke Climsland Primary Schools and members of Sensory Trust's local dementia-friendly Walk & Laugh group. The themes of the three we walks in Calstock and Cotehele were foraging, winter wetlands & birds, and hidden wildlife. The aim of the Photobook Project, www.the-photobook-project.com is to build a deeper appreciation of the local environment and wildlife through the guided nature walks observing, documenting, sharing knowledge and learning about the natural world in our locality.

The project also includes a forthcoming visit to The Box in Plymouth to see the natural history collection on 6th March and culminates in an exhibition and book launch at Calstock Arts on 20th March. It will feature a selection of photographs taken by the participants along with the new series of 3 Calstock Photobooks.



The exhibition will be open to the public daily from **21st-28th March from 10.00am and 4.00pm.**

Wild About Calstock is co-ordinated by Calstock Parish Council's Working Group for Nature Recovery as part of their Environment and Climate emergency Strategic Plan. The project is supported by FEAST, Arts Council England, Cornwall Council, Calstock Parish Council, Sensory Trust, The Photobook Project, The Box and the Tamara Landscape Partnership (a delivery branch of The Tamar Valley National landscape - formerly AONB).

Judith Robinson – Project Co-ordinator

BEE LOVIN OUR FOOTPATHS!

I'm part of Calstock Footpath Society (CFS) and it is in crisis. At the 39th AGM a vote to shut it down was narrowly defeated. How has it come to this?

CFS started in the 1980s, a direct result of threats to much-loved paths that had been walked for generations. "Henry's Path" named after its main

I've been the CFS rep on the Calstock Walkway & Wetland Partnership for the last 5 years and it is a success for us all that there is a wonderful bridge looking into the tidal wetland, and that Calstock Parish Council have taken on the ownership of the permissive path route, meaning it can stay open for us all to enjoy into the future.



supporter, goes up into Danescombe opposite the Boatyard, showing market gardening heritage in the rows of daffodils still present under the trees. The rush of the stream below, the temperate rainforest of moss-hung fern-laden trees and our feet on these old ways leading us to the new.

Oh, if only the threats to footpaths were no more! As the BBC reported, there are thousands of blocks on legal paths. CFS volunteer path monitors check their paths and work with the Parish Council to ensure they're fit to use. In the early 2020s Calstock Parish won extra funding because of this good relationship.

Councils have until 31 Jan 2031 to ensure all legal paths are on their definitive map. But they are not, and some are marked wrongly. CFS volunteers have worked hard to identify gaps and lacks.

Our much-loved path is part of the new Tamara Way, stretching from Plymouth to the north coast. Come on our walk Sunday 25 February, meet on village green in Calstock 11am, wear suitable boots and clothing for the weather, bring a packed lunch, some steep bits, 3 - 4 miles. If its not too muddy I'll take you along a path which to me is the most unexpected...it is a mystery! No dogs please, unless support dogs kept on a lead.

Join us, £6 by BACS, Calstock Footpath Society, TSB, Acc No: 00751965, Sort Code: 30 98 46, your name as reference. Or join on the walk.

I'm the new Chair, with 3 months to get us kickstarted into new life.

Juliet Hilary

Facebook group "Calstock Footpath Society"
website calstockfootpathsoc.org.uk
calstockfootpath@gmail.com

ROBINS IN WINTER (ERITHACUS RUBECULA)

The robin, one of Britain's best loved birds was officially chosen as our national bird in 2015.

It is a small, plump, insectivorous passerine (perching bird), with its characteristic bright orange-red breast and face. The sexes are 'monomorphic' (indistinguishable from each other). Juveniles are speckled olive-brown.

Robins are bold, feisty ground-feeders, turning leaves, and following gardeners to find earthworms and insects. In winter, when the ground is frozen their diet is supplemented with fruit and berries, and seeds, suet and mealworms from bird tables. They can lose around 10% of their body weight in one cold night, and quickly perish in the cold or of starvation.

They are common and widespread across Europe, found in parks, woodlands, hedgerows and gardens. Their range stretches east to W.Siberia, and south to N.Africa. They are sedentary within most of their range. Although largely resident in Britain and Ireland, a small minority, usually females, will overwinter in S.Europe; some travelling as far as Spain or Portugal, whilst some migrants from Scandinavia, Europe and Russia will flee the harsh weather to join our resident robins here.

Whether in their summer or winter residences, robins are faithful to their territories and will



fiercely defend them. Up to 10% of adult robin deaths are attributed to their highly aggressive territorial disputes with other robins. They will even attack other small birds, or their own reflection, if they perceive it as an intruder; perhaps one reason why young robins don't have red breasts, so as not to spark a territorial dispute?

Robins have a high mortality rate in their first year, with an average life expectancy just 13 months. Surviving the first year increases their chance of surviving for a few more years, with the record standing at 19 years.

Jan Simpson

*In case you want to know
a little Kernowek:
robin: rudhek*



"Allen Ginsberg was once invited to give a reading in Beijing and one of the conditions was that he should also read a new poem. The night before the event, he realised he hadn't written one so he quickly wrote it that night and called it 'Improvisation In Beijing'. I decided Cornwall should have something similar".

IMPROVISATION IN CORNWALL

I write poetry because
Stephen Spender spoke to me
from a page in a school library
when I should have been reading
Wordsworth.
Henri, McGough and Patten
made me want to be Liverpudlian.
Ferlinghetti
made me want to be American
and ride in Kennedy's train,
but I couldn't manage the accent
and, anyway, I was never cool.
I tried to use their voices
and failed.
I write poetry because
I need to hear my own voice.
I write poetry because
in a teenage room
no-one could hear me scream.
I write poetry because
one evening, walking home from
Lorraine's,
I saw a single star in a clear sky
and to simply say "That's Venus" /
just wasn't enough.
*Only be willing to search for poetry
and there will be poetry,*
the old man said.

I write poetry because
I am in awe.
And when the gap
between the thought and the page
is a near impossible chasm
I still write poetry.
I write poetry because
prose can't do the job.
I write poetry in the belief that
it will cause women to fall at my feet/
and beg me for favours.
I write poetry because they don't.
I write poetry because
talking to myself is what I do.
I write poetry
because somewhere there is a word
that refuses to speak/
and I am looking for it.
I write poetry
because I have things that need to be
said.
I write poetry
because I write.
And when I can no longer write
there will still be poetry.

Ian Craft

POLICE

Emergency 999 Non-emergency 101 Crimestoppers 0800 555111

MEDICAL SERVICE

Gunnislake Health Centre
The Orchard
Gunnislake PL18 9JZ

Hours:
Monday-Friday 08:30-18:00

Closed Saturday & Sunday
Phone: 01822 832641

Local Ambulance Services
01209 206953

DOMESTIC ABUSE

Are you being belittled, humiliated, or abused emotionally, physically or sexually?

You do not have to wait for an emergency to find help. If domestic abuse is happening to you, it's important to tell someone. Remember you are not alone.

You can call The Freephone Domestic Abuse Helpline, run by Refuge, on 0808 2000 247 for free any time day or night.

There is an NHS page, "Domestic Violence and Abuse", available online which gives much more detail including help numbers for other groups.

TROUBLE GETTING BY?

Trouble paying energy bills, rent, council tax or other bills? You should speak to the organisation you owe money to. You could pay smaller amounts or take a break from payments. Don't ignore bills or letters about money you owe. It's better and cheaper than borrowing money.

You might be able to claim benefits if you are struggling to afford essential things such as food or housing. You might be able to get extra help from your local council for things like

energy and water bills, food or essential items like clothing or an oven. Also there's a Community Fridge up at the back of Pearces, it's there for everybody.

Citizens Advice have good advice. You can contact them on www.citizensadvice.org.uk or you could call them on 0808 223 1133 or you could visit them at Abbey Surgery, 28 Plymouth Road, Tavistock.

They are open Mondays 10 till 3 or Fridays 10 till 3.

A CUTE LITTLE QUIZ:

How many ducks are there in the photo?



CALSTOCK NEWS

Our community newspaper

February and March 2024

JENNIE KRAMER, H.E. ROSS, ANGIE SAGE, YULIYA TEPLOVA AND ALASTAIR TINTO

have all helped to bring this issue to you.