

CALSTOCK NEWS

Calstock Community Village Hall Sponsored



December 2023 – January 2024



Illustration by Ley Roberts, Limekiln Gallery

KID'S CORNER

How do you feel about Christmas in Calstock?

Teacher: Ms Kilpin



Lola- I like the lights in the park and the tree outside The Tamar because it gives a Christmassy vibe!

Seren- I love the Advent windows because it's fun looking for something in there!

Eleanor- The Christmas lights make me really happy and I love the Christmas play at school.

Nate- I really like the Christmas singers.

Zoe- I like the huge Christmas tree in the square.

Charlie- Spending time with the family.

Elowen- The windows are lovely-so creative.

Solomon- I love Christmas in Calstock because you're all cosy with your family.

Zacary- Walking along seeing the advent lights gave me a warm feeling for Calstock (originator).



Calstock Community Primary School was built in 1901 and opened on 6 January 1902. At that time the school consisted of just two main classrooms. It has since been extended with the addition of the infant suite which won an award for architectural design, in keeping with the remainder of the school. The centenary of the school was celebrated in the summer of 2002.

We consider the responsibility of nurturing and educating all in our care such a privilege. We work together, with shared values and culture, to give all the opportunity to thrive. The years we get to spend with our children are a precious time, and we want them to experience a 'wider enrichment of self' - while they are with us, so they are confident and equipped for now, and the next steps in their future learning journey.

EDITORIAL

For about 41 years Calstock residents and passers-by have been given an insight as to how the village of Calstock appreciates itself. Now it is our turn to try and accomplish that task with you. For over 7 years Helen Randle has almost single-handedly forged ahead with the ink on paper array and variety of this village's community. She insisted, while gently rubbing the cover of her "last" Calstock News Issue, that we try not to be influenced by an advertising profit and making the paper more responsible to the outside of our community. We said yes.

But, interestingly enough, the crew who are accepting the responsibility of carrying on the public interests of this interesting group of people are mainly from other parts. We sort of fell together as writers with a mandate to learn where we are residing and what makes it tick. With Helen's help we set about trying to put together a new look while keeping an old concept. Amongst our immediate group we have a columnist, a professional proof reader, a marketer, a former magazine publisher-writer, a published author and we have a basic line of respect for suggestions for and from each other. I don't think we generally knew each other's past. We just kept this curiosity about this community and its hold on each of us.

We need your help in letting us know what you want to see about Calstock and why it is Calstock. What we need is the amusing. That aspect that is found in the story told that tends in a grin if not outright laughter. We need to know concerns, even proposed solutions to concerns. We need youth and their feelings and thought on life. We need the other side of the page with tales and stories of Calstock history and heritage of people and deeds.

Don't be afraid to send in your stuff. As a writer I tend to write too much, then go back and throw out words or re-arrange sentences and/or paragraphs. Luckily, we have volunteers who know how to do that for my stuff, and whatever you send in to us for publication. We will work with you to say what you want to clearly say about Calstock. This is truly your newspaper chronicle of your time here in this Calstock. Bless all of you this Holiday Season from us at Calstock News.

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

Next deadline 25 January 2024. Please send submissions 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 HALL NEWS

We are thrilled to share the progress made at Calstock Village Hall following a grant from Cornwall Council's Community Capacity Fund earlier this year. The grant enabled us to enlist an architect to reimagine the hall's design, envisioning a community space that will serve us for the next three decades.

After a fruitful community consultation in June, during which we gathered ideas for the new design, Claire Bissell from Tamar Architecture and the Hall committee have diligently transformed those ideas into a cohesive and practical design. We are delighted

to announce that this design has already received planning permission approval from the Parish Planning Committee and is now awaiting review by the county planners. Fingers crossed!

Assuming we receive planning permission, the next step involves submitting the plans to Cornwall County Council's Community Capacity Fund for potential funding. This stage will be competitive and relies on convincing them not only of the design's merit but also demonstrating the community's need for and benefits from the proposed changes.



Key highlights of the new design include:

Conversion of the loft space into several small rentable office spaces, a couple of medium-sized meeting rooms, and ample storage with views over the river and the green.

Creation of two spacious halls that can be used independently or combined into one large hall using a movable partition.

Installation of a glass wall with an entrance facing the green, seamlessly connecting the main hall with the outdoor space.

The revamped design promises to make the hall a more versatile and accommodating space, capable of hosting a broader range of activities and events than ever before.

We extend our sincere gratitude to everyone who participated in the consultation and the dedicated individuals who have invested countless hours in the design process. We eagerly anticipate the next stage with hope and anticipation

WHO'S WHO

20 questions for Calstock News

NAME: KIM O'REILLY

How long have you lived in Calstock? **13 Years**

What brought you to Calstock? **A new challenge.**

What is it about Calstock that you enjoy most?
Everything!

What do you do in the community? **Run The Boot Inn**

Do you know any of your nearest neighbours? **Yes**

What would you like to see more of in Calstock?
Nothing, it's great as it is.

Where are you most likely to be seen? **The Boot Inn**

What is your favourite local walk? **Around the river...**

What for you is the highlight of Calstock's events calendars? **The fireworks**

What would be your perfect day? **A day off.**

What in your opinion is the best view in the valley?
Coming up the river

Which season do you enjoy the most here in Calstock?
Summer



Where did you last see Rusty? **Everywhere.**

Have you ever left a toy in the toy wall? **Yes**

Which side of the train do you sit on when you go over the viaduct? **The available side.**

What six words describe your life here in Calstock?

I Love it.

Thank you

FIREWORKS NIGHT

A massive thank you to all who supported the Fireworks Display on 12 November. There may be some who are not aware that the fireworks are funded entirely by proceeds from the Bike Show (and collections on the night) and organised by the same committee.

We realise that fireworks are an emotive issue for some in the village, mainly concerned with the effect on pets and livestock. Personally, I stayed in with my dog, played loud music and ball games during the display. We were also surprised to see some comments on the Community Face Book page which suggested that some people were unaware of the origin of Bonfire Night and fireworks, one implying that it was linked to Armistice Day. The numerous positive posts were very much appreciated.

The Tamar Inn and Social Club had outstanding nights for takings over their respective bars. There were six



food outlets, most of whom sold out of stock so the income to businesses was substantial.

The large crowd, despite the dismal weather, was testament to the popularity of this traditional British occasion. Thank you once again for your overwhelming support for the event.

FERRY FARM

Hello from the Other Side: news from Ferry Farm



December and January are filled with routine jobs. All the stock are inside, so no cows walking up the road (unless they have opened a gate) or traffic jams. The cows are being fed with the food we have made from this year's harvest: a mixture of grass silage made in May and forage maize which was harvested in October. The cows prefer the maize silage but this is fibre rich fodder; the grass silage along with a pelleted cake that is fed when they are milking helps balance their diet.

I expect the new shed is noticeable and this was put up this summer to improve the housing for that group of cows which basically help themselves to the two feeds, they eat straight from the silage pit which is monitored with a fence, this is something we used to do many years ago and have just gone back to in the last three years, it has really cut down on tractor usage and labour.

Charlii and her husband Mark have their own business: 'Tamar Valley Dairy Company' and sell our milk from a vending machine situated at the Copper Penny pub car park.

My donkeys were a birthday present. Well, two were, little knowing they were both pregnant. One must have only been just pregnant as she had her foal eleven months after I got them, so it really was buy two, get two free! Dandelion, Burdock, Buddy and Bert are their names. Calstock probably hears them bray more than we do.

I'm afraid it is quite true that farmers talk about the weather and look at weather apps very often, I hope the next few months bring some dry cold weather. Although ice and snow look nice, it is a bit of a headache with the milk tanker coming to collect the milk. In the winter Calstock is often basking in the sun and the frost just lingers all day here.

Until next time,

Ali Rundle



CALSTOCK FOOTPATH SOCIETY

<https://calstockfootpathsoc.org.uk>



The Calstock Footpath Society consists of a group of local residents and supporters who care for the footpaths and Public Rights of Way around Calstock Parish.

Join us for a led walk sometimes within the Parish or elsewhere. We are fortunate to be close to Dartmoor and quiet hamlets and unspoilt corners. Occasionally we go out to the coast. If you are member then the walks are included in your membership. Where we can we offer non-members the chance to walk with us, for a donation of £3 per walk to cover our insurance. After much discussion we decided that all our walks are dog-free unless of course you have a registered assistance dog that is kept on a lead. This is for the safety of our members.

WALKS GUIDES - FREE TO DOWNLOAD

We have compiled a series of walks around the Tamar Valley. Most are moderate and will give you some wonderful views of the area. These walks were compiled in 2012/13. We are in the process of re-walking these guides and will make amendments to the online versions as needed. The information in the guides is correct as far as possible, but we are not responsible for changes made on the ground. However, do tell us if you come across a problem with the description of one of these walks.

The walks encourage the use of Public Transport so a lot of them start and finish at the railway station, where car parking is also available.

AREAS OF OUTSTANDING NATURAL BEAUTY RENAMED NATIONAL LANDSCAPES

New name and brand underpin ambitious nature targets



Image by Fotonow

On Wednesday 22 November all designated Areas of Outstanding Natural Beauty (AONBs) in England and Wales have become National Landscapes, including the Tamar Valley, on the Devon/Cornwall border.

The new name reflects their national importance; the vital contribution they make to protect the nation from the threats of climate change, nature depletion and the wellbeing crisis, whilst also creating greater understanding and awareness for the work that they do.

This is a significant milestone for the UK and the next step in fully realising the National Landscapes' vision to be the leading exemplars of how thriving, diverse communities can work with and for nature in the UK: restoring ecosystems, providing food, storing carbon to mitigate the effects of climate change, safeguarding against drought and flooding, whilst also nurturing people's health and wellbeing.

National Landscapes teams have been at the forefront of delivering natural solutions to the main challenges

facing the nation for many years. The new brand underscores their commitment to redoubling their efforts and engaging with a wider audience. In 2019, teams set themselves the most ambitious targets for nature in the sector and continue to work to meet them.

By 2030, National Landscapes aim that, within their boundaries: at least 200,000 hectares of the most valuable natural areas (Sites of Special Scientific Interest or SSSIs), which equates to 1 ¼ times the size of London, will be in favourable condition; 100,000 hectares of wildlife-rich habitat outside of SSSIs will be created or restored, which is roughly nine times the size of Manchester; and 36,000 hectares of woodland, which is a little smaller than the Isle of Wight, will have been planted or allowed to regenerate. National Landscapes Partnerships will also focus on habitat restoration to ensure the protection of some of our most endangered species and increase their work to help more people to enjoy time spent in beautiful places.

Because of their size and scope, National Landscapes are ideally positioned to address the environmental issues the UK is facing. There are 46 National Landscapes in the UK, covering 14% of England, Wales and Northern Ireland including moorland, farmland, coast, forests, including UNESCO

World Heritage Sites, Biosphere Reserves, a Geopark and International Dark Sky Reserves. They are the UK's nearby countryside - 66% of people in England (44 million) live within 30 minutes of a National Landscape and at least 170 million people visit them every year.

SUPPORTING NATURE RECOVERY AND CELEBRATING VALLEY CHAMPIONS IN THE TAMAR VALLEY

"We need nature."

"What we care for, we value. What we value, we protect."

"Nature doesn't stop at the border."

ABOUT THE TAMAR VALLEY AONB

The main aim of the Tamar Valley Area of Outstanding Natural Beauty (AONB) team is to protect and enhance the natural beauty of this special area.

It is a partnership of Cornwall Council, Devon County Council, South Hams District Council, West Devon Borough Council, Plymouth City Council and Natural England.

The AONB team supports the work of the Tamar Valley AONB Partnership – a forum of government and non-government bodies working for the Tamar Valley Area of Outstanding Natural Beauty.

Natural England helps protect our finest landscapes – Areas of Outstanding Natural Beauty, Heritage Coasts and National Parks – through legislation.

We must all work together to protect our finest countryside

Did you know you can hire the Tamar Valley Centre, just 5-minutes' walk from Gunnislake Train Station, for your meeting or event? Please get in touch for details.

For more information, please contact:

Charlotte Dancer, Information & Communications Officer, Tamar Valley AONB,
charlotte.dancer@cornwall.gov.uk

NATURE RECOVERY PLANS

Nature Recovery Plans are a key part of the shared vision of AONBs across the UK to create resilient landscapes that are great places for wildlife and people.

In 2020, the UK government set out a challenging target, to enhance biodiversity by protecting and managing 30% of our land, rivers and sea by 2030 – part of a global effort known as '30 by 30'.

With the UK in the bottom 12% of countries for biodiversity intactness, it's more important than ever that Lawton's principles of 'more, bigger, better and joined' are applied to the nature recovery work in the Tamar Valley Area of Outstanding Natural Beauty.

You can find out more about the Tamar Valley AONB's Nature Recovery Plan 2023-2030 here – <https://www.tamarvalley.org.uk/nature-recovery-plan-for-the-tamar-valley/> and keep up to date with news and events from the Tamar Valley AONB by signing up to the regular ebulletin – charlotte.dancer@cornwall.gov.uk

LIMEKILN GALLERY

We are stocked up as usual this time of year, not only with great contemporary art, but also with a magnificent collection of locally made Christmas pressies, cards, and decorations.

Our Winter Show features fabulous new original work by some of the most popular artists around ... Jo March, Emily Powell, Clare Law, Alli Eynon, and our own Ley Roberts. We have a lovely collection of small domestic paintings by a very exciting young artist, Beth Kaye, who grew up in the village and is now doing very well in Bristol, and also some beautiful little depictions of Calstock itself in oil, by Julie Ellis, who usually works on a grand scale, which is a really rare treat!

This year's Calstock Christmas cards by Ley are on sale now, as well as her exquisite hand-made Calstock-themed hanging baubles. The Gallery is open every day up until Christmas Eve 11am until 5pm.

PATRICK COLEMAN 1936-2023

The Coleman family moved to Calstock in 1971 and, for 17 years, lived at Gellings Park, Harewood Road. In 1987, they moved into Tregennys which was built, with Patrick as master-minder, in the grounds of Gellings Park and lived there until 2004, when Patrick and Marion moved to Truro. In 1971 Patrick was appointed to the Deputy Headship of Callington School. He later worked at the College of St. Mark and St. John, but took early retirement in 1986. He was heard to say on numerous occasions, "Calstock ruined my career ... thank God". In other words, the quality of life he found in the village was far more important to him than pursuing professional ambitions. He wore many hats, some short-term and some long-lived, and Calstock was the focal point of most of his activities.

Patrick helped Jim Stacey with the organisation of the Rowing Club; ran a Pets 'Corner in the grounds of Gellings Park; wrote and illustrated natural history articles for the Western Evening Herald; was a member of Calstock Community Council; chaired the Calstock Carnival Committee; enjoyed singing with the Calstock Singers and playing with the Tamar Troylers (traditional Cornish music quartet).



Ley Roberts has designed a Calstock Christmas card every year for almost 20 years now, it always features the viaduct and the River Tamar with the addition, this year, of two doves of peace.

Ley's cards are available from Limekiln Gallery and 10% of the profits from the card sales will be given to Calstock Preschool.

Above all he was a keen local historian. His studies led to him setting up the Tamar Valley Project which employed a number of researchers in both Calstock and London, with the idea of mounting a permanent exhibition in the village hall. The only problem was that the village hall at that time was a dilapidated, wooden, former Army hut, not the place for keeping old records and artefacts. So the next project was to build a new village hall. He and other members of the community set up the Building Committee and were soon involved in major fundraising and solving problems with the soggy site. Once the building was solidly-based and built, all the finishing work was undertaken by local volunteers, which entailed a complicated programme of co-ordination. At the completion of the Hall, Patrick took on the role of Chair of the Activities Committee and soon the building was being used by all sorts of community groups and became the home of the Parish Archive.

It seems appropriate that an event to celebrate his life was held in Calstock Village Hall which is a 'concrete' reminder of his vision and hard work.

Marion Coleman

CALSTOCK THERAPY HUB

www.calstocktherapyhub.com

Exciting times at Calstock Therapy Hub! We have two new therapists who have just joined our team.

WE ARE VERY HAPPY TO INTRODUCE ROSEE –

Hello beautiful souls. I am thrilled to have this opportunity to introduce myself and share a little bit about who I am and what I have to offer. My name is Rosee, and I am a person who finds contentment and grounding in life. I believe in the power of intuition and strive to be in tune with my own inner guidance.

My heart is filled with love and joy because I am a proud parent of two wonderful children. They bring me immense happiness to my life whilst keeping me on my toes - a delightful combination of fulfillment and wild adventures.

One of the activities that truly nourishes my soul is wild swimming, especially in the winter months. There's something magical about immersing myself in the embrace of nature's elements and connecting with the raw beauty of the world around me. Camper van adventures is also another passion of mine, I love exploring new places and the Cornish coastline has my heart.

Holistic healing has always held a special place in my heart. I am captivated by the idea of nurturing the mind, body and soul as a unified whole. I am incredibly excited to have the opportunity to become one of the team members that use the Calstock therapy hub. Here I can offer space to heal, relax and rejuvenate while I carry out my treatments. The Therapy Hub is a sanctuary where you can find solace, safety and deep connections.

I aspire to build magical connections with all of my clients, together on a path of healing and connection. limitless possibilities awaits us.

Treatments i can offer:

Indian head (including upper back)

Facial (including herbal face mask)

Pre blend Aromatherapy massage

Swedish massage

Hot stone massage

AND INTRODUCING SOPHIE –

Qualified Sound Therapist, Gong Master and trainee Soul Midwife (Holistic Companionship to the dying)

Working as a dementia practitioner with a special interest in elder years, ancient herstory and spirituality,

Sophie aims to bring you a feel of ancient temple wisdom with a range of accessible treatments for mind, body, spirit and soul. Combining Sacred Sound therapy, essential oils, light massage, copper foot soaks and magnet therapy for an incredibly nourishing treatment, to help physical, emotional and metaphysical problems in a totally noninvasive and accessible way.

Treatments are either seated or lying down with home visits available if you are unable to visit the hub. Please contact Sophie to discuss your situation and how she can best support you.

"Through scientific understanding we can unlock the secrets of our ancestors, harnessing ancient wisdom for modern health and wellness. I look forward to healing with you. Sophie x "

We are also planning our next Health and wellbeing Fair for January the 27th. After the success of our October event, We are very excited to be hosting another event. Look out for information about the day soon.

A LITTLE ABOUT CHARLES, YOUR LOCAL POSTMASTER, AND THE OUTREACH POST OFFICE

One's first job bears no relation to the career you end up with—for me, it was an apprentice stud groom working with horses. After about four years I decided that, while I was having fun, I wasn't earning any real money. So after working in pubs, hotels and even a publishing company, I ended up with a subsidiary of a major American bank as a special risk underwriter. After ten years of this my wife Julie and I bought a convenience store in Plymouth. We ran that for about fourteen years and at the age of 50 decided to find something more satisfying. So, if you merge finance and retail the answer is obviously Gunnislake Post Office.



CALSTOCK POST OFFICE:

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

Gunnislake is our core Post Office and supplies the outreach with stamps and stock. It is run by Julie, who is the Post Mistress. Mobile outreach Post Offices exist where a village has lost its last shop. The mobile outreach is its own branch and mine serves seven villages, two partner branches and four home serves. Most Post Office services are available along with banking services to replace the disappearing local bank branches.

It's interesting to see where a village finds space for their Outreach Post Office. Of course in Calstock you have the little room in the lobby of the Village Hall. Another one I work with is in a pub that is also a shop which, with our help, offers Post Office services.

Another village has opened a community shop which includes our Outreach Post Office. The shop is vibrant, well stocked, run by the residents of the village as volunteers and well worth a visit. If you haven't guessed, it's St Dominick.

I am lucky enough to be a Postmaster for a wonderful area from the edge of Dartmoor to the hinterland of Bodmin Moor, including four villages within the beautiful Tamar Valley. I travel around the countryside watching the changing seasons, serving and talking to amazing people. Every day I get to help people, even if it's just listening and sympathising with their problems. It is by far one of the most fulfilling jobs I have ever had. What's not to like?

Opening hours:

Tuesday afternoons: 2pm to 5pm.
Thursday mornings: 9am to 12 midday.

*In case you want to know
a little Kernowek:
letters: lytherow
package: fardel
exchange of letters: kesskrifans*



CALSTOCK PARISH LOCAL HISTORY GROUP

Everyone is welcome to come along to the Calstock Parish Local History Group. We get together once a month to learn about the history of our area. There are 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.

UPCOMING TALKS:

- No talk in December. Enjoy making your own local history.
- Saturday 27th January – Memories and Sketches of a 20th century Caradon Miner

Brian Oldham, President of Liskeard Old Cornwall Society, will tell us about a group of men from the Minions area who were employed by the Ministry of Supply during WWII to search the local mines for tin and tungsten. One of those men, Bill Pearn, kept a note and sketch book from that time.

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

If you would like more information about what we do, please contact me by email on tishvalva@mac.com or by phone on 01822 832414. Maybe we'll see you there.

Tish Valva

HARROWBARROW TEACHER SACKED FOR IMMORALITY

Calstock archives

By today's standards staffing in Victorian elementary schools was woeful. In 1882 William White, the master of Harrowbarrow School, and his wife Priscilla had to teach 153 five to twelve year olds. Their only support came from one monitor and two pupil teachers one of whom was Mary Jane Biscombe, a copper miner's daughter & former pupil, who started teaching as a 17 year old in 1880.

Mary Jane received indentures which spelled out her contract. The head teacher had to give special instruction every week though there is little evidence that this happened. Indeed a School Inspector complained that one of White's predecessors should "shew much more vigour in directing his pupil teacher how to teach." We do know however that White would sit in on Mary Jane's lessons from time to time. For example, he recorded that "M. J. Biscombe gave a geography lesson before me."

Her indenture stipulated that she was 'liable to dismissal without notice for idleness, disobedience or immoral conduct.' Ominously, when school started after Christmas in January 1881 Mr White recorded that he had "heard reports as to immorality of pupil teacher M. J. Biscombe. After authenticating the report I went to managers who suspended her till the Board meets." A few weeks later, he was told that "the Board had dismissed M. J. Biscombe for immoral conduct."

We don't know what her immoral conduct was but it is interesting that the Census taken later that year records that one month old William was living in his grandfather's house in Harrowbarrow. The grandfather was none other than Mary Jane's father, Job. Mary Jane was living there too.

Perhaps the story ends happily ever after when in 1885 Mary Jane married Henry Trewartha, a miner living at Rising Sun.

Alastair Tinto



PARISH COUNCIL NEWS

www.calstockparishcouncil.gov.uk

ENVIRONMENTAL WORK

We are delighted to be supporting the Wild About Calstock Photobook Project. This will bring different generations together, helping them to build a deeper appreciation of the local environment and wildlife. Guided nature walks will offer a supportive experience for children from Calstock and Stoke Climsland Primary School and the Sensory Trust's dementia friendly Walk and Laugh group. An exhibition will be held in Calstock Arts to show off their photos. This project has been funded and supported by the Parish Council, FEAST, Arts Council England, Cornwall Council, Sensory Trust, Calstock Arts, The Photobook Project, The Box and the Tamara Landscape Partnership (a delivery branch of the Tamar Valley AONB).

Yellow rattle has been sown in the churchyard and on the banks of the playing field in Calstock. This plant suppresses vigorous grasses and encourages more wildflowers to grow, providing much needed sustenance to our pollinators. Thanks to Calstock in Bloom for all their help with this and for planting daffodil bulbs.

PRECEPT

After careful consideration the precept will be £333,500 next year. Like all of us, the Council needs to budget for rising costs and devolved services. We are also building in financial contingency planning for playground equipment; car parks and other assets and are hoping to employ more staff to help keep the outside areas and property well maintained. Those in a Band D property will be spending under £11 per month on local services.

GRANTS GIVEN THIS YEAR

The Parish Council sets aside money to help local community groups and organisations. This calendar year we have been pleased to support the Tamar Valley Pre-School, Gunnislake Community Matters, Calstock Arts, Tamar Valley Community Food CIC, Calstock Pilot Gig Club, Calstock in Bloom, Gunnislake Cricket Club, Tamar Valley Community Bus, and have helped Latchley and Chilsworthy purchase a defibrillator.

And finally, I cannot believe it is that time of year, but we would like to extend our best wishes to you all for a peaceful and happy festive season.

Clare Bullimore

ST ANDREW CHURCH

01822 832956

Welcome to St Andrew, the parish church of Calstock in the Anglican Diocese of Truro and county of Cornwall England. St Andrew's dates from medieval times and is the mother church of Calstock parish, the other two churches being St Anne & All Saints.

Open to visitors between 12 and 2pm every weekday.

Evening Prayer from Common Worship is a said service that includes liturgy, readings & prayer

and is held, Monthly, every Fourth Sunday at 6 p.m. for 1 hour.

Communion occurs every Wednesday at 10am for 1 hour.

Evensong occurs Monthly, every second Sunday at 6pm for 1 hour.

Holy Communion is held Monthly, every First Sunday at 10am for 1 hour

Morning Praise is held Monthly, every third Sunday at 10am for 1 hour.

LOCAL TRADES & SERVICES

BUILDING SERVICES

Antony Barker	Electrician	abarkerelectrical@hotmail.co.uk	834346
Peter Gadd	Gen. Carpentry & Building Work	gaddest@gmail.com	07880 841211
Damian Kiely	Carpenter	damiankiely.weebly.com	07932 150500
D&T Joinery	New windows & doors, Sash window specialists	dtjoinery.co	077715 48745
Matthew Utton	Plumbing & Heating	07974 415306	833931
Andy Young	Property Maintenance	apyoung@talktalk.net	258136

COMPUTING

Steve Knight	All Computer Repairs	ask-solutions@hotmail.co.uk	834017
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GARDENS

David Earp	Gardening Services	earpdavid14@gmail.com	832867
Ian Preece	Gardening Services	ipreece@me.com	07599 423347
Luke Wilson	Gardening Services	grgretail@gmail.com	07538 207104

ART AND PHOTOGRAPHY

Calstock Arts	Arts Centre/Wedding/Venue/Hall Hire	mall@calstockarts.org	833183
Limekiln Gallery	Contemporary Art	info@limekilngallery.com	834654

CONTEMPORARY THERAPIES

Calstock Therapy Hub	calstocktherapyhub.com	info@cCalstocktherapyhub.com	833183
Graham Crisp	Shiatsu Treatments	kikaigray@gmail.com	07833 150673
The Haven in Harewood	Therapeutic Massage	thehavencalstock.co.uk	832894
Janet Taylor	janettaylorhomeopathy.co.uk	janincalstock@yahoo.co.uk	834308
NU Feet Reflexology	Natalie Utton	07855 890737	833931

MISCELLANEOUS

Calstock Hair Studio	Unisex Hairdressers	Commercial Street, Calstock	258276
Lishe Coffee Shop	Adie and Sharon	FB: @onthetamar	07714 369391
Make New & Mend	CreativeSewing Services	kirstin@sewit4.me.uk	833130
Andy Marks	Furniture Repair and Restoration	andrew.arlsupho;stery@gmail.com	258071
Tamar Valley Preschool	Toddler and Preschool Group	info@tamarvalleypreschool.co.uk	834418
Tamar Valley Pet Care	Natalie Utton	07855 890737	834418

Harewood Counselling, therapeutic counselling in a private local setting. Face to face and online sessions, for age 12 upwards.

Qualified with an Advanced Diploma Integrative Counselling, PhD, and a certified Clinical and Complex Trauma Professional, BACP registered.

I also work as a Counsellor for GP practices in northern Dartmoor and Okehampton and until recently for Plymouth University student services.

www.harewoodcounselling.co.uk,
07810 560 317,
email: harewoodcounselling@outlook.com

Train timetables from 10 December 2023 to 1 June 2024

PLYMOUTH TO ST BUDEAUX AND GUNNISLAKE (THE TAMAR VALLEY LINE)

MONDAYS TO FRIDAYS	Facilities		■	■	■	■					■									
	Plymouth	d	0457	0630	0712	0809	0824	0912	1015	1028	1042	1228	1342	1428	1555	1638	1700	1830	1838	2130
	Devonport	d	.	0633	0716a	0813	0827	0916a	1018a	1031	.	1231	1346	1431	1600	1641	1704	1834	1841	2133
	Dockyard	d	.	0635x	.	0815x	0829x	.	.	1033x	.	1233x	.	1433x	1602x	1643x	1706x	1835x	1843x	2135x
	Keyham	d	.	0637	.	0818	0831	.	.	1035	.	1235	.	1435	1607	1645	1708	1839	1845	2137
	St Budeaux Ferry Road	a	.	.	.	0820	1048	.	1350	.	1609	.	1710	1842	.	.
	St Budeaux Victoria Road	d	0504	0640	.	.	0835	.	.	1038	.	1238	.	1438	.	1648	.	.	1848	2140
	Bere Ferrers	d	.	0647	.	.	0842	.	.	1045	.	1245	.	1445	.	1655	.	.	1855	2147
	Bere Alston	d	0518	0656	.	.	0851	.	.	1054	.	1254	.	1454	.	1704	.	.	1904	2156
	Calstock	d	0525	0703	.	.	0858	.	.	1101	.	1301	.	1501	.	1711	.	.	1911	2203
	Gunnislake	a	0538	0716	.	.	0911	.	.	1114	.	1314	.	1514	.	1724	.	.	1924	2216
	Train continues to				PNZ	PNZ		PNZ	PNZ		PNZ		PNZ		PNZ		LSK	PNZ		

SATURDAYS	Facilities		■	■	■	■					■		■							
	Plymouth	d	0627	0807	0822	0910	1024	1041	1224	1424	1542	1644	1826	1838	2130					
	Devonport	d	0630	0811	0825	0914a	1027	1045	1227	1427	1546a	1647	1829	1842	2133					
	Dockyard	d	0631x	0814x	0826x	.	1028x	.	1228x	1428x	.	1648x	1830x	1844x	2134x					
	Keyham	d	0633	0817	0828	.	1030	.	1230	1430	.	1650	1832	1847	2136					
	St Budeaux Ferry Road	a	.	0819	.	.	.	1049	1850	.					
	St Budeaux Victoria Road	d	0638	.	0833	.	1035	.	1235	1435	.	1655	1837	.	2141					
	Bere Ferrers	d	0645	.	0840	.	1042	.	1242	1442	.	1702	1844	.	2148					
	Bere Alston	d	0653	.	0848	.	1050	.	1250	1450	.	1710	1852	.	2156					
	Calstock	d	0700	.	0855	.	1057	.	1257	1457	.	1717	1859	.	2203					
	Gunnislake	a	0713	.	0908	.	1110	.	1310	1510	.	1730	1912	.	2216					
	Train continues to				PNZ	PNZ		PNZ		PNZ		PNZ		PNZ						

SUNDAYS	Facilities		■	■															
	Plymouth	d	0845	0903	1030	1110	1320	1520	1744										
	Devonport	d	0849	0906	1036	1113	1323	1523	1747										
	Dockyard	d	0851x	0907x	.	1114x	1324x	1524x	1748x										
	Keyham	d	0854	0909	.	1116	1326	1526	1750										
	St Budeaux Ferry Road	a	0856	.	1040										
	St Budeaux Victoria Road	d	.	0913	.	1120	1330	1530	1754										
	Bere Ferrers	d	.	0920	.	1127	1337	1537	1801										
	Bere Alston	d	.	0929	.	1136	1346	1546	1810										
	Calstock	d	.	0936	.	1143	1353	1553	1817										
	Gunnislake	a	.	0949	.	1156	1406	1606	1830										
	Train continues to			PNZ	PNZ														

GUNNISLAKE AND ST BUDEAUX TO PLYMOUTH (THE TAMAR VALLEY LINE)

MONDAYS TO FRIDAYS	Facilities		■	■	■	■					■		■		■		■	■			
	Gunnislake	d	0542	.	.	.	0725	.	0919	1119	.	1319	1519	.	1733	.	.	1933	.	2222	
	Calstock	d	0554	.	.	.	0737	.	0931	1131	.	1331	1531	.	1745	.	.	1945	.	2234	
	Bere Alston	d	0603	.	.	.	0746	.	0940	1140	.	1340	1540	.	1754	.	.	1954	.	2243	
	Bere Ferrers	d	0608	.	.	.	0751	.	0945	1145	.	1345	1545	.	1759	.	.	1959	.	2248	
	St Budeaux Victoria Road	d	0616	.	.	.	0759	.	0953	1153	.	1353	1553	.	1807	.	.	2007	.	2256	
	St Budeaux Ferry Road	d	.	0709	0731	.	.	0833	.	.	1343	.	.	1706	.	1815	.	.	2109	.	
	Keyham	d	0619	0712	0734	.	0803	0837	0956	1156	.	1356	1556	1709	1810	.	.	2010	2112	2259	
	Dockyard	d	0621x	0714x	0736x	.	0806x	0840x	0958x	1158x	.	1358x	1558x	1711x	1812x	.	.	2012x	2114x	2300x	
	Devonport	d	0623	0717	0739	0801	0809	0843	1000	1200	1348	1400	1600	1714	1814	.	1914	2014	2117	2209	2303
	Plymouth	a	0627	0721	0743	0805	0815	0846	1004	1204	1352	1404	1604	1718	1818	1822	1919	2018	2121	2213	2308
	Train continues to				CDF	PAD		CDF												BRI	

SATURDAYS	Facilities		■	■	■														
	Gunnislake	d	.	0716	.	0914	1114	.	1314	1514	.	1734	1918	.	2220	.			
	Calstock	d	.	0728	.	0926	1126	.	1326	1526	.	1746	1930	.	2232	.			
	Bere Alston	d	.	0737	.	0935	1135	.	1335	1535	.	1755	1939	.	2241	.			
	Bere Ferrers	d	.	0742	.	0940	1140	.	1340	1540	.	1800	1944	.	2246	.			
	St Budeaux Victoria Road	d	.	0750	.	0948	1148	.	1348	1548	.	1809	1952	.	2254	.			
	St Budeaux Ferry Road	d	0732	.	0833	.	.	1344	.	.	1709	.	.	2124	.	2302			
	Keyham	d	0735	0753	0836	0951	1151	.	1351	1551	1712	1812	1955	2128	2257	2304			
	Dockyard	d	0738x	0754x	0839x	0952x	1152x	.	1352x	1552x	1715x	1813x	1956x	2131x	2258x	2305x			
	Devonport	d	0741	0756	0842	0954	1154	1349	1354	1554	1718	1815	1958	2134	2300	2308			
	Plymouth	a	0745	0803	0846	1000	1200	1353	1400	1600	1722	1820	2004	2138	2307	2314			
	Train continues to			CDF	CDF														

SUNDAYS	Facilities		■	■														
	Gunnislake	d	1011	1210	1411	1611	.	1835	.	.								
	Calstock	d	1022	1221	1422	1622	.	1846	.	.								
	Bere Alston	d	1031	1230	1431	1631	.	1855	.	.								
	Bere Ferrers	d	1036	1235	1436	1636	.	1900	.	.								
	St Budeaux Victoria Road	d	1045	1244	1445	1645	.	1909	.	.								
	St Budeaux Ferry Road	d	1837	.	2108	.								
	Keyham	d	1047	1246	1448	1647	.	1911	2110	.								
	Dockyard	d	1049x	1248x	1450x	1649x	.	1913x	2113x	.								
	Devonport	d	1051	1250	1452	1651	1841	1915	2115	2232								
Plymouth	a	1056	1255	1457	1656	1845	1920	2119	2236									

Buses timetable

	79	79	79	79A	79	79A	79A	79A	79	79	79
<u>Tavistock</u>	07:20	08:50	10:20	11:20	12:20	13:20	14:20	14:50	16:20	17:20	18:20
<u>Tavistock</u>	-	-	-	-	-	-	-	15:20	-	-	-
<u>Gulworthy</u>	07:26	08:56	10:26	11:26	12:26	13:26	14:26	15:26	16:26	17:26	18:26
<u>Gunnislake</u>	07:32	09:02	10:32	11:32	12:32	13:32	14:32	15:32	16:32	17:32	18:32
<u>Gunnislake</u>	07:34	09:04	10:34	11:34	12:34	13:34	14:34	15:34	16:34	17:34	18:34
<u>Lay By</u>	07:36	09:06	10:36	-	12:36	-	-	15:36	16:36	17:36	18:36
<u>Calstock</u>	07:42	09:12	10:42	-	12:42	-	-	-	16:42	17:42	18:42
<u>St Ann's Ch</u>	07:47	09:17	10:47	11:36	12:47	13:36	14:36	15:38	16:47	17:47	18:47
<u>Honicombe</u>	07:50	09:20	10:50	-	12:50	-	-	-	16:50	17:50	18:50
<u>Metherell</u>	07:53	09:23	10:53	-	12:53	-	-	-	16:53	17:53	18:53
<u>Harrowbarr</u>	07:55	09:25	10:55	-	12:55	-	-	-	16:55	17:55	18:55
<u>Rising Sun</u>	07:58	09:28	10:58	-	12:58	-	-	-	16:58	17:58	18:58
<u>Callington</u>	08:06	09:36	11:06	11:42	13:06	13:42	14:42	-	17:06	18:06	19:06
<u>Callington</u>	08:10	09:40	11:10	11:46	13:10	13:46	14:46	-	17:10	18:10	19:10
<u>Callington</u>	08:15	-	-	-	-	-	-	-	-	-	-

	79A	79	79	79A	79	79A	79	79A	79	79	79
<u>Callington</u>	-	-	-	-	-	-	-	-	15:10	-	-
<u>Callington</u>	06:50	07:32	09:27	10:50	11:27	12:50	13:27	14:20	15:17	16:27	17:27
<u>Callington</u>	06:53	07:35	09:30	10:53	11:30	12:53	13:30	14:23	15:20	16:30	17:30
<u>Rising Sun</u>	-	07:40	09:35	-	11:35	-	13:35	-	15:26	16:35	17:35
<u>Harrowbarr</u>	-	07:43	09:38	-	11:38	-	13:38	-	15:29	16:38	17:38
<u>Metherell</u>	-	07:45	09:40	-	11:40	-	13:40	-	15:31	16:40	17:40
<u>Honicombe</u>	-	07:48	09:43	-	11:43	-	13:43	-	15:35	16:43	17:43
<u>St Ann's Ch</u>	06:59	07:51	09:46	10:59	11:46	12:59	13:46	14:29	15:40	16:46	17:46
<u>Calstock</u>	-	07:58	09:53	-	11:53	-	13:53	-	15:47	16:53	17:53
<u>Albaston</u>	-	08:03	09:58	-	11:58	-	13:58	-	15:52	16:58	17:58
<u>Gunnislake</u>	07:01	08:06	10:01	11:01	12:01	13:01	14:01	14:31	15:55	17:01	18:01
<u>Gunnislake</u>	07:04	08:09	10:04	11:04	12:04	13:04	14:04	14:34	15:58	17:04	18:04
<u>Gulworthy</u>	07:09	08:14	10:09	11:09	12:09	13:09	14:09	14:39	16:03	17:09	18:09
<u>Tavistock</u>	-	08:20	-	-	-	-	-	-	-	-	-
<u>Tavistock</u>	07:15	08:28	10:15	11:15	12:15	13:15	14:15	14:45	16:09	17:15	18:15

FOOD & DRINKS

LISHE COFFEE SHOP

Quirky rustic coffee shop, serving Cornish Smugglers Tea and Wreckers Roast Cornish coffee, cakes and pastries with outdoor seating

6 Commercial Road, Calstock/ 01822 832323

Closed Monday, otherwise 10:00-16:00

THE BOOT INN (1621AD)

Gastropub

The Great British Sunday Roast; Christmas Day Dinner

Closed Monday, otherwise Tuesday- Saturday 18:00-23:00; Sunday 12:00-15:00

All bookings via telephone: 01822 458681

thebootinnocalstock.com

THE TAMAR INN

Great food & drinks, fantastic atmosphere & beautifully situated in the heart of the Tamar Valley with outdoor seating

The Quay, Calstock

01822 832487/ tamarinn.com for entertainment schedule

Open Monday- Thursday 12:00-14:30/ 16:30-19:00; Friday & Saturday 12:00 - 23:30; Sunday 12:00-18:00

CALSTOCK SOCIAL CLUB

Social and Sports Club

A Bar with some Dining and plenty of live entertainment; outdoor seating

Open: Monday-Thursday 17:00-23:00; Friday 17:00-00:00; Saturday 12:00-00:00; Sunday 12:00-20:00

01822 833941

The Quay, Calstock

01822 833941

KALAMITY KITCHEN

Serving at Calstock Social Club

Open Friday & Saturday: 17:30-20:00; Sunday 14:30-17:30

07500 450252

kalamitykitchen@hotmail.com

Takeaway available

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.

COMMUNITY FRIDGE FOOD-WASTE HEROES

Since the launch of the Tamar Valley Community Fridge (TVCF) behind Pearces at the beginning of April 2022, a staggering 20,717.41kg of food has been collected by volunteers. That's over 20 tonnes of food that would otherwise have been wasted and that doesn't even include all the kind donations by individuals and local businesses (eg Gunnislake Stores & The Cornwall Bakery) which have gone straight into the shelves without being weighed!

This massive achievement wouldn't have been possible without the commitment of all the amazing TVCF volunteers who are out in all weathers collecting & weighing, cleaning & temperature-checking and generally monitoring our wonderful community resource. A huge public thank you to them all!

Drakewalls Co-op staff have always been supportive and the electricity is supplied by the store so we're really hoping that this relationship will continue with Asda.

Please remember that this is essentially a food waste project and our collections are delivered at about 9.45pm on Mondays, Tuesdays, Fridays & Saturdays plus 4.30pm on Sundays. The free food does of course help people who are stretched financially! Also it's important to embrace the fact that this is a Community Fridge run by the community for all and it depends on everyone only taking a fair share plus contributing if they can. There are various ways:

1. Have a store-cupboard clear-out! We accept packet foods up to 3 months past their Best-Before date and tins up to 12 months past their Best-Before date.
2. Share any harvests or allotment surplus



3. If you don't think you'll get through a bag of fruit or vegetables before they go off, then bring some to The Fridge

4. Donate towards running costs via our PayPal tamarvalleycf@gmail.com

Thanks for everyone's support so far & here's hoping for a community-spirited 2024!

Mai Evans

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	Yoga Classes	Tues - 1.30 - 2.45p Weds - 6 - 7.15pm
Short Mat Bowls	Mons - 7:30 - 9pm Weds - 7:30 - 9pm	Samba Drumming	Suns 11am-12pm
Tai Chi Classes	Thurs - 4:30 - 5.30pm (beginners) Thurs - 5:30 - 6.30pm (advanced)	Youth Club	Once a month on a Friday from 6.30-8.30pm
Friendship Circle Coffee Morning	Thurs - 10 - 11.30am (all welcome)	Community Café	Once a month on a Sunday, see Calstock Hall Facebook page for dates and times
Belly Dance Classes	Thurs - 7.30 - 9pm	Pilates Classes	Tues - 5.30pm
Chess Club	Meeting on occasional Weds	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.

KING DINOSAUR

Sat 16 Dec 2023 7:30 PM - 11:30 PM

King Dinosaur will be coming to Calstock as part of their album launch tour. King Dinosaur are an exciting, 5 piece band consisting of drums (Paul Bullock), double bass (Matt Taylor), piano (Jacob Kodicek), guitar (Alik Peters-Deacon) and vocals and trumpet (Ed Hart). They play fun, high energy, original tunes to dance to and have been ripping up the south west scene with sell out gigs in some of the area's best venues and festivals.

CALSTOCK MONTOL LANTERN NIGHT

On 21st December, Calstock will be celebrating the Festival of Montol, celebrating the Winter Solstice when the balance of night and day begins to turn in favour of the light.



This will be a fantastic family event, beginning with a lantern procession through the village with five giant lanterns and around eighty smaller hand-held lanterns made with kits available from Chrissy Wallis. You can email her at: chrissywallis@gmail.com

The procession route will be announced soon—keep a look out for posters. It will begin at 6.30pm and will be led by Calstock Samba band. It will end on the Village Green with a Cornish Shout of singers and a Spectacular Special Guest Show. Which is Top Secret.

THE GIANT LANTERNS ARE:

A leaping Tamar Salmon: made by the Youth Club.

A Buzzing Bee and a flying Dragonfly: made by Calstock Primary School years 5 and 6.

A Cute Duck: made by Calstock Preschool

A Wise Owl: made by Chrissy and Dave Wallis and Olivia.

The materials have been kindly donated by Calstock Cake.

Kernowek: lugern: lantern

CALSTOCK SAMBA BAND

On a Sunday in the middle of October, the Calstock Samba Band got drumming for the first time—all thanks to Chrissy Wallis, whose brilliant idea it was. The band is led by Tom Attwell and is practising for its very first performance: the Lantern procession for Montol here in Calstock on December 21st to celebrate the winter solstice.

The Sunday sessions—10.45 in Calstock Village Hall—are vibrant with a mix of experienced Samba drummers and newbies. Tom keeps the groove going and the beat driving along.

The band now has thirty members and is still growing. If you'd like to join there are percussion instruments available to play, but if you want to play a drum you will need to bring your own as the band has been so popular it has run out of drums for now. They hope to have more in the New Year.

Watch this space for details of Calstock Samba Band's upcoming gigs!

*In case you want to know
a little Kernowek:
to beat a drum: gweskel tabour*



AT CALSTOCK ARTS

At Calstock Arts our programme continues to be varied and we very much hope you continue to support your local Arts Centre. (December and January events below) Regulars will notice that we have included some children's events and our environmental talks are receiving excellent feedback. Thank you if you have attended. Jazz performances are not so well attended and in the new year we will be asking our audiences what they would like to hear. In the meantime, if you have an opinion, do let us know.

A brief list of what is coming up. Full details can be found on our website or on posters around the village. Do check out our website or social media for last minute changes or amendments.

Fri 8 December	Dale Storr Christmas Show	Sat 23 December	Just Friends
Sun 10 December	Calstock Singers. A Garland of Song	Sun 21 January	Philippa Mo
Sat 16 December	The Wilderness Yet	Thur 25 January	Mark Avery – Talk

The team at The Old Chapel would like to wish you all a very Merry Christmas and a Happy and Healthy 2024.
Charmian Saunders, Chair at Calstock Arts.

CALSTOCK SINGERS



Calstock Singers present
A Garland of Song
with 'Under The Fingers'
at Calstock Arts
Sunday 10th December at 3pm
Entry by donation but ticket required available from
Limekiln Gallery or Jenny on 01822 835889
Raffle in support of Shelterbox
Ticket includes Tea or Coffee and Mince Pie

The poster features a festive border at the bottom with red and yellow flowers, green leaves, and red berries. The background is a gradient of red and orange.

A Garland of Song is the title of this year's Christmas Concert by the Calstock Singers. We have 'Under the Fingers' as our guests and we will offer a wide range of seasonal music. There will be old favourites, some for the audience to join in with, also some items which may be new to you.

Once again we will be in Calstock Arts (the old chapel) at 3pm. The date is Sunday 10th December, so please come along and enjoy a relaxing afternoon of festive entertainment.

There will be complimentary mince pies and teas/coffees in the interval. The gallery bar will also be open if you wish for something stronger.

Entry is by donation on the day but you will require a (free) ticket, available from Jenny 01822 835889 or Limekiln Gallery at Calstock.

We will have our usual raffle to support Shelterbox

GIVING A SUPPORTING HAND TO NATURE

At this time of the year as the garden becomes more dormant it seems an appropriate time to reflect on what we have achieved over the past year. Yes we're delighted to be awarded a Gold again for our efforts in the Britain in Bloom scheme, but what is behind that is perhaps the more important message. The award scheme allocates marks across three categories: Horticulture (40%), Community (30%) and Environment (30%).

Since the Bloom team's formation nearly two years ago we have consciously tried to balance our efforts across all of these three categories by clearing up the garden beds that already existed, involving the wider community in helping us achieve this, and planting in a style that is sympathetic to our location and the need to give nature a helping hand.

When we redesigned the main garden in the village car park we called it a Mediterranean Garden as we replanted with drought tolerant plants to take into account our changing climate, but we also ensured we planted to encourage pollinators, as well as creating the Bingham Palace to encourage insects to create a new home. A small water feature was also added to help refresh our visitors. Our plans for 2024 are still evolving but as we replant the other beds around the car park making them attractive to pollinators will continue to be a focal point for the group.

Away from the village centre we recently planted 4,000 crocus bulbs next to the bus stop at the junction of Lang Gardens, and although they will hopefully give a great early spring display, the real benefit to nature is they will provide pollen at a time of the year when that can be scarce. As the flowers close at night they also have the ability to provide protection for early pollinators!



With the support of GWR we have also planted up the scrub land next to the steps at the station with lavender, again a great favourite for pollinators. The bank at the back of the station has deliberately been left in a wild state with the addition of climbing roses and honeysuckle.

REFLECTING THE VALLEY'S HISTORY

The Tamar Valley has a proud history of horticulture with daffodil growing being a key commercial crop. The Bloom team have therefore tried to recognise this with planting varieties of daffodil that were historically grown in the valley. This involved research with National Trust Cotehele, who themselves grow over 300 varieties, and the renowned grower Ron Scamp. To date we have planted the following varieties around the village: Fortune, Devon Red, Seagull, Henry Irving, Sir Watkin, White Lady and Rustom Pasha.

THANK YOU, COME AND JOIN US

Thank you to everyone who has helped Calstock in Bloom this year, in particular those that came out and helped plant the 4,000 daffodils around the football pitch. We are always looking for people to come along and help us maintain what we have all created, or help us introduce new ideas. If you want to get involved drop an email to colinbates96@gmail.com

CALSTOCK CHESS CLUB'S REGULAR MEETS AT THE TAMAR INN

Calstock Chess Club aim to meet every other Wednesday at the Tamar Inn. We also play Country Shield & quick play matches at the Village Hall, or at away venues. From beginner or novice, to world chess champions, & everybody else in between, you will receive a warm welcome.

If you are a complete novice then come along and one of our members will happily teach you how to play.



We also work as a team solving chess puzzles, & playing 'talking games' where we improve our chess skills by talking through the different moves, the counter moves, and how the different tactics would work out in the game. And of course, we play actual games including speed chess, 'Bughouse Chess' (come and find out) & longer games as well.

If you are interested in playing chess in a very social environment, then please text e Richard on 07812 891601 or Nigel on 07809 283758 who can add you to the email list and Watts App group and confirm the meeting date and venue.

You can normally get a meal at the Tamar inn as well.

For more information about Chess in Cornwall check out the following website. Chess Cornwall - Clubs (cornwallchess.org.uk).

John L Threadgold

THE TAMAR VALLEY BACKGAMMON BASH



Tuesday evenings and everybody is welcome from complete novice to expert and world class players.

If you have never played Backgammon but wanted to learn then you would be most welcome. Our club is both friendly and welcoming.

If you want backgammon more than once a week, then Rosemary & Gerald also host another group in Plymouth. For more information on Backgammon in Calstock contact John Muttitt 07768 857468.

John L Threadgold

Weekly Meeting at The Boot Inn in Calstock.

The iconic Boot Inn in Calstock hosts the Tamar Valley Backgammon Bash. We aim to meet most



THE WILD EDGES

There's a quiet debate going on in Calstock concerning the award winning work of Calstock In Bloom. Some would describe their work as gentrification, some beautification, some would claim that it is a part of the now well underway creation of Theme Park Cornwall, with its artificial tourist friendly "wild" places with not a "weed" in sight. Many would claim it is tidying up. A few would say that only good comes from suburban gardening in public spaces and that there is nothing wrong with pretty-fication. Is it creating a paradise for second home owners, air b-n-b-ers and those looking to live in a utopian Cornwall. Is it concerned with visual advantage for all to enjoy, human and beast, or is it yet another nail in the coffin of Planet Earth?

One point of view is that the village is surrounded by wilderness anyway, it doesn't matter if planting is not indigenous or insect, beast or bird friendly. Another is that Calstock in Bloom are an undemocratic group deciding what is best for the village without any

consultation. It doesn't mean though that they are not supported by the majority. What do you think? I'm sure Calstock in Bloom would be delighted to hear your view. They have no doubt already debated the pros and cons but I'm sure, would welcome and value your opinion.

There's a video which looks at a similar debate going on in another South East Cornwall village. A youtube search for Family Forages. Wild Edges will come up with a link. It's also available on Facebook page, Calstock TV, it's the newest post, right at the top of the page, I think it's well worth putting 10 minutes aside for.

I'm looking forward to the thousands of celandine, daffodil, primroses, bluebells, orchids, nettles, brambles, blackthorn, docks and many other wild or naturalised delights in our wild hedgerows and verges come Spring. It's not far off now.

Barry Kirkman

Images from Calstock Community Forum page



FROM THE CALSTOCK BOATYARD

The boating season is now behind us and all the boats are now safely tucked up ashore for winter, safe from the storms. This was our fourth hauling season since taking the reins here in 2020. The boatyard is often busy with people winterising their engines and removing sails.

Calstock Boatyard has welcomed some long overdue infrastructure work in the last couple of years. The new slipway makes a big difference when hauling or launching. It lacks the potholes of yesteryear and is both strong and safe. Also, we have a new little second boat hoist that can get into tighter spots and even to the back of the boat shed.

We have quite a few new customers this year bringing a nice energy to the yard. Some boats sold and some folk retired, but we were quick to fill the slots. People are happy to be in this pretty and sheltered spot.

The summer was pretty good despite the periods of bad weather. There was a steady flow of visitors

coming up and using the moorings. People really appreciate the tranquillity of the river here. The ability to see their vessels from the pub also ranks quite high I'm sure, but the number of repeat visitors is hopefully positive for Calstock.

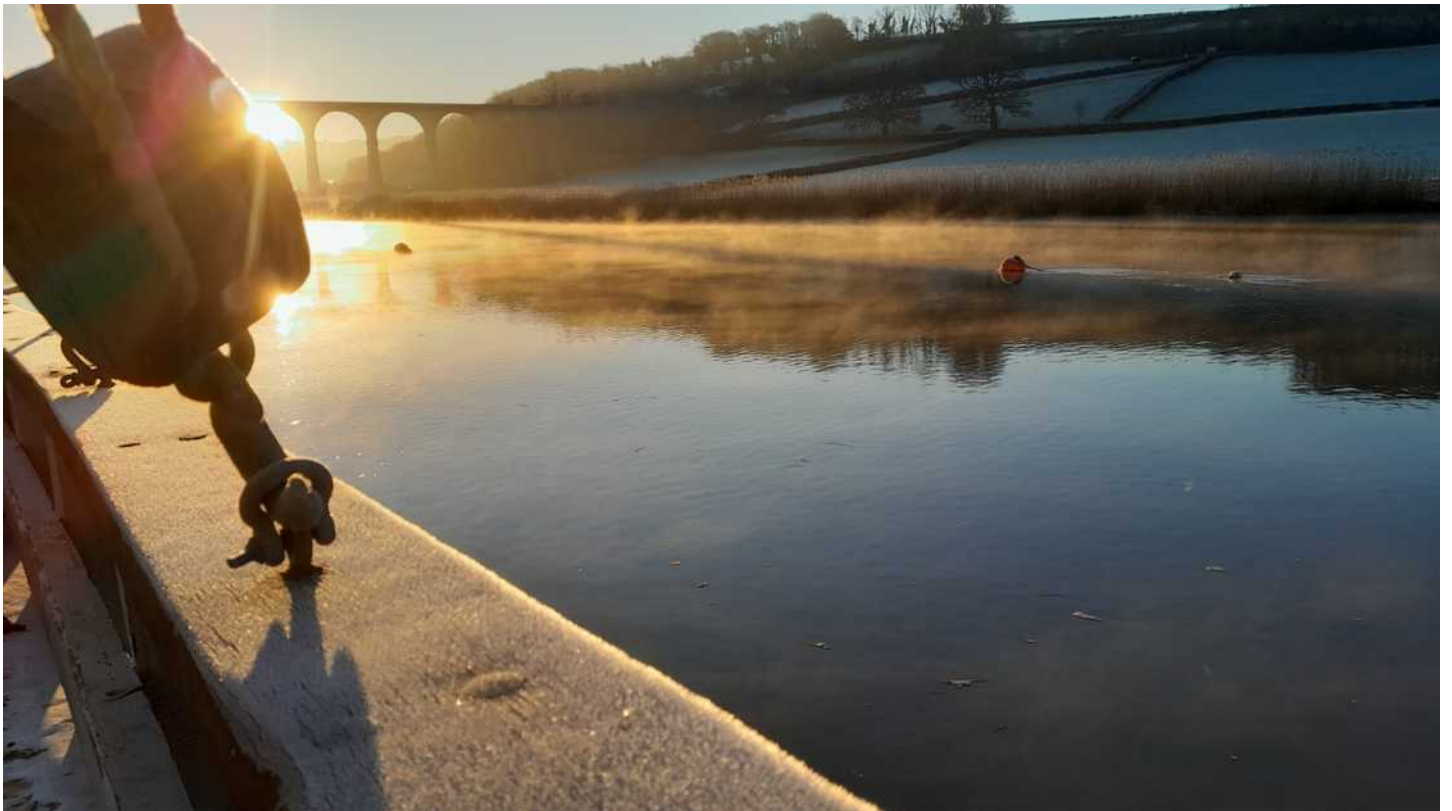
Wildlife sightings this year have been pretty good too. Five sightings of otters is a pleasure to count. One just the other week was between South Star and the quayside late at night and two paces distant. There are Kingfishers nesting on this stretch of river too and once you recognise their trill you can spot them... if you're quick!

Despite the sad news besetting our rivers, pollution-wise, it's great to see so much life from her at the Calstock Boatyard.

Aye.

Luke & Bryony

Image by the Calstock Boatyard



KINGFISHER - ADAPTATIONS FOR SURVIVAL



Image by Jan Simpson

A solitary female kingfisher holds her territory along a few kilometres of the river, which includes Calstock wetlands; a territory shared only briefly during the breeding season.

Often all we see is the whirr of a cyan flash as she whizzes past us, but this bejewelled beauty is a deceiver. Without sunlight, her back and head feathers are not blue, but brown; an LBJ indeed (a ‘little brown job’).

Semi-iridescent feathers refract the light, which reaches our eyes as a blue-green shimmer, a phenomenon known as ‘structural colouration’. In contrast, the orange feathers on their underside contain small granules of pigment.

The kingfisher is robin-sized, but twice its weight, with short orange legs and feet and a stubby tail. Its long, superbly aerodynamic, dagger-like bill is a third of its height, and is supported by its disproportionately large head. Its bill silently cuts through water without

disturbing its prey; a feature that inspired Japanese engineers when designing the high speed bullet trains, to prevent sonic booms when the train enters a tunnel. On diving, its strong muscular wings are open and its eyes protected by its third eyelids. Egg-shaped lenses enable it to locate its prey out of the water, and provide excellent binocular colour vision underwater, using both eyes to judge the distance from its prey. A specialised retinal pigment assists its vision in murky water.

Kingfishers nest in tunnels excavated in steep-sided river banks. Their chicks have a fluorescent spot on the end of their bill so their parents can locate them within the dark nesting chamber. Likewise their parents have white luminous patches either side of their bill.

These are just a few of the remarkable adaptations made by these incredible birds to aid their survival in their very harsh world.

Jan Simpson

CHRISTMAS AT COTEHELE

Celebrate Christmas with a festive day out to Cotehele. Step into the Great Hall to see the spectacular 60-foot garland, complete the Wassail Father Christmas! family trail, see Cotehele Mill decorated for a Victorian family Christmas and head out on a frosty walk around the estate. Below are the dates where you can enjoy each experience:

GARLAND AND COTEHELE HOUSE

See this year's garland in all its glory in the great hall. The ground floor is open and decorated with the kitchen ready for a feast, and the library a cosy Christmas spot. Daily Saturday 18 November - Sunday 7 January, 10.30am-4pm. (Closed 25-26 December).

COTEHELE MILL

Follow the festive lights along the stream to find Cotehele Mill, decorated in traditional Victorian style and enjoy crafts, toys and storytelling. Open on 18, 19, 25 and 26 November, 2, 3, 9 and 10 December and then daily from 16 December – 1 January (closed 25 – 26 December) from 11am-3.30pm.

MUSIC

Throughout the festive period we're delighted to be welcoming various choirs and performers to Cotehele. Grab a hot drink and head towards the house. Smaller groups will perform within Hall Court and larger groups just outside it.

With all performances being held outside, we recommend wrapping up warm in a cosy scarf. These performances are weather dependant, we might need



to pull some performances at the last minute for everyone's safety.

Who's performing when?

Sunday 3 December, 11.30am-12noon and 1-1.30pm - South West Chamber Choir

Saturday 9 December, 1.30-2pm and 2.30-3pm - Callington Town Band

Saturday 16 December, 11.30am-12noon - St Austell Town Band

Sunday 17 December, 11.30am-12noon - Barret's Privateers

WASSAIL

Join us for our annual Wassail as we attempt to scare away the evil spirits from the Mother Orchard to ensure there is a bumper crop next year.

Fancy dress is highly encouraged and don't forget to bring something noisy too. Meet outside Visitor Reception at 11am for the start of the procession which then heads through the garden to the orchard. Saturday 23 December, 11am-12.30pm.

MARIAM GUPTA STUDIO POTTERY

The nights are getting longer and colder. Join us in Calstock for the Christmas lights, Craft fair and Santa's Grotto and all the upcoming events.

If you can't make it I'm online at www.mgstudiopottery.gallery



CALSTOCK ROWING CLUB

The Quay, Calstock, PL18 9QA

Come along and have a go at rowing our 15 foot skiffs and 18 foot flash-boats. Come by our shed on the Quay behind the Community Hall on the dates below ...always weather dependent.

BELOW ARE THE DATES WE ARE HOPING TO TRAIN UP UNTIL CHRISTMAS -

Sunday 3rd December 8:00am (8:59 HT 4.02m)

Sunday 10th December 2:30pm (3:37pm HT 4.04m - dark @ 4:12pm)

Sunday 17th December 8:00am (8:47am 4.49m)

COTEHELE QUAY GIG CLUB

<http://www.cqgc.org.uk>

Our Club has competitive, recreational and social rowing crews, adult and junior. Something for everyone to enjoy! We have Men's, Ladies & Juniors racing crews, who take part in regattas and events in the South West, as well as the World Championships in the Scillies. Both competitive and recreational crews are entered in the Thames Great River Race each year, a real marathon event! All our crews row regularly throughout the year, along the beautiful River Tamar, as well as further afield.



GETTING MY FEET WET ROWING A GIG

A teen view of rowing gigs on the River Tamar

At the beginning it was fairly difficult but I had great instructors and they helped me in getting used to it. Physically, it was fairly easy because of my experience before. So, moving slowly to my placement, was just balance, and other people. The oars were not what I was used to, especially the way you had to hold them because they were quite an unwieldy thing. But, after a while I got used to them.

I got used to different sites along the river. There were land marks, like a tree that marked a certain length from the starting point. I don't really see them when I am not rowing. I didn't have an intense reality with the currents at first but I did, over time, get used to them and their different ways. I remember counter currents.

by Skye

A MESSAGE FROM THE BANKS OF THE RIVER TAMAR

Two years ago I made film called Down the Drain following a kayaker along our beautiful River Tamar who was exploring issues with our fresh water system. As he paddled past our iconic viaduct with its lush river banks and wildlife, it was clear to him why our river is polluted and unsafe to swim in. He paused in front of the sewage works to tell us of the billions of pounds that South West Water have given to their shareholders, instead of investing in modernising our sewage system so it can handle our growing population. He talked of run off from farmers' fields and building sites that entered our river system and smothered our eco systems. He showed us how important our river systems are as fresh water supply and as a natural flood defence. We saw beavers, otters, kingfishers and fish all fighting to survive in our environment.

This was two years ago and these issues have not changed, despite letters, protests and our parish councillors working hard to challenge South West Water. My daughter still wants to swim and play in the river without risking ear and eye infections. We all are still depend on the river for recreational fun and as the fresh water lifeline that runs through our village.

So what can we do?

To protest, we can stop paying our SWW bills; support Extinction Rebellion's Dirty Water campaign; make our own compost loos; turn our wetlands into a giant reed bed filtering system; flood South West Water and our MP Sheryll Murray's social media with photos and footage of sewage lorries in our streets and SWW's outlets into our river; stop South West Water needing to take the water out of our river during heatwaves.

As folk on the river banks we can also:

-report pollution incidents to the Environment Agency's pollution incident hotline: 0800-807060

-volunteer to monitor a section of river through the Westcountry River Trust: <https://wrt.org.uk/get-involved/>

-get a water-butt to reduce your water bill

-put only pee, poo, paper and environmentally friendly cleaning products down our home drainage system

-try not to use pesticides, weed killers as well as external flea treatments as they will get into our water system and are poisonous to wildlife

Our River is not only beautiful to look at but vital to life in Calstock



Watch Down the Drain for free at <https://www.cornwallclimate.org/films/down-the-drain>

BEE INSPIRED WITH WHAT'S AROUND YOU

Look around - as I write this the Cherry and Rugosa Rose leaves are yellow, brambles are red, vistas open up where leaves have fallen. Pink nerines add an exotic flair. I'm grateful to the Coxes who lived here 22 years ago for planting a Camellia with winter flowers - dark pink buds open to white, around bright yellow, much loved by late bumblebees, wasps and the occasional hornet. Blue tits and chiffchaffs, blackcaps and dunnocks, robins and house sparrows, wrens and chaffinches flutter through finding food. Blackbirds and wood pigeons feast on fruiting hawthorns - when there's dew the whole quivers and twinkles in the light. Natural fairy lights. Dark skies offer star-gazing; sunny days between grey ones lift our spirits.

Feel the coolness; then warmth in a patch of sunlight; cosy slippers. Move around, dance.

Read Dave Goulson, *The Garden Jungle or Gardening to Save the Planet*, and his book about all thing bees, *A Sting in the Tale*. Immerse yourself in *Wilding, the return of nature to a British Farm* by Isabella Tree,

telling the true story of the iconic Knepp Estate or James Rebanks' *The English Pastoral*, which takes three generations of his family farm.

Gardening for Birdwatchers, by Mike Toms, Ian & Barley Wilson, and *Garden Birds and Other Wildlife*, by Kate Risely and Clare Simon, have a lot of useful info.

When we attract wildlife to our open spaces and gardens there is always something to catch the eye, soothe the soul.

It can be as simple as Mary Oliver wrote, in *Sometimes*:

"Instructions for living a life.

Pay attention.

Be astonished.

Tell about it."

Ya Salaam, Shalom, Peace be with you and also with all, this day and always, for Christmas and the New Year,

Juliet





Illustration by Nina Tvereza

**SARAH BEER, KATYA BRIGHTWELL, BARRY KIRKMAN, JENNIE KRAMER, H.E. ROSS, HELEN RANDLE,
ANGIE SAGE, JOCELYN SKERITT, YULIYA TEPLOVA, JOHN THREADGOLD, ALASTAIR TINTO**

We have all contributed to bring this Issue of the Calstock News to you

**AND TO WISH YOU AND YOUR FAMILY VERY
HAPPY HOLIDAYS**