

CALSTOCK NEWS



April – May 2024





From Calstock Primary

What did you feel about the London Residential Trip?

Kensa- Seeing Big Ben and I learnt that tubes are very sudden to stop and start.

Amy- The Show (Wicked) was my favourite part and Parliament burnt down- this is something I learnt when in London.

Alannah- My favourite part is Wicked and I learned that the House of Lords is picked not voted for.

Zoe- My favourite part about the London Residential was going to Hamleys Toy Shop. I learnt how the House of Commons work.

Zacary- My favourite part of the trip to London was the Houses of Parliament. In London I learned that women in the House of Lords are called Baronesses.

Nate- My favourite thing was going to the Toy Shop- Hamleys. something I learned was that lots of things are pricey.

Sol- What I learnt and loved in London: Learnt- Everything is pricey; Loved- Hamleys

Ori- The Cable Cars and the Princess Diana Memorial Park. I learnt that debates aren't about shouting.

Elowen- My favourite part was when we went to watch Wicked! the people in Parliament chopped off a dead man's head.

Angelina- My favourite part about London was the Park. I learned all about Parliament.

Esme- My favourite part of the London Trip was the Princess Diana Memorial Garden. And I learnt that Parliament brought back a dead man's body and chopped his head off.

Willow- My favourite things about London were sleeping in the dormitory with my friends, and going to see Wicked and the toys

at Hamleys. I discovered that Parliament is much more interesting than I expected.

Nancy- My favourite part of the London trip was the Princess Diana Memorial Garden. I learnt that the people of Parliament chopped off a dead man's head.

Jago- My favourite part was going to Hamleys and I learnt that escalators are dangerous.

Eleonor- My favourite part was...Wicked (though already watched it). What I learned... that you can go inside Parliament. Yours Sincerely, Eleonor

Seren- I learned that the Canary Wharf building is the 3rd tallest building in the UK! My favourite part of London was when we went to the princess Diana Memorial Garden!

Harvey- My favourite part was when we were in the cable car. I learnt everything is pricey!

Ayame- My favourite part of the London Residential was the acting workshop at Shakespeare's Globe Theatre. I learnt that I do not really like Wicked.

Teddie- My favourite part is the Park and that the 3rd tallest building in the UK is Canary Wharf.

Lilla- My favourite part of our London trip was when we went on the cable cars. I learnt that the Globe Theatre was rebuilt three times.

Pippa- My favourite part from the London trip was Wicked. I learnt that Hamleys is the biggest toy shop in the UK and that you can go to Parliament.

Oliver- My favourite thing was Hamleys. I learnt that I am scared of escalators.

Rowen- My favourite part of London was the Princess Diana Memorial Garden. I learnt that the Parliament burnt down around 1800.

MORNING!

It starts in about two hours before leaving the house. The cozy twilight of the night is still crowding in the corners, but the kitchen is already clanging and sizzling, the water pipes are singing, footsteps are stomping down the stairs. The cat on the radiator lazily opens her left eye: oh, these are the fidgety homo erectuses...

Wake up, wash, clean, cook, cover, make sure there is salt for Lev, the right spoon for Nina, dessert, school lunch in lunchbox, zip up, check, clarify, make laugh, wipe, smile, bark, - for how many times more, we are almost late... Smile again.

The door slams.

The street smiles with the sun or frowns with drizzle, or slaps backhand by the howling wind, whose wet claws instantly crawl under the collar. Cars with child seats are parking, figures are walking along the streets - a larger one and one (or often several) smaller. And dogs, of course.

“Morning” - sound adult voices and jingle children’s. The parents look at each other and smile. Oh, those morning smiles of adults - encouraging and surprising, explanatory and delicate. Everyone is in their own thoughts and

businesses, but in this only second, when eyes meet and smiles bloom, so different and so sincere - in this moment, we all become one thing. Something kind, cozy and honest. Something bigger than can be expressed in words. I want to hug it, it’s very joyful to be a part of it, I want to talk about it much more... but we are almost there.

The road climbing up and already being seen beacons of teacher smiles and their kind attentive eyes, and then a small hand slips out of your palm. The curly head jumps, the braided (on their own, by the way!) pigtails swayed from side to side.

Have a nice day, kittens. I love you.

The parents walk down the hill and on their own paths. A big and grown-up day awaits them. Along with the fog, the magic of the moment evaporates, we become more and more immersed in ourselves. And that's true, and that's good. But while we are still here, let me confess my love for these morning moments, say many thanks for the kind looks and so different and so sincere smiles. And I will do it as is customary in Calstock:

Morning!

Volodymyr Tverezyy

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

Next deadline 23 May 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.

VILLAGE HALL UPDATE

As many of you already know we secured full planning permission for plans that would make substantial changes to the village. This was achieved with a grant of £8,500 from Cornwall County Councils Good Growth Fund. We are now in the final process of putting in a further bid to the fund to cover the cost of completing phase one of those plans. The maximum we can apply for is £200,000 which is what we are doing and this would be enough

Needless to say even to get to this stage has taken huge amounts of effort and time from members of the committee and there is no guarantee that the application will be successful as it is a highly competitive process with good causes from all across Cornwall able to apply but if we could all keep our collective fingers crossed it might help. However, should we be in luck and get the funding we would hope to do the bulk of the work in late July and August



to bring about substantial architectural change to the hall and give it a complete makeover. The big gains from the change would be enlarge the small hall substantially by moving the bar area and losing the present foyer, putting in a movable partition between the two halls, making a new bar at the patio end of the hall and creating a new and more welcoming entrance. Alongside all this we would change all old wooden windows that are in need of lots of maintenance for much more efficient low maintenance ones. All this work would constitute phase one with the second phase which would involve creating office and meeting spaces upstairs in the years to follow.

at which point we will be looking for lots of voluntary help so watch this space.

In other news we are delighted to host a digital copy of Calstock News on our website which can either be downloaded or read on line. This is a great step forward and should ensure that many more people get to read it. If you do go to our website www.calstockhall.com or are indeed reading this on there you will be able to look at the other features on our new website which will keep you up to date with everything that is going on at the village hall and how you can get involved.

CALSTOCK PRIMARY GETS GEOGRAPHY CURRICULUM AWARD



As many of you in the Calstock community might be aware, our school was awarded the prestigious PTI Primary Impact Award for its work on developing the Geography curriculum. This was the first year that the award had been presented. It promotes and celebrates excellence in primary leadership, recognising primary schools that put quality subject teaching at the heart of the classroom. The PTI congratulated us for the innovative way in which the teaching of Geography has been developed through an emphasis on fieldwork, use of the local environment, critical thinking and global learning.

During the last 18 months, as Geography lead, I've embarked on a journey to innovate and improve the teaching of Geography across the school and wider federation. To achieve this, we initiated, delivered and field-tested a redesigned critical thinking Geography curriculum. Secondly, I organised and led two CPD events for the South West PTI hub schools, building on the learning of previous PTI sessions and developing approaches to global learning, critical thinking and fieldwork.

The judging panel commented on how we'd really engaged with the Calstock community and locality to enrich and embed the curriculum. An example mentioned was the Riverscape project, organized by the Tamara Landscape Partnership, which took place at Cotehele Quay,

focusing on the River Tamar. As many of you will already be aware, this organisation is engaged in a 5-year project that aims to create a brighter future for the Tamar Valley and its communities, by creating opportunities and positive change through a programme of exciting projects.

The children interviewed each other about meaningful objects related to the river from their homes, uncovering a theme of geology and river exploration. Mini riverscapes were constructed, poetic sensory words expressed emotions about the river and mini rafts were built using natural materials and set off downstream with wishes for the river attached. Accompanied by artist Dominica Williamson, photographer Andy Hughes, researchers from Plymouth University, Dr John Martin and Adam Guy and their teacher from Calstock Primary, the children walked together, exploring the natural and cultural heritage along the path to Calstock, engaging with the landscape. Drone and film work was completed by Harry Sutherland and a short film and zine were produced capturing the whole day's adventure.

We are all so proud that our small, Local Authority primary school has been recognised for our Geography work by an organisation of such significance and with such a clear focus on curriculum excellence.

Ben Towe
Headteacher and Geography Lead

CALSTOCK YOUTH CLUB – A REFLECTION ON A YEAR

Last February during half term week we set up the village hall for our first Youth Day. We had not done very much advertising and really had no idea how this experiment would go. As we opened the doors young people were waiting outside already and gingerly shuffled into the hall, many with a ‘what is this youth club thing?’ look on their faces. That first session we had more than 20 young people drop in from the village with ages ranging from 8-15. It was a great session, and we were delighted and convinced to continue as the need was there.

Since February 2023 there have been 13 sessions in total, including 3 drop-in sessions during the school holidays in addition to our regular monthly sessions.

Thanks to the funding and in-kind support of the Parish Council, Calstock Cake, Ginsters and Calstock Village Hall we have been able to keep

Youth Club free or £1.00 for a donation which subsidises snacks, drinks and food. Each session has an intentional open access feel to it with games, craft, cooking and free space to run around in which offers some structure but also enough freedom for the young people to use imagination and spend valuable time connecting with friends.

Our core team of three volunteer workers all have background and experience in youth work, and we encourage any parents/others who would like to offer their time. Each month we have an average group of 17 young people attending, with the largest attendance being 27 and the smallest being 9.

Youth Club is open to anyone aged 8-16 years old and is on the last Friday of each month 6.30-8.30pm.

Lara Kramer

PRESCHOOL NEWS



RECENT FUN! The Preschool children made some lovely gifts for their special adults to celebrate Mothers’ Day and also welcomed parents and grandparents to our Preschool

for tea, cake and flowers to say thank you for everything! We all enjoyed dressing up for World Book Day and wearing our pyjamas for Red Nose Day.

NEW TEAM MEMBERS We are delighted to welcome two wonderful new members of staff to the preschool team: Bronte Charlton as a preschool practitioner and Stephanie Parry as a preschool assistant.

STAFF LEAVING We’d also like to take this opportunity to say a huge thank you to Pippa Burden who has been our book-keeper over the past couple of years but has decided it’s time to finish. Thank you for your superb financial organisation Pippa! Good luck with your next steps.

EVENTS The preschool is a valuable village asset providing outstanding first start for the very youngest members of our community. We are tirelessly fundraising – please help us by joining in some of our fundraising events. If you don’t fancy them – do your own fundraiser activity for us, we’ll help you promote it and be extremely grateful!

SCAVENGER HUNT 28TH MARCH – 15TH APRIL

Find beautiful painted pebbles hidden around the village to work out the answer and be in with a chance to win a prize! Cluesheets available from OTT pasties and LimeKiln Gallery

MUSIC AND MEDIA QUIZ 28TH MAY - HONICOMBE

Test your knowledge in a fun quiz – also including the draw of our Spring Raffle. Got to be in it to win it!

As ever – **CALL OUT FOR COMMITTEE MEMBERS!** Please consider helping us by joining our committee, we absolutely need you! Get in touch with Emma Oliver-Trend if you are interested. info@tamarvalleypreschool.org.uk

A MESSAGE FROM THE CALSTOCK LIGHTS COMMITTEE

A quarter of the year gone and whilst many in the village are turning their thoughts to the summer there's a small band of volunteers looking for more ideas to improve the illuminations on offer around the village during the next festive period at the end of the year (I am refraining from using "that" word in April!). All this is only possible with the generous support received from local businesses, villagers and friends of Calstock.

I would like to take this opportunity to thank everyone who has supported the Calstock Lights committee over the last 12 months. This was evident from the gathering of young and not so young for the lights switch on last December. Who'd have thought the big man in red would part exchange his sleigh for a motorbike!

As many will appreciate the lights fixtures and fittings continually require regular maintenance and updating along with annual electricity supply costs.

I am pleased to report that much needed funds were raised during the "Race Night" not only for the upkeep of the lights but also for an ongoing community project. To all who



generously donated prizes for the raffle, a big "thank you".

The next event to look forward to is the "Safari Supper" planned for Saturday 8th June. Further details will be announced over the coming weeks.

We always welcome feedback and suggestions on what the village would like to see, what works and what doesn't. The Calstock Lights committee is actively looking to support other village events (Bike Show and Bloomers to name a few) and if you would like to get involved in this rewarding activity or provide any feedback please feel free to contact us on calstocklights@gmail.com.

Neville McKechnie
Calstock Lights Committee Chair

SOCIAL CLUB MEMBERS' ANNUAL GENERAL MEETING

The Social Club is holding its Annual General Meeting on Sunday 14th April at 6pm and all members are encouraged to come along and hear about the past year from the committee. If you have any suggestions for the agenda or questions then please contact the Secretary, Clare, by

Sunday 7th via email on clubsec@calstocksocial.co.uk or by letter via the Club. (If you have been a member for more than a year, you might also consider joining the committee - use the same email to find out more or ask a current member.)



CALSTOCK REPAIR CAFE



The second Calstock Repair Cafe took place on 17th March in the Village Hall. During the three hours that the volunteers were available we advised on a number of items we were unable to fix, such as a horse shower (who knew there was such a thing?) which sadly had suffered a catastrophic freeze which means the shower itself needs to be replaced. A potters wheel from the US was found to have been plugged into UK voltage which had caused damage so we advised on a possible solution. There are some things we are unable to fix but we will do our best and advise on options.

On the positive, a lovely French bag was brought in for a handle to be re-attached, Liz was able to share skills to enable the lady to repair it herself, with a little assistance.

A beautiful beaded bag was assessed, it requires re-beading the handles onto wire ready for Tony to re-attach at the next event.

A water pearl necklace that requires re-attaching to a clasp has gone home with one of the repairers and will be ready for the next event.

The volunteers really love it if people can stay with the repairer whilst they work on items in order to discuss options, but also as a chance to chat and share skills.

We are looking forward to the next repair workshop on Sunday 21 April 10-1. As always we are grateful to Calstock Cake for sharing their space with us!

Janine Fall

CALSTOCK CAKE FESTIVAL DAY

Sunday 26th May. Calstock Cake Festival Day is up again this year on the Sunday 26th May, the day before the Spring Bank Holiday. Stick it in your diary. As usual it kicks off at 11 in the morning till 1 with some free art or craft workshops for all ages. There'll be a light Mediterranean lunch available for just £3.50 from 12.30 along with the ever popular Cake stall with a variety of cakes for all tastes at £1. Coffee and tea £1. Kids Squash free. The stage will be set up on the patio, the music starts from around 12.30 and runs through till 5.30ish when you all trickle home to tea. There'll be Stalls, Bands, Samba, Belly Dancing, Junk Drumming, Face Painting and

Open Mic. All the fun of a festival, free, and on your doorstep. The sun will shine! If you walk down or catch the bus, boat or train it would be a great help with the parking.

We need a few helpers/crew for the day, Baking Cakes, all expenses paid, directing car parking for a short spell, general crewing and setting up and setting down, so if you fancy a bit of that contact us on our Facebook page Calstock Cake or give us a call on 832619.

No-one gets paid, it's all paid for by selling food cake and refreshments and if there's any profit it goes to subsidising other events and organisations in the village.

Calstock Cake

TAMAR GROW LOCAL



Tamar Grow Local Community Interest Company (TGL) has a long association with Calstock with a number of our directors (and many members) living in Calstock. TGL was established as a member-owned, fully democratic CIC back in 2007 to support the start-up of the allotments on Church Hill and other local community growing projects.

17 years on and TGL's activities have grown substantially – we help manage St. Budeaux Community Allotments, teach bee-keeping and run a honey co-op, manage a FarmStart for people wanting land to develop new horticultural enterprises, make our own apple juice (find it in the Tamar Inn!) support a community vineyard, work with Plymouth City Council and Plymouth Community Homes on Tamar Valley produce provision into Plymouth, have set up a regional wholesale route called the Good Food Loop, developed a land matching scheme and we are a partner in the Tamara Landscape Partnership Scheme too.

Our work is aimed at increasing the availability of locally grown and made produce and reinvigorating market gardening

in the valley. Our income comes from numerous sources of commissioned works, some grant income and through trading and selling produce. Being not-for-profit enables us to pay producers a fair price to reflect the efforts of growing fresh and local produce.

Most people know us for our online farmers market Tamar Valley Food Hubs where we deliver super fresh (often picked the same day!) and delicious produce to doors and collection points every Friday afternoon and in 2023 we worked with over 70 local producers who all add their own produce each week and set their own prices. By the end of this financial year the hub will have paid out over £60,000 directly to small Tamar Valley producers demonstrating that by doing a small individual action of buying a few bits locally each week, really can have a meaningful impact on our local community.

Thanks Calstock as always for your friendship, feedback and involvement and we look forward to seeing you soon!

www.tamargrowlocal.org

www.tamarvalleyfoodhubs.org.uk

BEE NOTICING THE ESPECIAL FOR YOU



Continuing the theme of “finest unspoiled” reminds me of The Common Ground’s campaign to make a map of where you live showing distinctive features that are special to the community. I was reminded of this by the tile Rosie Fioreck and the children personalised on the wall of the public toilets in Gunnislake. There is something grounding in recognising the “especial” that makes a place home.

When Calstock in Bloom emerged bringing colour, texture and delight to Calstock, inadvertently they brought change to some of those “especial places” to shock and horror, yet have created new beauty and new special places! Such is the whim of the human and how impossible to please all people all of the time. I appreciate what CiB do at the same time as wanting a community-wide discussion about the scope and spread of tidy and gardenified Calstock (yes, I made the word up). Can those of us who don’t go to meetings have a voice, an input?

How to include all people in decision making is a challenge. That’s why we have committees, passing the responsibility onto

them to represent all of us. In the time I’ve been in Calstock I notice that those willing to run groups get constantly recycled around the various needs, with welcome new faces joining for a time. The majority of people don’t, won’t can’t, but still have opinions and feelings.

How to bring the sense of unity, of belonging to all who live here? How to do that for me? I’m going to start by noting what are “my especial things”: the large boundary holly in Danescombe, Scarlet Elf Cap fungi that look like red bowls for fairies, queen bumblebees in pink cherry blossom, shadow, a view of a clump of trees seen from Harewood Road that looks like Yggdrasil, the tree of life that was sacred to Norse people, which in myth and legend connects heaven to the underworld. The high orchard wall on the way to Okeltor, and the Toy Wall further along, as a start...

What would you choose?

Juliet Hilary,
Chair of the Calstock Footpath Society

Photos: White-tailed bumblebee on cherry blossom, copyright given, Scarlet elf cap fungi, from the Wildlife Trusts.

EQUAL RIGHTS (OF WAY)

After the recent amendment to the Rights of Way Act 1990, which gives pedestrians and horse riders equal rights of way with motorised forms of transport on all highways and byways, Calstock News understands that the installation of pedestrian traffic lights on the railway line at either end of Calstock Viaduct is scheduled to begin on April 1st.

A spokesperson for the network tells us: “The Plymouth to Gunnislake line is the ideal place to pilot this project. With trains running on average every two hours, the traffic lights will be set to give plenty of time for pedestrians and horses to safely cross the viaduct, providing they obey the lights. The lights will take the form of a simple red/green change and will be monitored by CCTV. After some discussion on timings, it has been decided that after the train has crossed from Devon to Calstock Station, the lights will remain on red during its journey to Gunnislake and back. Only after the



train has crossed back to Devon and is on its way to Plymouth will the green light will be shown”

“We believe that this ground-breaking project will provide a much needed connection between the two sides of the river Tamar, joining up the Tamara Way and giving people in both Devon and Cornwall greater access to the countryside. Please note that it is still an offence to trespass on the railway line before the traffic lights are fully operational.”

Interview by Angie Sage

TAMAR VALLEY COMMUNITY BUS - ACCESSIBLE

Dial-a-Ride, Community Bus Services
Tel: 01822 832998 (Mon to Fri, 1pm to 5pm)
Services are available for those within the parish.

How you can get involved

- **Volunteer!** Most schemes are always looking for new volunteers. They would not exist without the time provided by these individuals. Whether it is driving or helping with tasks.
- **Share!** Community Transport is available for anyone who is isolated or unable to access conventional transport. If you, or someone else you know might need assistance, let them know about the services available.
- **Investigate!** Please contact us if there is not a service in your area, and you would like to find out more about developing a local scheme. Or you would like to work with another service to extend theirs.

Support for community transport

The Council help to develop Community Transport solutions. We work with communities and organisations by:

- giving advice and information on rural transport.
- helping to identify the needs of the community and offering types of solutions.
- assisting with the research and development of new services.
- advertising on the Cornwall Council website and in Cornwall Public Transport Area Guides.
- providing funding for Community Transport organisations in Cornwall.

Scheme requirements

Any scheme receiving support from us must have or be working towards set standards. Such as DBS checks, MiDAS training and Child and Adult Safeguarding training. A copy of the requirements is available on request.

TAMAR VALLEY COMMUNITY FOOD

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.

CALSTOCK PARISH COUNCIL NEWS – APRIL 2024



We would like to welcome our new Outside Services Leader, Peter Gadd. You will no doubt have seen him darting around the area. Pete is in charge of all aspects of our outside responsibilities from keeping our outside spaces to a high standard to the maintenance of our outdoor furniture and property. Pete has already started working with volunteers to develop a number of other projects that will improve our wonderful parish.

We would like to say a massive thank you to Steve Darbyshire and his crew for their help on rebuilding the Playboat; to Calstock In Bloom for their continued efforts in the village and to Will Davies and his team for improving our moorings. Other projects have seen bird and bat boxes be made and put up; and tree maintenance.

If you have some spare time and would like to join our friendly crew, please contact us. We are looking for people to help us with general grounds work, environmental projects, renovations amongst other things.

continued on the next page ->

To find out about opportunities to volunteer, please contact Clare Bullimore, Parish Clerk on clerk@calstockparishcouncil.gov.uk or Pete Gadd, Outside Services Leader on estates@calstockparishcouncil.gov.uk 01822 748847



Steve Darbyshire gathers a crew to work on rebuilding the flagging Shamrock



Bird and bat boxes are made and put up by members of the Church



The Calstock In Bloomers laying turf on the village green



Jane Weatherby and volunteers looking after our Forest for Calstock Parish trees



Pete Gadd and Will Davies lead a team to improve moorings on the slipway

CORNWALL AND DEVON ARE SENDING LOVE TO UKRAINE



Cornwall and Devon are Sending Love To Ukraine have now been sending aid out to Warsaw in Poland to be transferred into Ukraine for over two years. We have had some wonderful support from all around South East Cornwall, and with now having two drivers and supporters based in Calstock, I thought it was time for me to say a personal thank you Andrew and Louise for their help and support and fundraising towards what we do.

Up-to-date we have sent 168 vans full of aid out to Warsaw. Each van costs approximately £1200, which covers the cost of the fuel the ferry and the accommodation. If we have to

hire vans in at the moment the cost of a higher Van is £675 so you can see fundraising is an absolute essential part of what we have to do.

We have two more trips planned for March. One leaves on the 20th of March which is another two vehicles which have both been supplied by Tavistock Lions and driven by them with one exception. One of the drivers is a member of Callington Lions. We then have a further 8 vehicles leaving St Anns Chapel at 3 am. On Wednesday, the 27th of March. One of those drivers is your very own Louise from Calstock. Everyone’s continued support and help is very much appreciated.

So by the time Trip number 21 arrives back on the 31st March we would have sent out 178 vehicles full of aid and brought back approximately 60 refugees + dogs and cats back to safety in the UK.

All our love, and thanks,
Cornwall and Devon Sending Love To Ukraine.

Darren Tait
01579 556141

COMPASS

Are you disillusioned with UK politics, concerned that the current system creates an environment that encourages intolerance, short term policies and conflict or that you are not represented at all? Would you like there to be a realistic chance that things could be different, that your actions might help create a more progressive Society? Until recently, there did not appear to be a space where likeminded people could explore what a Good Society might look like.

Recently, I discovered the cross-party group Compass which wishes to create a more “Equal, Democratic and Sustainable Society”. It is founded on the belief that no single issue,

organisation or political party can make a Good Society – but it does believe that we can all explore, through cooperation and constructive dialogue, what a Good Society might look like... and actively influence electoral politics to achieve it. I do not know if this will lead to a new way of progressive and collaborative working, but it does give me some optimism.

This month a Cornish branch of Compass has been formed and you are welcome to become part of it. I suggest you might want to find out more, without rushing to judgement, by visiting www.compassonline.org.uk

Jana Osborne

RECYCLING FOR CHARITY PROJECT



The Recycling for Charity Project saves everyday waste from being incinerated, and generates money for charities from manufacturers, when items on their list are sent to **TerraCycle** to be processed and made into plastic garden furniture and similar recycled products.

The manufacturers dictate what can be sent and to date the project has raised over **£13,000** for our main charity **Kicks Count**, who aim to reduce UK stillbirths, as well as supporting local charities.

Regular collections are made in Callington, Calstock, Drakewalls, Tavistock and St. Dominick and volunteers are available to answer your questions.

-To find out more about the **Recycling for Charity** project and for a full list of what can be accepted... visit the web page www.south-hill.co.uk/charity-recycling

-Also on the link, [Nextdoor](#)

-You can join the popular Facebook group www.facebook.com/groups/recycling.for.charity

-Questions can also be emailed to cornwallrecycling@outlook.com

Thank you for the amazing support from councils, businesses, many many individual collectors and our amazing volunteers.

Ali Humphreys

Recycling for Charity Project Lead



You can **reduce what you throw in your waste bin** by sorting out all cheese, crumpets, crackers, and coffee packets, all toothbrushes, tubes from gels & creams, Tupperware, tea cakes and tea

packets, and makeup, moisturiser pots, Marigolds, Mini Cheddars, muffin wrappers & much more.

NEW CORNWALL COUNCIL FOOD WASTE, RECYCLING AND RUBBISH COLLECTION CALENDAR 2024

■ Recycling and food waste collection days.

■ Rubbish and food waste collection days.

April 2024

Mo	Tu	We	Th	Fr
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

May 2024

Mo	Tu	We	Th	Fr
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

June 2024

Mo	Tu	We	Th	Fr
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

July 2024

Mo	Tu	We	Th	Fr
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

August 2024

Mo	Tu	We	Th	Fr
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

September 2024

Mo	Tu	We	Th	Fr
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

October 2024

Mo	Tu	We	Th	Fr
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

November 2024

Mo	Tu	We	Th	Fr
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

For more information - visit the Council website: www.cornwall.gov.uk/wastechanges

THE BIRTH OF CALSTOCK NEWS

Over 40 years ago, Jean Canon, a one time long term Calstock resident presented at the community council meeting, (The Village Hall Cttee), the possibility of a grant of £50 from the Development Commission to start up a local News sheet. The Village Hall leapt on it and pretty soon Jean and a dozen others produced the first copy, having spent the £50 on a Gestetner printer some masters, ink and a van load of recycled paper.

(If you have copy Number 1 please let Calstock News know. A lot of people would love to see it, but sadly I think it doesn't exist any more.)

Jean edited it and remained involved for many years. She now lives in Hampshire and I know she would be delighted to receive a copy produced by the new team. I'll forward this copy to her. Hopefully we'll get a written response for the next issue.

Barry Kirkman

CALSTOCK PARISH ARCHIVE



Thank you to the person who brought in a pantomime photograph to copy after our request in the last Calstock News - and if there are more out there, we'd love to see them.

Can anyone remember the paddling pool in Calstock? This time we'd like to ask if anyone has pictures we can copy. The only one we have is the one below, which as you can see, it doesn't give much impression of the pool.

We have had a very interesting donation – a bag of letters and invoices relating to Cork's Bazaar dating from the late 1880s to around 1903. For those who don't know, this was situated in Fore Street in the shop now occupied by Salmagundi. We will be in the village hall for the Calstock Heritage weekend

June 29th/30th when a few of them will be on display.

We would welcome more volunteers to help run the archive, so if anyone could spare a couple of hours most weeks you would be most welcome. We are a friendly bunch and no experience is necessary. We are based in Albaston cemetery chapel. Our opening hours are

Tuesday and Friday: 10.00 – 2.00

Wednesday: 12.00 – 4.00

Contact me, or call in at the archive to see what we get up to. We welcome visitors. As well as people coming to research their family, their house, or past industries in the parish, we have people coming in to browse through our large collection of photographs. We collect any documents and photographs relating to the parish and its people so if you have anything we could borrow to copy or if you are clearing out your loft, please think of us before throwing it away. We can always throw it away if it isn't suitable or if we already have it.

Hope to see some of you in the archive soon.

Lynda

lynda.harman@btinternet.com

Tel 01579 351413

CALSTOCK PARISH LOCAL HISTORY GROUP

If you're interested in local history please join us. The Calstock Parish Local History Group meets once a month for talks and outings. Membership is only £7 a year and includes three newsletters packed with articles about local history, and discounted entry to events. Get in touch if you'd like to join or find out more. Non-members are always welcome. Coming up:

SATURDAY 27th APRIL

A talk about the **Wars of the Roses**. Our speaker Philip Photiou was born and lives in Plymouth and is the author of two books, *Plymouth's Forgotten War*, a non-fiction work, and *The Wrath of Kings*, a novel set

during the Wars of the Roses. The talk will be at the Methodist Church in Albaston. Start time: 7.30pm; members: £1.50, visitors: £3. No need to book.

SATURDAY 11th MAY

Walking Tour of Saltash with local author Bruce Hunt of the Saltash Heritage local history centre and museum. (More details TBD. Drop me an email and I'll keep you posted).

If you would like more information about what we do, please contact me on email: tishvalva@mac.com -- Maybe we'll see you there.

Tish Valva

THE HIDDEN PLACES OF CALSTOCK PARISH – CALSTOCK FOOTPATH SOCIETY

I was asked to write about the finest unspoiled areas. A dilemma - to share my favourite quiet places and run the risk of them becoming busy? Or to invite you to experience wonder in the commonplace so you take the attitude of discovery wherever you are? As the new Chair of Calstock Footpath Society I fear I am not quite up to the job. My confidence is not helped by pain in my right foot, which is worse after walking. I await x-ray results but suspect it is a form of tendonitis in the muscle under my big toe. Rest, elevation, ice, painkillers.

Can I then offer you a guided walk that doesn't go far? That instead of tramping out the miles we stop and look at what we find along the way, an exploration of all that is hidden and secret right in front of us as we give ourselves

permission to look? I can throw in some sensory games (or mindfulness opportunities if that sounds more adult). All ages welcome.



Let's hope the weather is better than last time I offered a walk!

It may be muddy, wear suitable footwear and bring a raincoat if it looks like rain. We'll be out max 2 hours. CFS is aware of your safety but your safety is your responsibility and you walk at your own risk. Children welcome, with a parent/guardian; assistance dogs on a lead please.

calstockfootpath@gmail.com

Facebook group: Calstock Footpath Society

Juliet Hilary

CALSTOCK COMMUNITY THEATRE – CALL OUT FOR INTEREST

‘Art is not a mirror with which to reflect reality but a hammer with which to shape it’.

-Bertolt Brecht

In 1989/90 I directed The Threepenny Opera by Bertolt Brecht for the opening of the new village hall in Calstock. An acting ensemble was brought together from the village to make this happen – anyone could be in the show provided they were willing to take a risk and try something new. Recently some of the VHS recording has been copied to youtube. The quality is pretty terrible but you will get a flavour of what we did.

https://www.youtube.com/watch?v=hnKz_UYVNbw

<https://www.youtube.com/watch?v=J3Lv0YjYjrs>

Bertolt Brecht is probably the most influential theatre practitioner of the twentieth century. He made and shaped theatre in a way that had a huge impact upon its development. Many of his ideas were so revolutionary that they

changed the theatrical landscape forever. Brecht wanted his theatre to be a force for social change. He wanted to make his audience think.

To do this he used a range of theatrical techniques so that the audience were reminded throughout that they were watching theatre; a presentation of life, not real life itself. He called it Epic theatre and I have always loved it both as an actor and a director.

It feels like the time is right to do another community play in Calstock - we will need a set design & builders, lighting & sound technicians, musicians, costumer makers, make-up artists and of course, actors. Is this something you might be interested in?

Please come to a meeting at Calstock Village Hall on Tuesday 21st May at 7.30 to learn more and express your interest in being involved.

Sheila Snellgrove

CALSTOCK'S THREEPENNY OPERA 1990

Video now available on youtube

In 1990 as part of the first Calstock Festival, the Calstock Community Theatre was formed. Shelia Snellgrove, from Plymouth's Barbican Theatre directed about thirty of us to present The Threepenny Opera by Bertolt Brecht, with music by Kurt Weill. We presented it for three nights in the brand new Village Hall and two nights at the Barbican Theatre. Only a couple of us had done any acting before, It was scary but an amazing experience.

At last a video of it is available on youtube. You can find it by searching for "Calstock Community Theatre, The Threepenny Opera". Youtube could only show it in less than 15 minute slots so it's split into 9 parts. The

first three are available now. You can also find them on Facebook page, Calstock TV.

The quality is not good, as it was recorded on VHS and not stored ideally. Some of you may recognise many of us, some of you just a few, as many have left Calstock now. Along with other Festival events we made about £2700 to help out with the building of the new Village Hall.

Calstock Community Theatre is being formed again to produce, no doubt another difficult, challenging and exciting production. Fancy a bit of acting and a bit of fun? It will reward you more than you can imagine. Read more elsewhere in this issue of Calstock News.

Calstock TV

DEBBIE LAWTON

Debbie Lawton, Treasurer of Calstock Arts, chooses 10 out of 20 Questions:

- 1. How long have you lived in Calstock?**
7 years in May
- 2. What brought you to Calstock?** My husband Andy wanted a larger garden & more rural life & I wanted a village community - Calstock provided all of this
- 3. What is it about Calstock that you enjoy most?** Sense of community - even more than I hoped for. Our friends & family from outside the village agree too & love coming to Calstock
- 4. What do you do in the community?** I'm involved with Calstock Lights & Calstock Arts & read with the children at the primary school
- 5. Do you know any of your nearest neighbours?** We know all of them
- 7. Where are you most likely to be seen?** Slowly walking with our elderly golden retriever Oscar or at Calstock Arts
- 8. What is your favourite local walk?** Along



- the river & into the Danescombe Valley
- 12. What in your opinion is the best view in the valley?** The view of the viaduct from our bedroom window
 - 14. Which season do you enjoy the most here in Calstock?** Spring - our garden is at its most colourful in spring, the weather isn't too bad (usually) & we have May Revels to look forward to!
 - 20. What three words describe your life here in Calstock?** Busy, Friendly & Varied

BUSES TIMETABLE

79 Callington to Tavistock from Calstock Quay:

Monday-Friday	0742	0912	1042	1242	1642	1742	1842
Saturday	0808	0953	1153	1353	1553	1753	
Sunday	<i>No Service</i>						

79 Tavistock to Callington from Calstock Quay:

Monday-Friday	0758	0953	1153	1353	1547	1653	1753
Saturday	0912	1042	1242	1512	1642	1832	
Sunday	<i>No Service</i>						

TRAINS TIMETABLE

Calstock to Plymouth

Monday-Friday	0554	0737	0931	1131	1331	1531	1745	1945	2234
Saturday	0728	0926	1126	1326	1526	1746	1930	2232	
Sunday	0922	1121	1322	1522	1746				

Plymouth to Calstock

Monday-Friday	0457	0630	0824	1028	1228	1428	1638	1838	2130
Saturday	0627	0822	1024	1224	1424	1644	1826	2130	
Sunday	0803	1010	1220	1420	1644				

CALSTOCKIUM

Ten years on from the discovery of Calstock's own Roman hill fort, I downloaded this from Wikipedi-us Romanicus.

It tells us that the Romans came in the First Century AD and named the local settlement Calstockium.

Initially the Celts assumed the Romans were not going to live in their hill-fort, and that it would be only used at weekends and perhaps for longer in the summer. But they were wrong. Once the Romans were properly established, Calstock had never seen such ostentatious use of ensuite plumbing, or such per-capita chariot ownership.

Views of the Romans differed sharply according to whether you were a Celt or one of the more shadowy Druids who had drifted into the area.

The Celts were jealous of the Romans' wealth and tried to equip themselves with even bigger 'Chelsea chariots' to prove a point. The Druids thought the Romans were obsessed with schooling, over-militarised, and heedless of the earth's finite resources.

Roman views of the locals have survived. A caricature scratched on the fortifications shows a long-haired man, with the caption 'this bloke thinks he's Merlin'. On one of the sentry posts some heartfelt graffiti reads: 'It's perishing cold here on the north-west fringes of the known world. But at least it's not Gunnislake'.

Whereas in the East of England the Romans relied on armies of imported labourers, mainly from Polandium, here they sought out local plasterers, plumbers, tilers and - inevitably - damp-proofers.

Some think that the Romans left after a few

hundred years, their self-belief shattered by the great Dark Ages property crash. But in all likelihood they had simply been assimilated into the local population.

If you were a complete Celt, you might often have been heard in local mead-houses asking 'What have the Romans done for us?'

However the Roman reforming flair left its imprint. Roman scribes gradually became co-opted onto local organisations, bringing order to the books, establishing regular newsletters and generally gentrifying the village.

Calstock, however, may have left its mark on the Romans. Recent research suggests that the crude 'smelter' within the hill fort was eventually used as a device for the communal smoking of herbs on a hitherto unimagined scale. Small wonder, all in all, that the records are rather sketchy.

Neil Gallacher

* * *

Professor Chris Smart, Department of Archeology, Exeter University, who directed the excavations at Calstockium between 2008 & 2022 has kindly offered the following comment:

I completely agree with assertion on para 8 that some of the Romans were assimilated with the local population. One only has to take a casual survey of the stature of the average punter in the Tamar Inn, or the former Pearce's Garage. The 4th-century Roman writer Vegetius, in his treatise 'de re militara' (Concerning Military Matters) states the optimal height for a soldier of the Roman army was around 5 foot 4 inches. Empirical proof of genetic continuity from Calstockium to Calstock!



**MOTHER OF DIRECTOR OF TREWARTHA, GREGORY & DOIDGE
CELEBRATES 100TH BIRTHDAY**

Before Christmas I wrote about Mary Biscombe, a miner's daughter, who was sacked as a pupil teacher at Harrowbarrow School in 1881 for 'immorality'. I wondered if the month old boy, William, living in her father's house, was her son? In 1885 she had married a miner called Henry Trewartha. How did the story develop?

In the 1880s many Calstock miners were unemployed. A typhoid epidemic in Gunnislake was attributed 'to the poverty consequent on the mining depression.' Baptist Minister Daniel Cork said 'many are out of employment and others have their wages reduced 10 or 20%. 'In 1885 Mary's ex-headmaster said the 'trade depression has expanded to this neighbourhood & several families are leaving the place. 'In 1891 Rev Cork wrote 'we are constantly witnessing many removals of able bodied men to foreign countries.'

That is what Mary and Henry Trewartha did. They went with young William to the gold mines of New Mexico where 4 more children were born. The gold mining boom peaked in 1893. Again Mary and Henry faced unemployment. By 1898 they were back in Harrowbarrow.

Young William went into the Navy and was still serving in 1921. He retired to Devon and died in Plymouth in 1944.

Mary's husband, Henry, died in 1911. In 1915 she married James Leverton, Calstock's Methodist minister. Local resident Henry James recalled 'a zealous local preacher who



With thanks to Trewartha, Gregory & Doidge

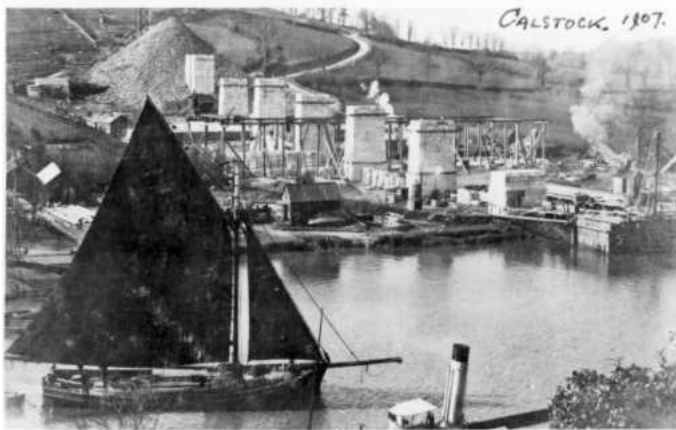
worked continually to save the Village sinners from the clutches of evil eternal damnation! '

Rev Leverton died in 1937 but Mary lived on in Callington where she celebrated her 100th birthday in 1963. The Cornish Guardian said she 'is only a little deaf, sprightly and in possession of all her faculties and a ready wit. She reads regularly, has several favourite TV programmes & knits industriously for the Methodist Sisterhood. 'She died in 1965 leaving £1139. What an amazing life! Pregnant at 18, a pioneer in the gold rush in New Mexico, ending her days, a prosperous widow, in the age of television.

Herbert Trewartha, a senior director of Callington's iconic shop, Trewartha, Gregory & Doidge which opened in 1935, was born in America, her 4th son. On her 100th birthday he donated £100 to charity, £1 for every year of her life.

Alastair Tinto
(with thanks to Lorna Potter of Calstock Archive)

BARGES ON THE TAMAR TIDEWATER



The West Country Tamar Barge was unique in their general design using both sloop and ketch rigs and great quantities of sail between long gaffs and booms. Some had bowsprits adding jibs with the staysails to aid with the twists in the River Tamar. Only a few flew topsails such as James Goss' 55' Cutter, *Lillie*, launched in 1899

It took a Civil War in the United States to initiate shipbuilding along the Tamar's long upper meander. There were three yards: Emmanuel Crocker Shipyard at Netstakes Quay, just below Gunnislake, the Edward Brooming Shipyard in Bere Ferrers Parish, Devon, (also known as Calstock or Goss and Sons Shipyard) and Danescombe Quay, Calstock..

The *Lynher* and the *Shamrock*

James Goss' reputation for attention to detail is evidenced by the 128 year old, 51'2" Cutter, *Lynher*, that is still sailing. Surviving abandonment in 1952 on the River Lynher, 37 years later she was taken out of the mud and re-floated almost single-handedly by Charlie Force. After an extensive restoration she

serves as a skills preservation and charter vessel on the River Tamar.

The 57'6" ketch rigged Tamar Sailing Barge, *Shamrock* was built to a Frederick Hawke design in Plymouth at his Stonehouse Shipyard and launched in 1899. She, like most Tamar Barges, was designed with shallow draught for easy beaching but was originally rigged with two centre-boards for windward work under sail. Originally sold to the Tom and Fred Williams brothers, then purchased by the Steed family for which she remained until 1962 working carrying stone. The two centre-boards were taken out and a traditional keel put in place for offshore sailing. In 1970 she was beached but restored from 1974-1979 by John Fildew with the National Maritime Museum and the National Trust.

Calstock is privileged to have two National Historic Ships, one on either side of our village, the bluewater ketch, *Garlandstone* at *Morwellan Quay* and the *Shamrock* at *Cotehele Quay*, as well as having the *Lynher*, another National Historic Ship, making visits under sail.

H.E.Ross

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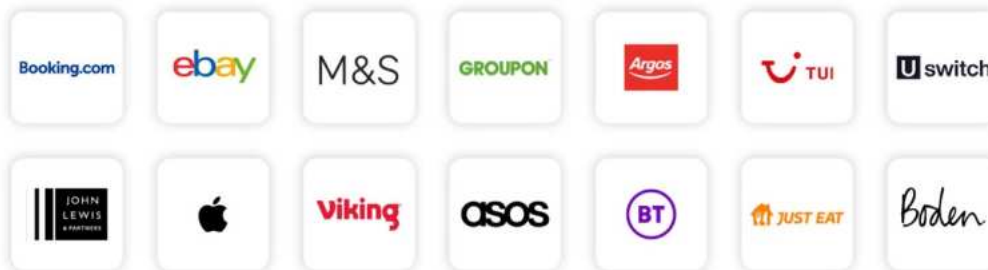
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
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CALSTOCK ARTS

- Friday 5th April – Cornwall based chamber choir **Levowan XII** – Tickets £7 in advance £10 on the door. Bar and Doors open at 7pm with performance starting at 8pm
- Sunday 7th April – Poetry Book Launch by **Dorothy Coventon** – Unpinned from Time. Celebrate the launch of Dorothy’s new book of collected poems. Free entry but please get an allocated ticket on line. 2.30 – 4.30 pm. Bar open.
- Saturday 13th April – **The Jake Leg Jug Band** bringing you authentic Jazz, Blues, Gospel and Ragtime from the 20’s and 30’s. Tickets £12 in advance of £15 on the door. Barn and Doors open at 7pm with the performance starting at 8pm.
- Sunday 14th April – **One Writers ’Group – Three Routes to Publication**. Three Devon authors will be sharing their experiences. Tickets £5.50 in advance £6 on the Door. Doors open at 5.30. Talk 6 – 7.30pm. Books available for sale. All ticket proceeds to Calstock Arts Projector Fund Raiser.



- Saturday 20th April – **Martin Simpson** – a known guitarist of formidable talent. Tickets £18 in advance £21 on the Door.

Doors and Bar open at 7pm, performance starts at 8pm.

- Thursday 25th April – **Six Inches of Soil with Marina O’Connell** – Documentary shining a spotlight on soil health and regenerative farming. Tickets £5 in advance, £8 on the door. Doors and Bar open at 6.30pm Screening at 7.30pm.
- Friday 3rd May – **Keith James** in concert with the songs of Leonard Cohen – Tickets £15 in advance £18 on the Door – Bar and Door open at 6.30pm Concert starts at 7.30pm
- Thursday 9th May – **Cornwall’s Climate Stories – Power to the People** - Directed by Calstock’s very own Bryony Stokes. Tickets £6 in advance £8 on the Door. Bar and Doors open at 7pm, Screening at 8pm



- Wednesday 22nd May – **Espen Eriksen Trio** – One of the most popular piano trios in Europe. Tickets £17 in advance £20 on the Door. Bar and doors open at 7pm with performance starting at 8pm.
- Saturday 25th May – **Sherburn – Bartley – Sanders** – a great mix to make you smile – Tickets £15 in advance £18 on the Door. Bar and doors open at 7pm with performance starting at 8pm.

VILLAGE HALL

THE OLD TIME SAILORS

Friday 12th April 7pm - 10.30pm

Tickets SOLD OUT on line (a few tickets available from the Lime Kiln Gallery Early April)

A musical show to make the audience feel like they have been taken back in time to the inside of a 19th century vessel. Our crew of 17 musicians play fully unplugged to ensure an authentic experience. The show will be 3 hours of over 30 songs and tunes for the audience to sing and dance to surrounded by drunken sailors in our magnificent stage set.

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Friday 19th April Doors open 7.30pm

Tickets £17.50. Under 25's £10.00

Described by Tom Robinson (BBC6Music) as being "like the love-child of Steel Pulse, Kate Tempest and The Sleaford Mods", The Undercover Hippy's music brings together powerful messages, infectious reggae rhythms, and a lyrical delivery that will get even the most hardened hip-hop head nodding in approval. Expect to be amazed, amused and uplifted.

BODKIN THEATRE PRESENT BIKE

Friday 3rd May Doors 7pm for 7.30pm start

Tickets Full price £11. Under 18 £6. Unwaged £6. Family £30

Karen, 17, on her parents: loving and lovable; devotees of University Challenge. Oh, and they're cops.

Karen's parents, on Karen: fearless cycling champion; a sweet-natured young lady.

Karen's parents are worried. She won't come out of her bedroom. Which is odd, given she's such a go-getter. Odder still is what she's doing in there...

A poignant rites-of-passage story from acclaimed writer Jon Welch.

MARTHA TILSTON + KANA

Friday 31st May Doors 7.30pm

Tickets £16 in advance. £18 on the door (limited tickets at £10 available for under 25s)

"She has the power to draw an audience into her world, leaving all those present with a smile, and a few issues to ponder, too" – Time Out.

"Sharp, original songs that dissect the modern world. She captures both the harshness and enchantment of life" - The Guardian.

With a pure silken voice and lyrics that inspire and captivate, Martha Tilston has a large and loyal following. She has performed on some of the world's most prestigious stages and festivals, recorded and released several critically acclaimed albums and gained a nomination for BBC best newcomer. She's worked with Damien Rice, Nick Harper, Kae Tempest, Roddy Frame (Aztec Camera) and Zero 7. The past few years have seen Martha venture into the world of film making, gaining nominations for best arts film for The Clifftop Sessions and recently releasing her first feature film, The Tape, which is garnering much praise and excitement.

Kana: With seven female members, a raft of rousing self-penned songs and a knack for bringing fresh harmonic inspiration to traditional pieces, Kana is a band worth keeping your eye on. With summer '23 having been packed with festival appearances (Tunes in the Dunes, Great Estate), support slots (Fisherman's Friends, Angeline Morrison), and guest spots at folk clubs and local live-music events, they're very much on the up.

CALSTOCK SOCIAL CLUB

- Sunday 7th April - Acoustic session with Third Wheel 4-6pm
- Saturday 13th April - Devil Rain rock group playing from 9pm
- Saturday 27th April - High Voltage - rock group playing from 9pm
- Sunday 5th May - acoustic session with The QuarterTones - 4-6pm
- Sunday 12th May - acoustic session with Lazy Divide - 4-6pm
- Sunday 19th May - acoustic session with Celtic folk band The Stowes 4-6pm
- Friday 31st May - The Buzz Club - Soul, funk party band - from 9pm.

THE TAMAR INN



THE TREE OF LIFE

Calstock Singers' Spring Concert is entitled 'The Tree of Life'. Sarah Gard is our new musical director and she has put together an interesting and varied programme, which we are sure you will enjoy. We have welcomed several new singers recently and preparations are going well. We

look forward to an enjoyable afternoon's entertainment, so do come along. The concert is at 3pm on Sunday 28th April in Calstock Arts (old chapel). Entry is by donation on the day but you will require a (free) ticket, available from Jenny 01822 835889 or Limekiln Gallery at Calstock. Refreshments available.

CALSTOCK MAY REVELS

Once upon a time there was a beautiful princess, called Tamara, who lived underground with her father, the Earth King. So starts the legend of “Tavy and Tamara” and this is the story which is re-enacted in Calstock every year on the first bank holiday in May.

Tavy is a giant and, over the years he has had a few re-incarnations.

He processes through the streets every year to the tune of the Calstock May Revel.

In the past, children and young people have performed the story on the Green and it would be really wonderful if we could find some volunteers who might like to take on the organisation of this once again.

The story goes that Tamara grows curious about life above ground and, unknown to her father, escapes to the surface. Here she and Tavy meet and fall in love. The Earth King finds out, loses his temper, and turns Tamara into the river Tamar. Tavy is so grief-stricken that he weeps volumes of tears, dissolving himself into another river, the Tavy.



To this day the waters of the two rivers mingle and flow eternally together to the sea. And those who stand very quietly on the riverbank may even catch a glimpse of Tamara’s sparkling eyes and hear the ripple of her laughter.

As well as the main event, there are also other things that traditionally have taken place, like the preschool children dancing around the maypole. There is also a Mummings play, which is a small play with the same characters in every year, but a more recent political story. If you are interested in being part of this then please email Phil on calstockmummings@gmail.com. It is always very entertaining!

FRESH OFF THE PRESS EXHIBITION

Our 16th annual Fresh Off the Press exhibition continues until the 6th of April. This is always a fascinating insight into the magical world of printmaking, featuring around 30 of the best proponents of the art, whose collected work illustrates how diverse we all are in what we find beautiful and interesting in the Universe. From incredibly detailed renderings of contemporary life to abstract ideas which fire the imagination, a myriad of possibilities unfolds.

On Saturday 13th of April we open our Spring Show with everyone welcome to enjoy refreshments between 2 and 5pm. The exhibition will feature the fascinating paintings of Jill Goodman alongside the work of Calstock weaver Mark Cullen, and will bring intense

colours to hopefully mirror the fertile Tamar Valley's most richly visual season.

Always with us here at Limekiln Gallery are Ley Roberts' etchings and drawings. Ley's work continues to develop as demand for it increases, and she can now be found in a number of prestigious galleries and exhibitions around the country. Having won another award, the much-coveted Boodle Hatfield Prize in London last autumn, she will be one of the main featured artists at this year's Woolwich Print Fair. We have a broad range of her work here, with some of it showing detailed Calstock scenes, and everyone is welcome to come and see the collection we have here, and what she's currently up to.

Limekiln Gallery is open 11-5 Tue to Sat. We hope to see you soon.

A TALK FOR ALL WRITERS, ASPIRING WRITERS AND READERS WITH YAARA LAHAV GREGORY, ANNA LUNK AND SOPHIE PIERCE

How do you go about getting published? A conversation between authors Anna Lunk, Yaara Lahav Gregory, and Sophie Pierce.

All writers know how hard it is to get published, and what a lonely business it can be. Three Devon writers, who are members of the same writing group, have all published books in the last year, following different routes to market. Anna Lunk, Yaara Lahav Gregory and Sophie Pierce will talk about their three very different books – two novels and a memoir – and share their experiences of the

- Keeping going amidst all the rejection
- The different routes to publication and how they work
- Promotion and social media
- Why we write and desire to be read

Some of you will remember Anna from when she lived in Calstock and ran creative writing classes and was a performing member of Girls 'Own Theatre. She is delighted to be visiting Calstock following the publication of *Amie's Rest*. Yaara's book is set in the kibbutz where she grew up and throws some light on the differing ideologies in Israel and asks, How



Anna Lunk



Yaara Lahav



Sophie Pierce

rocky road to publication. Yaara's *Night Swimming in the Jordan* (Cinnamon Press) is a coming of age novel set in 1970s Israel, but which also incorporates life in Devon. Anna's novel *Amie's Rest* (Buzzard Press) is the story of a young girl navigating life on her own after being in care, while Sophie's memoir *The Green Hill: Letters to a Son* (Unbound) is about the sudden death of her son Felix, and the role of the Devon landscape in her journey of grief.

Covering:

- The support a writers' group gives

can the most likeable people hold the least likeable beliefs? It also depicts a young girl's waking sexuality, first love affairs and a dawning political awareness. *The Green Hill*, a sharply honest depiction of a journey through grief, balances sorrow with a celebration of wild swimming in Devon and Cornish waters and walking on Dartmoor to ancient monuments.

One Writers' Group: Three Routes to Publication.

Calstock Arts, Sunday, April 14th, 6pm.

SPRING AT COTEHELE

Cotehele in spring is a wonderful sight. The daffodils are brightening up the garden, and as of Saturday 9 March, the house has reopened.

As well as the armour and tapestries which adorn the house, our new exhibition 'Life on the Tamar' is on display in the Breakfast Room. This exhibition explores our local patch of this remarkable river, which ebbs and flows through time. We take a closer look at the wars

Alice is a painter, walker and explorer based in Cornwall. She is passionate about capturing the essence of place. Alice uses a mixed-media approach to capture both the details and expansiveness of these unique landscapes.

FESTIVAL OF BLOSSOM AT COTEHELE

Friday 26 – Monday 29 April

Come and celebrate the beauty of blossom in National Trust Cotehele’s tranquil orchards with music, art and free blossom yoga.



the valley’s occupants experienced, the industries which helped the area thrive, the wildlife that live in the winding waters and on its varied banks, and the impact the river has had in our culture.

Open daily until November 2025, 10am-4pm. (closed 1 November 2024 - 7 March 2025).

THE FESTIVAL OF BLOSSOM IS BACK!

Join us as we celebrate the beauty of blossom along the Tamar Valley Line. Visit nationaltrust.org.uk/cotehele to find out more about all the events happening as part of the festival. Here are some of the highlights happening at Cotehele:

ABUNDANCE – ALICE ROBINSON-CARTER

Saturday 13 -Sunday 29 April, exhibition in the Victorian Drawing Room.

GWEL AN BLEUJINN (VIEW OF THE FLOWERS)

Saturday 27 April, 11am-12noon, at Cotehele. Join us as we process through the blossom, giving thanks to the flowers and the promise of the fruit that will follow. Enjoy music from Rosie Fierek, poetry read by Rob Forshaw and dance by Moondance studios.

UNIVERSITY OF PLYMOUTH BLOSSOM-BLITZ

Sunday 28 April, 10am-4pm at Cotehele.

Uncover a hidden world of amazing orchard wildlife with staff and students from the University of Plymouth. Help us build a picture of this amazing habitat by identifying the wildlife found among the blossom in the Mother Orchard.

BREAD AND ROSES

For gardeners and all those who aspire to be, March is our new year. With a bit of luck, we'll have had a couple of days – even hours – of sunshine so far this month, encouraging us outside to start the great tidy up and begin plotting what's to come.

Whatever you're planning, I'd encourage everyone to sow a few seeds, although I'll warn you it's addictive. Every year, when I spot those first few green shoots, it feels like alchemy. And later in the season, there are few things that give more pleasure than serving vegetables you've nurtured from seed, alongside a jug of homegrown flowers. Bread and roses – and both equally important.

But if you're a newcomer, it can feel daunting, so here's a few ground rules to help you get growing.

- Pick easy things to start with. They'll build your confidence. For flowers, try cornflowers, sunflowers, cosmos, calendula and sweet peas. All have big seeds and will sprout easily. For vegetables, pick courgettes, cucumbers and dwarf beans. The packet instructions will tell you how deep to sow them.
- Use good quality seed compost and keep it indoors or at least away from where slugs,

snails and any other critters might make a home.

- Don't sow too thickly. A few seeds will germinate much better. Most seeds will keep for at least another year, if you store them carefully.
- Don't rush to get started. As tempting as it is, if you sow too early in the year, the light levels are too low and you risk seedlings becoming leggy – thin and spindly – and they never really recover. April is perfect for most things.
- Once seeds have sprouted, water from below, by placing the pot or tray in a sink filled with an inch or so of water for a few minutes. It's the best way I've found to avoid damping off, when apparently healthy-looking seedlings keel over.
- And above all, grow what you love – whether to eat, admire or both. You'll take more care of it.

For friendly advice, join Calstock Gardeners on Facebook. Happy gardening!

Lynne Pearce



CALSTOCK IN BLOOM EVENT



Our Calstock In Bloom Community Gardening Event will be held on Sunday April 7th from 10:00 until 12:30. You are invited to just come along for how long you want or can.

We will meet on the Green and all are very welcome, and no gardening experience is necessary.

Thanks and hope to see you,
Calstock In Bloom
Colin Bates

ENVIRONMENT AGENCY FLOOD RISK ASSESSMENT

As a requirement for the proposed flood defence scheme, the Environment Agency commissioned a Flood Risk Assessment (FRA) in 2019. The report was accessible from the Planning web page. It says: ‘The purpose of the scheme is to increase the standard of protection provided by the existing (failing) embankment, however, for larger flooding events the proposed embankments will still overtop, inundating the land and property behind. Increasing the height of the

Predicted sea level rises due to climate change were given, estimating that by 2050, Mean Sea Level will be about 200mm higher, and by 2080 will be about 525mm higher than 2019 levels.

The impact of increased fluvial flow resulting from climate change is based on statistical estimates which when modelled suggest a 1 in 100 Fluvial event will increase by 400mm by 2050 and 700mm by 2080. It concludes that additional flow and increased tide levels are



The biggest tide of the year on the 12th March - on big tides, water levels in the river are within 600mm of the top of the floodbank

proposed defences beyond that proposed would not improve the standard of protection because the new defences would be outflanked by water overtopping the defences around the village centre (which is typically around 3.7m); raising these defences is not economically viable at the present time’.

The plan proposed topping up the existing embankment to 3.7m AOD. This was done along Town Farm Field and is proposed for the football field soon. The new bund was built to height of 4.0m AOD.

unlikely to have any significant additional impacts than a 1 in 1000 extreme event. This is strange when those predicted extra levels means that by 2080 the existing bank would be over topped on most large tides with even a slight tidal surge.

So the big question is, at what time will raising the remaining flood defences in the village become economically viable, if ever?

Peter Thompson

WHO'S WHO IN CALSTOCK BOATYARD



Calstock Boatyard continues to be a well used village business. Chock full of boats in winter and busy in spring and summer as folk carry out repairs and improvements to their boats

The boatyard has some fantastic boats in this year from the River Tamar's oldest boat – the lugger 'Shamrock' built in 1890 to 'Jane' a beautiful 1937 Harrison Butler yacht. There is also the new electric ferry for Calstock waiting for its new operator to get stuck in making the vessel ready to work. We have recently housed

the smallest catamaran to circumnavigate the globe at 21 feet! You can't even sit up in it. As well as a variety of traditional and more modern vessels. The stories behind the boats are as varied as the sailors who own them.

There are also a number of studios here which local artists use for their crafts. These include:

Emma Hazeldine's yoga studio,

Mark Cullen's weaving loom and wonderful rugs,

Olivia Dunn's brand copywriting office,

Ley Roberts print making studio,

Bryony Stokes our resident film maker's edit space,

Lily Claxton with her jewellery and crafts.

Lucas Craze manages the boatyard, moorings, launching and lifting boats and Andy Whiteford is always on hand with Aegier Marine services to carry out repairs, painting and improvements to customers boats.

We will try to keep the Calstock boatyard Facebook and instagram updated as the spring progresses and the sailing season starts!

NAVIGATION HAZARD

Please be aware that the sunken yacht on a mooring in the middle of the river opposite the chapel at Halton Quay is not now visible, even at very low water. A large tree is currently lodged either on the mooring or on the sunken boat. It may be that

the sunken yacht has been knocked over and its mast may extend under water for some metres. This constitutes a hazard to navigation!

Sheila Snellgrove, Cotehele gig rowers

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

*submerge: sedhi
boat: skath*



POWER TO THE PEOPLE?

Power to the People is the latest film in the superb Cornwall's Climate Stories series directed by Calstock's own Bryony Stokes.

With fantastic resources of wind, sun, tides, geothermal heat and critical minerals, Cornwall could drive the whole country's clean energy revolution.

However, the UK's 100-year-old electricity grid means this potential can't currently be harnessed – while huge numbers of local people are living in poorly insulated homes they can't afford to heat.

My latest film- no 7 in a series looking at how climate change is affecting Cornwall is called Power to the People. It explores the exciting opportunities and huge challenges facing us as we wean ourselves off fossil fuels – from a

How could Calstock power itself away from the big energy suppliers?

Could we set up our own energy network?

Will our housing stock work with air source heat pumps?

Could we harness the energy from our tidal river and bring it all ashore?

Or even reuse the mines to bring up geothermal heat?

These are all things I would love to know the answers too so I will be bringing a panel of experts to answer your questions. These include Simon Miller from the Wadebridge renewable energy network, Andy Neville climate advisor in Stoke Climsland and Matt Shepherd from ZLC Energy.

Bryony will also be in attendance to provide more in depth background to the making of



farmer who's found a novel way to combine food production with solar panels, opportunities to use our historic heritage to power the future, and projects to harness the amazing untapped heat 5km down in the Earth's crust.

this film, she will also be accompanied by an expert from the film to answer your energy questions.

<https://www.wegotickets.com/event/613070>

For more information about Bryony's films: <https://www.cornwallclimate.org>

THREE RIVERS RACE GIG ROWING RESULTS



Cotehele Quay Gig Club's ladies 'and men's crews enjoyed a cracking start to the rowing season at the highly anticipated Three Rivers Race on Sunday, March 3.

It was a day of celebration for the club - its Ladies 'A and Ladies 'B crews achieved their highest ever results at the event from previous years; Men's A did well despite two late changes for illness; and it was a first time competing for two of its juniors, who rowed with Men's B.

The long distance race, run by Caradon Rowing Club, is the first big gig rowing event of the year. It starts at the Tamar Bridge and visits the entrances to the rivers feeding the Tamar.

Cotehele Quay's Ladies 'A crew, with Cox Sam Rogers, went out in Heat 1 and battled their way around the course. Staying in 7th position most of the way around the race, LA

dug deep for the last few hundred metres and overtook Truro to make it back in 51 mins and 54 seconds - achieving the highest result to date, 6th out of 98.

The ladies 'B crew, with Cox Dave Clarke, were out in Heat 5 and overtook 10 boats, managing to jump into the heat above to make it back in the 27th spot in a total of 57 mins. A club record for LB! Ladies 'Super Vets were in Heat 4 and came home in 53rd position with a time of 1 hour 1 min and 47 secs.

Men's A came in 28th out of 95, with a time of 51 mins and 33 secs while Men's B came 72nd with 57 mins and 56 secs.

Colin Peters, Cotehele Quay Gig Club Captain, said: 'The club is tremendously proud of the performance of all of its squads that took part in the gruelling 3 Rivers Race, particularly the Ladies 'A crew; whose hard work over the winter enabled them to achieve a fantastic 6th place.'

SPRING SOUNDS

My self care practice at the moment includes some sound therapy. Here's an interesting excerpt from Farzana Ali's *Sound Healing: How to use Sound to Beat Stress and Anxiety*. We already use sound as a form of healing, from self-soothing music to immersing ourselves in noises of nature to promote calm. Farzana shows you the many benefits of working with sound - for better sleep, pain management, stress reduction.



Cotehele Quay

From chapter 4 'The Sound of Nature'

1. Head to a woodland, forest, body of water or park.
2. Sit, or even lie somewhere comfortably and relax your whole body. Take in your surroundings for a few minutes, observing where you are, and appreciating the visual beauty of your space.
3. Now close your eyes.
4. Bring your awareness to the sounds around you.
5. Let the sounds come to you, one by one, and focus on the sounds closest to you first. Can you hear the birds? Is the water moving slowly or at speed? Observe.
6. Now draw your attention to the sounds further away from you.
7. Finally bring your attention to yourself. Can you hear yourself breathing? You don't need to attach any feelings or thoughts to what you

are hearing, to intellectualise the experience or attach judgement to it.

Feelings of gratitude are the exception, you can add this sentiment, sprinkling it liberally and wrapping yourself up in it. If the chirping of the birds sounds beautiful to you, appreciate it. If you live by a river or lake, allow yourself feelings of gratitude that you are able to access spaces of nature and their harmonious sounds with such ease.

My March/April treatment special is a refreshing Spring massage with uplifting orange, mandarin and lemon aromas, accompanied by birdsong- a recording made in our own Lost Gardens of Heligan.

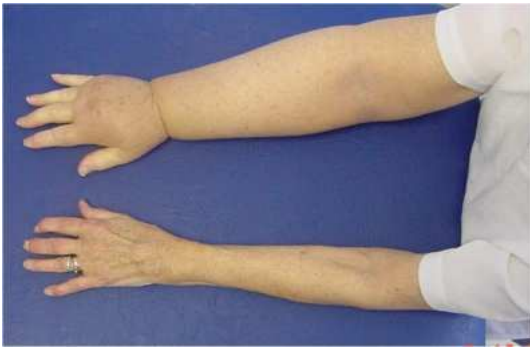
www.thehavencalstock.co.uk

Tel 01822 832894

*In case you want to know
a little Kernowek:
spring: gwenton
sounds: sonyow*



WHAT IS LYMPHOEDEMA?



Lymphoedema is rarely mentioned and people tend not to know much about it until it directly affects them or their family and friends.

Lymphoedema is a swelling of a part of the body due to a build up of fluid in the skin. It commonly presents in arms and legs, but it can affect any part of the body.

What Causes Lymphoedema and Who Gets It?

Occasionally lymphoedema is caused by a genetic condition, but commonly is the result of:-

- Surgery, radiotherapy.
- Cancer
- Injuries and burns
- Infections such as cellulitis
- Immobility, perhaps due to medical conditions, obesity or sedentary lifestyle
- Chronic venous insufficiency (for example varicose veins)
- Oedema can also be caused by medical conditions such as heart and kidney issues and so **it should always be diagnosed by a medical professional.**

What Can We Do About Lymphoedema?

Early diagnosis and intervention coupled with some lifestyle changes can help to prevent the swelling from increasing.

Lifestyle:-

- Exercise and movement - lymphatic vessels rely on movement to function.
- Healthy diet and weight management.
- Unrestrictive clothing, jewellery, handbag straps etc. – basically, if it leaves a mark on your skin, it's too tight!
- Raising affected limb to reduce swelling.
- Self Lymphatic Drainage (SLD) – simple massage techniques to use at home to improve the flow of lymph.
- Good skin care including cleaning, moisturizing and prevention of infection.

Treatments:-

- Manual Lymphatic Drainage – a gentle massage technique delivered by a trained therapist to reduce swelling.
- Compression garments and bandaging fitted by a trained specialist.
- Surgery <https://www.thebls.com/documents-library/lymph-facts-modern-surgical-options-for-lymphoedema> (surgery fact sheets).

For more information or to discuss Manual Lymphatic Drainage massage, please visit:

www.fitforlifetherapy.co.uk

Email: fitforlife_cornwall@yahoo.com

07989 957242

MUSINGS FROM THE THERAPIST CHAIR

A Personal Spring

We are all leaving behind the long dark winter and traveling into Spring and Summer. My garden is showing signs of life, and the Rhododendrons are already in bloom. As life surges all around me I am also remembering the anniversary of Mum's death, back in March 2003. A few months before Mum died, she looked me in the eyes and said, 'Love, John, it's the only thing in the world'.

When giving the talk at her funeral I felt her presence with me. A friend, agnostic on all things spiritual, gently suggested that I *felt her presence* because I was thinking about and remembering her. He may be right, but maybe not? The late great Carl Jung speculated that consciousness may survive the death of our body and he had a brilliant mind and was not senile when he made that comment.

So what is the direction of my writing? What springs out from the above is my mother's comment. 'Love, John, it's the only thing in the world'.

When I have offered myself, love, tenderness, compassion, to the hurting parts of me, those parts that were shamed, the angry parts of me,

my own inner world what the therapist Carl Rogers, called 'unconditional positive regard', then I to have



begun to heal. I feel better about myself and can make constructive changes to my life.

And when inside and outside of the therapy room I can offer this 'Love' to others, they can also venture into a healing journey. And like a ripple effect of the stone making circles in the water they affect others because healing ripples out into our deeply traumatised world. I hope that this offering is of interest and that some seeds of healing might be planted in your soul and to the very heart of your inner most being.

More about John Threadgold:

John has a BACP accredited for Counselling and Psychotherapy and offers therapy in person at the Calstock Therapy Hub and also on line.

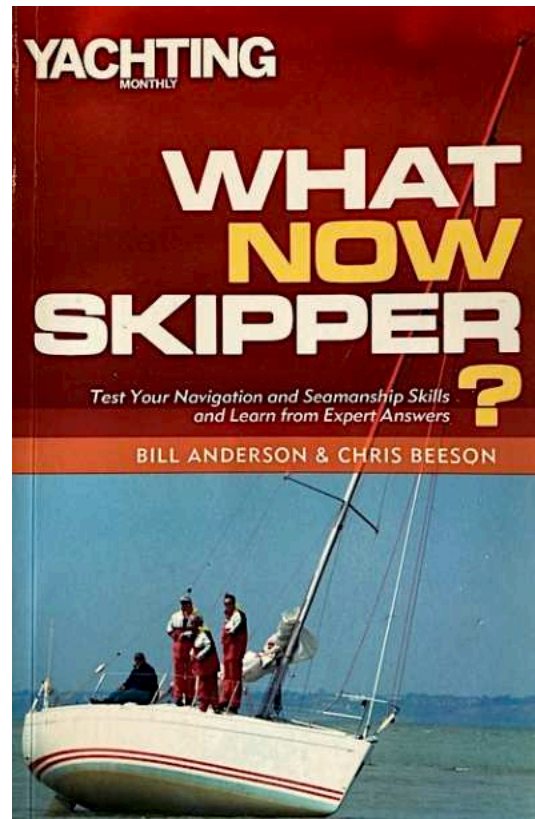
John L Threadgold

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

love: *kerensa*
world: *bys*



BILL ANDERSON



Bill has spent most of his life either beside or on the water, so when in 2007, he and his partner, Sally Farrant, found a house in Calstock beside the river they jumped at the chance.

As a boy, Bill wanted to design ships, so aged 18 he began a sandwich course in Naval architecture at Vickers in Newcastle. Frustrated by the restrictive practices of the late 1960s, Bill left to join the Royal Navy and spent 3 years training in Dartmouth, sailing whenever he could. During that time he crewed on a 36 foot wooden sloop, Belmore, in the Buenos Aries to Rio de Janeiro race. Finding they could not get boat transport home, Bill and the crew sailed Belmore home. It took them 49 days.

After that came eighteen months doing coastal patrols in Singapore as a sub-lieutenant and ship's navigator and transporting Royal Marines and Gurkas to trouble spots. Bill spent thirteen years in the Navy on Frigates,

Destroyers and ended his career as Lt. Commander.

On leaving the RN, Bill became the training manager for the RYA, devising and running the Yachtmaster course. He also headed up the report on the 1979 Fastnet Race disaster.

If any sailing person thinks Bill's name is familiar, it probably is—from the magazine *Yachting Monthly*. For many years Bill wrote the column: *A Question of Seamanship*, which featured tricky sailing situations—many of which Bill had once found himself in—and how to get out of them. These developed into a wonderful book called: *What Now Skipper?*, which makes for compulsive reading for sailor and non-sailor alike. Who knew so much could go wrong on the water?

So, *what now skipper* for this summer?

It's a downsize to a smaller, 27 foot yacht and some good sailing out of Plymouth. And possibly a bit of canoeing on the Tamar. As long as there's a boat in it, that will be just fine.

A WEAVERS TALE



Someone asked me to describe my passion for weaving in words for the Calstock News.

For me, it is because of colours, textures, and technique. Maybe the attraction is about all of these things, the movement from thread to fabric, using a loom or a frame. To me, the whole universe is made of colours, in all its manifestations.

It started many years ago, in the seventies, with macrame, spinning wool and the magic of the weaving loom. I had teachers from Sweden and Denmark, and later many Dutch teachers. My whole world was changing into colours and unthinkable forms. Workshops and many years of courses followed. I was busy with lots of weave samples, design, tapestry, loom weave techniques, free weaving, wool dyeing. Sometimes more transpiration than inspiration, but I did what I wanted to do. It gave me a structure in my life with my children.

In the meantime I wove miles and miles. I still do and won't stop. It fulfils my life, and gives purpose and joy. I am so blessed! My children now have children of their own and I am travelling to the Netherlands or they come to me.

My whole life I wove for someone, but mostly I weave just to express myself. I listen to music while weaving. I enjoy being a member of the Peter Tavy Weaving Guild and sometimes have students, which is rewarding and inspiring.

During the lockdown period, I wove very much. I could not go anywhere but I felt free. I find focus and concentration is a very important thing for us human beings. All forms of art, creativity - skills and hobbies are our tools in life.

I love what I do and do what I love!

Ineke Borsboom

HELLO FROM THE OTHER SIDE

Springtime, a favourite season for many, and exciting to look ahead to a good grass growing season, although the grass has kept on growing through the mild winter, the conditions for an early turnout have not been favourable. With some sun the grass will get sweeter and with the spring equinox behind us the daylight hours are growing as well.

large disc on the bottom of a handle which moves up and down, the figure that it gives us for each field is then entered into a programme. We enter the number of cows and how much we think they should be able to eat and then it tells us how many feeds we will hopefully get out of the field. Sometimes the science doesn't quite work out practically,



Here is a photo of my favourite cow. Her name is 'Ferry Horleans 3640', otherwise known as 870.

Hopefully the weather will dry up soon and the cows and younger stock can get out into the fields and munch some grass. It's a lovely sight the cows dancing, kicking their heels with their tails in the air, cows have a unique way of showing they are happy.

It's a good day when the cows go out to graze again, although it does mean the cow traffic jams start, something the other road users perhaps don't look forward to, but we do get comments that they like to see them go by.

Every week someone walks all the cow grazing fields to measure how much grass is in them. We use a tool called a plate meter, a

or the cows just feel that the grass is greener on the other side and break the fence.

We as farmers are still very dependent on weather conditions which is why it's a regular topic of conversation, luckily we have not one but three weather apps on our phones, quite often they differ in their predictions, we usually go with the more favourable one. The weather is especially critical when we take our first cut of grass in May to start building forage stocks for next winter, we always seem to be planning three seasons ahead,

Ali Rundle

MAKING A BOOK



Dorothy Coventon

Some years ago we made a book. We called ourselves Septimus Press (after Septimus Heap) and bought ten ISBNs (International Standard Book Number). The book was the colouring book that you might have picked up from outside Kelly House a couple of summers ago.

By ‘made’ I mean we found a wonderful place in Wales, called Gomer Press, and they made it. Very patiently, Gomer provided us with endless advice and samples of paper as they talked us through getting the insides together—not entirely straightforward as each page had a very detailed image and we got increasingly fussy about how we wanted it to look. Working out how the cover wrapped around the insides was very technical—who knew it was so hard to make sure the lettering was actually in the middle of the spine? And then there was the big decision: how many do we print? The cost per book falls rapidly depending on the quantity and it is very tempting to print way too many. Which is what we did—hence leaving them out on the

windowsill for passers-by to enjoy. We hope they did.

So now we’ve made another book: *Unpinned From Time*. This is very different. A tiny, sunflower-yellow book of amazing poems by Dorothy Coventon. Dorothy is a *real* poet. One who takes your breath away. We’ve known Dorothy for a while now—we met at a writer’s group in Falmouth many years ago when she was part of the vibrant poetry scene there. These recent poems come from a place of grief and love, and are a magical mix of being transcendent and yet accessible. In quest of getting the text to sit just right on the page we have read these poems over and over, and we are still blown away by them.

If you’d like to meet both Dorothy and the little book—and hear some of her poems—please come and say hello to us all at Calstock Arts on Sunday afternoon, April 7th at 2.30pm. There will be traditional Irish music by Turlough O’Carolan played by George Black and Jane Weatherby.

We would love to see you.

Angie Sage

LIFETIMES

In all my lifetimes you were there with me,
a deep-sea ocean current, always there,
but I never learned how to set you free.

Our meetings and partings would always be,
on far-off islands, where the wind was fair.
In all my lifetimes you were there with me.

Force five westerlies, a turbulent sea,
and we touched the edge of everywhere,
but I never learned how to set you free.

How could I forget our goodbye, and empty
sunrise ebb tide; deserted ocean bare,
in all my lifetimes you were there with me.

If next time I can remember, I'll see,
I would never agree to leave you there,
and I'd never learn how to set you free.

In this lifetime, remembering that we
loved, then lost each other, that somewhere
in all my lifetimes you were there with me,
how will I ever want to set you free.

Dorothy Coventon

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.

SOMEONE TO TALK TO. THE SAMARITANS

Whatever you are going through you can call the Samaritans at any time day or night. If you need someone to talk to they listen. They won't judge or tell you what to do. Call 116 123.

Or if you prefer you could write an email. Writing down your thoughts and feelings can help you understand them better. Contact jo@samaritans.org. It may take several days to get a response by email.

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 Mon 10 till 3 or Fri 10 till 3.

REPORT POTHOLES IN THE ROADS

Over the past while potholes have become normal on our local roads. They are particularly dangerous for cyclists and motorcyclists but motor vehicles also suffer from damaged suspension and accidents caused by swerving to avoid potholes.

If you've spotted a pothole that could cause immediate danger, there's a Cornwall Council

number you can use to report it, 0300 1234 123. They may prioritise it depending on the size and depth of the hole, among other factors, and if considered a significant hazard will treat it by the end of the next working day. You can report it online if you can work out how to do that.

Devon has a number too, 0345 155 1004. Cornwall's number again 0300 1234 222.

A CUTE LITTLE QUIZ:

How many ducks are there in the photo?



CALSTOCK NEWS

Our community newspaper

April and May 2024

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

have all helped to bring this issue to you.

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