

**FREE!**

# CALSTOCK NEWS



*April - May 2025*





*Calstock Primary School, Class 3 – The Dream Holidays!*

**Gabriel:** Play with my toys for 6 weeks.

**Bryher:** Go somewhere really sunny like California or a Pacific island and lie-in everyday.

**Poppy:** Go to Thailand again to see a big water, fire festival.

**Ollie:** I want more money and wifi and it never to end as I don't want to go to secondary school.

**Nate:** I wish to go to Ireland or to the beach.

**Sol:** Go to Bournemouth and the pool.

**Angelina:** I would go to Holland, swim, then go to bed.

**Pippa:** My dream is going to Butlins again and having lots of friends over.

**Lilla:** To go to the beach twice a week and Greece again and have a massive water fight.

**Eleanor:** My dream is to have loads of time with friends, days outside and swimming.

**Grayson:** I want to go to Jamaica again and play in a pool and have an all you can eat buffet.

**Harvey:** I would like to go swimming.

**Erin:** To go to a water park and go to Ireland to see where my Dad lived and learn about the culture.

**Jago:** I want to go to Rio de Janeiro in Brazil.

**Jay:** To party in Ipanema for 3 weeks.

**Abi:** I would like to go to Plymouth or Tavistock but also just to relax at home.

**Maisie:** Sunbathing on the beach then going to a concert in London.

**Teddie:** I want to go to Japan and I would love to see my cousins.

**Zoe:** I would like to go to Japan for 2 weeks.

**Ayame:** I would love to visit Vancouver.

**Teacher: Donna Kilpin**



## THE MUSIC SIDE OF THE CALSTOCK FESTIVAL

**D**arrell Bird is a musician from London and will be organising the 35th Calstock Festival Day at the Village Hall on Monday, 26th of May. Darrell took over the organising from Barry Kirkland last year and fell into Calstock while playing with a band back in the mid-90s that had a booking in what they thought was just a small village somewhere in Cornwall.

His first impression was the Hall was a small venue and when they started playing it was almost empty but, ‘...it was the second or third song into the set that before I knew it, well, people seemed to appear out of the woodwork and the Hall was full of dancing. I remember it being a really good night and I went away feeling that it was a really memorable gig.’

Bird is a drummer and has worked with a lot of groups from session musician to regular bands, like Dubclass usually tending toward a Reggae, Progressive Rock fusion.

He is bringing a concept of openness to the upcoming Festival with an assortment of music from young group playing Cornish Folk through Rockabilly, Blues, Reggae, Roots, Rock, Ska with a hope to have music for everybody.

‘I always felt really fond about playing here.’ There was something about the audience that kept the musicians’ level at a high pitch. Barry and Nellie and their family made him feel at home with their love of music.

‘I come every month to Calstock Cake. This is what I call a magical place and when I leave I feel really charged. I had sort of become a part of the scenery. And as happens, I ran the Festival last year because Barry was kind of taking a back seat, though he is still very pro-active with the Calstock Cake Committee.’

He ended the short talk with his wish that the 35th Calstock Festival Day would be, ‘Just fun!’

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

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**NEXT DEADLINE - 20 MAY 2025.**

**PLEASE SEND SUBMISSIONS AND ADS TO [INFO@CALSTOCK.NEWS](mailto:INFO@CALSTOCK.NEWS)**



***Editors’ Note:***

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## CALSTOCK VILLAGE HALL UPDATE

**A**s we move into spring, changes are happening at the Village Hall. For the first time in over 30 years, we will no longer be hosting a preschool, as it relocates to the school after Easter.

While this is a bittersweet transition, it also marks a new beginning.

With this change, we now have daytime space available for hire on Mondays, Wednesdays, and Fridays.

We are looking for new activities and classes to fill these slots, so if you or someone you know is interested, please contact Matt, our administrator, at [admin@calstockhall.com](mailto:admin@calstockhall.com).

We welcome all ideas, including toddler activities, art classes, fitness sessions, cafés, markets, and more.

This is a fantastic opportunity to expand what we offer to the community, and we're excited to see what new ventures emerge.

In addition, we are thrilled to host **Calstock Community Theatre's production of *The Caucasian Chalk Circle*** on the evenings of April 10th, 11th, and 12th.

This will be our first community theatre event since the last pantomime, and we are proud to support it.

Featuring a talented local cast of all ages, the play is both thought-provoking and deeply relevant to current world events. We hope you'll join us for what promises to be an engaging and memorable evening.

We look forward to welcoming you to the Village Hall soon!

Matt Taylor

Village Hall Administrator

Calstock Village Hall Management

Committee 07828704668

[admin@calstockhall.com](mailto:admin@calstockhall.com)



### 2025 CALSTOCK LIGHTS HORSE RACE

**N**ot only was the 1<sup>st</sup> of March St David's Day it was also the 2025 Calstock Lights Horse Race night at the Calstock Village Hall.

With eager punters arriving at the races in fine voice and ready to participate in the evening's entertainment it was the first time the event was being held in the newly refurbished hall. The larger space allowed us to give each table a bit more space with the race track central to all.

With the Comperes set for the night it wasn't long before the first winners were announced with the last placed horse owner receiving a fresh leek as a consolation prize...some finished the night with more than one!

The fourth race was run as a fundraiser. This year's charity being the Cornish Air Ambulance. £205.50 was raised from the race itself, bolstered by generous donations from Ade & Sharon (Lishe Coffee Shop) and Tracey Sajno (Quethiock resident) which was gratefully received by CAA who are raising funds for a second helicopter.

At the end of the last race, having been fed and watered, most punters were ready for a boogie to the sounds of Abba and assorted 80's tracks...possibly helped by the odd bottle of vino or two.

A big "thank you" must be given to all the local businesses who donated prizes for the raffle. Also, without the tireless efforts of all the bookies, race officials, chefs and barman

Keith the evening would not have run so smoothly.

Lastly a special thank you goes out to all who attended the race night raising £1080 in addition to the charity donation. This money will ensure that the festive lighting is serviced, upgrades incorporated and the lighting around



the village green is maintained throughout the year improving the safety and security of residents and visitors.

The next date for your diaries is Sat 5<sup>th</sup> July when we will be hosting our annual summer event - with a slight change to previous years but still involving the combination of food, drink and dancing. Further information will be released in the coming weeks.

## CALSTOCK PRIMARY UPDATE



We have had a busy term at Calstock Primary School, and we thought it would be a nice idea to share some of what we've been up to with

the Calstock News.



In early March, we had our World Book Day celebration. Children (and adults) dressed up as their favourite characters from a book, and we all had great fun working out who was who, and talking to each other about what we enjoy reading. The costumes were incredibly inventive and all of the children showed real

enthusiasm for finding out about different types of literature.

Just before half-term, the school's PTFA put on an amazing bake sale. Again, the contributions from the children, who all worked so hard on their signature bakes, were spectacular and it was a difficult job for the judges to choose their winners. Parents and children all enjoyed tasting each other's cakes and it was a brilliantly organised event that raised a lot of money for the school.

Children from the school have also been involved in several exciting projects. We currently have a link school in Spain with whom we have regular correspondence—most recently we have sent the Spanish children brochures that we made extolling the beauty of Calstock, so don't be surprised if the village gets a few more Spanish visitors this year!

Older children have also made links with a local artist and a school in Ethiopia to share





artwork based on the environment and sustainability. This project is called River of Hope and has inspired the children to create some wonderful art.

And finally, as part of the Food for Thought project, Calstock School now has a link primary school in Uganda. Through this project, children are learning about sustainable growing with a specialist teacher and will share their experiences with the children in Uganda.

As a school, we really value these opportunities to share our ideas and creativity in a broad context, and the children always amaze us with the brilliance of their contributions.

I look forward to sharing more school news next time.

John Pengelly  
Head of School

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## TAMAR VALLEY PRE-SCHOOL MOVES TO CALSTOCK PRIMARY



We are excited to announce that from after Easter, Tamar Valley Pre-School will be based at Calstock Primary School!

This means our pre-school family will continue to enjoy the amazing Environmania (forest school) space and benefit from all the fantastic resources and facilities Calstock school has to offer.

We can't wait to become part of the school family. We are so excited to collaborate with such an amazing team, strengthening our partnership and giving the children in our wonderful community the best possible start.

We would like to thank Calstock Village Hall, Matt and Committee for all the help and support over the last 30 years, we will miss being part of the village hall community and enjoying such beautiful views as we work and



play. As you can imagine it's a decision that has not been taken lightly.

The pre-school will remain the same, same staff, same ethos and lots of fun times ahead—just in a different location.

Exciting times for the Tamar Valley Pre – school.

Thank you to all involved at Calstock Primary School for making our transition so easy and exciting!

## CALSTOCK EASTER EGGS TO UKRAINIAN TWIN VILLAGE

In February the people and schools of Calstock Parish donated over 200 Easter eggs for Petrykivka, our Twinned village in Ukraine. The eggs are being delivered by Cornwall and Devon Sending Love to Ukraine on their March trip and at the time of this news



were making their way across Ukraine to Petrykivka. We will hopefully have further news of their progress in their next newsletter.

Also good news is that our local schools have been put in contact with Petrykivka schools and hope to forge links with each other and collaborate in some projects. However, due to the war, there are some challenges as many schools are currently teaching remotely. This is because schools do not have bomb shelters. I know both Calstock Parish and Petrykivka schools will do their best to keep in touch.

If you are part of an interest group and would like to be put in contact with a similar group in Petrykivka please contact us and we can organise it.

Calstock Parish Twinning Group  
tamarvalleytwinning@yahoo.com

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## USE IT OR LOSE IT!



Did you know that a public phone box needs at least 53 calls made from it in a year in order for BT to keep it?

That's one call a week and one for luck—not much to keep our phone box here on Calstock Quay operating.

It's a precious resource. The mobile signal is not always good and someone might need it in an emergency.

So please, every now and then, make a call from our phone box and help keep it here – you never know when you might need it ...



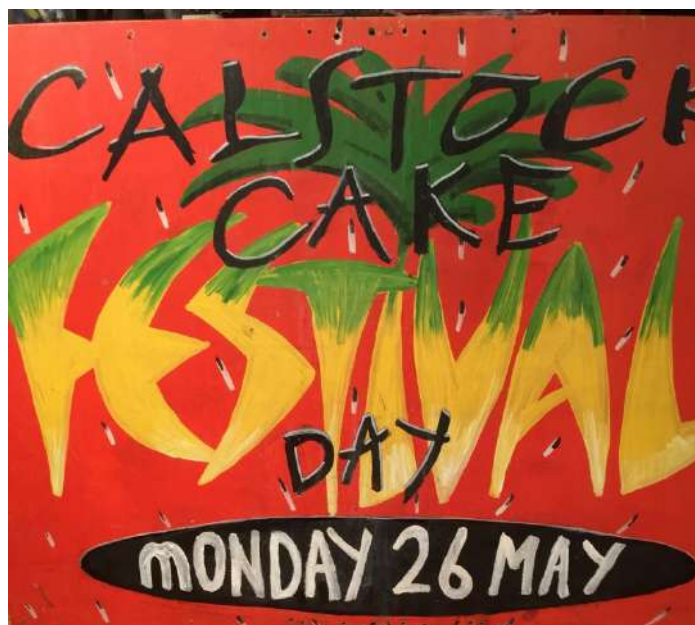
## CALSTOCK CAKE FESTIVAL DAY

This year's Festival Day is on Bank Holiday, Monday 26th May. It was moved from the Sunday to make way for a previous private booking of the Hall.

Calstock Festival has been going now since 1990 apart from a couple of years when other stuff got in the way. So it's 35 years old this year. It was one, if not the first, of the free village festivals, mirroring the larger free festival movement on common land throughout the country. It's still free and very much a village music festival but instead of running for nine consecutive days, as it did originally, it now runs through the whole year and is called Community Cafe apart from the May Festival Day event.

Festival Day kicks off in the morning with free craft workshops open to all. No need to book, just turn up, but with an adult if you are primary school age. By around midday the bands get going, half a dozen of them. Outside there will be face painting, circus stuff and stalls around the green. There'll be a middle Eastern light lunch available for just £3.50 and cake, tea or coffee for £1.50. There'll be other refreshments available at various venues around the green. The day winds up or down around 5ish with a rousing junk drumming session where all those who fancy join in.

If you'd like a stall, they are free for non-commercial locals and charities, while commercial stalls make an appropriate donation of, say, 10% of takings. We are looking for someone who would like to organise the stalls. Fancy that? Contact Nellie on 01822 832619.



As usual, on the day, although we have a great bunch of helpers we could do with some extra volunteers to help set up or set down, that's 9ish in the morning or 5ish + in the evening. A few to help with car parking for the odd half hour would also be useful. Contact Nellie on 01822 832619.

Hopefully see you there.

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## MOBILE LIBRARY



MOBILE LIBRARY

Please note: the times of the mobile library stops are subject to change.

**Mobile Library comes to Calstock:**

**14:35 to 14:55 Calstock Quay Car Park**

**Thursdays: 3rd April, 1st May, 29th May.**

## FINDING COMFORT THROUGH VOLUNTEERING

**E**co-anxiety is a challenging emotional response to climate change and other environmental issues, an emotion that wasn't recognised a decade ago.

Doing something good in the community is a great way of helping to relieve that anxiety.

Think Globally, Act Locally is a slogan that has real meaning, and there are many volunteer groups working hard in the community from helping others in need, be they humans or animals to preserving our rich heritage, or working with nature and the countryside.

Many of these groups are struggling through lack of volunteers.

People have problems of their own to manage or are too busy to set time aside for volunteering. Retirees volunteer to make their lives more fulfilling and give something back to the community.

Whatever your skill set and whatever it is you like to do, there is probably a local volunteer group that would suit.

I am a Trustee of the Tamar Community Trust. Our main aim is to improve visitor experience to our beautiful countryside throughout the

Tamar Valley National Landscape. Our volunteers work to improve the footpaths throughout the Tamar Trails area, and the wetlands here at Calstock. TCT volunteers are managed through a professional woodsman.

I have also created a small group called Calstock Scythers, we mow grass using traditional scything methods mostly up at St Andrews cemetery but also other areas where needed in the Parish. The Parish Council has three scythes for our use, and some of us have our own scythes. Scything is a great way of managing grassland in an environmentally friendly way and is good exercise too.

The more volunteers we have the more we can achieve.

There is no obligation with how much time you can give. Scything activities are organised through WhatsApp so I would just need your mobile number and you can participate as much or as little as it suits you.

If you fancy spending time in the country and doing something physical with some very nice people, write to me at [petethompson@tamarcommunitytrust.org.uk](mailto:petethompson@tamarcommunitytrust.org.uk).

Pete

## THE GRAND APPEAL

**Y**ou might have seen me out and about around the village, up in the woods, on the river path, or maybe even further afield as I do my training for The London Marathon on April 27<sup>th</sup>. I'm raising money for the Bristol Children's Hospital official charity, The Grand Appeal.

Last year in June, my daughter Molly and her husband Jake were given the dreadful news that their baby would be born with a serious heart defect—transposition of the great arteries. Babies with this particular condition cannot survive after birth without treatment.

Five months later, in early November, Molly and Jake travelled to Bristol for the birth. Rudy was born on 4<sup>th</sup> November. He had his first heart procedure on the 5<sup>th</sup>, and then 11 days later he had major open-heart surgery. Two weeks after that he was home. Now, in March, he is fighting fit and doing really well. He's lovely.

As you can imagine, the whole family was worried sick after the initial diagnosis (during his routine scan) right through until he was born. Whilst he was in hospital the worry was even worse. I really don't know how Molly and Jake coped with everything he was going through, as well as being concerned about Rudy's big brother Ernie, who didn't understand why mummy and daddy weren't at

home. The wider family were deeply concerned, too.

During this most traumatic time The Grand Appeal provided support to the family to help them get through. They provided free

accommodation so his parents could have somewhere to get much needed rest. They provide play equipment for patients and their siblings to use. They help fund vital research and state of the art equipment. And they do so much more.

I'm proud to be raising money to support The Grand Appeal. If you're able to support me to support them, we would be so grateful. It really is the most amazing charity. If you've already donated, THANK YOU SO MUCH!



You can donate at <https://www.justgiving.com/page/richard-greaves-2> or use the QR code.

Richard Greaves



## COMMUNITY CAFE

Every month of the year except May, Community Cafe gets going in the Village Hall from 11 till 3. Usually it's the third Sunday of the month but not always. Keep your eyes peeled for the posters or check the Calstock Cake Facebook page.

Light lunch, cake and refreshments are all available for donations only. March's Cafe served a Broccoli Pie and salad, or savoury



*By Wayne Thiebaud*

puff pastry and salad plus a great selection of cakes. Vegetarian, vegan, or gluten free varieties are always available. Calstock

Community Theatre Performed a scene from their forthcoming Caucasian Chalk Circle to be performed in the Village Hall this month. The sun shone brilliantly and posters for April 20<sup>th</sup>'s Cafe were produced by local young people. Repair Cafe which runs from 11 till 1 fixed a bunch of broken things.

Usually Community Cafe makes a surplus of over £150 each month which is then used to help local non-profit Community Groups. This month we donated £250 to Calstock Community Theatre.

If you are an acoustic musician or group and fancy playing at Community Cafe we'd love to hear from you. Contact Nellie on 01822 832619

Next Cafe is April 20<sup>th</sup>. 11 till 3. Repair Cafe 11 till 1. We've got a folk duo planned for around 12.30ish. Come and grab yourself a light lunch, cake and a bit of live music for just a donation.

It's all run by volunteers, nobody gets paid. We all love it to bits. If you fancy joining the team come and have a chat to Nellie.

Calstock Cake

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## CALSTOCK OPEN GARDENS



Sunday 18th May, 11am to 4pm.

Refreshments and plant sale.

£6 per person gives entry to all the gardens, children under 16 free. Guide dogs only.

Maps available from the St Luke's stand at Calstock Quay on the day.

**IRIS AND RON**

**R**on and I would like to thank the Calstock Friendship Club for making our 60th wedding anniversary so special.

We also want to give a big thank you to the Councillor Jim Wakem for the beautiful bouquet of flowers and to everyone who wished us a Happy Anniversary!

Ron and Iris Scoble



**CIVIL PARTNERSHIP**



**J**ennie Kramer and Alastair Tinto are very happy to announce their Civil Partnership, which took place on Saturday March 29<sup>th</sup> 2025.

**CALSTOCK BIKE SHOW CANCELLED**

**A**fter 25 years the annual Calstock Bike Show has announced that the event is not going to continue.

The Calstock Bike Show has been one of those looked forward to happenings that has brought crowds to Calstock. The announcement of the cancellation includes, ‘...we have finally had to say, ‘enough’. The organisers who are not getting any younger and all the work required to put on the show is too much for us to handle.

With more and more red tape and expense, it has become untenable.’

The organisers want the community to know that they are very grateful to those who have attended and have made Calstock a special place for them to come.

And Congratulations to Malcolm Wright on his very well-deserved Citizen of the Year award for his tireless service to Calstock Bike Show.

**RIDE SAFE**



## CALSTOCK PARISH COUNCIL

*Gunnislake Gateway, March 2025*

**E**lections are coming . Do you think you could make a difference to your local area? Do you think decisions that are made locally are the right ones? If you feel inspired to help OR feel frustrated about local issues why not stand in the May Elections?

To find out more please go to our website where there are guidance documents available to read. Nomination packs are available from the Tamar Valley Centre (please phone to arrange a collection day/time) or you can download them from <https://www.cornwall.gov.uk/the-council-and-democracy/elections/elections-and-referendums/>



We recently held our Citizen of the Year Awards. We were delighted to present Eve Huddy and Lynne Gennard with some flowers for their hard work keeping Albaston Cemetery tidy. The Harrowbarrow and Metherell Community Shop Committee received the Organisation of the Year for their

efforts to try and secure a community shop. Malcolm Wright received the Citizen of the Year Award for the work he has done in raising money for local community organisations and projects; notably through his involvement in running the Bike Show which he is retiring from this year. We thank all the unpaid workers across the parish who do so much to help their communities.



On a personal note, I would like to thank the Calstock Ward Members for the last 4 years - I shan't name them (pre-election protocols precludes me from doing so) but there are 3 of them and they have supported me, personally, and the parish as a whole.

I can, however, mention Alastair Tinto who will not be standing in May – Alastair has been dogged in serving your community and representing you. He was instrumental in securing the Neighbourhood Development Plan and has been eagle eyed on policy and protocol. On behalf of all the Council I would like to thank him and wish him well.

Please do get in contact with us if you have any questions. We are not always available to answer the phone but if you leave a message we will get back to you as soon as possible.

Clare Bullimore  
01822 748847  
[clerk@calstockparishcouncil.gov.uk](mailto:clerk@calstockparishcouncil.gov.uk)  
[www.calstockparishcouncil.gov.uk](http://www.calstockparishcouncil.gov.uk)



## STANDING DOWN AS A PARISH COUNCILLOR

After 8 years as a Parish Councillor for the Calstock Ward I have decided to take a back seat and I will not be standing again - it's time for a younger person to represent our community.

It has been a privilege to represent my Ward on the Council.

I am proud that I led the Neighbourhood Plan which enabled the Parish to make its mark on planning policy.

The Forest for Calstock Parish planted 1500 trees in one week in February 2022 in Calstock, Albaston & St Ann's Chapel which was a fantastic community effort.

The Parish Council is a very supportive environment to work in.

Whatever our differences people are genuinely acting in the interests of the Parish. Clare Bullimore is a fantastic and very helpful Parish Clerk.

I am grateful to my colleagues for Calstock Ward, Phil Spurr and Alex Polglase, for the teamwork we have been able to achieve and I thank all the people of Calstock who have supported and encouraged me.

Alastair Tinto  
Calstock Parish Councillor (Calstock Ward)

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## DOROTHY KIRK TO STAND DOWN AS CORNWALL COUNCILLOR FOR CALSTOCK DIVISION

After many years of serving as your Cornwall Councillor for Calstock, I have made the difficult decision to step down at the upcoming election. Representing this wonderful community has been an honour and a privilege.

I want to express my heartfelt thanks to everyone who has supported me over the years—whether by voting, sharing concerns, working alongside me on local issues, or simply stopping for a chat. Together, we have achieved so much, from protecting our beautiful environment to fighting for better services and standing up for our villages.

While I am stepping down, I remain as committed as ever to our community and to

ensuring Calstock has strong representation in County Hall. I will be supporting Labour's new candidate, Lara Kramer, for Calstock who I know will work tirelessly for our division.

I will also be standing again for Calstock Parish Council.



Thank you again for your trust and support. It has been a privilege to serve you.

Dorothy

**CAMERA: JULIAN CLINKARD**

If you have ever watched an early Rick Stein programme you might have felt that you were actually watching a fun conversation between Rick Stein and the guy behind the camera.

That guy was Julian Clinkard—but filming fish cookery was not where he ever expected to end up. So how did it happen?

The first step was a visit that Julian and his wife Robin made to good friends in Gunnislake in 1976, where they were wowed by the creativity in the area compared with the South East where they were living.

stripped-pine furniture business, selling local pieces upcountry, but it was a financial struggle.

A friend asked if he had heard of ‘this new video-camera thing’ so Julian hired a video camera and began videoing weddings and important moments that people wanted to remember.

In 1986 he and Robin and their two sons moved to Calstock, into Jack Spurr’s old house up above the viaduct; money was still tight and Julian took on odd jobs around Calstock.

One day Julian was up a ladder at Danescombe



Six weeks later they had moved to Harrowbarrow—this was, Julian says, the best thing they ever did. Julian then started a

Valley Hotel painting the lattice work when Malcom Baldwin, a BBC cameraman who lived in Calstock, came by. He was, he said,



looking for an assistant cameraman - was Julian interested?

“Malcolm Baldwin,” Julian says, “changed my life.”

Malcolm taught him the art of hand-held camera-work, which was a little like learning to dance (and correspondingly hard on the knees).

So now Julian was working for the BBC on a breakthrough environmental documentary: Tarka’s Troubled Water about river pollution in the Torridge. He had his name in the credits, and a career.

His art school background set him apart from the technical background of other cameramen and he began to be noticed.

His creative use of lighting—and a flip comment that “Caravaggio is my inspiration”—drew the attention of David Pritchard, the director of the Keith Floyd food programmes and led to Julian’s beautiful hand-held camera-work for the early Rick Stein programmes.

Not to mention the fun of eating the food, tasting the wine, and travelling the world.



Recently Julian has been diagnosed with a brain tumour—at the spot where for many years he held the video camera.

It’s not easy, but he remains strong, positive and upbeat as ever. “I’ve had a rich life,” he says. And his advice? “You need to connect.”

Angie Sage



**CALSTOCK COMMUNITY THEATRE**

In the January 1990 Issue of the Calstock News an excellent review of the Calstock Community Theatre production of *Threepenny Opera* in a wet December 1989 at the not quite completed new Calstock Village Hall. Looking through our little collection of back



*From right to left - Janie Tilbury, Anna Lunk, Jane Spurr, Julian Clinkard, Jennie Kramer, Linda Winter, Mandy Hawes*

Bertolt Brecht's *Threepenny Opera* under the theatrical direction of Sheila Snellgrove and the music directed by Marion Coleman.

The four showings of the play was staged

Issues I could only find that live theatre was strong in 1990 with four other plays from August through December and a six-week Drama Class starting the last week in September.

H.E.Ross

## **CALSTOCK PARISH ARCHIVE**

**A**s part of our 40<sup>th</sup> anniversary celebrations, there was a rare opportunity to view the 1839 tithe map for Calstock Parish at the Tamar Valley Methodist Church.

The Calstock Parish Archive holds the map on behalf of the Parish Council and it is one of only two copies of the map (the other copy is held at Kresen Kernow in Redruth).

The map, approximately 10' x 6', numbers each individual plot. It is accompanied by an apportionment which records the landowner, occupier and use for each plot of land and is linked to the map by the field number.

The map was produced for the church to

enable tithes to be collected from the owners.

There will be a coffee morning at the archive on 24<sup>th</sup> May. This will also be an opportunity to see some of our photograph collection. All of our publications will be available to purchase.

The Calstock Parish Archive is based in the Albaston Cemetery Chapel and our normal opening times are:

Tuesdays and Fridays 10:00–2:00 and Wednesdays 12:00–4:00. Why not come in and browse through some of our photograph albums.

lynda.harman@btinternet.com

Tel: 01579 351413

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## **CALSTOCK PARISH LOCAL HISTORY GROUP TALKS AND WALKS**

**C**ome along to the Calstock Parish Local History Group for talks in spring/summer and outings in autumn/winter. Everyone is welcome.

If you'd like to become a member, dues are only £7 a year.

Membership includes three newsletters

packed with articles about local history, and discounted entry to talks and outings.

If you'd like to join, just get in touch with Tish (tel: 01822 832414 or tishvalva@mac.com).



### **COMING UP:**

**Saturday 26th April: Julian Langston The Story of Non-conformism in Cornwall** told through the chapel china.

Julian will bring his collection of chapel china and would be interested to see any items you might have.

Tamar Valley Methodist Church at Albaston at 7.30pm. No need to book. Members £1.50 Visitors £3.

**Sunday 1st June: Walk around Liskeard with Brian Oldham.**

Meet at 2pm at the West Street entrance to the Westbourne/Co-op Car Park. RSVP to Jill Lane on 01822 833856 or lane235@btinternet.com. Members £1.50 Visitors £3.

## THE CALSTOCK VIADUCT

### *Part I*

The Calstock Viaduct had its origin in the need to serve the East Cornwall mining area around Gunnislake and Kit Hill, where there were lodes rich in copper, tin and arsenic, and its surrounding rich agricultural area.

For hundreds of years the area had been noted for its rich mining and its products were transported away by the river Tamar that wound its way through the area.

By the 1850s production was at its peak and the need for more efficient transport arose. After the usual abortive starts and some name changes, the East Cornwall Mineral Railway (ECMR), finally fully opened on 7 May 1872 as a 3ft 6in gauge line running from Kelly Bray, 640 feet above sea level, some 7 miles, reaching the quay on the River Tamar at Calstock via a rope-worked incline.

Proposals were made to connect the railway with the national system but the decline in the mineral prosperity of the area dampened this initial enthusiasm.

The Plymouth, Devonport & South Western Junction Railway (PD&SWJR), a line heavily influenced by the LSWR (London & South Western Railway) and always worked by them, was successful in opening the way.

It was part of their 1883 parliamentary bargain that the PD&SWJR would acquire the ECMR and connect it to the standard gauge passenger line. After protracted negotiations the purchase was completed on 4 January 1894.

In March 1898 the PD&SWJR decided to investigate the possibility of constructing a railway "on the East Cornwall" gauge from Bere Alston to Calstock.

Powers were obtained in 1900 but construction was held up by the usual shortage of capital and LSWR opposition. More dealing with the LSWR had by 1903 secured their support provided the line was kept as a separate light railway undertaking.



*Image from sremg.org.uk*

*Excerpted from 'Calstock Viaduct 100 Years and More' by Vic Harman.*

*Copies are available from Calstock Parish Archive or via [www.calstockhistory.org.uk](http://www.calstockhistory.org.uk)*

*Further reference:*

*The Rail Archive Website*

*[http://www.railarchive.org.uk/railway\\_bere.htm](http://www.railarchive.org.uk/railway_bere.htm)*

*Railway Histories*

*A Short History of the Bere Alston and Calstock Light Railway (Plymouth and South Western Junction Railway)*



**WHERE IS THIS ANGLE?**

A new addition to the Calstock News features your views of our dramatically beautiful village.

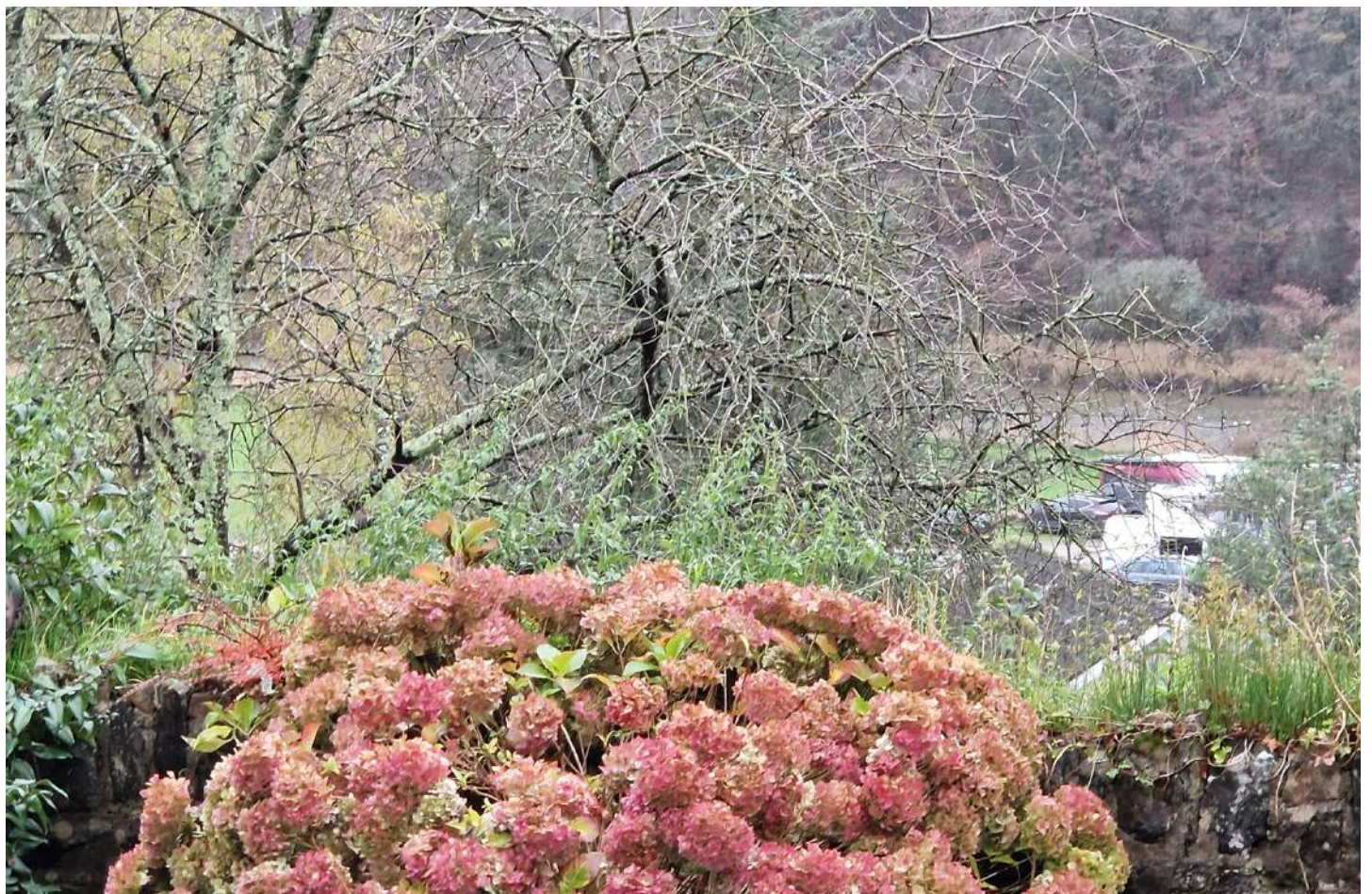
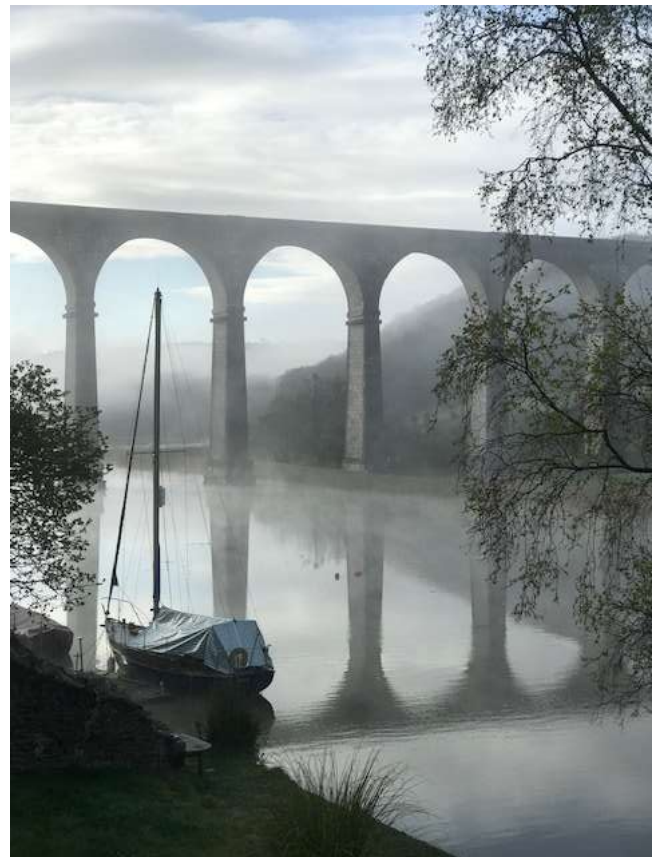
Try and find an angle that you appreciate but might go unnoticed and send it in to [info@calstock.news](mailto:info@calstock.news) and let us appreciate it...

**On the right:**

Kay Norman - Taken from Lower Kelly one misty morning.

**At the bottom:**

Valery Radmore – A Calstock garden.





### ALASTAIR TINTO

#### 1. WHERE DID YOU GROW UP?

I was born in Uganda. When I was 4 we moved to Kenya during the Mau Mau rebellion. My father was in the Colonial Service and would go off on 'safari' to deal with the freedom fighters. The whites were terrified they'd be murdered in their beds and at night my mother would have a pistol under her pillow. When I was 7 we moved to Southern Rhodesia – now Zimbabwe – where my uncle had a tobacco farm, which is still called Tinto Farm.

#### 2. WHAT BROUGHT YOU TO CALSTOCK AND WHEN?

I lived for 10 years in the North-East but really I am a southerner so in 1979 Angela, my wife, and I drew a line from the Wash to the Bristol Channel & applied for jobs. I became the Education Secretary for Plymouth Coop. When we were looking for houses Angela persuaded me to look at one in Calstock. I got Calstockitis and thought I'd arrived in paradise.

#### 3. WHAT IS IT ABOUT CALSTOCK YOU ENJOY MOST?

Knowing so many people and how well we all work together.

#### 4. WHAT WOULD YOU LIKE TO SEE MORE OF IN CALSTOCK?

Affordable housing.

#### 5. WHERE ARE YOU MOST LIKELY TO BE SEEN IN CALSTOCK?

Walking down to the Hall to put up agendas on the Parish Council notice board.



#### 6. WHAT IS YOUR FAVOURITE WALK?

Danescombe Valley - I like the riverwalk but I always regret that we caved into the Environment Agency over taking on the bridge.

#### 7. WHAT FOR YOU IS THE HIGHLIGHT OF CALSTOCK'S EVENTS CALENDARS?

A good jazz gig or classical concert in Calstock Arts.

#### 8. DO YOU TALK TO THE DUCKS?

Never!

#### 9. WHAT IS YOUR FAVOURITE CALSTOCK CREATURE?

Shaun.

#### 10. HAVE YOU EVER SWUM IN THE TAMAR?

Once, in the 80s. In a raft race I was on the Tamar Inn's raft.

Several cans of beer the worse I dived into the river by the pontoon.

I hadn't realised quite how strong the current is and my feet sank into the mud as I struggled to get to the bank!

## RAIL FARES RISE BY 4.6% IN ENGLAND AND WALES

**The Guardian**

*(Using a report from Gwyn Topham  
Transport correspondent, Sun 2 Mar 2025)*

Rail passengers in England and Wales face a steep increase in the cost of travel from Sunday, with fares rising by 4.6% and most railcards going up by £5.

The government defended the increase as being the lowest absolute rise in three years, when inflation was far higher, and being slightly below the current increase in average earnings of 5.9%.

The government also said the rise is needed because of the dire financial state of the railway, but transport campaigners contrasted it with Labour prolonging the freeze on fuel duty for motorists.

Campaigners say if government can find money to freeze fuel duty for motorists they can do similar for railways.

This weekend's fare increase is only the second time the government has raised fares above the rate of inflation since 2013 – the other being in 2021 when the Covid pandemic had stopped most rail revenue.

Meanwhile, the cost of most discount railcards, for students, families or pensioners, will rise by £5, or almost 17%.

The transport secretary, Heidi Alexander, said: “I understand that passengers are frustrated rail fares keep rising despite unacceptable levels of delays and cancellations.

“We inherited a railway that was not fit for purpose, and I know it will take time for trust to be restored, with trains turning up on time, when and where they're needed.”

Alex Robertson, the chief executive of the independent watchdog Transport Focus, said: “Our research shows there is a clear mismatch between ticket prices and the service people expect to receive for what they have paid. This needs to change.”

The campaign group Railfuture's Bruce Williamson said: “We had hoped that a new government would mean a change of policy, but no – passengers are still being punished for going green.

“If they can find the money to freeze fuel duty for motorists, they can afford to freeze rail fares, too. When will passengers ever get a break?”

-HR



## HEAT PUMPS: A CALL FOR REAL WORLD DATA

Living down the narrow and cluttered streets of Calstock, we spend our time waiting for oil deliveries that can't actually get to us. Or sometimes, haven't even tried. And when it finally arrives, the boiler breaks down or needs servicing. We ask: is there a better way?

When Angie and I moved here in 2019, the oil tank was empty. We got a delivery after three failed attempts, but the boiler wouldn't start. It was a good time to look into the alternatives. LPG (Calor Gas) wasn't an option, so what about heat pumps?

Heat pumps need a source of external energy. Back in 2019, ground source heat pumps generated 3.5 units of heating from 1 unit of electricity, getting the energy from pipes buried in the ground. But that wouldn't have worked in a garden with a just a few inches of soil on top of solid rock. Air source systems got just 2 units of energy for each unit of electricity. They were twice as expensive to run as oil heating, with much the same carbon

footprint. And you had to replace all your radiators and pipes. Neither green nor economical.

As it turned out there was nothing wrong with our boiler – it just had an air lock in the fuel pipe. So we fixed that and carried on. Three years later, it needed £1000 of repairs, plus a new, high-spec tank. Great.

But things have changed since. Air source systems have improved immensely. You now get nearly 3 units output per unit of electricity, they work much better at low temperatures, and you can often keep your existing radiators. Oil at present prices is still 30% cheaper, but oil boilers are trouble, and you free up space by having no tank.

Quite a few people have had heat pumps installed. If you are one of them, I would like to hear your experiences. What it cost you to install and to run. Whether you think it has been worthwhile. Perhaps you could email me at [info@calstock.news](mailto:info@calstock.news)

Rhodri Powell

---

## CORRECTION

In a previous Issue I stated that James Goss built a cottage across from the Goss Shipyard but that was corrected to be Edward Brooming who built or had built

the cottage across from his Brooming Shipyard that became the Goss yard.

-H.E. Ross



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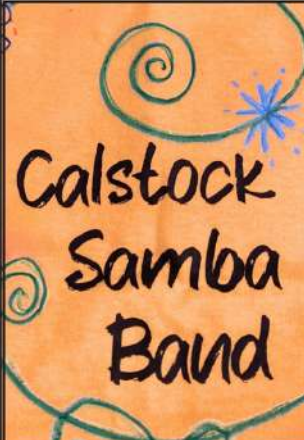



[www.EasyFundraising.org.uk](http://www.EasyFundraising.org.uk)



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**CALSTOCK VILLAGE HALL EVENTS**

**POP UP CURRY NIGHT**

Fri 4 Apr 2025 6:00 PM - 10:30 PM

£12 to book your meal

Following the great success of our first Pop UP Restaurant evening for Valentines Day Mark,



our wonderful chef, is going to serve up a curry night with produce grown in his own garden. We will again be joined by Heathen Soul Brewery who will be bringing their latest offerings. Please book early as it helps us to know how much to make.

**WRIGHT AND GRAINGER IN CONJUNCTION WITH CARN TO COVE PRESENT**

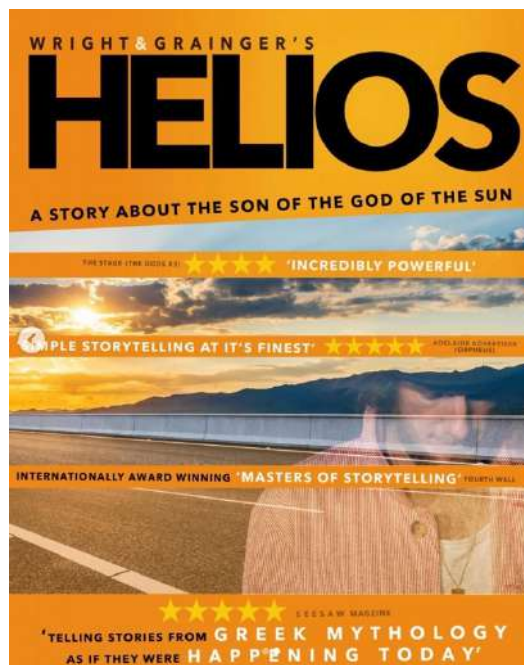
**HELIOS**

Sun 13 Apr 2025 7:00 PM - 8:15 PM

Tickets available from [Ticket Tailor.com](https://www.tickettailor.com)

Calstock Village Hall

A lad lives half way up a historic hill. A teenager is on a road trip to the city in a stolen car. A boy is driving a chariot, pulling



the sun across the sky. A story about the son of the god of the sun, HELIOS transplants the Ancient Greek tale into a modern-day myth wound round the winding roads of rural England-and into the everyday living of a towering city. It's a story about life, the invisible monuments we build to it, and the little things that leave big marks.

**OLD TIME SAILORS**

Fri 18 Apr 2025 7:00 PM - 11:00 PM

Tickets available from [Ticket Tailor.com](https://www.tickettailor.com)

They're back! The Old Time Sailors are back in town with their unique mix of musicianship, stage antics and who know what else. This will sell out, so if you're thinking of coming don't delay in buying tickets. Check out their website to see them in action: [www.oldtimesailors.com](https://www.oldtimesailors.com).



## CALSTOCK VILLAGE HALL EVENTS

Calstock Community Theatre Present

### THE CAUCASIAN CHALK CIRCLE

10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> April 7.30pm £10 a ticket

Tickets available from [Ticket Tailor.com](https://www.tickettailor.com)

Justice, power, and the fight for what's right—timeless themes brought vividly to life in The Caucasian Chalk Circle.

Join us for Calstock Community Theatre's production of Bertolt Brecht's classic tale.

CALSTOCK COMMUNITY THEATRE PRESENTS

THE CAUCASIAN CHALK CIRCLE

BY BERTOLT BRECHT

Thursday 10th April  
Friday 11th April  
Saturday 12th April

7.30pm

CALSTOCK VILLAGE HALL

Tickets £10 adult, £5 children (under 16)  
Family ticket £25 (2 adults, 2 children)

<https://calstockhall.com/events/>

In a time of upheaval, a servant girl's selfless act sparks a battle over who truly deserves power, love, and justice.

With gripping storytelling from an inclusive cast of all ages, and with staging designed to be accessible to all, this community theatre event proves that Brecht's questions about society and morality are more relevant than ever - the past has a way of speaking to the present.

Don't miss this bold, thought-provoking performance.

## CALSTOCK ARTS

As always we have some exciting events coming up in The Old Chapel in the next few months.

Here is a list below, but do check our website for full details and keep an eye at for last minute changes - <https://calstockarts.org>

See you there.....

**THUR 3<sup>RD</sup> APRIL** – Cfylm presents Io Capitano – 7.30pm prompt



**FRI 4<sup>TH</sup> APRIL** – Rachael McShane and the Cartographers – renowned folk singer, cellist, fiddle and viola player. £15 in advance, £17 on door. Doors and Bar open at 7pm

**SAT 5<sup>TH</sup> APRIL** – The Bridge – Eduardo Martin & Ahmed Dickson – Cuban acoustic guitarists, a mix of jazz, flamenco and Cuban music. £15 in advance, £17 on door. Doors and Bar open at 7pm

**SAT 12<sup>TH</sup> APRIL** – Sarah Yeo – a blend of folk and country songs. £10 in advance and £12 on door. Doors and Bar open at 7pm

**THUR 24<sup>TH</sup> APRIL** – Kathryn Roberts and Sean Lakeman – their 30<sup>th</sup> anniversary tour. £20 in advance and £23 on door. Doors and Bar open at 7pm

**FRI 25<sup>TH</sup> APRIL** – Nos Lowen – Cornish social dancing and music – Gallery Barn Special – Doors and Bar open at 7pm

**SAT 26<sup>TH</sup> APRIL** – Swing from Paris – Gypsy jazz from the Cotswolds. £15 in advance and £18 on the door. Doors and Bar open at 7pm

**THUR 1<sup>ST</sup> MAY** – Cfylm presents The Complete Unknown TBC

**FRI 2<sup>ND</sup> MAY** – The Prophecy of Merlin – A Cornish Tale set to Music - an hour of fast-moving storytelling. £8 in advance and £11 on door. Doors and Bar open at 7pm

**FRI 9<sup>TH</sup> MAY** – Cooperative Big Bank – Gallery Bar Special – Doors and Bar open at 7pm Performance starts at 7.30pm



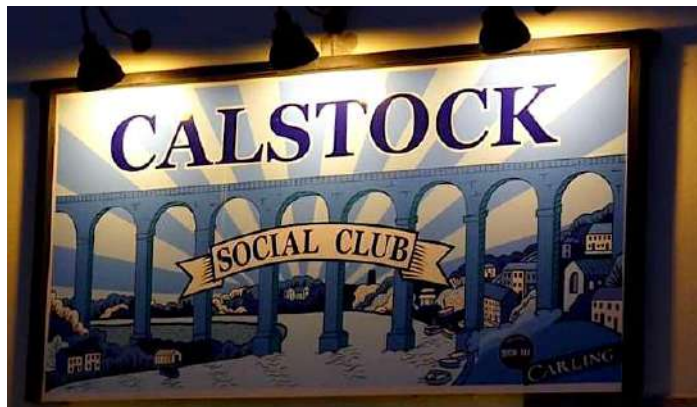
**FRI 16<sup>TH</sup> MAY** – India Electric Company - £15 in advance and £17 on door. Doors and Bar open at 7pm

**SAT 17<sup>TH</sup> MAY** – Adam Sweet Band – Brooding blues and rootsy rock. £17 in advance and £19 on door. Doors and Bar open at 7pm

**THUR 29<sup>TH</sup> MAY** – Hugh Warwick – Killing in the name of Conservation – prepare to be challenged - £10 in advance and £12 on the door. Doors and bar open at 7pm

**FRI 30<sup>TH</sup> MAY** – A Song Recital: From La Scala to Broadway – Tickets £15 in advance and £18 on the door. Doors and bar open at 7pm

**CALSTOCK SOCIAL CLUB**



**SAT 12TH APRIL** - A new band for the club - The Equilisers will be playing all music genres from 50's to present. They start at 9 pm

**SUN 20TH APRIL** - Steve Panter - acoustic 4-6pm.

**SUN 27TH APRIL** - Acoustic session with The QuarterTones 4-6pm

**SAT MAY 3RD** - The Bubble Uk from 9pm

**SUN 11TH MAY** - Andy Marshall 4-6pm

**SUN 18TH MAY** - The Hungry Bears 4-6pm

**SAT 24TH MAY** - Mo Joes from 9pm

**SUN 25TH MAY** - The Stowaways 4-6 pm

Calstock Singers present their  
Spring Concert

# Dreams

**at Calstock Arts**  
**Sunday 18th May at 3pm**

Entry by donation but ticket required available from  
Jenny on 01822 835889  
Tea, Coffee and Cake available

**A SPRING CONCERT**  
**BY CALSTOCK SINGERS**

We would love to see a crowd at Calstock Arts on Sunday May 18<sup>th</sup> for our spring concert, entitled 'Dreams'.

It will be at 3pm with entry by donation and tea and cake will be served.

You will, however, need a ticket from Jenny Bolders at 01822 835889, or any of the singers.

We have been working hard to prepare and were amazed at how many songs we could find on the subject of Dreams.

There will be lots of well known favourites and some you may not have come across before.



## COTEHELE: FESTIVAL OF BLOSSOM IN THE TAMAR VALLEY

Spring has sprung, and with the sunshine the daffodils and the primroses bring—blossom is also beginning to bloom. From hawthorn and blackthorn found often in our hedgerows to non-native magnolias and heritage varieties of cherries and apples, blossoming trees herald a real step into the warmer months and longer days.

At Cotehele, we are heading into our third year of Festival of Blossom celebrations. For 2025, the National Trust team have been working alongside the Green Communities team in Plymouth to offer free events and opportunities for all to engage with blossoms near the train stations along the Tamar Valley Line.

The valley has such a strong connection with blossoming trees through its market garden history, and the sight of blossom can be uplifting and inspiring. Festival of Blossom celebrations will really get going on Saturday 26<sup>th</sup> April with the second year of the Gwel an Bleujenn event at Cotehele—where we give thanks to our wassail being successful by celebrating the blossom and the promise of the fruit that will follow with a procession through the orchards and creative performances by

local groups, musicians and artists. All are very welcome, and costumes greatly encouraged!



*'Apple blossom in April, in Cotehele orchards'*  
Copyright: National Trust Images/Ross Hoddinott

Other events include storytelling at St. Budeaux and blossom walks with local horticultural expert, Tess, in Plymouth.

Calstock Village Hall is the site for a blossom poetry workshop on Saturday 10<sup>th</sup> May, which will be led by Devon poet Emmie Readman, with a lunch provided by Tamar Grow Local. Keep an eye out for further details about all the blossoming events—all will be free (some events at places may have admission costs) and some will need to be booked. Further information can be found on Cotehele's blossom webpage [www.nationaltrust.org.uk/visit/cornwall/cotehele/festival-of-blossom-at-cotehele](http://www.nationaltrust.org.uk/visit/cornwall/cotehele/festival-of-blossom-at-cotehele).

## LIMEKILN GALLERY

After 18 years of the Gallery being mostly the same format but we have made some important changes for the start of 2025.

Ley's printmaking has gradually become more successful over the last few years, and she has outgrown her beloved studio at the Boatyard. This is brilliant, of course, and in order for her to continue developing her work, and to produce the larger pieces she would like to, we

have decided to bring her into the gallery space.

So, we have spent the start of this year moving and integrating her equipment into the Limekiln, and we are very proud to announce that we are now both a gallery and a working artist's studio.

From the street the gallery won't appear much different. The front room remains as it was, a commercial contemporary outlet for local art

and all of our favourite makers. Look closer though, and towards the back you will spot the mechanics of Ley's trade - her press and her inking tables where the magic of the printmaking process takes place!

We are still moving stuff around and allowing time for everything to settle in it's perfect place, but the best thing is that Ley has already started printing, and seems pleased with the early results!

Everyone is welcome to pop in and see our new stock which has recently arrived, and who knows, you may just catch our resident artist at work ...

Hope to see you soon.  
Bernie  
LKG





**ADOPTION HEARTBEATS**

**M**y grandfather used to recite the Irish proverb, ‘*It’s a long road that has no turning,*’ meaning life would be dull if there weren’t any obstacles or challenges along the way.

Our path to parenthood began many moons ago with a series of disappointing dead ends. Then, in summer 2022, on a rocky outcrop overlooking Polperro, we took the decision to adopt. Fast forward to the present moment, we’ve been blessed with a strong-willed little girl and her cheeky chappie baby brother. And as I sit here in a rare moment of a synchronised napping, drinking hot tea and reflecting on my beautiful family, I am grateful to every fork, bend and clifftop we’ve climbed to get here.

The adoption process is designed to be tough. It assesses suitability and educates in how to parent children that are likely to have had a rocky start in life. You learn your strengths and vulnerabilities, the good, the bad and the indifferent. You forgive yourself for past mistakes and make peace with your shortcomings. You rattle your relationships, testing for cracks. You open every closet until each skeleton sees the light of day. You curse the social care system with its probing questions, then thank the gods for its existence in protecting the vulnerable children in our communities.

It’s been a year since a bonny baby girl and her newborn baby brother joined us on a foster to



adopt placement. With two under two, we quickly learned on the job, adapting to sleepless nights, an endless cycle of bottles and nappy changes, and open doors to family, friends, social workers and support workers. Paperwork and juggling aside, we’ve celebrated the big milestones and savoured the little moments.

As we near the final stage with the courts, one thing is certain. If we could go back in time and follow the same path, reliving the disappointments and setbacks to end up with the exact same result, we’d be there in a heartbeat.



**WHAT DID HAPPEN TO THE CORNISH LANGUAGE?**

Anyone who watched Prime Minister’s Questions on March 5<sup>th</sup> will have heard Sir Keir Starmer wishing the people of Cornwall a happy St Piran’s Day. It would have been even better had he said “**Gool Peran lowen**”. So why did our minority language decline to the point where it was declared “extinct” by UNESCO in 2009, only



to be upgraded to “critically endangered” a year later?

There was no dramatic extinction event, just a gradual retreat from east to west, when faced with the economically and politically stronger English language. Cornish evolved with the older forms being fossilised in place names as it went. Thus we find Old Cornish, Middle Cornish and Late Cornish.

**Calstock** itself does not even have a fossilised Cornish name, “Stock” or “Stoke” being the Old English for a ‘farm’. Further west “**Tre**” or “**Dre**” remained the preferred designation for a ‘farm, farmstead, village or town’. “Calwe stoc” was an ‘outlying farm by the bare hill’. Nearby **Callington** was “Calwetona” in 1080 - another ‘farm at the

bare hill’. The presence of interpolated <we> suggests that the Sowsons were seeing this side of the Tamar as somewhere a bit ‘foreign’. Further west we find other ‘bare hill’ places: Mulfra (Molvre, 1284) and Mulvra (also Molvre, 1370). “**Bre**” or “**vre**” meaning ‘hill’ is found in plenty more place names.

Between Calstock and Callington, **Cotehele** (Coteheyle 1302) meaning ‘wood by tidal flats’ contains fossilised Old Cornish, “**cuit**”. Other woody place names containing “cote, cott or quite” also come from “cuit”. The “**heyl**” element meaning ‘tidal flats’ remained fairly constant throughout Cornwall, e.g. **Hayle** itself (Heyl 1265) ‘estuary with tidal flats’. Further west, ‘wood’ evolved from “cuit” to later “**coos**” or “**coys**”. Sadly, even in the west, a Cornish name may be masked by a later English name. How many people know that St Michael’s Mount was once known as “**Carrek Loos e’n Coos**”, ‘grey rock in the wood’, because of the submerged petrified forest which is exposed when we have a very low tide?

Jan Lobb

**GERO NEI CLAPPYA KERNOWEK. LET’S SPEAK CORNISH**

**FEAST DAYS AND CALENDAR DAYS:**

**Degol** or **Gool** is used for a saint’s feast day - also holiday.

**Gool Peran:** St Piran’s Day. We do not need to write ‘saint’ for Cornish saints.

**Gool Peran lowen!** (pronounced loo-un): Happy St Piran’s Day!

**Gool** shortens to **Gol** when combined with names, e.g. **Golowan** the feast of Jowan (St John the Baptist) celebrated as Midsummer in Penzance.

**Gol** even appears in place names (though misspelt as Gold), e.g. **Goldsithney** St Sithni’s Feast.

*Get ready to head west in June. You have time to practise saying:*

**Golowan lowen!** Happy Midsummer!

**An Vantol:** Winter Solstice. Related to the word for balance or scales - the tipping point of the year. But first,

**Pask lowen!** Happy Easter!

Jan Lobb

## A TALE OF TWO RIVERS

Combined Sewer Overflows (CSOs) were originally designed as overflow valves to prevent sewage backing up into homes and streets during heavy rainfall. When activated, they discharge surface rainwater along with untreated sewage directly into rivers. There are quite a few of these along our stretch of the Tamar—meaning pollution can come from upstream or even downstream on an incoming tide.

The 2024 figures just released are not encouraging. While South West Water reported a slight drop in the number of spills—from 58,000 in 2023 to 56,000 in 2024—the duration of storm overflow usage increased from 531,000 hours to 544,000 hours, making it the worst-performing water company in the country.

Our own experience over the last 18 weeks of water sampling tells a similar story—but also shows hope. Our very first test, taken on 16th October 2024, confirmed our worst fears: lab results showed bacterial counts (*E. coli* and *Enterococcus*) off the scale, many times higher than the Environment Agency’s threshold for "Poor" water quality—levels that could be dangerous to human health.

But as the winter progressed—and with the prolonged dry weather—our results began to tell a different story. We’ve seen the river clear, with bacterial counts dropping dramatically, some even rated “Excellent” under Environment Agency Bathing Water standards.



And so, we find ourselves with a tale of two rivers: one that is clean, clear, and safe for people and wildlife—and another that, with the next bout of heavy rain, turns back into the brown, polluted soup we’ve sadly come to expect. It shouldn’t be like this.

We continue to try to engage with South West Water, though our requests for face-to-face meetings have so far gone unanswered. Meanwhile, the Independent Commission for Water is currently inviting public input. Their online questionnaire is a real opportunity to make your views heard:

<https://www.gov.uk/government/publications/independent-water-commission-call-for-evidence-will-open-on-27-february-2025>

Drip Drip will continue monitoring for bacterial pollution and advocating for a cleaner, safer River Tamar. We know we can’t stop until that better river is the only one we ever see.

Drip Drip - Friends of the River Tamar

**SUSTAINABLE TOURISM PODCASTS**

**W**elcoming visitors sustainably and discovering more about Visit Tamar Valley’s green initiatives is the theme of this month’s *Nature Connects* podcast, that has just been released from Tamar Valley National Landscape.



To mark English Tourism Week that took place earlier last month, Marketing Consultant, Sarah Bartlett, shared more about Visit Tamar Valley’s eight Green Ambassadors, the sustainability pledge and their work towards a sustainable tourism charter, during a walk and talk at Lopwell Dam.

Podcast hosts, Ginnette Sutherland and Charlotte Dancer from Tamar Valley National Landscape, also spent time at Okel Tor this episode, and chatted with one of the first walkers to complete the 87-mile Tamara Coast

to Coast Way when it launched in summer 2023. Gary Lewis (Senior Heritage Officer for Tamara Landscape Partnership) explained how he and Sarah Richardson walked the entire length in seven days, and offers advice to walkers who would like to explore the route. *Nature Connects* was launched in January this year, to bring the benefits of Nature to a wider audience, by celebrating the stories and sounds from Tamar Valley National Landscape, through a series of immersive walk and talk podcasts.

A regular feature of the podcast includes taking just a moment to pause, engage and connect to the natural sounds that can be heard in the Valley, based on University of Derby’s Nature Connectedness research. This time, you’ll hear the sounds of Nature at Okel Tor.

Ginnette Sutherland explains, “Through the Tamara Landscape Partnership, we have a range of surveying equipment that you can borrow to find out what wildlife may be visiting your garden or community space. From wildlife cameras and bat detectors, to sweep nets and magnifying glasses, please get in touch to find out more by emailing [bryony.james@cornwall.gov.uk](mailto:bryony.james@cornwall.gov.uk).”

You can find out more about Visit Tamar Valley’s sustainable tourism initiatives here - [visittamarvalley.co.uk/sustainability-pledge](http://visittamarvalley.co.uk/sustainability-pledge).

For further details on the Tamara Coast to Coast Way, please visit:

[www.tamarvalley-nl.org.uk/discover-explore/walking/tamara-coast-to-coast-way/](http://www.tamarvalley-nl.org.uk/discover-explore/walking/tamara-coast-to-coast-way/)



## DISCOVER SIGNS OF SPRING AT SOUTH HOOE COTTAGE FARMLAND NATURE TRAIL

**A**s spring slowly emerges in the Tamar Valley, spend time in nature on the Bere Peninsula, where a haven of tranquillity awaits...

South Hooe Cottage Farmland Nature Trail opened over two years ago and was created as part of a wider ambitious programme of landscape and habitat improvements that was funded by the National Grid's Landscape Enhancement Initiative. The two-mile walking route provides excellent viewing of the four hectares of freshwater wetland and pools created on the site in collaboration with the Environment Agency, and a further 14 hectares of intertidal habitat.

This spring, the Nature Trail is open to walkers on Saturday 5 April and Saturday 3 May, from dawn until dusk.

Jane Hart, Project Officer for Tamar Valley National Landscape, explains what you might see throughout spring; "During your walk, look out for primroses, daffodils, stitchwort, red campion and bluebells, and enjoy the beautiful blossom from the 20-year-old Tamar Valley cherry and apple orchards. You will also pass the newly-planted orchard – one hectare of walnut, cobnut, sweet chestnut, and almond trees."

Jane continues: "You may also spot a whole host of bird life, including stone chats, chiff chaff, meadow pipits, black caps, blue tits and



*Lambs at South Hooe. Photo by Jan Simpson*

great tits. Listen out for the great spotted woodpecker and the unmistakable sound of skylarks singing over the field."

The Nature Trail is the perfect place to sit and enjoy the beautiful views across the River Tamar. Please allow one to two hours to experience all that this site has to offer, and don't forget to bring your binoculars!

Unfortunately, there are no dogs allowed on this permissive path, due to wading and ground-nesting birds. Please leave gates exactly as you find them. There are no facilities at the site.

For more information and directions, please email [charlotte.dancer@cornwall.gov.uk](mailto:charlotte.dancer@cornwall.gov.uk) or visit

<https://www.tamarvalley-nl.org.uk/discover-explore/places-of-interest/south-hooe/>.

## SPICY CHIPS

*Not your average oven chip.*

### Ingredients:

- Large potatoes.
- Olive oil, or your favourite cooking oil.
- The spicy bit: Za'atar (a classic mix of spices), Schwartz steak spice, salt, garlic puree (I use Gia, about 95p a tube).



### Method:

Cut your potatoes into wedges – or any chip shape you fancy, but keep them on the large side. No need to peel. Par-boil or steam until almost cooked.

Meanwhile, in a bowl big enough for all the potatoes, put in just enough oil to coat the chips.

Now add the spices: four times as much Za'atar as steak spice. Then the garlic puree—I use lots but this depends on how much you like garlic. And then a generous amount of

salt—they are chips, after all ... Mix these all together to make a paste.

When the potatoes are ready, take them off the heat, put them in a colander and run them under the cold tap to wash away the surface starch. While they are still warm, tip them into the bowl of spices and very gently turn them, taking care not to break them up, so they are well covered with the spice mix. Leave to sit for a little to soak it all up. As they cool they get firmer.

Heat the oven to about 180 degrees: not too hot and not too cold. I'm vague about this because mine go in the Rayburn towards the top of the oven on number 5 setting, which is a moderate heat. You want them to cook not too fast so they can dry out and get crispy.

Put a sheet of baking parchment paper onto a baking tray and add the chips, spreading them out evenly. The chips take about half an hour, but keep an eye on them. They are very adaptable and you can keep them warm without them going soggy.

My favourite way to eat them? With some spicy spatchcocked roast chicken torn into bits, some garlic mayo and a green salad. Yum.

Angie Sage



### SAVE YOUR PENNIES

Newcomers to gardening may feel as if they've taken up the most expensive hobby – and it's true, you can pay a small fortune for posh kit that will ensure you look the part. But is it necessary?

There's a myriad of ways to keep costs to a minimum, not least opting for pre-loved. Car boot sales, online market places and salvage fairs offer rich pickings. There's also something joyous about using tools handed down, as if their well-worn natures might impart a little gardening wisdom – or at least good fortune.

You'll need a fork, spade and trowel. All should feel light and comfortable enough to wield, but sturdy enough to tackle the job. For my money, a good pair of secateurs are an investment worth making and integral if pruning isn't to become a chore. I've had the same pair of Felco's for more than 20 years. As well as being reliable, they've got red handles, making them harder to lose. There are lots of different types, so opt for something that feels right – think Edward Scissorhands. A good kneeling pad is also essential for older bodies.

For seed-sowing, you'll need a selection of pots, seed trays and labels. Again, most can be sourced second-hand and re-used time and again. I find labelling in pencil works best, as it's relatively rainproof and can easily be erased. Invest in some vermiculite to add to a good quality seed compost. It lasts ages, vastly

improves germination rates and helps counter any 'damping off' – when seeds germinate, but then



inexplicably keel over and can't be revived. I add a thin layer to the top of the tray or pot too.



Seeds are increasingly expensive, so saving them from year to year is becoming ever more important. I confess I was tempted into buying an expensive box – everyone has their weakness – but an old lidded tin works almost as well. Keep them away from light, heat and frost and never store them in a greenhouse, as it's too humid.

On which note, I've just bought my first ever greenhouse! All that money saved had to be spent somewhere...happy gardening.

Lynne Pearce

## RESOLUTION LIST

Some people make New Year's resolutions; I write down a list of things that make me really angry so that I can offload them and I don't have to worry about dealing with them anymore. It's a bit like a to-do list; the place where important but not urgent jobs go to die.

Here goes:

I'm not proud of living in a country where the smallest amount of snow I've ever seen triggers a national emergency, with road, rail and air travel disruption up and down the land. I mean, it doesn't snow often, so go ahead and bunk off work/school to go tobogganing, but



to claim you “can't” carry on as normal is, frankly, pathetic.

Same with rain. I mean, Britain is a world leader in miserable weather, so it seems a bit odd for everything to grind to a halt because it's an umbrella day. Unless there's actually knee-deep water flooding down the high street I see no reason for trains, cars and buses to have an issue, and if you do have to walk instead, just make the appropriate wardrobe adjustment and crack on!

Owning a camera phone does not make you a digital creator. You aren't a rockstar or a warrior, either, incidentally. OK, OK, I do know people who are these things, but I'm generalising.

Chair workouts. WTF? I don't know if it's just because YouTube knows how old I am and now thinks I can't get out of my chair; the same reason I've stopped getting adverts for Viagra. But I'm inundated with these bloody chair workout ads, and they make me mad. There's no way waving your arms and legs about on a chair is going to get you a six pack like the bearded old dude in the ad. You need a personal trainer and a full-time chef to achieve that, if you're a grown up. Although if you fancy working out with a chair, give me a call and I can make that happen (for a small fee).

But you won't be sitting on it.



\* \* \*

I've thought of something else to be angry about, as if I needed one.

Apparently, a light to moderate alcohol intake can reduce the risks of all-cause mortality. This is a pretty easy survey to do over the longer term, but of course correlation does not equal causation and so it might well be nonsense.

There's a huge backlash against this sort of information, too, because it may lead people to think it's healthy to drink more wine. Which it may be, but on the other hand no one wants someone else's cirrhosis on their conscience. Equally there is a reluctance to advocate meat in the media these days, because there is some evidence that high meat consumption may lead to negative outcomes.

I think all these studies are missing the point.

I think light to moderate use of everything leads to reduced all-cause mortality risk. Because people who are moderate users are moderate people; they are unlikely to take things to excess and unlikely to be stressfully and unhealthily avoidant of anything in particular either. My mother used to say "Everything in moderation. Especially moderation."

These people are at reduced risk of all-cause mortality because they don't do crazy sh\*t



(very much) and don't overdose on things, and don't get all wound up about abstaining from stuff either. The clue is in the "all cause" part, to be honest. There is no way that drinking moderate amounts of wine makes you less likely to break your femur (an injury that ultimately kills a lot of older people) but it is probably true to say that people who are moderate in all things (including exercise and diet) are less likely to fall down.

You may disagree with me.

That's cool.

It won't kill me.

Will Mattos

## PARENTING ASSISTANCE AND SUPPORT

**B**ecoming a parent, whether it's your first baby or not, can be overwhelming and all consuming. This tiny, dependent baby becomes your life, which can feel very isolating at times. It can be hard to find time for yourself, and it's utterly exhausting. Your baby becomes your priority, meaning that YOU can get a little lost amongst the nappies and responding to your baby's every need.

For many new parents (mums AND dads), this is a time of stress, worry and anxiety. You probably find yourself googling a lot, perhaps searching online forums to see if that noise is normal, should they be pooing more, why is he crying so much, why am I crying so much...? Whilst the internet does hold a lot of information, it's just not the same as real life face to face support from other parents. Having someone listen, nod and say "Yep, I've had that too", can be reassuring and lift a weight off you. This immediate, human connection can be far more beneficial than online support groups or virtual check-ins, as it fosters a sense of belonging and community, which is

essential for mental well-being. Joining groups or meeting face to face also helps add in some routine to your week, helping you regain a bit of normalcy within the chaos of having a young baby.

Having experienced birth trauma and postnatal depression myself with my first child, I know just how important it is to find other parents to connect with - people who are going through it all at the same time, who know what it feels like to utterly love your baby and still have frustrations and worries. Now that I'm running parent and baby classes I make sure to allow plenty of time for parents to chat, and am very open about mental health with everyone who comes along. If you're looking for a class that nurtures you as well as your baby, please do take a look at Little Goose Parent and Baby Classes. We offer gentle, inclusive and welcoming sessions, and we'd love to meet you and your baby soon.

We have classes in Calstock, Tavistock and Plymouth - look us up on Facebook to find out more, or visit [www.bookwhen.com/littlegoose](http://www.bookwhen.com/littlegoose) to see what's on offer.

Rosie Greaves

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## AN ABSOLUTE BEGINNER'S GUIDE TO MEDICINAL MUSHROOMS

**Date:** Saturday, May 3rd

**Location:** Harewood Farm Field Kitchen, Calstock PL18 9SQ

**Duration:** 3 hours (including lunch)

Curious about the healing properties of medicinal mushrooms? This friendly and informal 3-hour workshop is the perfect place to start your journey.

**What you'll explore:**

1. The unique properties of medicinal mushrooms
2. How they may support a healing response to various health issues
3. Step-by-step instructions on making your own dual-spectrum tinctures

4. Access to Steve Carter's library of reference books

5. Lunch made with locally grown Harewood Farm produce

After lunch, take an optional walk through wildflower meadows at Harewood Farm to the River Tamar.

**Cost:** £25 (sliding scale available)\*

**Spaces are limited – book your spot today!**

**Email:** [hello@harewoodfarm.co.uk](mailto:hello@harewoodfarm.co.uk)

**Text Jo:** 07977 555849

*For information purposes only, not medical advice.*

## SPRING AT THE HAVEN IN HAREWOOD

My treatment Special for April and May is a stress-melting massage for upper back, neck, shoulders and upper arms, followed by a scalp massage and relaxing facial. It's a great treatment for 'computer shoulders' or for people who drive a lot.



**Special April/May price when you mention reading about it in the Calstock News!**

**A Good Read: WINTERING: THE POWER OF REST AND RETREAT IN DIFFICULT TIMES by Katherine May**

Through a poignant and comforting meditation on the fallow periods of life, this book reminds us that there are times when we must retreat in order to care for and repair ourselves. Katherine thoughtfully shows us how to come through these times with the wisdom of knowing that, like the seasons, our winters and summers are the ebb and flow of life.

### Crystals

The use of crystals goes back to ancient times, with evidence of their use found in records from ancient Egypt, Greece, China and Mexico. Throughout history they have been

used for jewellery, decoration and in burial rites. My hot and cold stone massage includes the use of crystals on the chakra points. I thought you might be interested to hear about just a couple of the crystals that are often used therapeutically.



**Citrine:** is said to encourage creativity and is used on the sacral chakra.

**Hematite:** is thought to dispel and shield from negative energy, used at the root chakra.

**Rose Quartz:** symbolises a mother's unconditional love, it is a nurturing stone, used at the heart chakra.

**Opal:** this represents youthfulness and optimism and is used at the third eye or brow chakra. I have lots of small rose quartz stones, please ask for one to take home when you next visit The Haven in Harewood.

If you can, please share this Calstock News, or tell someone else about me. And please see what we offer at [thehavencalstock.co.uk](http://thehavencalstock.co.uk) on Facebook and Instagram

**Love and warmest Spring wishes, Lily x**



**THE CAUCASIAN CHALK CIRCLE**

The last time Sheila Snellgrove—ex-CEO of Plymouth Barbican Theatre—put on a play in Calstock Village Hall was to celebrate the opening of the ‘new’ Village Hall in 1989 when she directed Bertolt Brecht’s *The Threepenny Opera*.

And now, thirty years on, Sheila is back to celebrate the remodelled CVH with another Brecht: *The Caucasian Chalk Circle*.

The idea began to take shape when one of the original stars of the first show, Julian Clinkard, said: “Come on, Sheila. Do a play.”



And so, in September, Sheila put out an open call for anyone — no expertise necessary — to come and be part of *The Caucasian Chalk Circle*.



Sheila believes “that Calstock deserves a place where people can create theatre together.” It is important, she says, that anyone can take part.

“No one is more important than anyone else. The process [of being in a play] is a lesson for life. You learn to listen, share, collaborate, express yourself and work as a team.”

The rehearsals are, Sheila says, a transformative experience. She loves trying things out and enabling the actors to draw things from their own lives to inform the play.

The subjects of the play are very much of this time: land grabs, people fleeing their homeland, but it also about believing in a better future.

The play is going to be something really special. Set up in traverse, it runs the length of the hall with two stages, one at either end, with the actors moving between.

The audience sit in the space between the stages and are, by their very presence, part of it.

And it is not only those on the stage who are making this something that you have to see. There are so many behind the scenes. To name just a few: Janet Nesaule and Ally Hull who have made the costumes and some truly wonderful effigies.



Matt Taylor has composed the music and will be performing it along with Mal, Tony and Liv.

If you've not booked your seats yet, be sure to do so soon.

Angie Sage

\* \* \*

**Performances are:**

**Thursday 10<sup>th</sup> April,**

**Friday 11<sup>th</sup> April and**

**Saturday 12<sup>th</sup> April.**

Tickets are £10 for adults, £5 for children under 16 and family tickets £25 for 2 adults and 2 children.

<https://calstockhall.com/events>

All proceeds go to Calstock Village Hall.



### HELLO FROM THE OTHER SIDE



and the pH reading, this helps with lime application—just like the garden the pH of the soil needs to be right for the crop—be it grass, forage maize or a cereal. I was printing the maps to use as a record of samples taken and it got me thinking about

'Tis chilly today but at least the cows are out, they didn't want to come in yesterday.

At the time of writing there are four out of the fifty cows that were due to calve in the spring left to calve. Fortunately we are not under any TB restrictions so the calves from these cows have been reared until they are three to four weeks old and then sold to a farmer who has a suckler herd and rears animals for beef production; he also keeps some of our calves to rear as replacements for his cows. The bulls used on these cows are British Blue and Aberdeen Angus so all the calves are a beef cross bred, the British Blue and Aberdeen Angus are favoured by a lot of beef farmers.

We have done a lot of soil sampling in different fields to help us determine nutrients

field names. No prizes for guessing which field is called Bridge Field or 'The Hills'. We do have more interesting ones: Ward Field is just above Quay View school, we think this name originated from the house as this was originally built for the ward of the Earl of Mount Edgcumbe. The long field by the river opposite Cotehele quay and woods is called 'Horse Parks,' there is an old ruin which we assume kept horses. Some names are passed down from previous generations, others are lost, most are more mundane and self-explanatory but all are essential in telling the person fetching the cows in for milking where the cows were put to graze.

The sheep in the photo are in S-Bend Field.

Ali Rundle, Ferry Farm.



## TAMAR SPRING HAIKU

The black crow winter  
has flown from the land. Listen.

The birds are calling.

Sunlight shimmering  
on dancing rivers. The sky  
fills with flying fish.

The grass is singing.  
The soil has begun its dance.

We call it Spring.

Sun plays, birds sing and  
leaves ease into their places.

Winter's in disguise.

Anon

*Photo from Cotehele Facebook page*



## BUSES TIMETABLE

*Schedules are subject to change. Please, double-check.*

### ONLY MONDAY – SATURDAY SERVICE

Bus 79 from **the Quay**, Calstock:

to Callington:	07:42	-	09:12	10:42	12:42	15:12**	16:42	17:42 <sup>NS</sup>	18:42
to Tavistock:	07:58*	08:08**	09:53	11:53	13:53	15:47*	15:53**	16:53 <sup>NS</sup>	17:53

*\*On school days. \*\*On Saturdays and school holidays. NS – Not Saturdays.*

## TAMAR VALLEY COMMUNITY BUS SERVICE

Call Jackie at 01822 832998 Monday to Friday 1:00pm to 5:00pm

## TRAINS TIMETABLE

*Schedules are subject to change. Please, double-check.*

### Monday-Friday

Plymouth - Calstock:	04:57	06:31	08:24	10:28	12:28	14:27	16:38	18:38	21:30
Calstock - Plymouth:	05:53	07:37	09:31	11:31	13:31	15:31	17:45	19:45	22:34

### Saturday

Plymouth - Calstock:	06:27	08:22	10:24	12:24	14:24	16:44	18:26	21:28	-
Calstock - Plymouth:	-	07:28	09:26	11:26	13:26	15:26	17:46	19:30	22:32

### Sunday

Plymouth - Calstock:	09:03	11:10	13:20	15:20	17:44
Calstock - Plymouth:	10:22	12:21	14:22	16:22	18:46

## YOUR COUNCILLORS



Calstock has nineteen Parish Councillors who represent the five wards within Calstock Parish – Calstock, Chilsworthy, Delaware

which includes St Ann's Chapel, Gunnislake & Harrowbarrow.

The Chair of the Parish Council is Jim Wakem (Gunnislake Ward) and the Vice Chair is Mark Warwick (Gunnislake Ward).

### THE CALSTOCK WARD COUNCILLORS ARE:

**Alex Polglase**

07545 872667

[alex.polglase@calstockparishcouncil.gov.uk](mailto:alex.polglase@calstockparishcouncil.gov.uk)

**Phil Spurr**

07779 595008

[philip.spurr@calstockparishcouncil.gov.uk](mailto:philip.spurr@calstockparishcouncil.gov.uk)

**Alastair Tinto**

07727 644310

[alastair.tinto@calstockparishcouncil.gov.uk](mailto:alastair.tinto@calstockparishcouncil.gov.uk)

**The Parish Clerk is Clare Bullimore**

The Tamar Valley Centre, Cemetery Rd,  
Drakewalls, Gunnislake PL18 9FE

01822 748847

[clerk@calstockparishcouncil.gov.uk](mailto:clerk@calstockparishcouncil.gov.uk)

[www.calstockparishcouncil.gov.uk](http://www.calstockparishcouncil.gov.uk)

### POLICE

Emergency 999      Non-emergency 101      Crimestoppers 0800 555111

### MEDICAL SERVICE

#### TAMAR VALLEY HEALTH:

#### Callington Health Centre

Haye Road, Callington, PL17 7AW

Hours: Mon-Fri 08:30-13:00, 14:00-18:00

Closed Saturday & Sunday

Phone: 01579 382666

#### TAMAR VALLEY HEALTH:

#### Gunnislake Health Centre

The Orchard, Gunnislake, PL18 9JZ

Hours: Mon-Fri 08:30-13:00, 14:00-18:00

Closed Saturday & Sunday

Phone: 01822 832641

### DOMESTIC ABUSE

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

The Freephone Domestic Abuse Helpline:

0808 2000 247 day or night.

There is an NHS page, "Domestic Violence and Abuse"

### SOMEONE TO TALK TO. THE SAMARITANS

Whatever you are going through you can call the Samaritans at any time day or night.

They won't judge or tell you what to do.

Call 116 123.

Or if you prefer you could write contact email: [jo@samaritans.org](mailto:jo@samaritans.org)

### TROUBLE GETTING BY?

Trouble paying energy bills, rent, council tax or other bills?

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.

Go to [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) or call: 0808 223 1133

Abbey Surgery, 28 Plymouth Road, Tavistock. Open Mon or Fri, 10 till 3.

### REPORT POTHOLES IN THE ROADS

Immediate Danger:

0300 1234123

Located in Cornwall:

0300 1234222

Located in Devon:

0345 155 1004

### SOUTH WEST WATER

Report concerns and sightings of pollution/sewage in the river:

**By email:** [info@southwestwater.co.uk](mailto:info@southwestwater.co.uk)

[www.southwestwater.co.uk](http://www.southwestwater.co.uk)

**By phone:** 0344 346 2020

**By post:** South West Water, PO Box 4762, Worthing, BN11 9NT

**For free, independent advice:**

Consumer council for Water (CCW)

Tel 0300 034 2222 or use their online form at [www.ccwater.org/contact-us](http://www.ccwater.org/contact-us)



## **A CUTE LITTLE QUIZ:**

*How many ducks are there in the photo?*



## **CALSTOCK NEWS**

*Our community newspaper*

*April and May 2025*

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**JENNIE KRAMER, RHODRI POWELL, H.E. ROSS, ANGIE SAGE, YUKIKO STRANGER-GALEY AND YULIYA TEPLOVA**  
*have all helped to bring this issue to you.*

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