

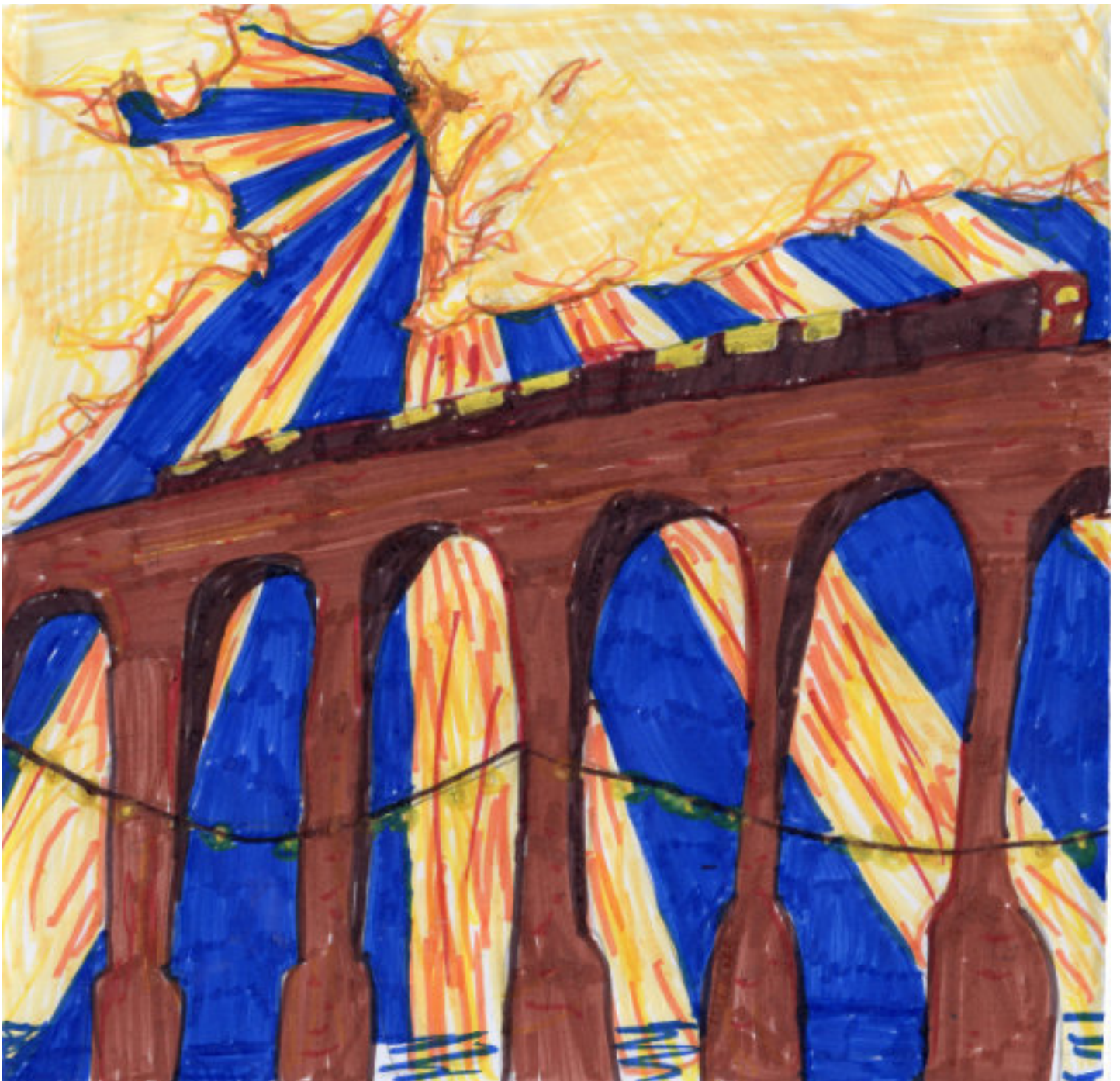
FREE!

# CALSTOCK NEWS

~Since 1983~



2026/1: Spring



*Viaduct* by Angelina Richardson, 11 years old - with thanks to Calstock Youth Club



*Year 5s and 6s:*

*What do you know how to cook and what is the recipe?*

*What is your favourite food in the whole world?*

**Elsa:** I think the best food is mashed potato with gravy.

**Rosa:** My favourite food in the world is waffles and s'mores.

**Grayson:** I know how to cook egg fried rice. The recipe is rice, peas, soy sauce, and 2 eggs.

**Ariya:** I know how to cook bolognese. The recipe is: minced beef, onions, garlic, tomatoes, mixed herbs, Worcester sauce.

**Frederick:** Macaroni cheese: Get a saucepan and put it on the hob. Boil some water. While it's boiling, get the macaroni out. Put the macaroni into the saucepan, followed by the water then turn on the hob. Wait for 15-20 mins. Stir regularly then take it off the hob. Add cheese and stir. If preferable, add more cheese.

**Sumire:** Profiteroles are my favourite food because they are filled with cream and have a big blob of chocolate on the top.

**Bryher:** My favourite foods are mozzarella cheese and anything Japanese!

**Gabriel:** The best food in the world is Wellington.

**Fraser:** The best food in the world is churros with chocolate.

**Nessa:** My favourite food in the world is tacos.

**Willow:** My favourite food is Yorkshire puddings and sushi.

**Felix:** I love stir fry.

**Poppy:** I know how to cook breakfast food like eggs and toast.

**Ruby:** My favourite food is potato bake.

**Erin:** My favourite dish to make is pesto pasta. You get a reasonable sized pan and fill it halfway with water and put a lid on it. Let it boil on the hob. While it's boiling, weigh out 60g or 70g of pasta. Put it in the pan of boiling water, then let it cook for around 12 minutes. Drain the pasta using a sieve, before putting it into a bowl. In the bowl, mix the pesto into the pasta. Grate parmesan cheese on the top to finish.

**Teachers: Donna Kilpin, Tim Jeffery**



**MAGGIE CORFIELD, PROPRIETOR OF CALSTOCK HAIR STUDIO**

**W**e found Calstock by mistake. Paul and I lived in Somerset and were looking to move to Devon or Cornwall. We went to look at a cottage near to Calstock and then drove to the village out of interest. As we came down the hill we both said oh, this is lovely. And then we saw The Barn was for sale, and that was it.

The little building next to it was ‘Make New and Mend’ at the time but I knew it would be the perfect place for a hair salon.

I’ve been in hairdressing for twenty seven years now and Calstock Hair Studio is my third salon. My first was in Weston-Super-Mare and second in a village ten miles from there.

And so, after visiting Calstock many times

and staying at the lovely Lishe B&B, we moved here on January 21st 2017 and at first, we rented.

‘Make New and Mend’ moved up the hill to Skidmore’s old garage and we bought the salon and Paul fixed it up. It’s been open eight years now.

Calstock was very different from where we were used to, and I love it.

I love that with having the hair salon I meet so many different people and get to know them. I grew up in Glastonbury but Calstock is a world of its own. It’s unique.

You have to put yourself out there but it’s very friendly. I wouldn’t ever want to leave—I absolutely love the place.



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### **CALSTOCK VILLAGE HALL: THRIVING WHILE MANY OTHERS STRUGGLE**

**W**hile many village halls across the country are finding it tough to keep going, Calstock Village Hall is very much on the up. National research from ACRE and Sheffield Hallam University shows that lots of halls are dealing with ageing buildings, rising costs, and a shortage of volunteers. The pandemic didn't help either — most halls had to close for long stretches, losing income and, in some cases, their regular users. Many are still trying to rebuild.

Here in Calstock, though, the picture is far brighter. Over the past few years, the hall has seen major investment that's transformed the building and brought the facilities right up to date. Grants, community fundraising, and a huge amount of volunteer effort have all played a part in making the hall more welcoming, accessible, and better equipped for the future.

Those improvements are paying off. The hall is now busier than ever, with a lively

mix of classes, performances, community groups, private events, and social gatherings. Instead of the decline seen elsewhere, demand here is growing — and new groups are regularly getting in touch to book space.

A big part of this success comes down to the people who keep the hall running. Volunteers, trustees, and supporters have put in countless hours to secure funding, manage projects, and deal with the day-to-day work that keeps the doors open. Thanks to them and to everyone who uses the hall. So please check out what is on offer at our website [www.calstockhall.com](http://www.calstockhall.com) and make use of this valuable community asset.

Matt Taylor

Village Hall Administrator

CVH Management Committee

07828704668

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



## CALSTOCK NEWS: A FINANCIAL REPORT

For the last two years there's been a four page centrefold spread of adverts. These have paid for our printing costs and mean that Calstock News is supplied free of charge, though often, when we ask 'would you like a Calstock News?' there's a look of panic and 'yes, but I haven't got any money on me!'

We are grateful to our advertisers. The adverts pay for Calstock News but they are also a service to local suppliers who can tell people what they do and to our readers who have an easy reference for local businesses.

Our financial year ends with this issue. We won't quite cover our costs: we received £1179 from adverts but our expenditure will be over £1190. However, we applied to Calstock Cake for a grant. It was wonderful that their instant response with £150 means we won't make a loss and we have a bit to start our new financial year with.

For many years we've used Calstock Hall's bank account. We now have our own account which will make things a lot easier. Big thanks to them.

Calstock News has always come out every two months. So as soon as we've published one issue we start on the next which doesn't give much respite. It's also difficult to fit in with school terms which is important because the School does our printing. So we're moving to five issues a year: Autumn: September/October/November;



Winter: December/January; Spring: February/March/April; Early Summer: May/June; and Summer: July/August.

Many thanks to everyone who contributes to Calstock News. Without you we wouldn't have a paper. And, of course, a big thanks to all our readers.

Oh, and a **note to advertisers** ... would you like to advertise in Calstock News? It's a bargain at £40 for an advert in every one of our next 5 issues. We print 250 copies which are gobbled up. Each copy is probably read by at least two people. And our last issue had 222 views online. That's about 700 readers per issue. At £8 an advert that's just over 1p per view. Can you resist?

**Alastair Tinto, Treasurer**

## SPRING AT CALSTOCK PRIMARY SCHOOL

As snowdrops and daffodils begin to appear and new buds herald the arrival of spring, life at Calstock Primary School is buzzing with energy and excitement!

Did you know that we have a wonderful nursery taking children from the age of two? Our experienced staff are dedicated to nurturing the whole child, encouraging curiosity, creativity, and a love of learning from the very start. Outdoor exploration and hands-on experiences are at the heart of our approach, helping our youngest learners grow in confidence, resilience, and independence.

This term has been exceptionally busy for our whole school community. We welcomed an Ofsted visit, which was a very positive experience for staff, pupils, and families alike. We are looking forward to sharing our latest report with you as soon as it is published.

Our pupils have been enjoying a rich variety of experiences: Class 1 investigated barn owls and even dissected owl pellets, linking science with their literacy work. We celebrated NSPCC Number Day, Reception children took part in Bikability sessions, and preparations are well



underway for our Year 5/6 London residential trip. Other highlights include St Piran's Day performances, a cross-country event, multi-skills visits, and a KS1 trip to Plymouth.

Clubs this term have been as lively and diverse as ever! Pupils have explored music through ukulele and violin, kept active with gymnastics and yoga, nurtured plants in gardening club, built together in Lego, and enjoyed film club — just a few of the many opportunities available to enrich school life beyond the classroom.

As we move further into spring, we celebrate all that our children have achieved so far and the wonderful experiences they continue to enjoy. The term ahead promises even more learning, laughter, and adventure, and we cannot wait to see the new growth and energy that this season brings to our school community.

Here's to a vibrant spring term at Calstock Primary School!

Jade Morgan

Class 1 Teacher

Calstock CP School

## CALSTOCK CP SCHOOL: OFSTED INSPECTION RESULTS

I am delighted to share the outcome of our recent Ofsted inspection.

There are many things to celebrate. We are really pleased that the report recognises the hard work and endeavour that has taken place since our last inspection in July 2023.

Many of you know that, above all, we want our children and school to be defined by kindness, connection, empathy and a sense of belonging. This underpins everything. We are so glad that these values were recognised throughout our

inspection and ‘lived’ by all those who are part of our school community.

Ofsted have introduced a new framework with a report card system. We are one of the first schools to receive this new inspection style. A key component is that there is no longer a single overall judgement or grading such as ‘good’.



Inspectors recognised the incredible progress the school has made in moving from a ‘requires improvement’ under the previous framework to 6 out of 7 ‘expected’ gradings under this new system.

There is a myth that a school can’t be joyful, inclusive and child-centred whilst also being ambitious and valuing academic progress and achievement. We’ve all worked so hard at Calstock to disprove this theory. Our school is a place where children thrive emotionally, creatively and academically. It is also a place where staff have high morale and love their jobs.

Thank you to all who have connections with our school and who continue to contribute positively to our work.

Although the report has initially been shared with parents and carers, it will be available to view on the Ofsted website by the week beginning Monday 2nd March.

Very best wishes,

Ben Towe

Executive Headteacher

### CALSTOCK YOUTH THEATRE



Age 6 to 17 come along. If you are into acting / singing / set or costume design - this is the thing for you. Thursday 4.30 to 5.30. Calstock Arts, side entrance. £2 per session.

## CALSTOCK COMMUNITY LAUNCHES AED FUNDRAISING INITIATIVE

Following the well attended AED (Automated External Defibrillator) and CPR training session delivered last month by Peter Salisbury of the **Tamar Valley Community Defibrillator Scheme**, it



has become clear that Calstock needs an additional publicly accessible defibrillator.

Although three AEDs are already located within the village, there is currently no 24/7 unit available at the top of the village or for nearby Albaston. The AED inside the Queens Head pub is only accessible during opening hours.

To address this gap, the Calstock community is launching a fundraising campaign to install a new, publicly accessible AED outside the Parish Council workshops near **St Andrew's Church**. This central location will provide vital, round-the-clock emergency support for residents and visitors.

An initial **£500** is required to purchase and install a secure, heated cabinet. Once the



cabinet is in place, the Tamar Valley Community Defibrillator Scheme will supply the AED unit at no additional upfront

cost. Any extra funds raised will go toward ongoing rental & maintenance.

### FUNDRAISING EFFORTS WILL INCLUDE:

**SPONSORSHIP:** Local businesses are invited to sponsor the cabinet, maintenance, or community training sessions.

**DONATIONS:** Residents can contribute via collection tins, direct donations, or online platforms.

**EVENTS:** Planned activities include coffee mornings, raffles, sponsored walks, and *HeartBeat12*—a 12hour musical marathon featuring local performers.

The Tamar Valley Community Defibrillator Scheme is committed to ensuring every community in the Tamar Valley has access to a wellmaintained AED and the training needed to use it confidently.

Early access to a defibrillator dramatically increases survival rates during cardiac emergencies. This initiative represents a practical and potentially lifesaving investment in Calstock's safety and resilience.

For fundraising ideas or to make a donation, please contact

Ian Richards – 07771 523505, [ianofcalstock@gmail.com](mailto:ianofcalstock@gmail.com)

Updates, event details, and donation information will be shared on local Facebook pages.

Thank you,  
Ian

## CALSTOCK CAKE GRANTS AVAILABLE

Calstock Cake runs a Community Café, usually on the third Sunday of the month in the Village Hall. It's put on by a brilliant bunch who love every moment. Light lunch, cake and refreshments are available for a donation. No-one gets paid. It's all voluntary. On average they make a monthly surplus of around £200. This surplus is given out in grants to local non-profit community groups. Over the past while they've given grants of, on average, about £250, to the following groups:

- Calstock Youth Club
- Calstock Primary School Garden
- DripDrip Tamar
- Calstock Community Theatre
- Calstock Rowing Club
- Calstock Lantern parade
- Lantern Making Workshop
- Calstock Folk (a folk music festival)
- The Community Orchard Gunnislake
- Callington food bank

- Instrument donation to Calstock Samba
- Calstock News

Calstock Cake also provide a Free Festival Day in May and many free workshops and a trickle of music throughout the year.

Calstock Cake would be delighted to support your community group to fund an event or a need or an activity or some equipment or rent.

If you have an idea that needs funding contact Calstock Cake, perhaps through its Facebook page, or come along to the Community Cafe and chat to someone there. There's a simple form to fill in. The activity has to be non-profit, and from within Calstock Parish. That's it. It's that easy. They are hoping to hear from you. There's cash waiting to be used.

Next Calstock Cake is on Sunday 15th March, 11 till 3, in the Village Hall. Then Sunday 17th April. Love to see you there. It usually coincides with Repair Cafe.

Calstock Cake

## LIGHTING: STATION RAMP

For the last three years Nev Mckechnie and I have been trying to get lights installed along the pedestrian ramp that leads from Sand Lane to the station platform. In the winter months it's pitch black which leads to safety issues, as well as an increased chance of falling on wet leaves.

We've been informed that to get this fixed we need to raise a 'complaint' with Network Rail. The more people raising this the greater the chance they will do something.

If you would like to support us please go to [networkrail.co.uk](http://networkrail.co.uk), select 'Contact us' and within the Get in Touch section complete their online contact form. Thank you.

Colin Bates



## CALSTOCK TWINNING WITH PETRYKIVKA

**W**e are delighted to announce that Calstock Parish has been able to raise funds to send 10 large first responder bags to our twinned Town of



Petrykivka. The Cotehele Masonic Lodge has also provided 2 more first responder kits, a first aid kit, wheelchairs and mobility aids all to help in Ukraine. All of these life changing gifts will be travelling to Ukraine with the help of Cornwall and Devon Sending Love to Ukraine on their next trip in February.

Life in Petrykivka and the rest of Ukraine is extremely tough. Temperatures are freezing at -13 compounded by a lack of electricity. If they are lucky they may have an hour of power throughout the day when they try to keep warm, charge phones, do their work on computers, keep in touch with friends and family, cook meals etc.

We will continue to support our friends out in Petrykivka and look forward to the day we can meet face to face.

Louise Morton  
Tamar Valley Twinning Group  
Tamarvalleytwinning@yahoo.com

## ONE DAY EXHIBITION ONCE A MONTH OPEN TO ALL

**D**o you paint Pictures that you would sell for less than £100? Do you fancy a one day show at the Village Hall during the monthly Community Cafe?

It's open to everyone. We'll help you set up before 11am and take down after 3pm. No entry fee but 10% commission on sales which goes to Calstock Cake. Open initially to all residents in Calstock Parish. One Day Show happens on the third Sunday of all months except May when Calstock Festival is on.

Next One Day Show shows paintings by Paula Barnes on Sunday ! 7th April from 11 till 3 in the Village Hall.



Go on Have a One Day Show!  
Contact Barry Kirkman on 01822 832619

## CALSTOCK COMMUNITY THEATRE

Rehearsals are well under way for The Calstock Community Theatre players' next production *Due Sacrifice - A Post Truth Tale* by Jeff Moule.

The design team have also been busy working with director Sheila Snellgrove to produce costumes, set design and props.

'This story quickly moves through different periods of history and could be set anywhere in the world.

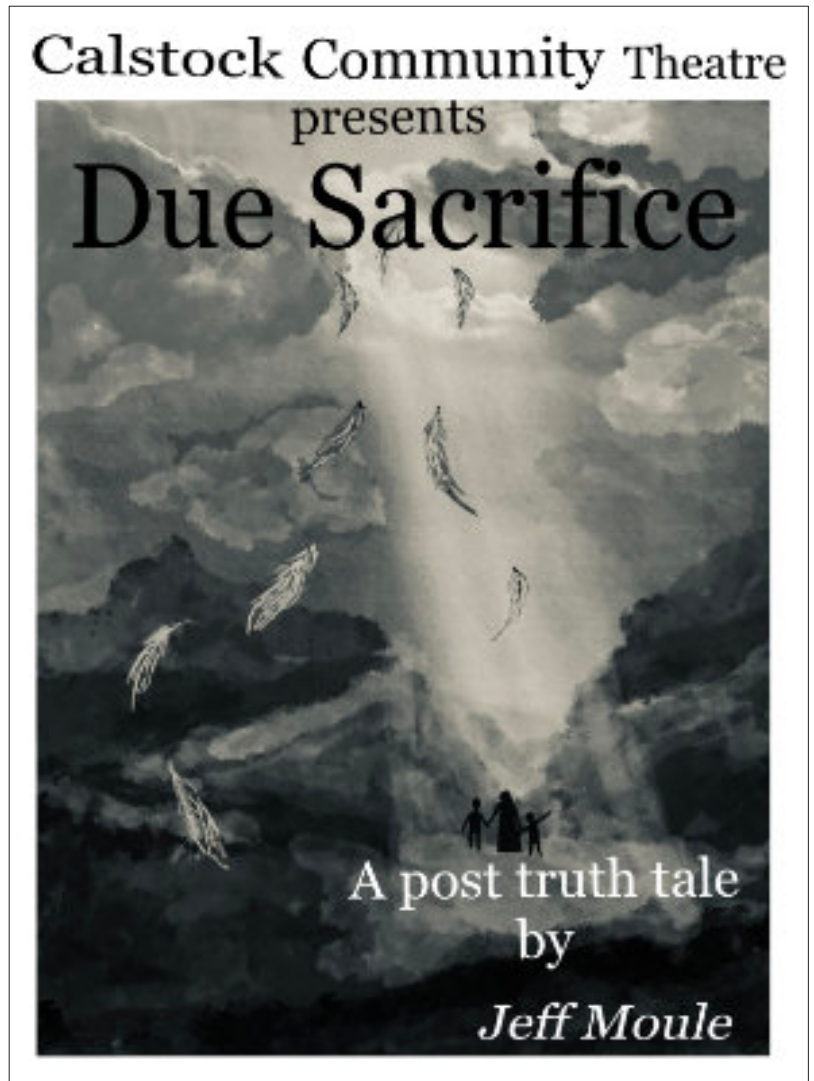
Achieving this in the design has been challenging,' says Costume Designer Ally Hull. 'I'm always playing out the scenes in my head when considering the costumes. Thinking how will we adapt the costume to show how circumstances have changed this character? How do we transform this actor into someone completely different with the vaudience watching? This is a premiere of a play that has never before been performed on stage before so there is no precedent to reference.

This has made it both exciting and daunting! The play itself has been constantly evolving in rehearsals and this means that the design is constantly developing too.'

Sometimes a simple image can spark a whole concept - in this case a washing line! It's just like good art, it starts a conversation. A few strong images can represent so much.

It's been invaluable working with an experienced design team. Janet Nesaule (who's been working on set and props) and I get so carried away, sharing ideas at meetings, that I often forget to drink my tea! Steve Derbyshire, who built the stunning full size rickety bridge in the last play, is great at

working out all the technical details and Lily Russell has taken a step back from acting to help with sewing and creating which has been a fantastic support.



With a very tight budget you have to get imaginative, but it really is community theatre and the whole group have pulled together to source clothing, materials and dye and lots and lots of shirts!!'

Truly intrigued? Well, come along to the show! *Due Sacrifice - A Post Truth Tale* will be performed from April 16th -18th in the Village Hall. Look out for ticket sale dates on the Calstock Village Hall website soon.

Ally Hull, Costume Designer

## CALSTOCK LIGHTS

I'd like to open by thanking our VVIP for turning the lights on at the end of November and hosting many excited children in the "pop up" grotto which proved to be very popular - look out for more of the same later in the year!

A big thank you must also go out to the Village Hall and Social Club committees for making the grotto possible.

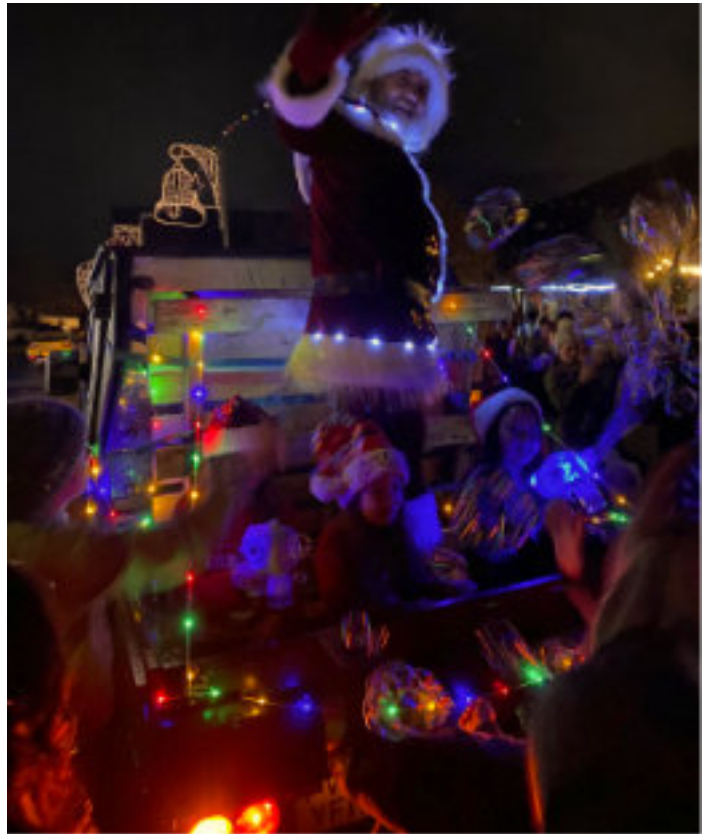
As always none of this would be possible without the support of our small team of volunteers and the generosity of village businesses and residents. This was evident with the collection tin in the Social Club full to the rafters of coins donated by the many punters going old school still using cash and was used to fund a good slice of the electric bill for this year's festive displays.

A busy year is planned for events and additions to the village displays alongside the routine maintenance required to keep everything going. I hope all will have noticed fewer display failures following an extensive lights refurbishment programme last summer.

### DATES FOR YOUR DIARY:

**SAT 4 JUL** – Calstock Stomp. Following on from last year's success we are aiming to be bigger and better.

Take part in our Independence Day frolics with more line dancing hosted by the Stompers, themed food menu and the cheapest bar in town! Keep an eye out for further details closer to the time. This event is suitable for all



ages, although all U18's must be accompanied by an adult. The Stompers meet in the village hall every other Monday for a practice session at 5.45pm if you fancy joining them?

**SAT 4 DEC** – Lights on and a seasonal festive event courtesy of the Lights Team and friends. Further details to be published closer to the time.

If you have any ideas, suggestions, want to join us in keeping Calstock turned on or find out more please contact the team on [calstocklights@gmail.com](mailto:calstocklights@gmail.com). The same email can also be used to report any defects with the lights and displays throughout the year.

Nev Mckechnie  
Calstock Lights Chair

## CALSTOCK IN BLOOM

### STATION MURAL PROJECT

We're delighted that the final stage of the GWR funded station mural project is now being delivered. Having already run an adult art workshop in July last year at Calstock Arts, Colin Pethick has been working closely with Calstock Primary School.

The first of three 2 hour workshops with the children was run by Colin on January 22nd, with the aim of completing them all by mid February.

The overall theme is Daffodils and Irises of the Tamar Valley, which also ties in with the station mural. They'll be painted in water based acrylics on paper with a view to organising and arranging all of the individual student's finished paintings to make an indoor mural or freeze.

Thanks should go to GWR for providing the funding for this project, but in particular to Colin Pethick for sharing his wonderful skills amongst our community and delivering an outstanding piece of artwork at our station.



### MEMORIAL BED UPDATE

Over recent years Calstock in Bloom has been able to revive and develop the Memorial Bed in the small car park. The initial focus was on remembering villagers we had lost during the pandemic by planting roses. We've extended that and have been planting roses to mark the recent passing of loved ones. We've also created a plaque naming those individuals.

Unfortunately, the bed is now full, but for residents wishing to plant something in memory of a lost one, we are working on an alternative solution. We'll let you know once we have something in place. Meanwhile, do feel free to sit on the bench, remember those who have passed, and in months to come enjoy the flowers.

Colin Bates



## THE NOT SO OLD, OLD CHAPEL

On the 18th November 2009 more than 40 people gathered at the Old Chapel to find out about the future of the building recently vacated by Peterloo Poets, but still in their ownership.

Two private individuals had approached with offers for the building but were turned down in favour of preserving the Old Chapel as a wonderful public space.

The Old Chapel is not really that old and anyone looking at photographs of Calstock when the railway bridge was being built would search in vain as the chapel was opened in



1910 having been built on a very tight extremely steep site which causes issues when we need to get repairs to the building carried out. People still walk in to reminisce about attending chapel and Sunday school. Calstock Arts really got going in 2010, with no financial help from either banks or bodies such as the Arts Council. The purchase of the building was funded by loans from supporters of the project (which have now all been paid back) and reflects its different uses over the ages; the neo-gothic architecture, the leaded

glass, the stupendous picture window, the poetry and environmental books lining the walls of the main hall, the lighting rigs, sound system and bar.

So to commemorate the first 15 years all volunteers, Friends of Calstock Arts and



people who had been involved in the past were invited to celebrate last November 22nd. Around 70 people attended and enjoyed an excellent meal cooked by volunteers and as with most events at Calstock Arts, the evening was organised and run by volunteers.

The financial year of 2024/25 has proved to be Calstock Art's most successful yet and you only need to look at our programme for the next few months to realise that we are not letting up on events, while two choirs and yoga take up the first half of every week, the gym continues in the basement, and private hires such as weddings keep the wolf from the door. We can only continue and develop for the next 15 years with the help of volunteers, so if you are tempted to help out contact Steve Wood on 07711140103.

## TALK FROM THE TOWER

The turn of the year was busy for Calstock ringers.

In December we rang a call change peal of 100 changes to celebrate Peggy Hanson's 100th birthday.

This was followed by Christmas ringing at a number of churches in the area, which is always great fun.

January brought the funeral of Shirley Doidge. The number of people who attended the service was a clear testament to the love with which Shirley was held, and it was a privilege to be able to ring for her.

Then towards the end of the month we celebrated another centenary with the 100th birthday of our former Tower Captain Doug Petipher.

A quarter peal of 1300 changes was rung by friends from St Dominic, Callington, Pillaton and Liskeard.

Doug began ringing in the 1960's and became Tower Captain in the mid 1990's, he continued in the role until just after his 91st birthday in 2016.

When Calstock bells were rehung in 2019 Doug's name was cast into the headstock of the number 3 bell in recognition of his contribution to ringing at Calstock. He took part in many noteworthy peals, his first being in 1973 when he rang the treble at Calstock in a full peal which took 2 hours 51 minutes to complete, it was rung to celebrate the 200th anniversary of the installation of the bells at Calstock. There followed one other full

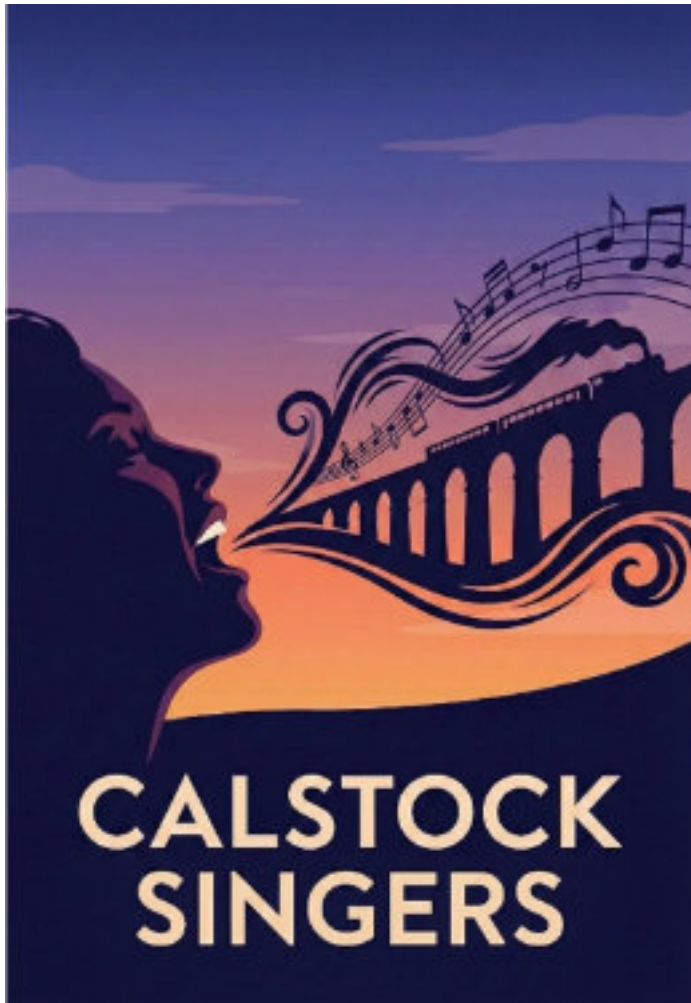
peal, several quarters and many call change peals both at Calstock and other nearby towers. Doug continued to ring well into his tenth decade, most recently in 2023 in celebration of the coronation of King Charles III.



Bellringing isn't just about controlling a quarter ton of rotating metal on the end of a rope 20 metres above your head: it's also about being able to share in the major events in people's lives such as birthdays, weddings and funerals. If you would like the challenge of learning an ancient skill which so many people value, come along and give it a try.

Sue McClaughry  
Tower Captain  
07771 756125

**CALSTOCK SINGERS UPDATE**



**T**hank you to everyone who came to our Christmas concert - you listened, ate mince pies and clapped in the right places! We always appreciate your support, which is uplifting in so many ways – one being the resulting donation of £200 we were able to make to ShelterBox, a Cornish based charity that continues to respond to countries suffering disasters across the world.

You may have heard our dulcet tones floating out from Calstock Arts, from 7.30pm on Monday evenings. If you are moved to join our number you would be made very welcome – especially if you sing in a bass or tenor range! There will be no audition and you do not need to read music: you will just be required to turn up, listen to our excellent, and patient, choir master, Sarah Gard, and enjoy singing with the rest of us.

Our Spring concert will be on Sunday 17th May, lots of foot tapping musical numbers, we would love to see you there.

**LILY RAISED AN INCREDIBLE £490 FOR PENNY BROHN UK**

**I**f you can make a donation, please add the reference of my name to your payment. There is a donate button on the website

pennybrohn.org.uk. If you can't donate, please do make a note of their name.



**£5** could fund an online Scar Care session, **£10** - an online Bereavement Support Group place, **£12** - an online Connect session - to meet people who are going through a similar experience of the challenges of living with and beyond cancer.

Heartfelt thanks to you all x  
 Lily Russell, Complementary Therapist,  
[www.thehavencalstock.co.uk](http://www.thehavencalstock.co.uk)  
 Mob 07812 458058

## CALSTOCK FESTIVAL BANK HOLIDAY

Monday May 25 2026

It's 36 years since the first Calstock Festival in 1990 and apart from a couple of unavoidable misses it has run every May since then.

And, it's on again this year, and as usual is free. It's moved to the Bank Holiday Monday as the Hall is booked for a wedding on our usual Sunday. There's a bunch of free bands to suit all tastes on the Monday from about midday and a load of free workshops for all ages either on the Monday or the Tuesday. Hopefully we'll have a few stalls and face painting.

As usual, we offer our usual light Mediterranean Lunch dished up by our great team of volunteers for just £4, with cake, £1, tea or coffee for £1 and squash for free. The bar will be open.



Come and join us for all the fun of The Festival. Dance your boots off or just sit back and take in the atmosphere. Generally feast yourselves. You deserve it. Stick it in your diary.

Calstock Festival

## FRIENDS OF TAMAR VALLEY

Friends of Tamar Valley welcome non members to all their meetings at a cost of £2.00. We meet at the Tamar Valley Centre for 7.30 start unless otherwise stated, for queries or further information please contact Jane Kiely on 01752 466287 or email [janekiely3@gmail.com](mailto:janekiely3@gmail.com). Our programme for Feb - April is as follows:-

**6 FEBRUARY:** Ron Smith will tell us all about the Iconic Smeaton's Tower, its predecessors, the current Eddystone light and Smeaton's continuing legacy

**6 MARCH:** David Price will join us for another one of his great talks covering the rich variety of flora and fauna to be found in the Tamar Valley.

**APRIL 10TH** AGM 7.00 pm followed by talk: Mike Griffiths will give his interesting talk after our AGM highlighting the following:-

During WW2 and on into the Cold War years, an unprepossessing



Friends of the Tamar Valley

building on the outskirts of St Erth housed an important MI6/Bletchley Park outstation, which listened to the German Secret Service and many major military campaigns. Mike Griffiths' father, Harry, was a radio operator, based there throughout the hostilities. His 'Code Book', full of German and Italian radio networks, brevity codes and Double Agent call signs, encapsulates the role that the St Erth Radio Station and its sister sites played as the ears of Bletchley Park. Mike will talk about the painstaking research that resulted in his book, Listening to the Enemy, shortlisted for the Holyer An Gof Publishers' 23

Mike will have his book on sale!!

## TAMAR VALLEY FOOD HUBS

*Working with Nature for Local Produce across the seasons.*

2025 was another year of weather extremes. A tough growing year, early warmth and a sustained dry period. Apple harvest started earlier than ever before, the beginning of August! With little rain, although apples were ready, juice yield was low. By the end of the apple season late varieties reaped the benefit of summer rain. 2026 and everyone is recovering from multiple storm damage across the county on a scale never seen before and it continues to rain! Working outdoors becomes so much harder with heavy muddy boots!

For our Tamar Valley Food Hub producers there are many jobs over the winter to prepare for the season ahead, despite the weather! Growers planning, pruning and working in the polytunnel. They're still harvesting a great selection of winter veg and leaves such as kale, spinach, and even salad!

At nearby Harewood Farm tasks include harvesting, checking seeds and planning what's needed in the coming year.

Apple Natural are busy pruning trees, managing rabbit damage and fallen 'Phoenix trees' that continue to grow.

Trevozah are dodging the rain in the polytunnel, picking winter spinach and weeding carrots!

Wild Tor Organics have now planted 1800 trees for their two-acre woodland funded by Forest for Cornwall.

We are pleased to welcome as a new producer HayeFarm-On-RiverTamar with their top quality organic produce. Close to the village of St Dominick its roots in agriculture stretch back to before the Norman Conquest.

Let's hope 2026 brings a good harvest, so that we can continue to enjoy all the fantastic produce grown by our local producers, working with nature, many using agroecological and organic methods.

From local fields to local hands - enjoy top quality local produce grown by producers who care with Tamar Grow Local. When buying locally you are supporting small producers in your community being paid a fair price for their produce (as well as of course the local economy, food security and the environment)!

Tamar Valley Food Hubs is a not-for-profit social enterprise connecting small-scale food and drink producers to local customers.

Facebook: #tamarvalleyfoodhubs

Instagram: #tamargrowlocal

www.tamarvalleyfoodhubs.org.uk

Tel: 01579 208412



## WHAT IS IT LIKE TO BE AN MP?

One of the questions I get asked most often when I'm in Calstock, Gunnislake and surrounding areas is “what is it really like to be an MP?”. So, I thought it would be useful to show what a typical week looks like for me split between Parliament and at home in South East Cornwall.



At the start of the week, I board an early train from Cornwall to London. I'm mostly used to the long journey now, and I use this time to work on any admin and to look again at my priorities for the week. I have key actions I want to take to deliver for local people in South East Cornwall, so I look at the week ahead to ensure that I am doing this in the most effective way possible.

Monday to Thursday is spent in Westminster. Some of that time is visible – speaking

in the Chamber, asking questions of Ministers, and voting (often late at night, with bells ringing through the corridors). Much of my work happens quietly behind the scenes: meetings in crowded committee rooms and many discussions on issues ranging from mental healthcare to transport. I regularly draw on what constituents speak with me about when I am in Westminster, so our local experiences shape what ends up on the official parliamentary record.

Towards the end of the week, I usually head back to Cornwall on Thursday evening. Fridays and weekends are full of visits and meetings across the constituency with community groups, schools, small businesses, charities and residents who want to share what's working well and what really isn't. These conversations are the most important part of the job and they ground everything I do in Westminster.

So, while no two weeks are ever quite the same, they are always driven by the same purpose, to stand up for South East Cornwall, and work with you to make things better.

If there's an issue you'd like to raise, you can contact me at [anna.gelderderd.mp@parliament.uk](mailto:anna.gelderderd.mp@parliament.uk).

## 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: 5th March, 2 April, 30 April, 28 May.



For more details, call 0300 1234 111 or email [libraries@cornwall.gov.uk](mailto:libraries@cornwall.gov.uk)

### **JULIAN THOMAS CLINKARD**

*13th February 1949 - 1st February 2026*

On a beautifully still evening in the valley  
with a full moon ready to rise  
surrounded by his family  
at home in his bedroom  
just as the sun set, which filled the room with golden light  
with the window wide so he could hear the robin singing outside  
our dear dad Julian died.



It was a privilege for us to join him for his final moments, holding him, willing him on and giving him the send off we had all hoped for and that he deserved.

Ju was a brilliant man, a loyal friend, an inspired colleague, a devoted husband to our mum Robin, and a proud and loving father to Will and me.

He absolutely loved Calstock and all those that make it so wonderful.

We want to say a huge thank you to everyone for showing such care and kindness to us all these past months.

Dad said he felt 'overwhelmed by love' and we feel it too.

Later this month, he will join our mum up in the Danescombe Valley.

Please take a stroll up through the woods and listen out for a robin and a blackbird too.

Theo Clinkard

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### **JULIAN CLINKARD: TRIBUTE FROM CALSTOCK VILLAGE HALL**



*Photo of Julian when he was helping paint the newly refurbished Hall in late summer 2024.*

On behalf of Calstock Village Hall we'd like to offer our heartfelt condolences to Julian's family and our deep gratitude for everything that Julian contributed to the Hall and the wider community. Julian's wife Robin was a pillar of Calstock society and after his retirement and her death, Julian threw himself into community life too. For many years, he was one of our Holding trustees and a very valued part of the life of the Hall. Whether it was putting out chairs and setting up the stage, sitting on the committee, putting up posters around the village or running events, Julian always approached it with a cheeky smile and a spring in his step. He was so lovely to be around! Julian leaves the Hall and the community with many legacies but, not least, he chose and organised the present green colour for the outside of the Hall! He'll always be remembered by all of us who had the privilege to have worked and played alongside him at the Hall. And he leaves a big Julian-sized hole in our community.

The Hall Committee

**CALSTOCK PARISH COUNCIL**

*February 2026*

**O**K, the precept. The Council has carefully reviewed its income and spending plans for the year ahead.

We have requested a precept of £347,500. For households in Band D, this means a council tax contribution of £129.68 for the year (an increase of £11.76 per year). The increase will help us to:

- Maintain local facilities such as toilets, car parks, open spaces and footpaths
- Complete the refurbishment work on the Cemetery Chapel in Albaston
- Provide the Outside Services Team with additional hours all year round
- Continue repairs in cemeteries
- Invest in equipment to aid nature recovery and install renewable sources of energy
- Keep pace with rising costs, allowing for a 3% uplift in some of our recurring expenditure.

We try to avoid increasing costs but we do believe these are necessary to enable us to maintain services, invest in the community and support environmental issues.

And a BIG thank you to all who have been working on Town Farm Field. A stalwart group

including Janine Falle, Pete Thompson, Richard Greaves, Gill Court, Jon Tilbury, Phil Spurr and students from Duchy College have been turning Town Farm Field into a beautiful space for all to enjoy – especially nature. With the help of Val Darwall and Emma Jeffries from the Tamar Valley National Landscape, a FiPL grant has enabled us to put in new fencing and plant a hedgerow, orchard and standard trees- the footbridge was also repaired -a real community effort.



*To contact the council about anything please email: [clerk@calstockparishcouncil.gov.uk](mailto:clerk@calstockparishcouncil.gov.uk) or write to us at the Tamar Valley Centre, Cemetery Road, Drakewalls, PL18 9FE. You can also phone 01822 748847. Please use email or leave a voice message rather than social media which is not monitored every day and comments can be difficult to find in long threads.*

*To contact Pete Gadd about the Outside Services please email [estates@calstockparishcouncil.gov.uk](mailto:estates@calstockparishcouncil.gov.uk) or phone 07887 090445*

*Your ward members are: Alex Polglase, Phil Spurr and Jon Tilbury*



## CALSTOCK PARISH ARCHIVE

We were closed for the whole of January and re-opened on 3rd February although queries from the website were being answered.

A reminder that our opening hours are:-

Tues and Fri 10.00 – 2.00 and  
Wed 12.00 – 4.00

Looking ahead, there will be another opportunity to view the 1839 tithe map for Calstock Parish at the Tamar Valley Methodist Church on Saturday **28TH MARCH 10.30 – 3.30**. Several people told us after the event that they didn't know anything about it, so please let your friends know.

The archive holds the map on behalf of the Parish Council and it is one of three copies of the map. (One is at the National Archives

and 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. Also on display will be photographs and documents from the archive collection. All of our publications will be available to purchase and tea, coffee and cake will also be available. Entry is free, but donations are welcome.

## CALSTOCK PARISH LOCAL HISTORY GROUP

Come along to the Calstock Parish Local History Group. We have talks in autumn/winter and outings in spring/summer. 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 the events.

Get in touch if you'd like to join or find out more.

Coming up:

**SATURDAY 28TH FEBRUARY** – Ferries of the Lower Tamar by Bruce Hunt

An illustrated talk covering the history and development of the ferries and river traffic between Saltash and the sea from the earliest days to the present

**SATURDAY 28TH MARCH** – a talk about the Bedfords and their Buildings by Sue Andrew

Using the profits from the Devon Great Consols mine the Duke of Bedford transformed the town of Tavistock in the 19th century.

**SATURDAY 25TH APRIL** - Cornish Fishing Industry

Len Sheppard will tell us about some aspects of the Cornish Fishing Industry from its earliest times, with special reference to Newquay.

Meet at the Methodist Church in Albaston. Non-members are always welcome.

Members £1.50, visitors £3.

Doors 7pm. Start 7.30pm.

Booking not necessary.

For more information, please contact Jill Lane on 01822 833856 or [lane235@btinternet.com](mailto:lane235@btinternet.com).

## TAMAR RIVER BARGE, LYNHER, FOR SALE

In 1896 the custom office in Plymouth recorded the build of a Tamar barge called “Lynher” commissioned by a Mr Brand of Tideford to carry produce and post from Devonport.

The 52’ Gaff Cutter, Lynher, one of the last wooden Tamar sailing barges is for sale, in good shape and still sailing at 130 years of age. The Lynher was built at the yard of James Goss, directly across from Calstock, where Ferry Farm is today. She was launched onto the River Tamar as an inshore sailing barge. Her present dimensions are LOD: 52’6" Beam: 18’ Draft: 4’.

She has a graceful sheer, straight stem and a cut off counter stern. Under sail she glides and moored she takes you to another era. We have been lucky to see her at tied up at Morwellham Quay on her trips upriver.

The Lynher worked the rivers and delta out of Plymouth Sound, carrying stone from inland quarries to the port of Plymouth and though she is an inshore barge she did venture further down the coast to Fowey, Falmouth, Dartmouth with her general cargoes of stone, coal and market garden produce from Calstock.

As evidence of Goss’s reputation the Lynher is still sailing. An engine was put in her at Saltash in 1924 when she was privately owned but she was abandoned 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 who dug those years of mud from her hull by hand. He started a major rebuild in the 1990’s replacing most of her planking and frames plus new deck and rig.

After an extensive restoration she serves as a skills preservation and charter vessel on the River Tamar by the Lynher River Barge

Community Interest Company CIC. A second major refit was completed in 2017. In 2019 she started educational charter work preserving the skills necessary to navigate as an ‘inside’ sailing barge in the close and shallow confines of river travel.

Lynher is registered as a National Historic Ship. More details:

<https://www.nationalhistoricships.org.uk/register/1137/lynher> ;

<https://woodenships.co.uk/sailing-yacht/tamar-river-sailing-barge/>

H. E. Ross



## DANESCOMBE SAWMILL

One day in early April 1878 between 60 and 70 gentlemen “partook of an excellent luncheon” at the Ashburton Hotel on the river at Kelly, Calstock.

They had gathered to celebrate the opening of a new sawmill in Danescombe Valley owned and operated by Stephen Grills of Fursden, St Dominick.

Prior to lunch the gentlemen had visited the mill and had been impressed to see an American turbine of 13 ¼ feet wheel with a fall of 43 feet driving racks, saw benches, a band saw and sharpening machines all of which were in operation. It was all contained in a building 90 feet long by 40 feet broad, with a roof of iron, giving “a very light appearance”. It was reckoned that the mill could prepare 2,000 feet of timber every hour.

Sadly the sawmill was not a success. The wood produced was intended for use on the Cotehele estate and in local mines but by



the tail end of the 1800s the mines were in decline. Perhaps also the site was ill chosen  
>> *Continued on page 25*



>> *Continued from page 24*

or maybe Stephen Grill was not a good business man.

Stephen's son John certainly felt that a fixed sawmill was not a good idea and in 1881 he applied for a patent on a portable rack saw bench which could be taken to where it was needed.

It is not known when the sawmill ceased operation but Stephen himself died in 1897 and the building was being used as an explosives store by the end of the 19th century.

Today the ruin of the sawmill stands close to the point where the river path from Cotehele to Danescombe meets the track from

Lower Kelly. It is simply a huge empty shell made safe by extensive work at the end of the 20th century.

Sue McClaughry

Great-great-granddaughter of Stephen Grills

*Sources:*

*Western Daily Mercury, Saturday 6 April 1878*

*Grylls and Grills: The History of a Cornish Clan by Richard G Grylls 1999*

*The National Trust, Country Walks, Cotehele Estate 1994 / 2001*

## Who's Who?

*An eighteen year old young woman from Calstock who is an apprentice in child care*

**WHERE DID YOU GROW UP?** In Calstock.

**WHAT IS IT ABOUT CALSTOCK THAT YOU ENJOY MOST?**

The community.

**WHAT WOULD YOU LIKE TO SEE MORE OF IN CALSTOCK?**

More events (arts, sports, music)

**WHERE ARE YOU MOST LIKELY TO BE SEEN?**

At the Tamar Inn.

**WHAT FOR YOU IS THE HIGHLIGHT OF CALSTOCK'S EVENTS CALENDARS?**

Tamar Inn vs Social Club football match.

**WHAT WOULD BE YOUR PERFECT DAY?**

A dog walk with my friends.

**WHAT IN YOUR OPINION IS THE BEST VIEW IN THE VALLEY?**

The lookout point in Cotehele Woods.

**WHAT IS YOUR FAVOURITE CALSTOCK CREATURE?**

The egret bird that you see at the Wetlands.

**WHAT SEASON DO YOU ENJOY MOST IN CALSTOCK?**

Summertime.

**DO YOU TALK TO THE DUCKS?** No.



*Little Egret on Calstock Wetlands, by Pete Thompson*

**HAVE YOU EVER SWUM IN THE TAMAR?**

Yes: when I was younger

**WHAT SIDE OF THE TRAIN DO YOU SIT ON WHEN YOU GO OVER THE VIADUCT?** I don't have a preference.

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## CALSTOCK VILLAGE HALL

### 3 DAFT MONKEYS

Sat 14 Mar 2026 7:30 PM - 11:00 PM

“Brilliantly bonkers world folk festival favourites” The Sunday Times “Highlight of Glastonbury” Mark Radcliffe BBC2



With a fiery helter-skelter blend of influences from East and West, Daft Monkeys inject a unique wildness into their music, producing a symphonious cacophony of styles. Silvery vocal melodies soar above percussive global beats and rhythms, while passionate fiddle-driven tunes weave around animated guitar and bass, all presented with outstanding musicianship in their famously theatrical live performances.

### RHYTHM! WITH MR SUNSHINE & WEATHERMAN SOUNDS

Saturday, Mar 28 from 7 pm to 11:30 pm GMT

DJ Duo 'RHYTHM' make their Debut in Calstock at the Village Hall, bringing you an all vinyl showcase of music from around the World



### FRESHLY SQUEEZED

Sat 4 Apr 2026 7:30 PM - 11:45 PM

Freshly Squeezed are an evolution of funk, soul and hip hop hailing from the vibrant South West UK. A musical force that seamlessly blends heavy horns with soulful melodies and a formidable MC. Their self-



titled EP dropped at the end of 2023 to great reception, and with it the band has solidified its status as a rising star in the funk scene. Last summer saw them command festival stages all over the UK with an undeniable energy that leaves crowds thirsty for more.

For tickets go to [www.calstockhall.com](http://www.calstockhall.com)

## “OUR MUSIC PLANET”

*A festival of world music*

At Calstock Arts we have an exciting new venture this Spring. Join us on a virtual odyssey around “Our Music Planet” - a Festival of World Music celebrating the sounds, melodies and rhythms from different regions of the world, and showcasing a veritable smorgasbord of traditional instruments.



The journey begins in India with **THE SINGH STRINGS**, with brothers Surmeet (Sitar), Kaviraj (Santoor/Voice) and Upneet Singh (Tabla). The trio transports us to the intricate world of melodic and soulful Raga music, originating in Northern India centuries ago. Weaving together melodic improvisations, rhythmic cycles, and soulful compositions, the ensemble creates an immersive listening experience that

transcends cultural boundaries.

We then move to Latin America with **THE LATIN BRIDGE**, a dynamic and vibrant Cuban/South American quartet that brings to life the rich upbeat grooves and soul of Latin music. Expect a swinging evening of traditional Cuban Folk, from infectious dance rhythms (Salsa, Bossa Nova, Rumba...) to passionate Boleros ballads.

Onwards we travel to West Africa with **DIABEL CISSOKHO**, a highly lauded Master Kora player who comes from a great line of Griots. As a creative visionary, he has become an ambassador for the new generation of Senegalese music. With a “resonant voice and rocking kora style”, Diabel fuses his unique Afro-Blues with traditional Mandinkan melodies and lively Senegalese rhythms.

The odyssey ends in the Middle East with **EASTERN STRINGS** (Oud/Double Bass) and special guest Özcan Ateş (Baglama/vocals). The trio’s music is both distinctive and exquisite, drawing together a tapestry of musical cultures from across the Middle East.

They will be performing an eclectic mix of rich, distinctive and heartfelt Turkish, Kurdish, Ladino music and songs that have been described as visceral, evocative and full of surprise.

For anyone interested in attending all four concerts there is a special discounted price of just £56. You can find more information and buy tickets from our website [www.calstockarts.org](http://www.calstockarts.org). All concerts start at 8pm. These are the dates for your diary:

**SATURDAY 21 MARCH:** SINGH STRINGS

**SATURDAY 18 APRIL:** THE LATIN BRIDGE

**SATURDAY 9 MAY:** DIABEL CISSOKHO

**SATURDAY 13 JUNE:** EASTERN STRINGS

## CALSTOCK ARTS

**27TH FEBRUARY** – The Blues Dukes – 4 piece Blues and Roots music – Gallery Bar special – bucket for the band Doors and bar open 7pm

**28TH FEBRUARY** – The Songs of Nick Drake – Keith James with Ritchie Cotterill – Tickets £18 advance: £20 on door Doors and bar open 18.45



**6TH MARCH** – The Countrymen – Come and celebrate St. Piran – Tickets £15 advance: £20 on door Doors and barn open 18.45

**13TH MARCH** – Hannah James and Toby Kuhn – Tickets £17 advance: £19 on door Doors and Bar open 7pm

**20TH MARCH** – Rob Barratt – Poet, Comic, Humourist and Singer Tickets £10 advance: £12 on door Doors and bar open 7pm



**21ST MARCH** –Singh Strings The First of our festival of Four World Music Concerts – Tickets £17 advance: £20 on door £56 for all four concerts Doors and Bar open 7pm

**28TH MARCH** – Superlocrian -7 piece acoustic chamber jazz ensemble – Tickets £12 advance: £15 on door – Doors and Bar open 7pm

**10TH APRIL** – Angeline Morrison – Tickets £17 advance: £19 on door – Doors and Bar open 7pm

**11TH APRIL** – Remi Harris Hot Club Trio – Gypsy Jazz and blues – Tickets £15 advance: £18 on door – Doors and Bar open 7pm



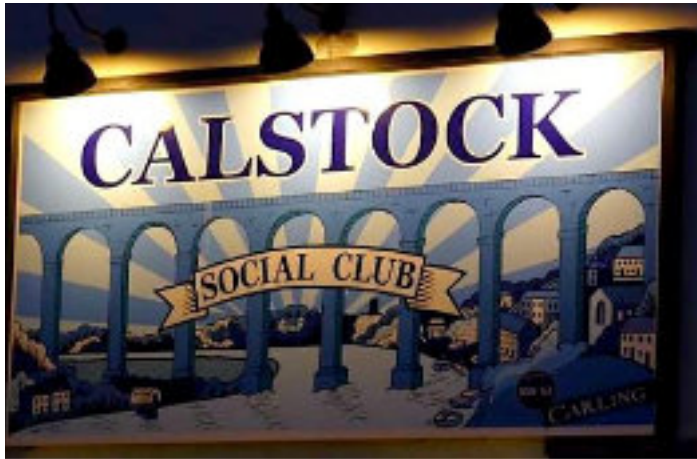
**17TH APRIL** –The Banjo Boys – part of the Film Expo South Festival – Tickets £5 or £6 on door Doors and Bar open 7pm

**18TH APRIL** – The Latin Bridge – the Second of our festival of Four World Music Concerts – Tickets £17 advance: £20 on door Doors and Bar open 7pm

**24TH APRIL** – Clive Carroll – Award winning guitarist - £15 advance: £17 on door – Doors and bar open 7pm

Full details see [www.calstockarts.org](http://www.calstockarts.org)

**SOCIAL CLUB**



- 8 MARCH, 4:30PM** - Zephyr Lily
- 13 MARCH, 8:30PM** - Jack O'Rourke & the Rogues
- 22 MARCH, 4PM** - Colin Clarke
- 3 APRIL, 8:30PM** - The Velvet Detour
- 19 APRIL, 4PM** - Hungry Bears

**THE TAMAR INN**



**COTEHELE**

**GRAB-AND-GO ART BAGS**

*Until 22 Mar. 10:00-16:00*

Get creative this spring and pick up an art bag for your visit.

This activity comes at no extra cost. Normal admission applies.

**DAFFODILS AT COTEHELE**

*14-16 Mar. 10:00-17:00*

Visit Cotehele this spring to discover the garden ablaze with Cotehele's spectacular daffodil collection.

Booking not needed. Free event (admission applies)

**LAUNCESTON AREA ART GROUP:**

**CORNWALL THROUGH OUR EYES**

*14-22 Mar. 12:00-16:00*

In collaboration with the Bull Pen Gallery, come and discover Cornwall's beauty, diversity and drama through the eyes of local artists.

Booking not needed. Free event (admission applies)

**CREATURE EASTER TRAIL AT COTEHELE**

*28 Mar - 19 Apr. 10:00-16:00*

Discover local creatures on an Easter adventure at Cotehele!

Booking not needed. Admission applies

**WET FELTING WORKSHOP**

*8 Apr. 10:30-13:30*

Learn the art of wet felting from expert felter Penny Madever.

Booking essential.

**INDIE REVOLUTION**

*Youth looks at movies through the eyes of the indie revolution*

**D**uring lockdown I got into a YouTube Channel named Dead Meat that focused on information about horror films and how they were made. That got me really interested in the workings of the production.

I decided to do my GCSE on Film Studies, which gave me a better understanding of how to make a film. Around that time I got into the app, Letterboxd. Letterboxd was different



from mainstream critiques of films like IMDb. It was stricter against review bombing, which are critiques made without v i e w i n g . It compared indie films on an equal

level with highly funded blockbusters. Letterboxd gave me a broader take on the whole issue of the making and the qualitative result of film production.

The difference between the reviews of youth in the 2010s compared to the reviews I see today is that people in this decade are more critical of the narrative. They do not accept the studio monopoly plots of the 2010s. Those

plots seem to be similar, tropey and easily accepted by an audience, whereas today, because of the influx of indie film, this generation is looking for more and getting the viewer involved.

My take on the newly released film, Iron Lung, which is based on the video game, is that it is a forceful representation of the film revolution through the world of the Indie Film. I am very glad that it has made over \$29 million on its invested budget of roughly \$2.8 million. As an indie film this is mind-blowing to say the least. It is a stunning accomplishment. Iron Lung brings the 1910s cosmic horror genre creation, based on the books of H.P. Lovecraft. Whilst Iron Lung is slow, its pace contributes to a steadily growing sense of paranoia and claustrophobia - which should be very familiar to everyone who experienced the lockdown and is easily the scariest movie of the decade, and a must see for anyone who likes being scared.

*Skye Ross is a Calstock resident who has just Callywith College and will be attending University of Cardiff this autumn studying film*

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



*independent - anserghek*

*review - daswel*

*film - fylm*

*horror - euth*

## NATURE SOUNDS: A WALK ALONG THE RIVER

**O**n a misty morning, I walk out of the village along the footpath by the river.

From Town Farm Field comes the chack-chack of the Stone Chats and the chattering shout of a Cetti's Warbler that is wintering in the field. Passing the wetlands, the cheerful chirrups of the Teal drift in from the mist covered marsh. Occasionally an outburst of high-pitched quacks as befits the small duck, sounds like a Mallard on Helium. It brings a smile to my face. In a couple of months, the



Teal will be gone to be replaced by the harsh song of the Reed Warblers. From deep in the reed beds, a piglike squeal heralds the presence of a Water Rail - you will either hear it or see it, but rarely both. In the river, a series of splashes reveals a Seal breakfasting on a large Salmon. On the climb to Okel Tor a loud slap of the water below might be a salmon leaping, or a sound not heard for maybe a millenium in this valley, the tail slap of a wary beaver. Down by the river again, and a young otter emits a desperate high-pitched whistle. It has become separated from its Mum while

hunting the shoreline. Mum responds to its calls, and the two are happily re-united. A similarly pitched peep-peep of a Kingfisher shooting upriver in a blue streak reminds me of the Road Runner of cartoon fame. A tremendous splash followed by commotion has me running along the bank thinking someone has fallen in, only to see a deer swimming across the river. It climbs the bank and disappears into the woods.

Nature is full of sounds all of which tell a story, so it is good to be sound aware.

Pete Thompson



## A YEAR OF MONITORING AND WHAT COMES NEXT - WHAT DOES THE TAMAR NEED TO THRIVE?

A recent morning on the River Tamar marked an important milestone for Drip Drip, with our 52nd set of water samples sent to the laboratory. This completes a year of professionally analysed water quality data, giving our community a clear picture of the river's health.

We hoped for the best and feared the worst. The results show elements of both. While there are periods when the river performs well, data shows that bacterial levels can rise sharply after rainfall, sometimes reaching levels that may pose a risk to river users. We have recorded worrying pollution events during dry weather. However, last year's exceptionally dry winter and spring demonstrated that when pollution inputs are absent, the Tamar has a strong capacity to recover.

The challenge is how best to reduce these pollution events — and what role a community group like Drip Drip should play next.

These questions will form the focus of Drip Drip's upcoming People's Assembly, where members of the community are being invited to reflect on the past year's work and help shape what happens next.

Alongside monitoring, Drip Drip has worked with schools and community groups to help young people better understand the river and

its ecology. We have taken concerns directly to South West Water, followed emerging water legislation, and pressed for improvements in infrastructure and accountability. Our MP, Anna Gelderd, has used Drip Drip's data to question the Environment Minister. We also work with other river groups campaigning for clean rivers.

At the People's Assembly, we hope to explore possible paths forward. These may include continuing monitoring with further fundraising; supporting the work of national groups such as Surfers Against Sewage; exploring approaches such as Rights for Rivers, a set of guidelines and shared principles to guide long-term care; and considering how communities can respond to wastewater concerns. We are also keen for new ideas to come directly from the community at the event on the 27th February and beyond.

What unites this work is a shared commitment to the Tamar. The aim of the Assembly is to listen, learn, and agree how best to care for our river in the years ahead.

<https://dripdriptamar.org/your-voice>



Come to the People's Assembly 27th Feb, Calstock Hall  
Help Chart our future... Bring your voice!  
Click for tickets

## YOU ALL RIGHT MATE?

I first met Kim in 2012. The following year she asked if I'd cover her maternity leave, while she having her first child. She loved her job, so keeping it safe for her return felt like an honour. We stayed in touch over the years and while we weren't close friends, we congratulated and commiserated with each other, as we charted life's ups and downs.

She was funny, wise beyond her years, articulate, super talented, big-hearted, and adored her husband and children. And then on 4 December she took her own life. I still can't quite believe that someone who appeared to be so full of joy, with so much to live for, is no longer here, but that's the shocking truth of it.

Suicide casts a long shadow. I don't think there's a single person who knew Kim who hasn't asked themselves at some point, what if I'd picked up the phone, texted, emailed, knocked on her door – would it have prevented her death? Of course the answer is we'll never know.



But evidence shows talking really can make a difference. While asking someone if they're having suicidal thoughts may feel daunting, it could save their life. 'By asking directly about suicide, you give them permission to tell you how they feel and let them know they are not a burden,' says the Mental Health Foundation.

Sadly I can't tell Kim how much she mattered to so many of us. But I can do my bit to encourage all of us to look out for each other. If someone's withdrawn, doesn't look like their old self, is behaving out of character, just ask, are you all right mate? And then listen.

Here are some organisations that offer help:

**Suicide Prevention UK** – supports those at risk of suicide and those bereaved by it.

Contact 0800 587 0800 and [spuk.org.uk/](http://spuk.org.uk/)

**Samaritans** – call 116 123 or email [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)

**Papyrus** – prevention of young suicide.

Call 0800 068 41 41;

text 07860 039967; email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**Man Down UK** – founded in Cornwall to support men's mental health and reduce the number of male suicides: [mandown.org/](http://mandown.org/)

Lynne Pearce

## FEEL THE LOVE

Valentine's Day is often framed around romance — hearts, roses, grand gestures. You will be reading this after the big day, but I'd still like to suggest some self love.

So often, skincare becomes a task. Something rushed. Applied quickly, distractedly, before moving on to the next thing. But skin responds not just to ingredients — it responds to how it's treated. When you slow down, take a moment to massage rather than rush.

When you apply skincare with intention instead of urgency, something shifts.

Muscles soften. Breathing deepens. The nervous system settles. And skin — quite literally — behaves differently.

This Valentine's season, I'm inviting you to turn your routine into a ritual. Take an extra two minutes. Use gentle pressure. Lift and sweep upwards only — never down. Move slowly. Be repetitive. Notice the sensation of touch. Because self-love doesn't have to be loud or performative. Sometimes it's quiet. Gentle. Part of your routine.

My treatment of the month for February is in the same vein - a luxury rose facial ritual. This includes a cleanse, wild rose beauty balm masque, facial massage and tone.

For March my special price treatment of the month is a body massage or Indian Head and back massage to ignite your inner glow - with warmed citrusy oils.

Both treatments are cheaper than their usual price, to encourage you to prioritise yourself, or gift some 'me time' to your valentine, or someone else you know, who deserves a little pampering.

### IMMUNE BOOSTING CINNAMON BREW

Try this cuppa for a bit of a boost. With its antibacterial properties, the spiced cinnamon tittle can help ward off bugs. Adding ginger, turmeric, lemon juice and honey turns it into an antioxidant power house .

- 375 ml boiling water
- 5 cm piece of ginger root, sliced
- 2 cinnamon sticks
- 1/4 tsp turmeric
- juice of a lemon 1 tsp honey ( to taste )

Tip - use raw honey. It has more beneficial nutrients and antioxidants.

To book yourself or your someone you would like to gift some self love to, or

to arrange a gift voucher get in touch

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



**HAVE A GOOD DAY**

*Poem in prose in three parts*

**PART I HAVE A GOOD DAY TO A CHILD**

or  
Gunbatte kudasai\*

The steps are printing footsteps. Many different feet in the different shoes are climbing up. 8:07. It's no longer night, but not yet day. Among these many and varied feet, there are children's sneakers. They say stomp-stomp, the steps respond tonk-tonk, thinking about something on their own.

Half an hour ago, this child was brought by a train turning toward our station from around the Gunnislake turnoff. Yellow train lights, faces asleep or buried in gadgets. Or both at the same time. And this little one too. Just recently, she was stomping along the "runway" - the rise right in front of the



primary school gates - with everyone else. In fact, just recently, there was only one school. Now it's primary school for the younger ones—and she's riding on a booming train almost all the way to Plymouth. Alone. With friends, and parents on the phone, that's true. But yet. A lilac backpack, glasses that make her eyes look so intently and at the same time, so defenceless.

The author is always somewhere close to the characters. Here I am as well on the morning train, which is pushing out the remains of the night toward Plymouth. And I have to get off at Devonport too. Walking up and down, toward the booming yellow depths of the college. Badge? Phone? Wallet? Well, then,

Excelsior!

My heroine is sitting right behind me, chatting idly with a friend, glancing at her phone screen. So there you have it, adult life, baby. A schedule (more or less, but still) and a ticket inspector, a warm-hearted man with official duties. Tickets, please! Everyone is generally polite, but everyone is on their own. And even the loud groups at the tables, discussing all sorts of morning nonsense — well, they seem like such friends, inseparable... But the time will come and everyone will get off at their station. And also... But you smile at your friend and hear not my thoughts, but her morning chatter... And that's right and wonderful. This is your life, no one knows it better than you.

The sky is preparing to turn from blue to light blue. Night clings to shadows and streetlights, but morning is all around. A huge transport terminal flashes by on the left, shining with lights like a Christmas tree from such a recent, but already past, Christmas. Morning bustle glistens outside the yellow windows of the houses along the road. Soon, for us too, the doors will hiss open and we will step out onto the platform, into adulthood. The one that no one knows better than ourselves. And black sneakers with a purple backpack (the uncertain morning light: sometimes very light pink, sometimes purple under the yellow neon of the train car) that seems enormous for such a still childishly fragile figure. Such a long day and our whole lives lie ahead.

Mind The Gap. Gunbatte kudasai!

Vlad Tverezyy

*\*have a good day (Japanese)*

## CORNWALL THEME PARK

There's a movement underway to establish Cornwall as a Theme Park. It's supported by the tourist industry where often the needs of community are relegated to a secondary role behind making a few bob at the expense of the community. The cost you may see as minimal, possible closure of schools, pubs, shops and post offices and the lack of available homes for local people to rent or buy at an affordable price.

Wanna get involved? It's easy. And it's legal.

Encourage holiday lets and second homes. Often they are classified as businesses so they won't even have to pay any Council Tax and business rates could well be zero too.

When a home comes up for sale buy it and turn it into a holiday let.

Prettify your town to make it attractive, more theme parkish, for those who holiday in or own a second home.



A bronze reincarnation of a dead fisherman and a disused boat full of bedding plants will add to the theme park ambience.

Perhaps a statue of a homeless family, though the valued visitor or holiday let landlord

would not want to be reminded of that.

As schools, shops and post offices become disused convert them into holiday lets or second homes.

Your town will become attractively quieter out of season, with less light pollution and less traffic. There'll also be plenty of jobs for those still around, maintaining and cleaning the empty houses. The local shop will benefit greatly in season if it still exists. Win, win all round some say. It's happening all over Cornwall. Don't be left behind.

Give the holiday let landlord an ironic pat the back.

Barry Kirkman

## SAINT PIRAN'S DAY IN KERNOWEK

With Saint Piran's Day approaching (5 March), a few phrases to use:

- Kernow - Cornwall
- Kernewek - Cornish
- March 5 - Pymp mis Mearth
- Hello! - Dydh da! (pronounced 'Dith dar')
- How are you? - Fatla genes?
- I'm OK - Da lowr ov vy
- Very good - Pur dha (pronounced 'thar')
- Very well - Yn poynt da
- Splendid/Great! - Splann!
- And you? - Ha ty?
- Good bye - Duw genes

- See you - Dha weles
- Please - Mar pleg
- Thank you - Meur ras
- Cheers/Good health - Yeghes uu:



It is said that the only 'bad' Cornish is silence... so try adding these phrases to your conversations! You know all this? But what about family and friends?

A step further?

Sign a petition for bilingual places names in Kernow: <https://c.org/qhCMsF8bdP>

Chris Sillitoe

## GIRLS' OWN THEATRE

In 1987 an innovative drama company, Girls' Own Theatre, was set up by Jayne Newton-Chance, Anna Lunk and Janet Nesaule who had met at Calstock drama groups organised by Jo Laur, Sally Lovejoy and Barry Kirkman. They'd also acted in the first Calstock Community Theatre production, "The Threepenny Opera" directed by Shiela Snellgrove. They formed their own company, writing and performing sketches and plays from a female perspective.

Between 1987 and 1996 they produced 4 cabarets and 6 plays which toured to 58 venues in the West Country with funding from South West Arts and Cornwall Council.

The first show, a series of sketches, "The Seven Ages of Women", premiered at Kingdon House in Tavistock, now The Printworks. It was well received. Jill Dransfield, a musician, joined the company for it.

*Janet Nesaule, Jayne Newton-Chance & Janie Tilbury*



In 1989 Janie Tilbury joined the company for "A Book of Rituals" which was written by Jayne & directed by Shiela. Mex Merrick joined as the sound technician and stage manager. Anna left after this production to develop her own writing.

In 1992 the company's most exciting and exhausting challenge was Jayne's "Dangerous Women" about the 18th century actress, Charlotte Clarke, which was highly praised in the Guardian. Again directed by Sheila, the cast of three was ably supported by Linda Winter as lighting technician and Gill Wilson, administrator and costume maker.

Jayne left in 1993 to become writer in residence at the Barbican Theatre, Plymouth.

After 3 more plays, the final show, in 1995, was Janie's "A Ring of Roses". This was not a success due to a lack of direction and a large cast. Funding had also become difficult and there was a sense that the company had 'had its day.' After 8 years it folded.

A fascinating book of photos and press cuttings has been deposited at the Calstock Archives in Albaston Chapel which can be viewed on Tuesdays and Friday (10am to 2pm) and Wednesdays (12pm to 4pm). Hopefully this will be of interest to those who remember Girls' Own Theatre and may, perhaps, inspire younger people who are thinking of following a similar path.

Janet Nesaule

## THE CHIP FACTORY BY MOUSE

It was 1964, early spring, and my first husband Robert and I were living in Drakewalls House – still a B & B now. I was 19 and he was 22. We were in our prime. It's doubtful whether either of us knew who was Prime Minister, or even which party was in power. He was teaching art at Drakewalls School for six months, and I was 2 months pregnant. There was not much of me and I used to run barefoot down to the Gunnislake shops threading wild roses in my hair – not a typical schoolteacher's wife.

Mrs Brooks ran the guesthouse, and she was great. I liked the main road which was very quiet then, few cars and no modern houses. There was one white horse in a field to whom I gave an apple every day. He was lonely for the company of another horse, which made me sad.

So we were fit and madly happy, the only rub being that we had no money. After the rent was paid and Robert had bought his paints there wasn't much left. I decided to find a job. The only one offered was to work in the chip factory at Calstock. It was a long stone building with a hive of activity inside. Over the last few years I've met several women who worked there at the same time as I did, and wished I had known then as a young girl. During the tea breaks they would sit outside laughing and lighting up cigarettes. I was lonely, but that loneliness was nullified by sheer hard slog. I was on my own in the drying room where all the wet strawberry baskets were left in pyramids for me to separate and dry. The room was like a cage. The floor and walls made of squared wire for the air to pass through, more or less like a chicken battery. There was an enormous clock on the far wall, the slowest clock in England. There were tacks and staples fixing the baskets together and I



tugged and pulled them apart, causing numerous cuts and scratches, to separate them into tottering columns. I've worked in a variety of jobs, most of them menial, but none as dreadful as that clattering factory. My hands on the bus going back to Drakewalls were running with blood while the other girls chattered merrily around me. I've actually got a photo of myself in the Western Morning News with 'a good worker' inscribed beneath it.

So Calstock for me held none of the dreamy views at twilight or the warmth of good friends ... that waited for forty five years later.

## CARROT CAKE CUPCAKES

**T**hese carrot cupcakes are perfect for early Spring. They have a light, moist cake and a thick, slightly tangy cream cheese icing.

### INGREDIENTS:

- 175g soft brown sugar
- 200g self-raising flour
- 1 tsp bicarbonate of soda
- 2 tsp mixed spice
- $\frac{3}{4}$  tsp cinnamon
- $\frac{1}{2}$  tsp ginger
- Zest of 1 orange
- 2 eggs
- 150 ml sunflower oil
- 2-4 grated carrots (depending on size and preference)

### FOR THE ICING...

- 60g softened butter
- 200g soft cheese
- 60g icing sugar



You could also add raisins and nuts to the cake, vanilla to the icing and (my favourite) sprinkles to decorate!

### METHOD:

Preheat oven to 180c/160 fan/gas 4 and fill 12 holes of your cupcake tin with cases. In a large bowl, stir together the sugar, flour, bicarbonate of soda, spices and orange zest.

In a separate bowl, whisk together the eggs and oil then tip into the dry ingredients along with the grated carrot. I find that you have to mix well here as the flour tends to hide in small pockets. Spread evenly into the cases (I always end up filling mine) and bake for about 20 minutes.

They will be risen and brown and skewers will come out clean when pressed into them.

For the icing, beat the softened butter until really pale yellow, then beat in the soft cheese and icing sugar. Make sure the cupcakes are completely cool before spreading the icing or else you'll end up with a horrible, melting mess! I think using a cutlery knife is an easy way to do this and I would also advise adding sprinkles. They make everything better!

Martha Bissell

## PARSLEY, SAGE, ROSEMARY AND THYME

**Y**ears ago, I remember reading advice about eating well. Amongst its tips was to cook everyday with something you've grown yourself. That's a tall order in the dark depths of winter, when the only thing that seems to grow is despondency at the unrelenting rain - but actually, plant herbs and you might crack it.

Most herbs are easy-going, elevate your meals from dreary to delicious and if you're trying to cut costs - and who isn't - they'll save you a fortune, compared with those stingy supermarket packets.

Here's a few to get you started:

Rosemary - lots of different types, including tall, arching and even prostrate, ideal for tumbling over walls. Since we moved to Calstock six years ago, I repeatedly tried to grow it, without success. Then we did some building work, and rather than add more landfill, we dug a large hole in the garden, burying most of the rubble, and adding a few inches of soil before planting rosemary on top. It's flourishing, as it now has both poor soil and good drainage. But you don't have to knock down a bit of your house to achieve the same results - just choose somewhere hot and dry, and if your soil's rich and claggy, dig in loads of grit.

Parsley - an annual that's easily grown from seed. Start it indoors and remember it can be slow to germinate, so don't give up too soon. A few seeds sown every month or so will keep you in parsley for most of the year.

Chives - perennial although it dies back over winter. Buy a pot from the supermarket and



split it into chunks, before planting in your garden or a large pot. Makes a lovely edging and the flowers are both pretty and edible.

Mint - another perennial that disappears until the spring. Loads of different varieties, but my favourites are Moroccan - brilliant for tea - and strawberry, for its scent. Don't plant it directly into your garden unless you want it to take over the whole bed. An old tin baby bath is ideal. Prefers it moist and shady.

Happy gardening!

Lynne Pearce

### HELLO FROM THE OTHER SIDE

**A** new year, fresh ideas and challenges. You may have read that the price we are paid for a litre of milk has dropped dramatically in a short space of time. For us we have gone from 48p per litre last October to 34p per litre in February. I just wanted to give some reasons and facts behind this and how farming feels quite uncertain at times.

production increased as well, along with France and Germany who are the main milk producers in the EU.

As an industry we all need to be producing less as the scales of the supply and demand rule have been tipped. The danger is some farms may actually produce more to recoup some money from the lower price.



This is not a whinge.

Last year was a very good year for dairy farmers and really all the ducks were in a row for a global record milk production as, like it or not, we are in a global market. The USA stopped exporting soya to China creating a surplus and making it a cheaper feed source which they obviously capitalized on, feeding more and producing more.

Due to some tariff arrangement, they then exported cheap butter to the EU. The weather was excellent for most dairy farmers in the UK resulting in excellent forage being made. Other feed prices were favourable so the UK's

When individual farms practiced mixed farming, i.e. sheep cows, beef and arable, quite often one sector would be down and another one up but there are very few of those left so we are more exposed to price fluctuations. Last year was a good year enabling us to get through the leaner times, which we do prepare for as we have had them previously in our farming lifetime. Hopefully this trough isn't too deep or too long.

On a positive note, we get to farm in this amazing location, the snowdrops and daffodils are out, the birds are singing in the mornings and at the time of writing the sun is shining.

Ali Rundle

**BUSES TIMETABLE**

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

**ONLY MONDAY – SATURDAY SERVICE**

Bus 79 / 79A from **THE QUAY**, Calstock:

to Callington:	07:42	09:12	10:17	12:17	15:17	15:42*	16:42	17:52 <sup>NS</sup>	18:42
to Tavistock:	07:58*	08:08**	09:23	11:23	13:23	15:23**	15:47*	17:01 <sup>NS</sup>	17:56

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

**TRAINS TIMETABLE**

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

**MONDAY – FRIDAY**

Plymouth - Calstock:	04:57	06:31	08:28	10:28	12:28	14:27	16:40	18:38	21:30
Calstock - Plymouth:	05:53	07:37	09:32	11:31	13:32	15:31	17:45	19:45	22:34

**SATURDAY**

Plymouth - Calstock:	06:27	08:22	10:24	12:24	14:24	16:45	18:30	21:28	-
Calstock - Plymouth:	-	07:28	09:26	11:26	13:26	15:26	17:46	19:40	22:32

**SUNDAY**

Plymouth - Calstock:	09:03	11:10	13:20	15:20	17:50
Calstock - Plymouth:	10:22	12:21	14:22	16:22	18:51

**TAMAR VALLEY COMMUNITY BUS**

Bus trips and outings for all ages.

To book trips and outings ring Mavis

01822 833412 (Mon-Fri 10 -5).

For more information about the regular shopping trips ring / text Carol on

07423176732.

**CALSTOCK FERRY TIMES**

The ferry can operate from 3hrs before until 3hrs after high tide each day, daylight and weather permitting.

Please check the website for current schedule:

[www.calstockferry.com/#times](http://www.calstockferry.com/#times)

[info@calstockferry.com](mailto:info@calstockferry.com), 07783 432280

**YOUR COUNCILLORS**

**CALSTOCK PARISH COUNCIL/CALSTOCK WARD COUNCILLORS:**

**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)

**JON TILBURY** - 07837 603541

[jon.tilbury@calstockparishcouncil.gov.uk](mailto:jon.tilbury@calstockparishcouncil.gov.uk)

**THE PARISH CLERK** is Clare Bullimore

The Tamar Valley Centre, Cemetery Rd,

Drakewalls, Gunnislake PL18 9FE

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## The VIADUCT

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*March 1905. Early stages of the viaduct.  
Photographer Frederick John Paul, Fore Street, Calstock.  
By kind permission of his granddaughter, Mary Schneider.*



## CALSTOCK NEWS

*Spring 2026*

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**ALASTAIR TINTO, ANGIE SAGE, JENNIE KRAMER, YUKIKO STRANGER-GALEY AND YULIYA TEPLOVA**  
*have all helped to bring this issue to you.*

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