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CALSTOCK NEWS

~Since 1983~

Summer 2026



On the Train to Calstock / In the Tamar Valley, by Ian Pethers for Gunnislake Post Office

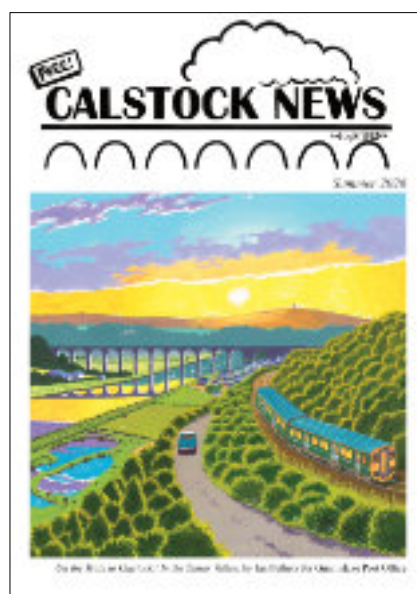
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ALASTAIR TINTO, ANGIE SAGE, JENNIE KRAMER, YUKIKO STRANGER-GALEY AND YULIYA TEPLOVA
have all helped to bring this issue to you.

PLEASE SEND SUBMISSIONS (350 WORDS MAX) AND ADS (£40 FOR 5 ISSUES)
TO CALSTOCKNEWSTEAM@GMAIL.COM

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On the Train to Calstock / In the Tamar Valley, by Ian Pethers for Gunnislake Post Office.

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CALSTOCK NEWS

Events, people, and ideas that define Calstock. Since 1983. Calstock News belongs to you. We would welcome your comments and any ideas on what you would like to see in it.

Published five times a year.

Paper copies available at Calstock Village Hall, Calstock Arts, Calstock School, Limekiln Gallery, Lishe, The Boot Inn, The Tamar Inn, Social Club.

EDITORS' NOTE:

CALSTOCK NEWS ASSUMES NO RESPONSIBILITY OR LIABILITY FOR ANY ERRORS OR OMISSIONS IN THE CONTENT OF THIS PERIODICAL THE INFORMATION CONTAINED IN CALSTOCK NEWS IS PROVIDED WITH NO GUARANTEES OF COMPLETENESS, ACCURACY OR USEFULNESS.

REBECCA FIEREK

I'm Rebecca Fierek, wife of Joe and mother of Fred and Rosa. I split my working week between being an Art Teacher and running a pottery business. I've lived in the Tamar Valley for the best part of 42 years. I've lived in other places like Falmouth, Bristol, London and Plymouth but I always gravitated back to the Tamar Valley.

Photo from the family archive



I married Joe in Calstock Arts in 2013. I often wonder when we actually first met.

Joe went to Calstock Primary School and I attended Delaware. We probably first met in the late 80's, perhaps on the Village Green at Calstock Festival when festivities lasted a week and included days of bike rides, junk fashion shows, sports days, human Gymkhana and singing, dancing, meditation and circus workshops. This was probably a clever way of Calstock parents to take turns to provide fun and free childcare for their kids!

Perhaps I bumped into Joe in the newly built Village Hall at a ceilidh or perhaps we locked eyes at a Tamar Inn Boxing Day shout?

Perhaps we scarpered past each other at a Calstock fireworks night? I vividly remember a rouge firework tipping towards the crowd and shooting towards my sister and me who were backed up against what is now the Calstock rowing shed. We pegged it into the park, which, in the days before the pirate ship was in the little car park, where the memorial rose garden is. Joe and I could have briefly gazed at the Giant Tavy together during a May Revels procession. In the 90's all the girls in the village used to be asked to line up after the maypole dancing and one would be chosen as the May Queen for the next year. I only got far as becoming the May Queen's attendant and remember being over the moon to be awarded with a special blue velvet cape and flower crown.

I will never know when our paths first crossed for sure but we did end up in the same tutor group in at Callington Community College and the rest is history!

Photo of Bec painting in her loft workshop



Kids' Corner

Class 2 and Class 3: What are our favourite memories of Mr. Towe?

FELIX When we're in Maths and he comes in and picks favourites of ours, and I like his a m a z i n g assemblies.

FREDERICK The way he pops into class and roasts children for no apparent reason and the way he does the best assemblies (no offence to the other teachers).

POPPY The residentials and his famous jokes.

ROSA One of my favourite memories is when we went on the London Residential 2026 and we did the London Eye, the River Thames boat and all the train rides.

ARIYA Personally I think he is the best head teacher, his lovely manner and the way he can make any situation funny and the way he can change to being serious. He also helps when you are upset or angry.

GABRIEL His assemblies and when he comes into class.

RUBY When I first joined Calstock PS he made me feel included and he was so encouraging. He helps make everyone stand out. But he sadly harasses children.

ELSA On residential in London. Also another memory is when he comes into class and jokes

to ben Towe
he can make any situation funny
the way he pops into class
the best boss
made me feel included
was so encouraging he
stands out.
all the fun assemblies
and parties
hope he will find a lot of friends
Mr Towe is always enthusiastic
i'll miss you Mr. Towe
he's a absolutely Awesome teacher

about the children.

SUMIRE When we went on my first residential and his assemblies every Thursday.

GRAYSON The London Residential and Treyarnon Bay.

WILLOW When I came to school in Class 1 he always mentioned my sister's yellow shoes and another memory is our residential.

BRYHER Mr Towe is so funny! I have so many favourite memories of him, I can't decide. I love the residential memories. Sometimes he comes into our class and makes us laugh. I will miss him loads and loads.

SARAH When we went on residential and all the funny stories he tells.

FRASER When we went on the residential.

DANNY Him going into assembly happy.

NESSA He makes me smile.

ERIN On the residential Mr. Towe made a rhyme about Zoe and it was very very funny.

JACK He was very good on sports days. His assemblies were very good.

ROSA When Mr. Towe brought in Solo and Solo found a stick that was really big and started walking around with it. I remember when

Mr. Towe said something like a paragraph every time a teacher left. I remember Mr. Towe's birthdays assemblies.

NINA All the fun assemblies, Sports days and parties where he did funny things and talked to everybody.

SEREN Not many because I've only been here 11 months 7 days but he's an absolutely awesome teacher for sure and it is very sad that he's leaving and I'm pretty sure everyone else feels that way. Sincerely from Seren to Ben Towe ♥

BRUNO When Mr Towe gave me a certificate (50,000 words) and (100,000) and 350,000.

ARIYAH ♥ I'll miss you Mr. Towe because you gave a certificate and word certificate and you were so funny and nice. You also gave prizes for excellent work and you were the best boss in the whole school and I'll miss you very very much Mr Towe and the best thing about you is you have the best jokes and you were very very funny. I will miss you.

LEV Well...when he gave our certificates, when he used to bring Solo in, his dog, when he was announcing music assembly and finally (just saying these are all I remember) when he gave me my 1,000,000 word certificate. I am really sad to hear and know that Mr Towe is retiring but hope he will find lots of friends and spends his time happily.

ROSIE Mr Towe always brings people who maybe come from

somewhere else, etc.etc. Mr Towe is always enthusiastic no matter what's happening(unless someone's being bad).

MATILDA When I joined this school and it was my first day he was really nice to me.

DAISY Good, funny. I am sad at the memories.

CORIN Mister Towe accidentally called me Rowan. He should get the world's funniest teacher award! and I hope his days continue to make people laugh... ☺ ♥...

CALSTOCK CP SCHOOL
CORNWALL

Calstock PRIMARY SCHOOL

*Educating the whole child:
heart, mind and body.*

Calstock Primary School welcomes children to a vibrant community of learning, broadening horizons and developing the knowledge, skills and confidence to flourish in the wider world.

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A caring, inclusive school where every child can thrive.

SUMMER AT CALSTOCK PRIMARY SCHOOL

As another school year draws to a close, it feels like the perfect opportunity to reflect on what has been an incredibly successful and joyful year at Calstock Primary School. The final summer term has been packed with exciting opportunities, memorable experiences and wonderful achievements, giving us so much to celebrate as we head towards the summer holidays.

We are incredibly proud to share that, for the second year running, 100% of our Year 1 children passed their Phonics Screening Check. This fantastic achievement reflects not only the hard work and determination of the children, but also the dedication of staff in building such strong early reading foundations. We could not be prouder!

We are also excited to announce that we have extended our wraparound care provision, and can now offer childcare every day from 7:30am



until 5:00pm, giving greater flexibility and support to our families.

This term has been full of exciting opportunities beyond the classroom. All of the children across the school have loved visiting Harewood Farm, learning about planting, harvesting, cooking and sustainability. Nursery, Reception and Year 1 are set to go on a trip to Duchy Future Farms linked to their Geography learning, whilst the whole school had a brilliant day exploring together at Paignton Zoo.

We also enjoyed one of the highlights of the year - Sports Day - with children showing fantastic teamwork, determination and encouragement for one another. Shortly after, we were delighted to host a wonderful Summer Fayre. A huge thank you goes to our amazing PTFA and all the volunteers who helped create such a relaxed, welcoming and enjoyable

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COMINGS and GOINGS at CALSTOCK SCHOOL

BEN TOWE, EXECUTIVE HEADTEACHER LEAVES

The end of my time as headteacher at Calstock is obviously a period of quiet reflection for me. I adore our school and feel blessed to have been part of its wonderful community. I am grateful for the support and partnership that so many have offered during the last nine years. There've been ups and downs but throughout we've remained together and connected through the culture we've created and the values we share.

Calstock is unique and special. I feel privileged to have led its school.

John, Jade and the rest of the team will now steer the school on its next course and they will do it brilliantly. Be assured though, Calstock will always remain in my heart. Thank you.

JOHN PENGELLY, NEW EXECUTIVE HEADTEACHER OF THE CALSTOCK AND STOKE CLIMSLAND SCHOOLS FEDERATION

I am delighted to take on the role of Executive Headteacher of the Calstock and Stoke Climsland Schools Federation. Serving as Head of School at Calstock for the past ten years, it has been a privilege to work alongside our dedicated staff, wonderful pupils, and supportive families. Over the years, I have seen our school and community achieve so much together, and I am excited to continue building on that success in my new role. Our school sits at the heart of village life, and I look forward to strengthening those connections and working closely with the wonderful Calstock community for many years to come.

>>> continued from p.6:

afternoon. From face painting, hair sparkles to a slip and slide, there was something for everyone - and of course, plenty of entertainment watching children enthusiastically launch wet sponge balls at Mr Pengelly and Mrs Morgan!

As we finish another wonderful year, we feel incredibly proud of everything our children



John Pengelly, Ben Towe, Jade Morgan

JADE MORGAN, NEW HEAD OF SCHOOL AT CALSTOCK

As I prepare to move from my role as class teacher at Calstock School to becoming Head of School this September, I feel incredibly proud, grateful, and excited. Over the last two years, I have developed such a deep love for our wonderful children, whose enthusiasm, kindness, and individuality make our school such a special place.

I also feel incredibly fortunate to be part of such a warm and supportive community, where relationships and shared values sit at the heart of everything we do. I feel honoured to take on this role and am excited to continue nurturing all the things that already make Calstock so special, protecting and celebrating the unique spirit that makes our school and community truly brilliant.

have achieved. We thank all our families for their continued support and wish everyone a happy, restful and well-deserved summer break!

Jade Morgan
Class 1 Teacher
Calstock CP School

JADE MORGAN

New Head of Calstock CP School



WHERE DID YOU GROW UP?

I grew up in Wadebridge in Cornwall, surrounded by beautiful beaches. When I was 15, I moved to St Breward, on the edge of Bodmin Moor.

WHAT BROUGHT YOU TO CALSTOCK AND WHEN?

I joined Calstock Primary School in April 2024 and from the moment I arrived, I fell in love with both the school and the wonderful community here.

WHAT IS IT ABOUT CALSTOCK YOU ENJOY MOST?

The children, the community, and of course the incredible views!

WHERE ARE YOU MOST LIKELY TO BE SEEN IN CALSTOCK?

At school, usually on the gate saying hello and goodbye to the children and families - or enjoying an ice cream down on the quay!

WHAT IS YOUR FAVOURITE LOCAL WALK?

The Camel Trail from Wenford Bridge to Bodmin has always been a favourite of mine. At the moment, my husband and I are

walking the Cornish Coast Path and we're now over halfway through. One of the highlights so far has been Porthcurno to Lamorna!

WHAT FOR YOU IS THE HIGHLIGHT OF THE CALSTOCK EVENTS CALENDAR?

I really enjoy coming down for the fireworks. There's always such a lovely atmosphere with so many people together, and it feels like the start of the Christmas season!

WHAT WOULD BE YOUR PERFECT DAY?

A sunny day at the beach, enjoying a pasty and spending time with family.

WHAT IS YOUR FAVOURITE CALSTOCK CREATURE?

I love seeing the swans, as it reminds me of when I lived by the River Camel in Wadebridge.

WHAT SEASON DO YOU ENJOY MOST IN CALSTOCK?

I most enjoy spring, especially seeing wildflowers and the bluebells in our Enviromania woodland area.

DO YOU TALK TO THE DUCKS?

Of course! I always make sure to say hello.

HAVE YOU EVER SWUM IN THE TAMAR?

Not yet, but I'm looking forward to kayaking along it this summer!

WHICH SIDE OF THE TRAIN DO YOU SIT ON WHEN YOU GO OVER THE VIADUCT?

Always on the left, so I can point out the school and the pirate ship park to my two children!

15. WHAT DO YOU LOVE MOST ABOUT BEING PART OF CALSTOCK PRIMARY SCHOOL?

Seeing the children grow in confidence, curiosity and kindness every day. It's a privilege to be part of such a special school community and to help shape those important early years of learning.

A PLACE TO MEET

Calstock Village Hall is entering an exciting new phase, offering one of the most versatile and well equipped venues for meetings, training sessions and professional events in the Tamar Valley. The preschool moved out over a year ago so the Hall now has ample weekday availability – and we're keen to welcome new organisations, trainers and local businesses who need a reliable, modern space.

Recent upgrades mean the Hall is now fully set up for high quality presentations and collaborative work.

A ceiling mounted projector and dropdown screen provide a clean, professional environment for seminars and briefings, while our interactive whiteboard on a mobile trolley is ideal for training days, planning sessions and group problem solving.

Superfast WiFi ensures smooth hybrid meetings, online training and digital presentations.

The building offers two flexible indoor spaces that can be configured for boardroom layouts, breakout groups or theatre style seating, comfortably accommodating up to 100 delegates.

On fine days, our outdoor working area –

complete with picnic tables and views of the beautiful Calstock surroundings – provides a refreshing alternative for creative sessions or lunch breaks.

Practical facilities include two fully equipped kitchens, an office space for organisers, level access throughout, and onsite support with setup where needed.

We also work with local catering partners who can provide refreshments or full meals for training days and corporate events.

With Calstock's rail link just a short walk away, the Hall is easy for delegates to reach from across the region.

We offer very reasonable daytime rates and would be grateful if the community could help spread the word. If you know a business, training provider or organisation looking for a welcoming, modern and affordable venue, please point them our way.

Together, we can bring new clients into the Hall and continue strengthening this vital community resource.

Matt Taylor
Village Hall Administrator
CVH Management Committee
07828704668
admin@calstockhall.com



BITING FLIES: A LETTER TO THE PARISH COUNCIL

Over the last few summers there has been a growing and now significant problem with biting flies: it has only occurred since the wetlands were opened. These insects are causing painful bites which, in many cases, develop into blisters. The severity of the reactions reported by residents, volunteers, and visitors has made it unsafe for us to continue hosting outdoor activities at the Hall.

Last week we had to cancel an outdoor theatre performance: we were unable to mitigate the risk of being bitten, nor could we guarantee the safety of our audience, performers, or volunteers.

Our outdoor space is central to our summer programme, including openair markets, community gatherings and wedding bookings, with a substantial impact on our annual income. This situation will also affect local businesses who rely on summer visitors and events.

A reputational risk is now emerging, with some wild speculation and exaggeration on social media. Without clear, authoritative information from the Parish Council, there is a real danger that misinformation will spread

further. We strongly believe that a timely and factual public statement from the Council would help reassure residents, calm speculation, and demonstrate that the issue is being taken seriously.

We would like to ask the Parish Council for clarity on the following points:

1. Identification of the Problem: What steps have been taken to identify the species responsible? Have larvae or adult specimens been collected for expert identification?
2. Expert Advice: Which specialists or agencies have been consulted so far? Are entomologists, ecological consultants, or public health advisors involved?
3. Environmental Agency Notification: Has the Environment Agency been formally informed of the issue.
4. Mitigation Planning: Are there plans to investigate or implement control measures
5. Impact on Local Businesses and Community: Will the Council be consulting local businesses about the economic impact?

Is there a plan to coordinate a community response?

6. Communication and Transparency: Will the Council be issuing a public statement to address speculation and provide clear information? How will residents be kept informed of progress?

7. Can we request regular updates so we can plan our operations accordingly?

Matt Taylor, Village Hall
Administrator



AI AND HUMANS: CALSTOCK NEWS POLICY

We all know that AI (Artificial Intelligence) is useful. It can look things up in milliseconds, it can summarise the most complicated and boring of documents and appear to answer any question we ask of it. In fact, it can write pretty much anything we ask it to. And this is where the trouble comes, because AI can also appear to be a creative writer of original copy. One of the reasons it can do this—apart from the tech expertise that has gone into its development—is that it has been trained on billions of human words, pretty much all of them without the agreement or knowledge of their authors. I know this because it has stolen a million—literally—of my published words in order to feed itself and then spit them out in a pretence that these are original. Not good.

So we, at Calstock News, got to wondering what to do about this. Do we publish anything that has been created by AI? And these are our thoughts:

Calstock News is read by humans (as far as we know we have no alien readers; however, they too are very welcome to pick a copy if they can find a space to land in the car park). Which is



why, after some discussion, we thought it best that it is written by humans too. Because we love the passion and the knowledge and love that goes into the words that you Calstock humans send us: we love your thoughts on potholes and libraries, cows and cakes, old boats and paper mills, and we love hearing from the youngest to the oldest of all us Calstock humans. We love it all. So please, dear Calstock humans, just send us your own human words and don't ever think that some thieving monster of a computer can write better than you. Because it can't.

Angie Sage

CALSTOCK OPEN GARDENS

St Lukes Hospice would like to say a very special thank you to all those involved with the Calstock Open Gardens this year.

A lot of hard work went into making the day a success for the 363 garden visitors.

The total was an amazing £3,408.00 which will help to make a huge difference to people when they need the best specialist support.

Thank you again.
Sue Crocker



ONE DAY SHOW

Community Cafe's One Day Show exhibits paintings by anyone who fancies showing at our monthly Cafe in the Village Hall. We'd love to see your paintings there.

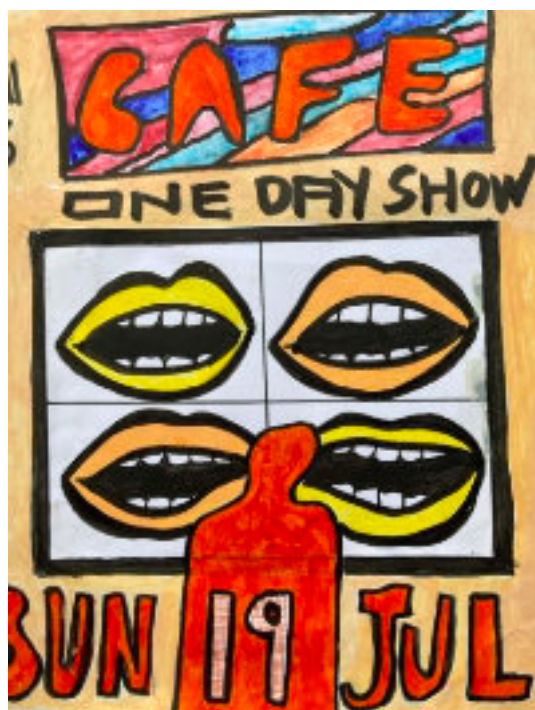
We've had 2 shows so far. Paula Barnes and Kim Thompson, both local artists, showed some of their work and made plenty of sales. You don't have to be an artist though to have an exhibition.

You could be a 10 year old with plenty of pictures you'd like to show or a 60 year old who has never painted before but has decided to give it a go or a group who get together every now and then to paint or draw or a school - the options are endless.

Fancy a show?

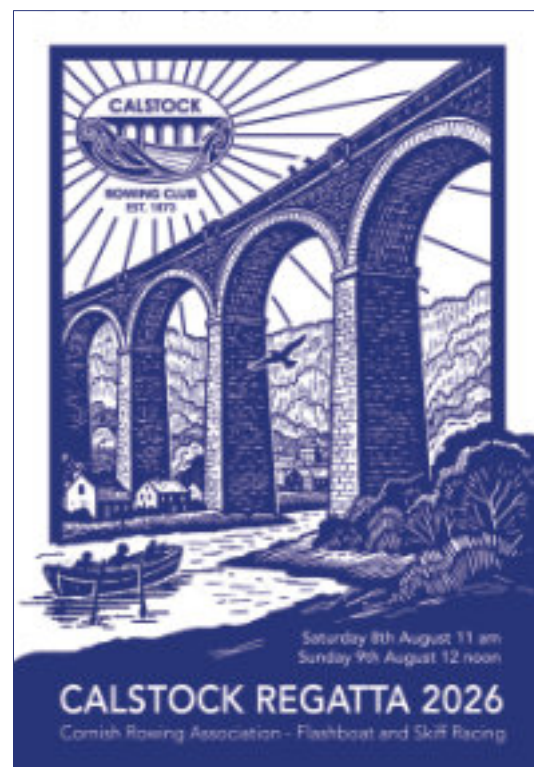
All work that is on sale must be priced at less than £100. You need to set up between 9 and 11 on the day and take your work down between 3 and 4. There'll be one of our team to help you do that. There's no entry fee and work can be for sale or not for sale.

We ask 10% commission on sales which in turn goes, along with all Cake's "profit", to grants to local community groups. We're



CALSTOCK REGATTA 2026

Calstock Regatta 2026 dates:
Saturday 8 August at 11am.
Sunday 9 August at 12 noon.



booked up for 2026 with shows for every monthly Cafe but most of 2027 is still open. Go on: there's plenty of time to get some new paintings on the go, or to sort out existing ones. For more info contact Barry on 01822832619.

Our next One Day Show is on Sunday 19 July and features work by a local life drawing group who meet regularly in the village hall. (See piece on Life Drawing elsewhere in C.N.).

This is followed by Becky Fierek on August 16th who will be exhibiting some fresh artworks exploring the theme of 'Home' and 'Iconic Calstock vistas'. All profits to go to Unicef, a charity that helps children who are not as lucky as her own to have a place like Calstock to call home.

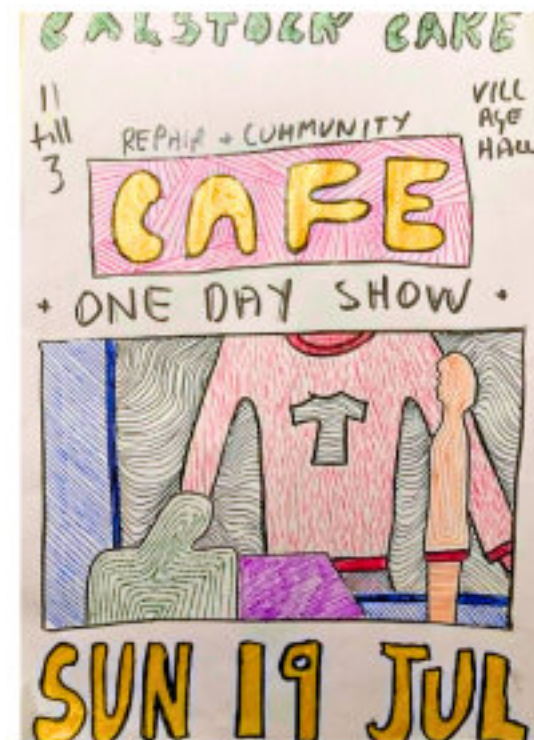
Lydia Martin exhibits on Sept 20th.

We'd love to see you there.

One Day Show at Calstock Cake Cafe

CALSTOCK CAKE GIVES GRANTS TO LOCAL COMMUNITY GROUPS

Calstock Cake would welcome contacts from local community groups who would like to apply for grants of up to £250.



There are a few hoops to jump through. Mainly, the group must be totally voluntary with

no members making a profit or wage. Do you have an idea for an activity, entertainment, education or event? Then give it a go. We may be able to help if you fulfil our criteria. Contact us on our Facebook page, "Calstock Cake".

Calstock Cake runs a Community Cafe in the Village Hall every third Sunday of the month from 11 till 3. It's run by a brilliantly wonderful totally voluntary crew. We do a light lunch, cake and refreshments all for just a donation of your choice. Nearly always there'll be free workshops, repair cafe, kids corner, sometimes music, and if you fancy giving us a tune or some poetry or comedy there'll be a mic and speaker available. If you'd like to colour in a poster for the next cafe or design/draw one for a future cafe we'd be delighted. There'll be a table for that. Bring the kids. At each cafe there'll be an exhibition of paintings or drawings, a "One Day Show", to grab your attention.

Next few month's Cafes will be: Sunday 19th July, Sunday 16th August, Sunday 20th September.

Calstock Cake

LIFE DRAWING CLASSES EXHIBIT AT COMMUNITY CAFE

The Calstock drawing group are putting some of their work from their life drawing sessions on display on Sunday July 19th at Calstock Cake in Calstock Village Hall. The exhibition will be in the traditional salon style, which means there will be plenty to see.

The aim is to showcase the journey that many have made from absolute beginner to accomplished drawers. You will see different ways to draw, using varied materials, reflecting the times it took to make. Some will be sketches that only took a couple of minutes called gesture drawing, alongside another which might have taken 30 minutes, allowing for a more detailed approach.

Life drawing is the bedrock of artist

development, it teaches skills, observation, process and empathy. It is truly the mastery of taking 3D into 2D which does not happen if you only draw from photos. Monday afternoon sessions will begin again later in September in Calstock Village Hall.

Contact janinefalle3@gmail.com



FOUR YEARS OLD AND GOING STRONG

Tamar Valley Community Fridge celebrated 4 years since its installation on 2nd April 2022.

We have retained most of our wonderful volunteers who check, stock, clean, lock & unlock our valued community resource.



We now have four stalwart Picker-Uppers covering a total of 19 supermarket collections per week.

The grand total of surplus food from 1 April 2025 to 31 March 2026 was a staggering 26,415.47kg. That is about 5 more tonnes than the previous year and the total doesn't even include food from individuals, Cornwall Bakery or Redmoor.

It's all about food-waste so it's not a foodbank and anyone is welcome.

There can't be any guarantees that the Fridge is stocked by the very nature of supermarket surplus so please don't make a special journey!

Our most reliable offers from shops arrive at approximately 10-10.20pm on Mondays, Tuesdays, Wednesdays & Fridays; and about 9.15pm on Saturdays plus 4.30pm on Sundays. Sometimes our volunteers also collect on Thursdays at about 9pm.

At this time of year we remind the community that they can donate surplus food as follows:

1. Unopened fresh food that's not past their use-by date e.g. if you're going away;
2. Packet foods that can be up to 3 months past their best-before date;
3. Tinned items that can be up to 12 months past their best-before date;
4. Any excess fruit &/or vegetables from your gardens/allotments (please put any unwashed items in our Blue-lidded Veg-box).

Mai Evans
TVCF Co-ordinator
tamarvalleycf@gmail.com

CORRECTIONS AND CLARIFICATIONS

The article on *Potholes*, p.16 of the *Early Summer* issue, referred to "a thin bomag roller". This should read "a twin bomag roller".

MACMILLAN COFFEE MORNING

Come and Celebrate the 10th Anniversary of our **MACMILLAN COFFEE MORNING** at Calstock Arts.

**FRIDAY 18TH SEPTEMBER,
9.30-12.30**

at The Old Chapel, Calstock.
We would love to see you.

Come and enjoy the cakes, coffee, chat and music.

Over the years we have raised £6,553 for this amazing charity.

Let's see if we can reach £7,000 this year !



CALSTOCK FESTIVAL 2026 AND BIG CAKE DAY 2027

This year's Festival Day is well behind us now and Cake's team have got round to looking at how it went and thinking if it needs to change for next year. Every few years it has a new incarnation and sure enough one is on its way.

This year's Festival Day was a scorcher. The sun blasted down, people stayed at home by the fan or went to the beach. Many that did come stayed for a bit until it got too hot. There was not enough shade. Some heroes stuck it out and many stayed for the stars of the show, "Kill the Gun". On the day we spent about £1000 and took about £1000 on food and refreshments. We roughly broke even: that counts as a success!

There's an endless list of people to thank who gave what I am sure they would all call some pleasurable time. The kitchen, the bands, the dancers, the puppeteer, the hula hoops, the sound crew, and stage management, the workshop runners, the flyer deliverers, bill posters and bill makers, setter uppers and setter downers. the car park, the recyclers and the cleaner uppers. Thank you all so much.

There are changes afoot though. We've changed the name from Calstock Festival Day



to Big Cake Day. The first "Big Cake Day" will be held on Sunday 30th May, 2027. That's back to the Sunday of the bank holiday weekend. As usual workshops run in the morning. From 12 till 5ish, rolling back from an 8pm close, there will be bands and entertainments. It'll look as Festival Day used to look. We'd love to kick off with Calstock Samba and close with Big Beat Junk Band keeping going till everyone drifts off home to tea. In between we're going for plenty of local acts and bands with a local mellow feel. That's the plan but it's still work in progress. See you there?

Calstock Cake

TAMAR VALLEY WOMEN'S INSTITUTE

Did you know there is a WI which includes Gunnislake? It was formed over 20 years ago to encompass the former WIs of Calstock, Gunnislake, Chilsworthy, St Anne's Chapel and Albaston. Formerly known as Albaston WI it has recently been renamed Tamar Valley WI to more accurately reflect our membership.

The WI has existed in UK for over 100 years and in that time, as well as being a safe meeting place for women and girls over 16, it has campaigned tirelessly on many issues affecting communities throughout the country. This year our adopted campaigns are women's homelessness and access to public toilets. Last year our campaign was 'bystanders can be lifesavers' learning how to use defibrillators, and previously it was 'dental health matters'.

The perception that many people have of the WI is the old 'Jam and Jerusalem' and whilst some of us still make jam and we occasionally sing Jerusalem, the WI offers women friendship, fun and a wealth of interests which can be pursued



Eleanor, Jude and Margaret keeping the show on the road

online, via our website or face to face at various venues around the county.

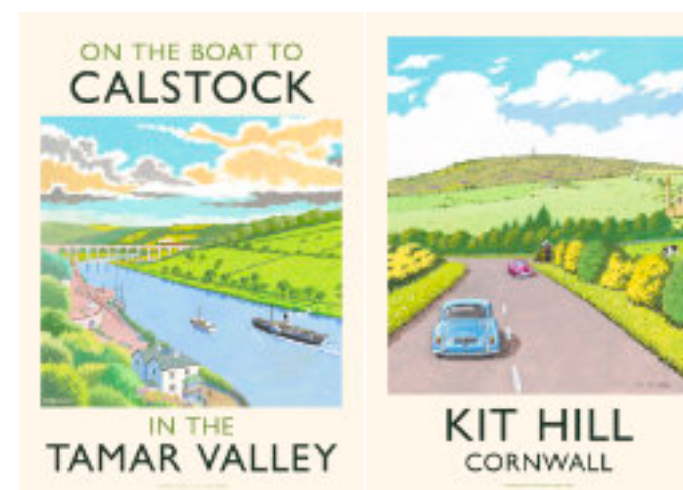
Our meetings are monthly, 1st Thursday of the month in Albaston Methodist Church. 1.30pm Nov-Mar, 7.00pm April-October. If you wish to give it a go your first 2 visits are free. Our meeting in September will be a visit from 'Hearing dogs for the deaf' and in October we are going to be drumming with Calstock Samba Band.

Interested?

Email us @tamarvalley@cornwallwi.org.uk

JOIN THE CALSTOCK SINGERS

IN THE TAMAR VALLEY POSTERS...



If you have ventured to Gunnislake Post Office in the last few months you might have seen our latest art project promoting our wonderful Tamar Valley. Ian Pethers was commissioned to produce six original stylised paintings which captured the beauty of the valley, with a touch of artistic licence.

The cover of Calstock News displays one of two paintings depicting magical panoramas of the village. The first 'On the train to Calstock' glimpses the sun setting behind Kit Hill taken from the road from Harewood. You can see a train heading towards the station, the new wetlands, and the viaduct.

The second is titled 'On the boat to Calstock' and pictures a paddle steamer from Plymouth making its way up the river towards the viaduct and on to the village. It was always a highlight of the year to take the trip and stop to explore the village, and buy fish and chips and maybe a pint of good Cornish ale.

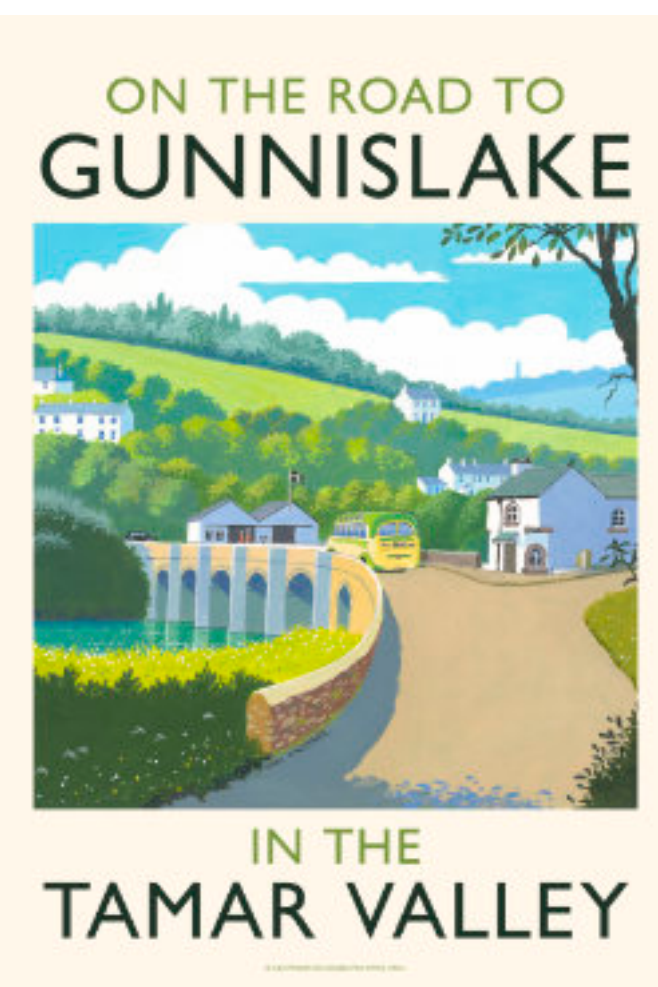
One of the pictures (awaiting printing) is set at Cotehele Quay and shows the Shamrock moored on the river with the gig coming round the bend towards home.

The other paintings are 'On the train to Gunnislake' depicting the evening train coming round the bend towards the distant

village. You can clearly see Newbridge crossing the Tamar and the outcrops of rocks on the Devon bank. The next 'On the road to Gunnislake' takes the view of a 1950s bus crossing Newbridge on the bend from Devon. Set in the late 50's Mike's garage, proudly flying the flag of St Piran, is looking very smart and appears to be selling petrol. The last painting is called 'The legend of the lake'. While it sounds Arthurian it actually refers to a gunnis which is the void in a mine where the ore has been removed and in this case a lake has formed, hence the name of the village, Gunnislake.

The paintings, loosely based on 1950s railway posters, are available as A3 posters and A5 postcards from Gunnislake Post Office.

Charles Mitchell



NEWS FROM THE BELL RINGERS



Activity in the church tower is not limited to bell ringing: ringers have a long tradition of looking after the church clock. For the last few months the clock has needed a lot of attention. It was installed in the tower in 1845 by Henry Spiller of St Thomas, Exeter, with a single clock face on the west wall of the tower. It was refurbished in 1995 by Smiths of Derby. In the mid 2010s an automatic winding and regulating mechanism was installed. But something has gone awry with this mechanism

and it is proving very difficult to get the part needed for a repair. The clock is working but it is not keeping time well so every week someone goes up the tower to reset the hands.

On the ringing side the bells have had good use recently. We have welcomed several groups of visiting ringers including a band from Devon who rang a peal of 5040 changes in 2 hours 48 minutes. They dedicated their peal to the 100th birthday celebrations of David Attenborough. On occasional Thursday evenings the tower now hosts the Stoke Climsland ringers as their own tower is out of action for building works. In May our own Calstock ringers were privileged to ring for the wedding of Susan Warren and Stephen Ball which was a very joyous event. Our ringers were joined by George Bonham, one of the wedding guests, who more usually rings in Cambridgeshire. It is fantastic to be able to go anywhere in the country and know that you will be able to ring in any tower just by turning up and asking.

On a sadder note our wonderful former Tower Captain Doug Petipher who had turned 100 earlier in the year died in June. A quarter peal was rung in Doug's honour in January and we will be proud to ring again for his funeral.

If you would like to find out what goes on in a practice drop in and see for yourself, we ring most Sundays from 4.45 to 6.00.

Sue McClaughry
Tower Captain
07771 756125

MOBILE LIBRARY

MOBILE LIBRARY COMES TO CALSTOCK:

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THURSDAYS: 23rd July, 20 August, 17 September.



For more details, call 0300 1234 111 or email libraries@cornwall.gov.uk

TAVISTOCK LIBRARY - SUMMER SECRET BOOK QUEST FROM 11 JULY

This summer, Tavistock Library is excited to welcome families to their Children's Summer Events Programme which is packed with creativity, discovery and hands-on fun for all ages.

Join the Summer Book Quest and travel through stories as you collect stickers and work towards earning a special medal, all inspired by this year's 'Mission to Wayfarer's Island'.

There's something for everyone, from badge making and bridge building to a lively Track Attack Thursdays, where children can create a huge imaginative railway using a fantastic selection of trains, track and accessories.

Meet amazing creatures up close with animal encounters featuring Chris Johnson and his marvellous animals in conservation or get crafty with Grace and help bring their magical tree corner to life.

Families can also hop on the smoothie bike



to pedal up a delicious drink!

For full dates and times, pop into the library and pick up a flyer — they can't wait to see you this summer.

Jan Horrell, Tavistock Library

FRIENDS OF TAMAR VALLEY SUMMER

Sat 8 Aug. 1.30 meet Calstock carpark

WALK AND TALK AROUND OKEL TOR, CALSTOCK

Jon Tully has kindly agreed to show us round Okel Tor which he has recently purchased. Paths are not very even, with some ups and downs. Tea and coffee after tour. Dogs welcome on leads. Calstock carpark

Thur, 3 Sep, 09.45 ferry

SALTASH FERRY TO ROYAL WILLIAM YARD

Leave Saltash waterfront on 10.15 ferry to meet Ron Smith who will walk and talk us round RWY giving us its history and what is happening today. Then up to Devil's Point to see the fortifications from medieval times

to 2WW with a look at the rare wildflowers en route. Dogs welcome.



Choice of lunch in Royal William Yard in time to catch the 14.45 ferry back to Saltash.

£5.00 each way which can be booked online, but doesn't guarantee you a place, or turn up and pay on the day, so I suggest getting to the jetty by 1000, plenty of free parking on the waterside.

If you would like to join Friends on either of these events please contact Jane Kiely janekiely3@gmail.com or 01752 466287

MONEY FOR OLD CLOTHES ... ONLY IF IT CAN BE RESOLD

Clothes banks are not dumping grounds – charities can't carry the cost of our waste.

The Salvation Army, Firefighters' charities and charity shops rely on clothing donations they can sell. When bags of clothes are left on the ground, they immediately become fly tipping are unsellable and can only be thrown away.

Here in Cornwall 'away' means incinerated as there are no active landfill sites in the county.

These disposal costs come from the charity's funds or from the council public purse, reducing money available for other vital services.

The issue isn't collection frequency, it's :



- overconsumption driven by fast fashion
- hardship, cost of living
- the decline of repair-and-reuse habits

Cheap clothing can feel like the only option when money is tight, but it wears out quickly, costs more over time, and is often impossible to reuse or resell and results in a growing mountain of textile waste with nowhere to go.

Countries that once bought our poor-quality textiles no longer want them. So when low-quality clothing is donated, charities pay to dispose of it. When it's dumped, councils pay to clear it away.

Good quality items can be sold on line and or can go to charity or Council ReUse shops like that at Launceston Recycling Centre at Pennygillam (you need to book a time slot to visit here.)

Often kennels will take bed sheets and towels.

Cornwall Council takes quality textiles which are passed onto The Salvation Army - just bag, label as textiles and put out on recycling day. No need to drive to the clothes bank - it all ends up the same place. If you can't get to a charity shop with your quality clothes and accessories, bag it for Cornwall Council recycling day.

If your clothes need mending, find a local seamstress or take to a Repair Café.

If your clothes are worn out or rags, put in the council black bin or sack for waste collection to be incinerated.

Ali Humphreys
Recycling for Charity project

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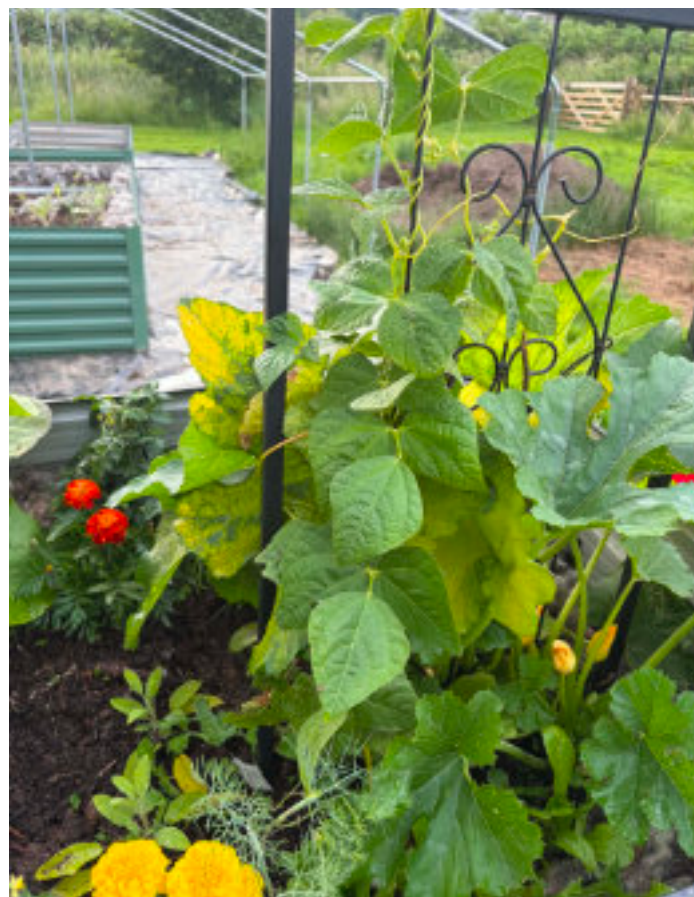

TOWN FARM FIELD COMMUNITY GROWING PROJECT

Calstock Parish Council has secured a grant from the Farming in Protected Landscapes which has not only funded our orchard, native trees and fruit bushes as well as the fencing and hedgerow but also a community vegetable growing project.

As you can see from the picture, our team of volunteers already have a lot growing in the first 2 beds and they have planned, sourced, built and filled all the raised beds. We are awaiting netting to protect our brassicas in the cage as well as a water harvesting set up which we hope to have in place very soon.

This small group of growers is working hard to provide our community with some lovely fresh vegetables which will be offered at various community gatherings as they ripen and become available.

Please email: clerk@calstockparishcouncil.gov.uk with any questions.



RECYCLING FOR CHARITY PROJECT



IN DATE MEDICATIONS

Can be passed onto Ukraine charities.

<https://sendinglovetoukraine.org>

drop off in Callington & Darrens Cars St Ann's.



If you have unwanted meds that are still in date, consider passing these on to help those in war zones that have no access to a pharmacy.

Local doctors need basic medications to help their patients. Give what you can please.

OUT OF DATE creams, ointments, gels & lotions can be recycled with Recycling for Charity project.

Money is raised from the manufacturers for our nominated charity Kicks Count who aim to reduce UK stillbirths.

If the tubes or pots aren't totally empty that's OK. The items are processed and then made into new products.

We also take beauty products pots and tubes, hand dispenser pumps, sun tan lotion/cream, eye shadow and foundation compacts, lip sticks, lip balm, lip gloss, mascaras.

Find the full list on our web page and FaceBook group.

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

Thank you for your support.

Ali 07305 044049



WATERING THIS SUMMER

According to the Met Office we will be getting abnormally hot spells throughout the summer.

So for gardeners the annual challenge of watering comes around. It's no different for maintaining our Bloom displays.

Our first year of planting was really focused on trying to get some immediate impact, so lots of annuals were planted and they had plenty of watering needs to maintain them.

But over the years since we've had time to put several plans in place to help cope with the impact of global warming on the gardens.

1. Perhaps the most important one being the planting of more draught tolerant plants.

This, along with attracting pollinators as well as the replacement of plants, if required, was key when designing the Mediterranean style garden.

Plants have included Agapanthus, Nepeta, Verbena bonariensis & regida, Alliums, Lavender, Stachys byzantina, Alchemilla mollis, Echinops, Eryngium and Sedums... to name but a few.

2. Mulching on beds to help retain the moisture.

3. The installation of water butts around the village, including three butts installed by GWR at the station, where there is no other water supply.

4. Watering either early in the morning or late evening so less water is lost to evaporation.

5. Less frequent watering so that plants get the opportunity to grow deeper roots.

Clearly, we do still need to do some watering.

So, you will see a small but dedicated group



of volunteers out watering, usually first thing in the morning.

If you would like to do the occasional session with us, we would love to see you.

Just come on down and introduce yourselves or email Rayson at rcpritchard@comcast.net

We are very lucky to have access to the tap at the top of the slipway and benefit greatly from Ben giving us access to the tap in the football changing rooms. Without them we just couldn't maintain everything.

All in all, it's a challenge getting the level of watering right. It's an ongoing balance between looking after the plants and conserving this precious resource.

Colin Bates, Calstock in Bloom

CALSTOCK PARISH COUNCIL, SUMMER 2026

A new council year is underway. At our Annual Meeting Jim Wakem and Mark Warwick were re-elected as Chair and Vice Chair respectively. Council meetings will continue to take place on Tuesday evenings.

The Council works through several committees including:

- Amenities, Roads and Parking
- Burials
- Environment and Climate Emergency
- Finance and General Purposes
- Planning
- Recreations and Open Spaces

With an annual turnover of approximately £380,000, 19 councillors and a population of over 6000, we are one of the largest and busiest rural parishes in Cornwall.

We are extremely lucky to have so many active community groups and volunteers within our parish. At our Citizen of the Year Award we recognised a handful of these people including:

- Calstock in Bloom;
- community members working on Town Farm Field in Calstock;
- Drip Drip who are campaigning for a cleaner and healthier river;

Jim Wakem, Sue Hambley and Mai Evans



• volunteers who help in Albaston Cemetery;

• volunteers from Harrowbarrow and Metherell community shop; community association; village hall and social committee.

• Gunnislake Community Matters and the Woodland Centre;

• We also recognised the work of all those involved in community newsletters

Our individual Citizen of the Year was awarded to Kate Goodman who is involved in many community activities in Gunnislake and has recently been appointed Chair of Gunnislake Community Matters.

Our Community Award went to the Tamar Valley Community Fridge, co-coordinated by Mai Evans. This service provides food to residents who may be feeling financially stretched, preventing good food going to waste. Sue Hambley was recognised for the help she gives the Community Fridge and wider community

A huge thank you to every volunteer – and our unpaid councillors – for the time and energy they give to our parish.



Jim Wakem and Kate Goodman



CALSTOCK PARISH ARCHIVE

Who was around when this article was published?

Thankfully the council was stopped from demolishing them. What would Church Street have looked like if they had been demolished – I expect modern house like the ones built when Princess Square was demolished.

CALSTOCK COTTAGES STILL DOOMED (1967)



Church St, Calstock 1985

MR WILLIAM GRYLLS, surveyor of St Germans Rural Council, said today he was unable to throw any light yet on the mystery of who asked the Minister of Housing to place a preservation order on 12 cottages in Church Street, Calstock.

But, he said, the council still hoped to demolish those properties in the street which were considered unfit for habitation. "It's the only thing we can do" he said. "We are not out to destroy the character of Calstock, but with these old unfit properties we have little option but to pull them down", he added.

NEW HOUSES PLANNED



"It's all very well for people to come down from London and say these houses are of historical or architectural interest", he said, "but they don't have to live in them."

The council planned to build 12 new houses in Calstock and a start on this work was expected shortly.

The houses should be ready for occupation by the end of this year. The council then hopes to re-house the people living in the condemned properties in Church Street in the new houses, or houses in other parts of Calstock.

NEWS FROM THE ARCHIVE

We will be at the LCCP Show on July 25th with lots of photos to look at. You will find us in the purple gazebo.

The archive is based in the Cemetery Chapel, Albaston. Opening hours are: Tue and Fri 10.00–2.00 and Wed 12.00–4.00. If you are not able to make these times, please contact us and we could make special arrangements.

The archive is entirely run by volunteers but more are needed and no experience is necessary. We are a friendly bunch so why not pay us a visit and see what we do?

lynda.harman@btinternet.com

Tel 01579 351413

CALSTOCK PARISH LOCAL HISTORY GROUP

Come along to find out about local history and what life was like for our predecessors in Calstock Parish. The Calstock Parish Local History Group meets once a month with outings in spring/summer and talks in autumn/winter.

Membership is only £7 a year and includes three newsletters packed with articles about local history, plus discounted entry to the talks and outings. You don't have to be a member to come along.

Coming up:

THURS 23 JUL, 7PM:

DISCOVER THE CHAPELS IN GUNNISLAKE

Join member Stephen Docksey for a walk exploring Gunnislake's historic chapels. We will be looking at several non-conformist chapels from the outside, as well as St Anne's, the village's Anglican Church. The walk

follows paths around the village. As Stephen says, "Nowhere is on the level in Gunnislake, but there will be no steep hills to climb". Meet in the Gunnislake carpark at 7pm; members £1.50, visitors £3.

SAT 26 SEP, 7.30PM: OUR AGM FOLLOWED BY "HOW THE BIBLE CAME TO US IN ENGLISH"

Member Mark Pellow will tell us how it is exactly 500 years since William Tyndale translated the Bible from Latin in 1526. Tyndale was an English biblical scholar and linguist who became a leading figure in the Protestant Reformation until his execution in 1536. Meet at the Tamar Valley Methodist Church in Albaston. Members £1.50, visitors £3.

For more information about what we do, please contact me at tishvalva@mac.com

Tish Valva

GALBRAITH & CHURCH, DESIGNERS OF CALSTOCK VIADUCT

Calstock differs from other riverside villages and small towns by the elegant viaduct which graces the Tamar valley at this location. It was built by a local contractor, John Lang of Liskeard, but

Undated postcard



the design came from Galbraith & Church. They were engineering consultants based in London, who were retained by the railway company to draw up the plans and supervise the construction of the new branch line from

Bere Alston connecting with the East Cornwall Mineral railway. To bridge the Tamar, Galbraith & Church decided to scale-up a design based on semi-circular arches which they had used successfully for a railway crossing of a valley at Derriton near Holsworthy.

William Robert Galbraith was born at Stirling on 7 July 1829 and was educated at Stirling Academy and

>>>

LOOKING AT A PHOTO OF THE RIVER TAMAR

Going through a few books with Tamar barges in them my eye caught this photo that might be of three of James Goss's vessels, two in the water and one being planked up ashore. Goss had a very busy yard around the turn of the 19th and into the 20th century. Boat repairs were the mainstay keeping the workers employed and maintaining a reputation for detail which made the yard famous around England. Trying to put this photo into a context by looking as closely as I can I think I have identified all three. The date of the photograph is 1906.

The closest to the viaduct and the only one of the three still sailing might be the 51-foot sloop, Lynher. She was launched by the James Goss Shipyard in 1896. The other in the water and further away with more block and tackle and a taller mast I think is the 55-foot Topsail Cutter, Lillie, launched by Goss in 1899. The topsail rig was not a common practice during that period and having the extra mast



height could do away with having a topsail yard and simplify hauling up that sail.

The big 76-foot ketch rigged, Garlandstone, is shown without her masts ashore aside the sheds. The Garlandstone would be launched about three years after this photo was taken.

This photograph was probably taken by Frederick John Paul who took most of the photographs of the building of the Tamar Viaduct.

H. E. Ross

>>> *continued from p.30:*

Glasgow College. In 1846 he was articled to a firm of engineers with a very extensive railway practice. During his apprenticeship he worked in their London office and on various railways. From 1855 onwards he worked mostly on the London and South-Western Railway extensions west of Yeovil. In 1862 he was appointed by the London and South-Western as their Engineer for new works and for the supervision of their Parliamentary business. He constructed most of their new railways for the next 40 years in conjunction with his partner and former

pupil, Richard Frederick Church. Galbraith was Vice-President of the Institution of Civil Engineers in 1906, but illness prevented him from becoming its President. He died in 1914. The engineering partnership of Galbraith and Church was formed in 1892. R F Church was born at Anthony, Cornwall in 1839. In 1858-9 he was a pupil of the county surveyor. He then became a pupil of W R Galbraith and worked for him on various railway schemes in the West Country, in due course becoming his partner. Church died in London in 1923.

Vic Harman

CALSTOCK ARTS

17TH JULY - Levowan Chamber Choir. Tickets £8 in advance, £11 on door – Doors and Bar open 7pm. Performance 8pm.

18TH & 19TH JULY – Tide project – Art, Music and Soundbath – a unique multi-arts creative experience inspired by the magic and mystery of water. See website for times.

23RD JULY – Blue: Joni Mitchell sung by Mae Karthaus. Tickets £14 in advance, £17 on door. Doors and Bar open 7pm. Performance 8pm



29TH AUGUST – Willow Hill – one of Nashville most unique sensations – New to Calstock Arts – Tickets £14 in advance, £16 on door. Doors and Bar open 7pm. Performance 8pm.

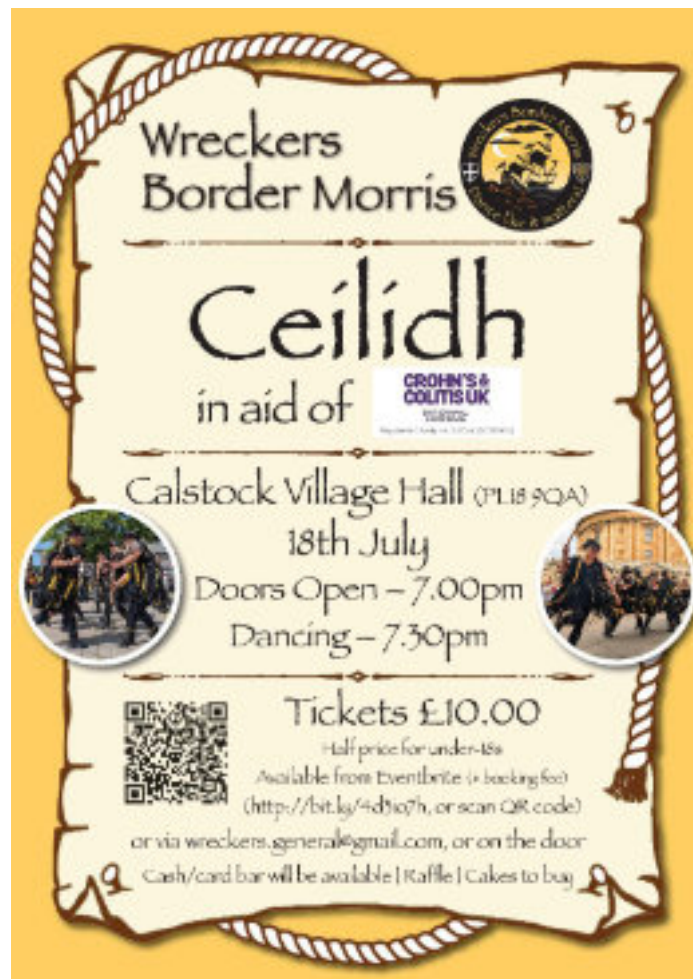
10TH SEPTEMBER – Jo in the Water Film and Q&A. Tickets £9.50 online, £10 on door, £5 for unwaged and under 26. – Doors and Bar open 7pm. Film 8pm.

12TH SEPTEMBER – The Terraplanes Blues Band – UK Blues Award winners – Tickets £15



CALSTOCK VILLAGE HALL

JULY 18TH Wreckers Border Morris are running a Ceilidh to raise funds for Crohn's and Colitis UK. See poster for details.



in advance, £18 on door – Doors and Bar open 7pm. Performance 8pm.

18TH SEPTEMBER - Cole Stacey – a visceral and lyrical songwriter singer and musician. Tickets £15 in advance, £17 on door - Doors and Bar open 7pm. Performance 8pm.

26TH SEPTEMBER - Gallery Barn Special – Annown - Acclaimed Cornish folkabilly duo Bucket for Ban – Doors and Bar open 7pm. Performance 8pm.

CALSTOCK SOCIAL CLUB

FRIDAY 7 AUGUST - Vince Lee 8.30pm

SATURDAY 8 AUGUST - Firebird 8.30pm

SUNDAY 9 AUGUST - Gary McCausland 4-6pm

SUNDAY 16 AUGUST - Hungry Bears duo 4-6pm

SATURDAY 29 AUGUST - Three Day Week - 8.30pm

SUNDAY 30 AUGUST - Bailey Tomkinson and the Locals 4-6pm

SUNDAY 13 SEPTEMBER - Andy Marshall 4-6pm

FRIDAY 25 SEPTEMBER - Smug Jars) - 8.30pm

SUNDAY 27 SEPTEMBER - Steve Panter - 4-6pm

THE TAMAR INN



WEST DARTMOOR ART

EXHIBITION WEST DARTMOOR ART
at Peter Tavy Village Hall.

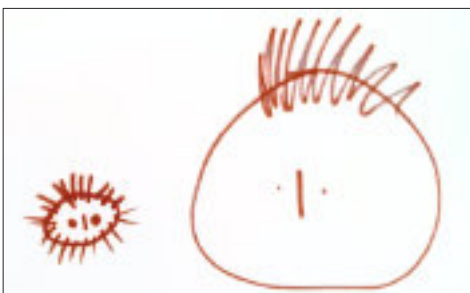
On 8-15 August, 10am-5pm.
Cafe and raffle. Free entry.



A TRIO OF CHIDDLERS IN CALSTOCK!



By Greta, age 6.
Fireworks in November!



"In Calstock there are hedgehogs!"
Mum + baby hedgehogs by Nelly, age 4



Bruno, age 8. Cats prowl around
Calstock and own the streets

With an house on the market in the North East, Dave turned to me last year and said, "If we are already moving, why not make it a big move? We could go somewhere else!"

We were last here on our honeymoon, a spritely twelve years ago.

Now, finding ourselves with three children in tow, we started to consider what kind of life a trio of spirited chiddlers would prefer.

The school, beautiful views, fresh air, a chance at real village life and an after hours friendly

chicken burger delivered by The Boot made us place our pin in Calstock!

Our warm and lovely acceptance mostly was because of our children.

And rightfully so - they love it here - and in return, Calstock loves them back!

Not that this even begins to cover how grateful we are, but even so! We would like to say a huge thank you to this beautiful little village (through a tree portal) who make us all feel so welcome!

Dave, Emma, Bruno, Greta and Nelly Ayre

KERNOW A'GAS DYNNERGH!

Is the Cornish language (**Yeth Kernewek**) dead? Many might think so, but that's not the case! The same was said about the Welsh language not very long ago.

Dydh da - Hello/Good day, **Meur ras** - Thank you, **Mar pleg** - Please, **Onan hag oll** - One and all!

You might not hear these phrases every day, but interest is reviving and growing numbers of people are exploring this important heritage language. Do you live in **Kernow**? Do you do '**taklow Kernewek**' (Cornish things)? Do you want to learn about '**hengovvow Kernewek**' (Cornish traditions)?



Intrigued? Want to learn more? There are many Cornish Language groups in Cornwall. The nearest to Calstock (**Kalstok**) is in Callington (**Kelliwik**), which

meets each Wednesday evening, in term time (7.00-9.00pm), starting again on **9 Sep 2026**, in the Town Hall, New Road, Callington, PL17 7BD.

All levels are catered for, from Beginners (Level 1) to Advanced (Level 4). Cost is a nominal £25/term (to cover costs of room hire, etc.)

For more information, contact Maureen: mpiercekernow@btinternet.com

There are also several friendly Cornish Language Speaking Groups (**Yeth an Werin**) scattered about **Kernow** (and nearby). The nearest (**Bagas Ser Prenn**) meets in The Carpenter's Arms (**An Arvow Ser Prenn**), Ducky Row, Lower Metherell, PL17 8BJ, on 2nd and 4th Thursday of each month, from 7.00pm onwards. All levels are welcome!

(Lots more stuff on www.speakcornish.com)

Dha weles ena?

Chris Sillitoe

BEAVERS IN OUR ENVIRONMENT

Beavers were once widespread in the UK before being hunted to extinction over 400 years ago. Today they are making a remarkable return through licensed releases.

The National Trust recently confirmed a beaver living at Cotehele, with clear signs such as gnawed branches and beaver browsing along the waterways.

Although present on local rivers for several years, they only gained full legal protection in Britain on 1 October 2022 under Schedule 2 of the Conservation and Habitats of Species Regulations. Scotland protected them in 2019, and Wales followed suit in 2023. As a European Protected Species, it is now illegal to harm beavers or damage their lodges, burrows or active dams without a government licence.

Beavers are superbly adapted ecosystem engineers. Primarily nocturnal, they are large, semi-aquatic herbivores feeding on bark, aquatic plants, sedges and grasses.

Their iron-rich orange incisors act as chisels, while their aligned eyes, ears and nose allow them to remain above water whilst swimming. Dexterous front paws manipulate branches, mud and stones, while their large webbed hind feet provide powerful propulsion. Their broad, flat tail acts as support, fat store, temperature regulator and rudder, and is slapped on water as a warning signal.

Beavers are monogamous, reach maturity at around two years, and usually produce one litter of two to four kits each spring.

Their dam-building skills create deep ponds and lodges with underwater entrances for safety, raising young and storing winter food. By reshaping landscapes, beavers create rich wetlands that reduce flooding and drought, slow water flow, improve water quality, increase biodiversity, sequester carbon and build climate resilience.

Devon Wildlife Trust has led beaver conservation for over a decade. After the success of the River Otter project, the government approved the continued natural expansion of wild beavers in England in 2025, including those on the Tamar, Taw and Exe.

As beneficial as beavers are to the landscape, problems do occur and mitigation to avoid conflict with landowners and farmers is laid out on the government website.

If managed sympathetically, beavers can really help reshape our world!

Jan Simpson

Establishing territorial borders. Photo by Jan Simpsons



TAKING A SEAT WITH NATURE

Today, I am suggesting something that we can all do. Immerse yourself in nature by simply sitting still and in silence. John Lister-Kaye wrote in 2011, “Silence and



stillness may not conceal shape, nor remove scent, but they can be highly effective by breaking the mould – man doesn’t normally sit still and is rarely quiet; sitting still denies

the weft with which wild animals’ warp of fear is woven”.

Around Calstock we have some beautifully located benches within walking distance of the village which are great places to sit with nature. Here are my favourites:

Heading out along the wetlands path, and just beyond the footbridge, there is a set of three benches, which are now very popular, which overlook the quieter eastern side of the marsh. If you are patient, you may see a reed warbler or reed bunting perched on the reeds in front of you, or hear the squeal of a water rail seemingly coming from beneath your feet.

Go onto Okel Tor and, as the path opens out to the heather covered spoil, a small bench gives a splendid view across the river, with the marsh and farmland stretching out beyond the river. Follow the path down and along the riverbank to reach my favourite bench, surrounded by woodland with a secretive view across the river. The best times to visit are dusk and dawn, where the bird calls envelope you and a splash from the river may betray the presence of an otter.

In the opposite direction Cotehele Estate offers two benches that I particularly enjoy. On the path high above the Danescombe creek a bench offers a view, which is steadily disappearing as the trees grow taller, down through the valley to the river beyond. The second is in a quiet little spot reached by following the road up the hill from the quay. Duck left through a gap in the hedge and in a little orchard meadow now covered in ox-eye daisies you will find a rickety old bench tucked underneath a tree with a lovely view looking out over the river.

Pete Thompson

Photos, top to bottom:

• *By the river at Okeltor. W3W: additives.caravans.segregate.* • *Above Cotehele Quay. W3W: movement.jots.squirted.* • *Above Danescombe creek. W3W: crew.toddler.pigtails*

NATIONAL WATER REFORM DEBATE GAINS LOCAL RELEVANCE

The People's Commission’s report on the Water Sector has renewed calls for fundamental reform of England and Wales' water industry, arguing that the root causes of the sector's problems lie in the privatised model itself.

The report is relevant to communities served by South West Water, which is among the companies cited as evidence of wider failures within the industry. Concerns over sewage pollution, environmental performance and infrastructure investment fuel growing public dissatisfaction across the region.

Locally those concerns are increasingly being reflected in the actions of town and parish councils. The Dowr Glan ("Clean Water") campaign reports that 38 councils have now passed motions expressing support for the campaign and calling for greater accountability and reform within the water sector. Calstock Parish Council is among those supporting the campaign, highlighting the importance of protecting the River Tamar and restoring public confidence in water management.

At the same time, Drip Drip has received a significant boost in its work to improve the long-term protection of the Tamar. The Environmental Law Foundation (ELF) has agreed to support the group's efforts to develop a Charter for the River Tamar. ELF will draw on the expertise of a major law firm and a network of up to 150 pro bono lawyers working on legal frameworks designed to strengthen protections for rivers and waterways.

The Tamar project could become an important

model for future river governance initiatives elsewhere in the UK. By bringing together communities, local authorities, environmental organisations and legal experts, the Charter aims to explore new ways of safeguarding the river for wildlife, local communities and future generations.

Taken together, these developments reflect a growing movement for change: from national calls to reform the water industry, to local councils demanding greater accountability, and community groups such



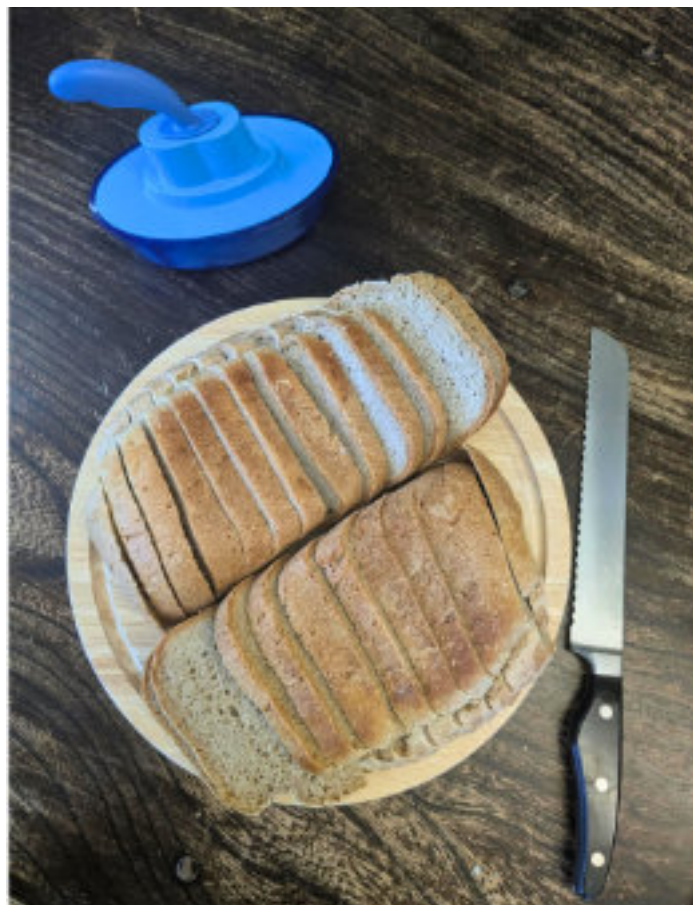
as Drip Drip helping to develop practical solutions for the future of rivers such as the Tamar.

Get involved! Drip Drip meets every month and welcomes new members. If you are interested in River Rights, the Charter for the Tamar, or helping build a stronger community voice for the river, we'd love to hear from you.

dripdriptamar@gmail.com
dripdriptamar.org

No Drama Rye Loaf (in Bread Maker)

There's one thing I have to admit I miss here: a round loaf of rye bread, slightly sour and slightly sweet, chewy, and aromatic - bread of my childhood in Ukraine. Having failed to find it locally, I decided to try making it myself. Those unfortunate enough to know me personally have been forced to listen to the saga about how I've been trying to reproduce it in my Calstock kitchen.



It's been a while - over six months, I believe. The full story includes quite a lot of rye flour, three bread makers, two of which had a habit of tripping the power, quite a few inedible loaves that had been staring at me reproachfully because nobody wanted to eat them, and many hours of research to balance the recipe. And no - I did not manage to recapture the taste of childhood fully. But eventually it reached the stage where it became edible and resembled the sought-after taste and crumb.

Those unfortunate enough to still know me said they liked it. Maybe they just wanted the story to have a full stop finally.

So, the final title of the recipe would be "No Drama Rye Loaf". I think that reflects the tension.

Important note: this recipe is developed for my Lakeland bread maker. If you're using a different machine or baking it in the oven - you might need to adjust the water or yeast slightly.

INGREDIENTS:

- 300 g rye flour
- 200 g strong white flour
- 330 ml water
- 1 tbsp oil
- 1 tbsp honey (or sugar if you prefer)
- 1.5 tsp salt
- 1 tsp yeast
- optional (but adds proper flavour): 1 tsp malt extract

LOAD INGREDIENTS IN THIS ORDER:

1. Water
2. Oil + honey + malt
3. Flour
4. Salt (in the corner)
5. Yeast (in the well on top of the flour)

MACHINE SETTINGS

Program: Basic / White (runs 3:15hrs on my machine)

Size: 1 kg

Crust: Medium

After the loaf is baked, ignore the temptation to cut it immediately. Rye, apparently, loves a good rest and keeps developing its rich inner world for quite a while after the machine beeps. If you rush, it'll taste raw and clay-ish.

So, your task is to take the loaf out, swaddle it in a clean kitchen towel and let it rest for at least 4-5 hours. Ideally, overnight.

Then, in the morning, have a slice with unsalted butter and - hopefully - enjoy!

Yuliya

WHAT'S YOUR STYLE?

I'm not a fan of garden makeover programmes. They imply both that gardens are a product that can be bought off the shelf and plonked in your own patch, and that they remain static, preserved in aspic.

In reality, things grow - or don't - and sometimes in the most unexpected ways and places, while gardens evolve, changing to suit the seasons, the soil and the whims of the gardener. In essence, gardening is very much a continuous process with no end result, just a series of small triumphs - and the occasional disaster - along the way.

How much control you want over it all is a perennial question, often defining what your garden looks like and how it might feel. For example, do you want a rigidly designed garden, with a carefully curated group of plants, chosen to behave themselves? Or do you prefer a looser style, where plants billow over pathways and self-seed in pavement cracks?

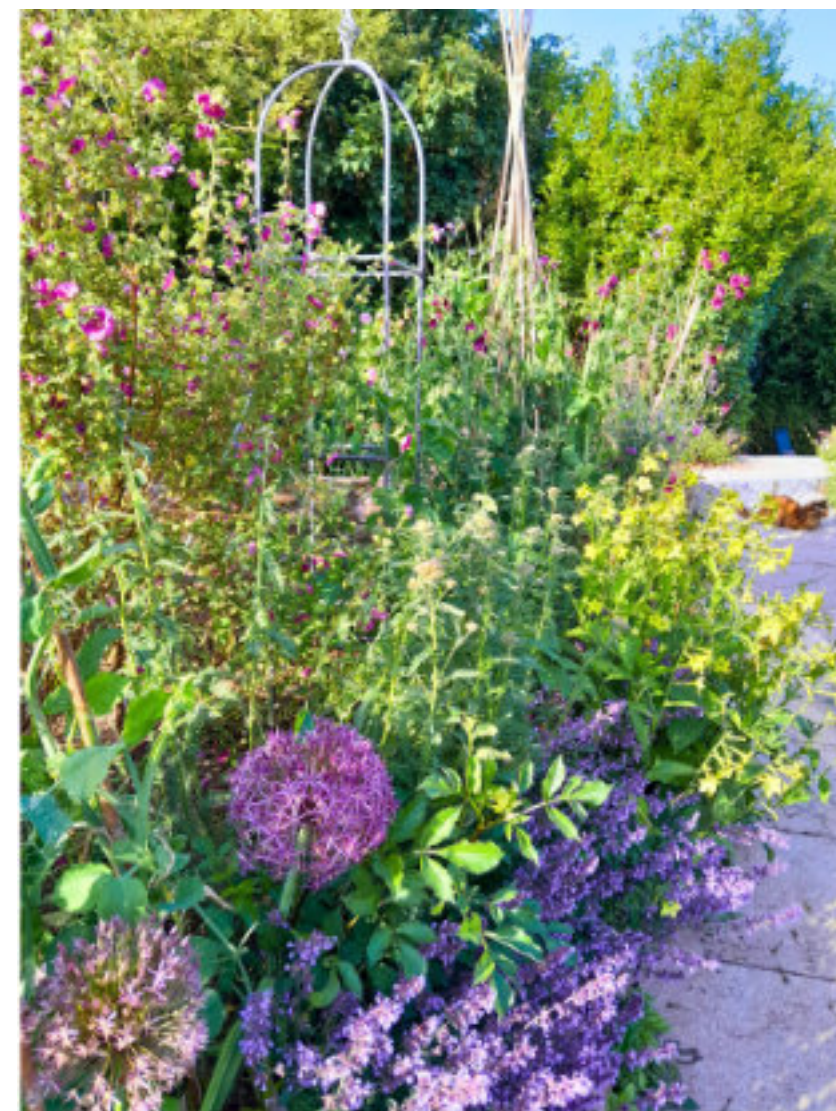
Personally, whether you're starting from scratch or wanting to change things around, I'd advise choosing what makes your heart sing. Find those elements that bring you joy and make you feel like getting your hands dirty.

A few things to think about:

- What do you primarily want to use your garden for - eating, football practice, growing cut flowers?
- Realistically, how much time do you have to spend on it? If that's very little, you'll need lots of plants that more or less look after themselves, with the odd bit of intervention.
- What colours do you like? Having a colour palette can give a real sense of design, without

feeling overly formal. Possibilities include bruised colours - plum, garnet, purple, blue, and dark foliage - antique shades - peach, coral, dusky pink and mauve - or hot - scarlet, orange, acid yellow, lime green.

- Consider texture - swaying grasses, tactile leaves - and height.



- Don't forget scent - jasmine, roses, dianthus, daphne, sweet peas and nicotiana are all good candidates.

Ultimately your garden should feel like yours, with a sprinkling of magic from Mother Nature.

Lynne Pearce

SOME THINGS TO SAVOUR THIS SUMMER

Some things to savour this summer.

- Enjoying summer's bounty of juicy fruits, berries, peaches, nectarines, as the sweet treats they are.
- A leisurely walk after dinner.
- A picnic with friends, no rush to get home.
- Watching the sunrise and the sunset, a siesta to keep you going mid-afternoon.
- A pile of good books, back ordered from the library, found in the charity shop or swapped with friends.
- The smell of clean sheets dried on the washing line.
- The feeling of having nowhere to be.

MINDFUL MAKING WORKSHOP DAYS AT THE HAVEN IN HAREWOOD

'Mindfulness' is a bit of a cliché, but engaging in something that is creative and absorbing, something that uses our hands and not screens or machines can be really good for our wellbeing. It can be a real reset.

The next Saturday workshop focuses on hand

sewing. After making a tiny muslin pillow case, we will fill them with a mix of Harewood lavender to make a fragrant, weighted eye pillow. Pretty cotton fabric makes a removable, washable outer cover.

Everything you need will be here, and it doesn't matter if you haven't done any hand sewing before.

Drinks and a light lunch are included in the price (£25), and there are 6 places, please get in touch soon if you'd like to book for Saturday 12th September, 10-3.30 pm.

Book at www.thehavencalstock.co.uk

TREATMENTS OF THE MONTH

For August it is a body massage with soothing lavender and sandalwood oils, plus super moisturising coconut foot massage for dry summer feet (£45).

September's £40 special is a stress busting back, neck, shoulder and scalp massage with orange, mandarin and lemon oils.

Summer Love from Lily at the Haven x



HOT, HOT, HOT

Some of us can remember the summer of 1976 which is being talked about a lot mainly because it was 50 years ago and because of the recent record-breaking temperatures.

It has been very hot for us and hot for the cows. Fields with tree shade are preferable for the really hot days but they still seem to gather in a group - you'd think that would make them even hotter.

Heat is quite stressful for the cows: their milk yield usually goes down, and it can cause abortions and cases of mastitis so a good supply of water is imperative. Fortunately, a large proportion of the cows are not being milked because they are in their dry period in readiness for their next calf being born in August, so they have less walking to do.

The sheep and lambs have moved to greener pastures. Thank you to those who contacted us about their escapes. They obviously thought the grass along the riverbank was definitely greener.

I'd never realized how noisy sheep are.

We thoroughly enjoyed the Sunday of open gardens. They were all quite different but equally beautiful and impressive. Gardening is a bit like farming in that there are so many ways to do it.

Alison Rundle

Photo: The view just down the river from where the dry cows are



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 ^{NS}	18:42
to Tavistock:	08:08**	-	09:23	11:23	13:23	15:23**	15:47*	17:01 ^{NS}	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	22:36

SATURDAY

Plymouth - Calstock:	06:27	08:22	10:24	12:25	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	17:44	20:01
Calstock - Plymouth:	10:22	12:21	14:22	16:22	18:46	21:03

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

Available in daylight 3-4 hours either side of high tide, weather permitting. Outside these times is also possible; contact the ferryman to arrange it in advance.

PLEASE CHECK THE WEBSITE FOR CURRENT SCHEDULE:

www.calstockferry.com/#times

info@calstockferry.com,

07783 432280

YOUR COUNCILLORS

CALSTOCK PARISH COUNCIL/CALSTOCK WARD:

ALEX POLGLASE - 07545 872667

alex.polglase@calstockparishcouncil.gov.uk

PHIL SPURR - 07779 595008

philip.spurr@calstockparishcouncil.gov.uk

JON TILBURY - 07837 603541

jon.tilbury@calstockparishcouncil.gov.uk

OUTSIDE SERVICES, PETE GADD - 07887 090445

estates@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

www.calstockparishcouncil.gov.uk

CORNWALL COUNCIL

Angus Black, Reform UK

cllr.angus.black@cornwall.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

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 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 or sewage in the river:

By email: info@southwestwater.co.uk

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



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

CALSTOCK NEWS
Summer 2026

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