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Parish Magazine Committee

Helena Northmore (778744 hmnorthmore@msn.com) Helen Masters (775545) Phil Parsons (777179), Cherry Pyke (776998), Sue Vernon (772640), Peter Northmore (778744), Mary Stoneman (773375) Alison Barham (777561)

Advertising rates are as follows, for a full year (six issues): quarter page: £30 half page: £60 full page: £120. Please speak to Alison Barham on 777561. email; paulandaliteal@btinternet.com. Personal announcements are free of charge.

Copy for the next issue of the Magazine should be given to a member of the editorial committee not later than **7th May 2015**. *(Please remember to attach your name and telephone number in case of queries.)*

South Petherwin Parish Magazine



Issue no 66

March 2015



OTHER SHEEP FACTS

Sheep do not have teeth in their upper front jaw.

One year's growth of fleece is about 8 pounds of wool.

Sheep have a split in their upper lip which allows them to select the preferred leaves off a plant.

One pound of wool can make ten miles of yarn.

The small intestines of 11 sheep are needed to make 1 tennis racket.

The fat from sheep also known as tallow, can be used to make both candles and soap. The tallow is cooked to purify it, and then molded into candles or further prepared into blocks of soap.

A one-year old sheep is called a hogget

Happy Easter

**From the magazine committee and 'Spot' a
lamb born at West Petherwin Farm.**

If you see a sheep on its back, lend a hand! A sheep can't get up from that position. If left on its back too long, it will eventually die.



DEFIBRILLATOR NOW ACTIVE!!

Things have been moving on apace – you may have noticed by now that the Defibrillator is up & running and is on the outside of the public toilets in the middle of South Petherwin!! It is for use by anyone in need & we are in the process of putting up signage & making as many people aware of it as possible.



Please note that the defibrillator is only available for use at the instigation of the 999 service – they will give the code that opens the cabinet. The cabinet is necessary not just to keep the machine safe, but to maintain the equipment at the correct temperature.

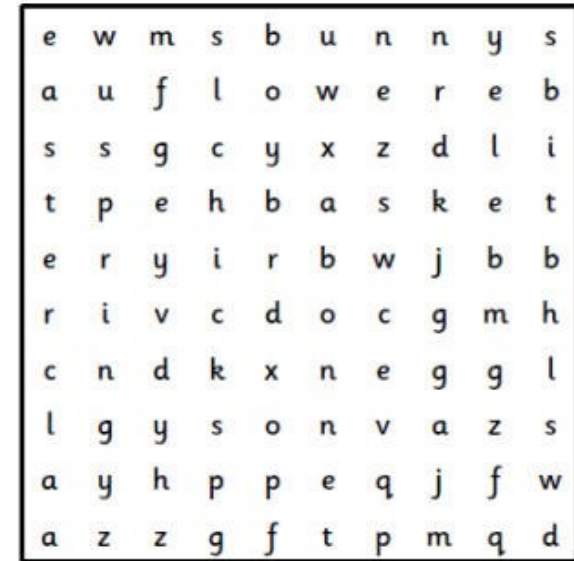
A huge thanks to everyone who has donated towards the Defibrillator fund so far, but it is not yet completely paid for. The Community Heartbeat Trust would rather that communities have the equipment first than wait for every last penny to be available. So we have some more fund raising to do. If anybody would like to donate to this worthwhile cause, please contact any of the committee. Also, we need to add to our team of volunteers who carry out the required quick & easy (but vital!) checks on the machine.

If you would like to help in any way or have any queries or suggestions, please contact the following members of the committee:

Phil Fox 773125; Alison Barham 777561; Sue Vernon 772640



Easter Word Search



basket

bonnet

bunny

chicks

easter

egg

flower

spring



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If you'd like to advertise any item for sale, or celebrate a birthday or anniversary, or just shout about something special please email hmnorthmore@msn.com or contact any of the magazine committee (details back page)

Noticeboard

Mother's
Day

Thankyou
15th March



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**HAPPY 80TH
BIRTHDAY**

to
DEREK MASTERS

on 17th March
with love from
Robin, Helen,
Jacob, Callum & Morwenna

Parish Council Diary Dates 2015

Parish Council Meetings
are on the second Wednesday
each month.

They are held
May to- October at the Village Hall,
November to April at the
Methodist Chapel Hall

Annual Parish Meeting

Wednesday 20th May 7.30pm
Representatives from local groups
invited to give an annual report

Parish Council AGM
Wednesday 10 June 7.30pm

**Members of the public welcome at
all these meetings**

South Petherwin Website

Catch up on all the latest parish news and information! Visit the website at
www.southpetherwin.com.



One of our fundraising events was the **Table Top Sale** on February 7th in the Village Hall. This was really well supported with a regular flow of locals and visitors. Those attending could



browse and purchase from the table top sellers, enjoy a cup of tea & homemade cake or have a go at winning the raffle with the top prize being a Valentine Cake, made by Louise Finn & won by Julie & John Barlow. SPED chairman Phil Fox was pleased with the local support, "We have had a good turnout today. It was wonderful to see so many people of all ages..... I would like to thank all those who attended as well as the table top sellers and the committee. The support for the project makes the preparation and commitment we have for this project worthwhile. It is, after all, a life- saving service for everyone in the community." The day raised over £350.

Support for the Defibrillator

The SPED committee would like to thank Stenlakes Ltd for their kind letter sent with their donation & we have reproduced a section of it for everyone to read –

"Having just had a friend whose life has been saved by the quick action of the people around him, we are only too aware how vital that first hour can be, between life & death. We would be delighted to contribute towards the cost of the defibrillator & enclose a cheque herewith towards the final cost. May we also take this opportunity, on behalf of the Community, to thank you and the Committee for all your hard work & dedication in making this possible."

South Petherwin Community Shop

There has been much progress with the shop and post office in the last month

Cornwall Council finally gave planning permission for the building of the shop and on the same day the Post Office accepted all the documents for the application to host the Post Office. Both these may appear small successes but to get there it had taken lots of time and hard work. The Post Office then invited two members of the Shop Committee to an interview, late February, and we have been told that we will be offered the right to host the Post Office once a couple of legal issues are solved. So things are moving forward.

We will start on the shop shortly and if you are around the church on Saturday afternoons from 28th March onwards between 2-4 why not drop in and see how we are doing.

There will be a AGM of the South Petherwin Shop (2014) Limited on Saturday 25th April at 11 am followed by a BBQ. This is a meeting for everyone interested in the shop and supporting the project. The committee will make a report and elect the officers.

We will also be issuing shares in the Company. These shares will help to sustain the project in its infancy, and are redeemable in 3 years, without dividend. Shares will cost £10 of which £5 is the face value of the share and £5 will be a voucher for use on grocery items from the shop when it opens. We hope members of the community will support this project through this share issue and if you want to vote at the AGM you will need to be a shareholder, but it is open to everyone, why not come and join us.

Finally we have also appointed the Manager to the shop, Sue Wood-Smith lives in North Hill, and is highly excited at the prospect of running this enterprise.

If you do Facebook you can follow us – South Petherwin Community Shop, or try the team website www.threeriversteam.org.uk and see the South Petherwin Church section, either will carry updates and work progresses.

Thank you to all of you who have kept faith in this project and kept encouraging us all over the last months we are looking forward to seeing it come to fruition.

Anne Brown

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Group Travel

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28th MARCH CRIBS CAUSEWAY
 9th MAY CROSS COUNTRY DAY AT BADMINTON HORSE TRIALS
 12th MAY LISKEARD TO LOOE BY TRAINPORT ELIOT/KERNOW MILL
 26th JUNE EXETER CANAL TO EXMOUTH
 9th JULY RIVER TAMAR CRUISE & TAMAR VALLEY TRAIN & GIN FACTORY
 24th JULY STEAM TRAIN TO MINEHEAD WITH LYNMOUTH/LYNTON
 7th AUG TIVERTON HORSE DRAWN BARGE
 9th AUG GATCOMBE FESTIVAL OF BRITISH EVENTING
 19th AUG BRITISH FIREWORKS CHAMPIONSHIPS PLYMOUTH
 4th -6th SEPT BURGHLEY HORSE TRIALS 3 days 2 nights
 26th OCT HALLOWEEN @ HARRY POTTER WORLD
 7th NOV BRIDGWATER CARNIVAL
 28th NOV CLARKS SHOPPING VILLAGE
 13th DEC MOUSEHOLE AND ANGARRACK LIGHTS
 20th DEC OLYMPIA WORLD SHOWJUMPING QUALIFIER

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Cornish Customs : Easter

Good Friday in Cornwall was not kept as a day of mourning but as a feast and was known as Goody Friday. In Helford they hand-pick shellfish from the Helford River bed, known locally as 'trigging'. In all Cornish communities the eating of cakes, buns and spiced breads was extremely popular. In Cornwall, spiced buns are made with the most exotic & expensive of spices - saffron. According to folklore, Phoenicians brought saffron to Cornwall & traded it for tin.

Saffron is the most expensive spice in the world, being more precious by weight than gold. Made from the carefully picked & dried stigmas of the crocus flower, the amber-coloured spice has a distinctive & delicate flavour & adds a golden colour and a slightly bitter hay-like fragrance to food. Just to make 500g of dry saffron requires a harvest of 50,000 – 75,000 flowers. Cornwall is the only part of the UK where saffron is used in sweet bakery & saffron cakes and buns remain distinctively Cornish.

Why not have a go at making your own Hot Cross Saffron Buns?

- 500g (1lb) strong plain flour
- ½ level tsp salt
- 1 large pinch, saffron strands
- 60g (2oz) butter
- 60g (2oz) lard
- 90g (3oz) caster sugar
- 7g sachet fast-action dried yeast
- 200g (7oz) currants
- 1 large egg
- 100ml (3½fl oz) milk, lukewarm
- Large baking sheet, buttered

Place the strands of saffron in a small ovenproof dish and put in a warm oven set to a low heat for a few minutes to dry them out. The oven temperature isn't important, just take care not to leave the saffron in the oven for too long or it will burn. Remove the saffron from the oven, leave it to cool slightly, then use your fingers to crumble it up. Pour over 4tbsp boiling water and leave to infuse for about 10 mins.



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News from local MP Dan Rogerson

All residents and businesses need access to a decent broadband service and whilst 95% of Cornwall will have it by the end of the year under the current 'Superfast Cornwall' scheme, the remaining 5%, including many in South Petherwin and surrounding parishes, will still have either no service or very poor speeds. The Government recently announced a multi-million pound investment scheme for Cornwall which will extend superfast fibre broadband to 99% of premises. If you can't access superfast fibre-broadband and want to be considered for this new upgrade scheme please contact me, as I will be pushing for people across North Cornwall to benefit from this new funding.

Plans to expand Launceston Medical Centre to meet growing demand are still being delayed as new NHS guidelines for the expansion of GP practices haven't been published. As well as continuing to lobby NHS England and the Department for Health to get the necessary guidelines signed off, I have asked to meet with the Health Minister to present letters from the people of Launceston and surrounding areas and press for action to allow the surgery to expand. If you are having problems getting an appointment or have any comments about the need for the surgery to expand, please let me know so that I can pass them on the Health Minister and add weight to our case.

If there is anything else that I can help with please don't hesitate to contact me.

Dan Rogerson MP

Address: 4 Tower Street, Launceston, Cornwall. PL15 8BQ

E-mail: contact@danrogerson.org **Telephone:** 01566 777123

Hatches, Matches & Despatches

Tony Moore - Sadly we have to say goodbye to Tony Moore, who had lived in the centre of the village for many years. An ex-army man, he was well liked by everyone who knew him.

A very early member of the village skittles club, he has the distinction of being the only person since 1996 to score 27 with three consecutive balls. His name is the last of only four on the board in the village hall.

1. Tip the flour and salt into a large mixing bowl. Add the butter and lard, and rub into the flour until the mixture resembles fine breadcrumbs. Stir in the sugar, dried yeast, and currants.

2. Lightly beat the egg into the milk, then pour into the flour mixture, along with the saffron and its liquid. Stir to bind the ingredients together, then turn the mixture out on to a lightly floured surface and knead the dough for 5-10 mins until it's elastic and stretchy.

3. Divide the dough into 12 and shape each into a ball, then place them on the buttered baking sheet, flattening them slightly. With a sharp knife, make a cross on the top of each bun or roll out very thin bits of dough & make a cross for the top with these. Cover the buns with a sheet of oiled cling film, and leave them in a warm place until they have doubled in size

4. Set the oven to 220°C/Gas Mark 7.

5. Bake the buns, towards the top of the oven, for about 15 mins, until they are a light golden colour, and they sound hollow when tapped underneath. Remove the buns from the oven and transfer them to a wire rack to cool.

Chapel Lunch Club

January 26th was the occasion of the first Lunch Club of the new calendar year and the first time that Mrs. Chris Richardson had sat down with the guests.

Since the inception of the Lunch Club in September 1999 Chris has been a loyal and hard working member of the "production" team, always on hand to help and also supplying a trifle for dessert each month. However, time marches on and it was clear that Chris was somewhat older than many of our guests and it was suggested to her that she had well and truly earned her place on the other side of the serving spoon! She decided to make her swan song at the Christmas Lunch Club and was presented with a selection of books on cats – probably her biggest passion - and thanked by everyone present for her contribution to the success of the Lunch Club since its beginnings.

We look forward to serving Chris for very many years to come.



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Herbed lamb cutlets with roasted vegetables

This is an easy and healthy recipe.

Ingredients for 4

- 2 peppers, any colour, deseeded and cut into chunky pieces
- 1 large sweet potato, peeled and cut into chunky pieces
- 2 courgettes, sliced into chunks
- 1 red onion, cut into wedges
- 1 tbsp olive oil
- 8 lean lamb cutlets
- 1 tbsp thyme leaf, chopped
- 2 tbsp mint leaves, chopped

Method

1. Heat oven to 220C/200C fan/gas 7. Put the peppers, sweet potato, courgettes and onion on a large baking tray and drizzle over the oil. Season with lots of ground black pepper. Roast for 25 mins.
2. Meanwhile, trim the lamb of as much fat as possible. Mix the herbs with a few twists of ground black pepper and pat all over the lamb.
3. Take the vegetables out of the oven, turn over and push to one side of the tray. Place the cutlets on the hot tray and return to the oven for 10 mins.
4. Turn the cutlets and cook for a further 10 mins or until the vegetables and lamb are tender and lightly charred. Mix everything on the tray and serve.

Recipe from Good Food magazine



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100 group would like to
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copper

sculpture commissioned
in the memory of the
fallen of South Petherwin.

Designed and crafted by

Mark Smith it depicts a glimpse of the

battlefield stories retold in the book. The twisted barbed wire, bullet holed watch
and fallen poppy leaves all set on a piece of South Petherwin slate, capture the
simplistic truth of war. Mark is a coppersmith craftsmen whose work is primarily
on a commission basis. In his words each work is special, "When all the work is
finished...in my hands is something that did not exist before. It is totally unique,
never seen before." Mark can be contacted on email
at www.mjscoppersmith.co.uk.



The memorial sculpture will be on display at St Paternus Church for the duration of
the WW1 commemorations. The Rev Ann Brown will hold a short memorial
service, commemorating each of the fallen on the date of their death.

Phil Parsons

Gardening Matters

March is here, which for me signifies the start of the main growing season. Mornings and evenings are getting lighter and the sun starts to feel warmer (when its not hailing!)

Jobs in Spring

Pruning

- Cut back and clear old growth from herbaceous perennials to make way for the new shoots.
- Dead-head Mophead hydrangeas, cut back to a pair of healthy buds, that will then produce flowers in summer. On very established plants, cut back some of the oldest stems back to the base.
- Autumn fruiting raspberries bear fruit on the new seasons shoots, so old stems can be cut back to the ground and thinned out if spreading out of control.
- Group 3 Clematis that flower from midsummer into autumn require hard pruning in spring. Remove last years loose growth and prune back to one or two buds 15-30 cms from the ground.

Sowing and planting

- Onions and shallot sets can be planted outside, and if still cold, cover with fleece or cloches.
- Early potatoes can be planted if not too cold or wet!
- Indoor sowing of tender vegetables such as tomatoes, cucumbers and broccoli and annual flowers for cutting such as Cosmos, Zinnias and sweet peas.

There is only one plant for this month:

*'Daffodils, that come before the swallow dares, and take
The winds of March with beauty.'* William Shakespeare



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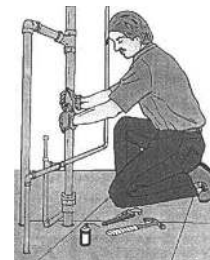
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Chapel Minister's News

Dear Friends,

As many of you will know by now, my husband, Malcolm and I are moving later this year, so we've begun the dreaded clear out. As I didn't complete that exercise before we moved here, there's not only the accumulated stuff from the last 4 years, but also the previous 6 years as well. Needless to say, the recycling bank is doing well, and so is the bonfire - I haven't got to the charity shop stuff, yet!

Sorting through paperwork, and deciding what I need to leave for my successor, what to keep for myself and what I can recycle/shred all takes time. Inevitably I find things I'd forgotten I had, and other things which I wonder why I kept that last time around.

Sorting through the paperwork, though, has made me think about our lives. We all carry many memories and experiences with us as we journey through life, some of these are good and happy memories and others are not. Some we push as far down in our minds as we can, and this is particularly true of hurtful things which have happened. It may be that we have allowed some of those things to colour and affect our relationship with someone else for many years.

Perhaps it's time for us to look at our memories and bring things out into the open - if you like, spring clean our memories and relationships. First of all, think of those good and happy memories - they are the ones to remember often and keep. Then there's the much harder ones - the ones that hurt, and bring back painful memories. They need to come out into the light and be faced - because only when we have faced them can we grow. Yes, it's painful, but we have to face those things, maybe say sorry to others, because without facing them we cannot develop as human beings.

So, as you consider starting the spring cleaning of your home, ask yourself if you need to spring clean your mind, and maybe your life as well. Spring, and Easter, remind us of new beginnings.

Eleanor



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South Petherwin Community Fund Trustees

The South Petherwin Community Fund Trustees met on the 21st January and considered two applications.

The application from the South Petherwin Defibrillator Fund was successful.

The Trustees are due to meet again on the 15th April 2015 to consider new applications.

The application form is in the process of being updated. All

applications will need to be submitted on the updated form which will be available from Rachel Jeffery in the near future.

Please look out for posters on notice boards and at various other sites in the Parish or telephone Rachel Jeffery 01566 779476.

Applications must be received by Friday 10th April 2015.

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School News

Spring looks to be on it's way and at school we have been doing some Spring cleaning. Lots of children, parents and teachers turned up at school on Saturday the 28th February to help tidy the outside: fruit trees were planted, flower beds weeded and replanted, the pond was cleaned, a mud kitchen made, a bug hotel built, a new raised bed made and planted with raspberries, a willow hedge planted and general sweeping and clearing of all outside areas. It was very successful, and everyone enjoyed hot drinks, bacon rolls and homemade soup. We are hoping to plant a sensory garden and finish a few odd jobs next weekend.

On the chicken front, well..... we now know why we didn't have any eggs, three of our hens were cockerels, as our neighbours and us began to suspect after the morning crowing began recently!! The lady who sold us the "hens" swapped them for 3 at point of lay pullets. The children took this in their stride and are now pleased to announce that we have had some eggs!

We had a very productive WOW week all about storytelling. A storyteller came in at the beginning of the week to inspire the children. Throughout the week the children wrote their own stories and the week culminated in a whole school story, started in class 1 and progressing through the school for class 4 to finish.

As always, if you would like to come and help at school, feed the chickens at the weekend or just pop in, please let us know, we would love to see you.

Happy Easter.

Helen Masters



The 93rd Land's End Trial

The M.C.C. (Motor Cycling Club) will again be using Petherwin Old Hill during the weekend of 3rd /4th April, during the Land's End Trial.

Their route takes them from Bridgwater to St Agnes & they will start arriving in the village around 10.30am on the Saturday.

The vehicles will be mainly pre-war, vintage, elderly or novice entrants.

Spectators welcome!



Hine

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Parish Diary - Regular Events

<i>Organisation</i>	<i>Details</i>	<i>Contact</i>
Parish Council Meeting	Second Wednesday in the month 7.30 pm, Methodist Chapel Hall	Clerk: Alan Brook 777183
St Paternus C of E	Service 11.15 am	Wardens: Barbara Cobbledick 772559 Deborah Adams 774244
Methodist Chapel	Morning Service 11 am	Steward: Tony Smith 782204
Prayer Group	Every other Wednesday	Muriel Parsons 773027
Lunch Club	Last Monday in month (unless Bank Holiday)	Tony & Wendy Smith 782204
Knitting	Most Thursdays 2 pm, West Petherwin Farm	Muriel Parsons 773027
Bones In Mind Beats Osteoporosis	Every Monday (except when Lunch Club or Bank Holiday)	Vi Brook 779243
Pre-School	Mon-Thurs 9am-3pm; Fri 9am-1pm Lunch club 12-1pm.	Rachel Jeffery 779476
Bell Ringers	Mondays, 7.00 pm practice	Leon Vanstone 773619
Skittles	Tuesdays 7 pm, Village Hall	Vi Brook 779243
Bingo	Last Wednesday of each month, 2pm Village Hall	Pat Locke 774671
Mobile Library	Tuesdays 12.25-12.40 pm Village Pump	Alternate Tuesdays.

The Little Red Bus (Launceston Community Transport Partnership) covers South Petherwin area on Thursdays. For information, ring 777960

Village Hall: To hire hall, contact Sue Vernon 772640

Methodist Hall To hire hall, contact Wendy Smith 782204

Oil Syndicate Contact Sue Vernon 772640

YOUR PARISH COUNCIL

The Parish Council meets on the second Wednesday each month at 7.30 pm in the Village Hall It is open for anyone to come and listen in.

Parish Councillors are:

Chairman: John Whiting

Clerk: Alan Brook 777183. spparishclerk@icloud.com

Councillors: Phil Parsons, Michael Screech, Andrew Hosking, Dawn Rogers, Adrian Finnimore, Roger Kneebone, Nik Burgess, Julie Butler, Chris Powlesland

Cornwall Councillor: Neil Burden 01566 782286 nburden@cornwall.gov.uk

Parish Diary - Special Events

<i>date</i>	<i>Details</i>	<i>Contact</i>
Mon 30 th March	School Easter holidays start	SP School 776363
Mon 30th March	Lunch Club 12.30pm Methodist Hall	Wendy Smith 782204
Sat 14th March	Coffee morning 10.30am Methodist Hall	Tony Smith 782204
Sat 11th April	Coffee morning 10.30am Methodist Hall	Tony Smith 782204
Tues 14th April	School Summer term begins	SP School 776363
Weds 15th April	Annual Parochial Church meeting ,7pm St Paternus Church	Barbara Cobbledick 772559
Sat 18th April	Table Top Sale in St Paternus Church	Barbara Cobbledick 772559
Sat 25th April	Community Shop AGM 11am St Paternus Church Followed by a BBQ	Anne Brown 770649
Mon 27th April	Lunch Club 12.30pm Methodist Hall	Wendy Smith 782204
Sat 9th May	Coffee Morning 10.30 Methodist Hall	Tony Smith 782204
Sun 10th May	The Harmonies Choir 6.30 Methodist Chapel	Joan Whale 772847
Weds 20th May	Annual Parish Meeting, Village hall 7.30pm	Alan Brook 777183

Recycling Collection dates; Both rubbish and recycling are collected on a WEDNESDAY.

Rubbish is collected every week; recycling (and garden waste for subscribers) on alternate weeks. Next recycling dates are 1st, 15th & 29th April; 13th & 27th May.

SOME USEFUL TELEPHONE NUMBERS

Emergencies: Police Ambulance Fire Brigade Coastguard 999

Police (Non emergency-general Enquiries) 101

Environment Agency—Floodline 08459 881188

Environment Agency—Emergency Hotline 0800 807060

Transco (Gas Emergency Service) 0800 111999

South West Water 0800 169 1144

Western Power Distribution (new emergency no) 0800 6783105

Crime stoppers 0800 555111

Citizens Advice Bureau Launceston (9am-noon) 08444 994188

Community Police Officer Clare Danson 01566 771419