

GWENNAP PARISH NEWSLETTER

AN BLU LANN-WENNAP DERIVADOW

SUMMER 2023 ISSUE 59



Thanks To Mary Richards for this photograph

Inside:

FETE
CUSGARNE SCHOOL
YOUNG VOICES

PARISH COUNCIL MEETINGS

Our Meeting dates for 2023 are:

12th July 7pm Crofthandy Village Hall
30th August 7pm Gwennap Parish Rooms
10th October 7pm Crofthandy Village Hall
8th November 7pm Gwennap Parish Rooms
13th December Crofthandy Village Hall

The life of a Parish Councilor is many and varied!

In just over a week, I was on parking duty at the car boot sale, chairing our regular monthly Council meeting, accompanying the Cornwall Wildlife Trust on a biodiversity survey of Wheal Maid, listening to residents on a stand at the annual fete, having a zoom conference to discuss the transplanting of female silver studded blue butterflies and attending a planning committee meeting of Cornwall Council.

The car boot sale remains ever popular....particularly the bacon baps.....and we are grateful to Nick and Michelle and for all those who help in the café for the funds they raise and the joy this initiative brings to so many.

We listened to two of our youth group, Erica and Abi, at our Council meeting, who eloquently set out the views of their peers. It is important to remember that many of the decisions we take will have greater impact on their generation than ours.

Who would have thought that the heath and gorse of Wheal Maid could be such a diverse habitat for butterflies, dragon flies and a range of reptiles? As we continue to explore ways of maximising the benefit we get from this incredible landscape, the fact that wildlife experts share our enthusiasm for the site and are willing to help is really encouraging.

Huge congratulations to Mary and her team of volunteers who organised another fabulous fete which will live long in the memory! The weather could not have been better and the combination of eclectic stalls, vintage cars and motorbikes, musical excellence and food and drink to suit all tastes, was a triumph. It was important for the Parish Council to be present to listen to views on everything from the future of the Parish Rooms to resuming IT support classes and my thanks go also to GPEG for continuing to raise awareness of climate change in a fun and informative way.

The disappearance of the Chiverton roundabout has dominated conversation around the widening of the A30 but a less well-known story has been the transplanting of heathland which would have otherwise been lost. There is a vision to populate the new site with silver studded blue butterflies which thrive in sand dunes and old mining sites.....Wheal Maid especially! Look out for them when you next walk your dog there!

Chair's Blog

I was delighted that the Planning Committee gave its approval to the proposed Affordable Housing site at Gwennap village. The priority now is to ensure that the development is carried out with due sensitivity to the environment and with minimum disruption to the residents. This is a historic moment for all those who worked so hard on the Neighbourhood Development Plan and the vast majority of residents who voted for it.

Finally, I want to thank Councillor Norma Johns for her service to the Council. There will be a vacancy advertised and I would be happy to talk to anyone interested in applying, particularly from Gwennap Village, as we like to have representation from all areas of the Parish.

Have a wonderful summer!

Richard Williams
Chair

Your Parish Council

Richard Williams (Chair)
richardwilliams@gwennap-parish.net
07464 171337

Greg Foxwell (Vice Chair)
gregfoxwell@gwennap-parish.net
01872 864828

Andrea Freeman
andreafreeman@gwennap-parish.net
07854 200750

Steve Trelease
stevetrelease@gwennap-parish.net
07979 395461

Lynn Begley
lynn.begley@gwennap-parish.net
01872 870241.

Veryan Pascoe-Edward
07961 688500
veryan.pascoeedward@gwennap-parish.net

Parish Clerk Chris Ring
07762 699783
clerk@gwennap-parish.net

Gwennap Parish Council
Richard Jory Playing Field
Pulla Cross
Truro
TR4 8SA

Gwennap Parish Community Fete

Once again we were lucky with glorious weather for our parish event bringing the community together after 3 years to enjoy a well supported and successful fete day with many saying they had thoroughly enjoyed it. There was music during the afternoon from Double Bounce, Dancing and Singing from the Cusgarne School Children and a performance to finish the day from The Ritzy Belles which went down a real treat. We had various stalls, Raffle, Tombola, games, refreshments, Barbeque and bar provided by Ross and Emma from the Cornish Arms, a good selection of classic cars, a Steam Engine and Tractors mostly local, and there were plenty of free amusements for the children to enjoy.

Lots of people to Thank I apologise if I have forgotten anyone

A Special thankyou to my fellow committee Mary, Carole, Lorraine, Kingsley, Sandy, Steve Emma and Lynn who all work tirelessly to make this event happen, the lovely WI Ladies, the Parish Council, Ross and Emma from the Cornish Arms, our compare Viv Robertson and Ian Ford for assisting, the volunteers who helped with parking, setting up and clearing away it was very much appreciated.

Thankyou for all the very kind contributions to the Tombola and Raffle, Roma Wilson for the Steiff Bear, Suzy Maxted, Hermione Mills, Luscombe Constuction, J V Richards, Geothermal, H and R windows, Auto Shine, Cornish Arms and Lynn Begley.

We would really welcome some new members to the fete committee we need more support from the community to be able to keep this event going if you would be happy to join us please contact me.

The Fete Committee will meet late September to start planning next years event please keep a look out nearer the time on the Frogpool facebook page for the date when it has been arranged.

Helen Rowe Chairperson [01872 870860] [07718792908]

The words of the children's song.

*Cornwall
my home*

I've stood in the playground and played games with my friends
Learned all about Cornwall until my school day ends
Learned of the fishermen trawling their nets spinning around
And heard of the miners, who sing when they're underground,

They sang "No one will ever move me from this land,
Until the Lord calls me to sit at his hand,
For this is my Eden, and I'm not alone,
For this is my Cornwall and this is my home,"

I've left small sandcastles on the soft Sennen sand,
I've jumped the waves there, whilst holding mum's hand
We've walked on the clifftops, where the Cornish winds blow
And we've watched the waves crash on the rocks far below,

And I think no one will ever move me from this land,
Until the Lord calls me to sit at his hand,
For this is my Eden, and I'm not alone,
For this is my Cornwall it's mine and my family's home

The Winner of the GPEG competition







Thanks To Mary Richards for these photographs

Cusgarne Primary School



What a wonderful summer term we have enjoyed at Cusgarne Primary School. As always it's a packed itinerary of events, with our annual residential trip for our older pupils, sports day, the parish fete, our annual whole-school day trip, as well as our end of year show and Year 6 leavers' activities and celebrations.

Firstly a huge celebration and congratulations to the children who performed at the parish fete, with their Morris dancing and rendition of Cornwall My Home. As always it was a wonderful event, which epitomises our sense of community in Gwennap parish. Well done, and thank you, to the committee team for all their hard work and for putting on such a terrific day for us all.



Our Kingfisher Class recently went on their residential trip to Okehampton where they went climbing, cycling, gorge scrambling, kayaking, night walking, and let's not forget the toasted marshmallows and songs around the camp fire. Wonderful! All the children returned home buzzing and a couple of inches taller with their sense of pride and achievement – trips such as this not only provide opportunities to try activities and experiences that perhaps they have not done before, but also teach our children so many life skills including independence and resilience, support and camaraderie for each other, as well as of course, memories that will last a life time. My thanks to the wonderful staff who gave up their time to attend, threw themselves into the activities and supported and encouraged the children.



While Kingfisher Class were away in Okehampton, Robin and Starling classes enjoyed a day trip to Falmouth, travelling together by train from Perranwell station, and enjoying time at Gyllyngvase beach and gardens in which they did some wonderful observational sketching and drawing.



We were blessed with a glorious day of sunshine for our annual sports day in June which is always a super event. It always makes me proud to watch our children cheer and support every child, and every team. Sport is about so much more than just exercise. This year we were delighted to welcome back some of our former Cusgarne pupils from Richard Lander School, along with their PE teacher Mr Parker. They helped coordinate the races, and support the children. It was lovely for our pupils to see old familiar faces, and I know the returning Cusgarner's really enjoyed coming back to Cusgarne to help out. Thank you to the Friends of Cusgarne for putting on refreshments for the parents, and also for organising the raffle which included so many amazing prizes!



Also this term we have held a whole school Forest School day to support mental health and wellbeing. Activities included making Tibetan prayer flags using leaf printing onto canvas, quill making with feathers, den building and flower seed-bomb making. Our Robin Class (Reception, Year 1 & Year 2) were lucky enough to go to Upton Towans for a workshop delivered by the Cornwall Wildlife Trust. Despite the torrential rain (which didn't let up once), the children had a brilliant morning learning about the importance of protecting our dune scapes, and the creatures that live within them. Children commented that "this was the best day ever!!". We have also enjoyed a Coronation picnic and bunting making, and also had some sport fixtures, the most recent of which was an inter school girls football tournament organised by Plymouth Argyle, at which we reached the semi-final, and also taking part in a London Mini-Marathon national event!



If you are interested in your child attending Cusgarne School, please do get in touch and book a visit to have a look around, via hello@cusgarne.org or 01872 863563.

Best wishes from Mr Barnard (Head of School), and all the Cusgarne School team

A Sporting Ambition

Whatever your sport, the journey will likely be long and tough. Matthew Upton, who lives in Cusgarne, has an ambition for a career in tennis. Currently, ranked 4th in the under 16s in the UK, he started his tennis journey aged four when he joined his sister at Truro Tennis Club. Matthew has continued to develop his skills and with it has come progressive success at local, regional and now national levels. He recently won the Welsh Open singles under 18s title and gained his first junior international points in Dublin. This makes him the most successful Cornwall junior for many years.

Matthew has been coached by a Cornish former professional player, Tim Webster, since the age of seven and last summer also won the Cornwall men's, under 18s and under 16s single titles and under 18s doubles title. His motivation and dedication to training are outstanding, as well as his willingness to travel all over the UK to compete in tournaments throughout the year, and now internationally. Fitting in the necessary 4 to 5 hours of training every day has meant Matthew has been home schooled for the last two years, which brings a number of challenges, most recently having to go to Taunton to sit his GCSEs.

What's next? After a successful selection week Matthew will be enrolling in the training centre programme of the prestigious Mouratoglou Tennis Academy, near Nice in the south of France, from September 2023. This will allow him to continue to train with 3 to 4 hours of tennis a day plus 1.5 hours of fitness, and also to compete in regional and international tournaments. Education is not forgotten, and he will be studying A-levels online. Mouratoglou Tennis Academy is one of the best in the world and has outstanding state-of-the-art facilities and coaching on its 12-hectare campus – over 30 tennis courts, strength and conditioning gym, medical support facilities, accommodation and restaurant. With 200 junior players, most attending their onsite American school, there are approximately 50 nationalities represented.

For the last four years Matthew has been sponsored for rackets and clothing by HEAD. He has also attended invitation HEAD training events such as one recently by the doubles coach of Jamie Murray. Support is, however, a family affair with mum doing a lot of the taxi service to training and tournaments, and dad doing the frequent racket stringing!

Where this all takes Matthew is yet to be seen. In the next few years, maybe a tennis scholarship at a US university, more international tournaments, and perhaps even junior Wimbledon? He would like to do it all! It is definitely a long and tough journey, but as Alfred Lord Tennyson wrote: "It's better to have tried and failed than to live life wondering what would've happened if I had tried." A sentiment being lived and breathed by Matthew.



YOUNG VOICES

By **Lynn Begley**

As part of the work I do for Gwennap Parish Council I meet and talk with the youth of our Parish, this is mainly through the Youth Group and the School. Recently I asked members of the Youth Group if any of them would like to write an article for the Parish Newsletter. Two brave young ladies volunteered. We decided to do a question and answer session and record their experiences, views and ideas. Both girls are ten years old, and lively and active members of our Parish and community.

Erica Gill and Abi Wittamore



How long have you lived in the Parish of Gwennap?

Erica I have lived in the Parish for about twenty months and everyone has been very friendly. There aren't many children in the village and my Nan has introduced me to some of her elderly friends. At the Church and the hall we do lots of activities like crafting, we also have cream teas and invite people to join in. It is great fun being part of the community.

Abi I live on the outskirts of the Parish and moved here ten years ago when I was two months old. We moved here from Falmouth. I go to Cusgarne School, the Youth group, and I help ring the bells at Gwennap Church. I really enjoy being part of different groups within the Parish.

Tell me about life at school?

Abi The school is very good; everyone is kind including all the teachers. The learning is fun and we also have brain breaks where we do activities like dance for five minutes to help our concentration.

Erica Cusgarne School is an extremely friendly school where all the children and parents know each other. It only has ninety children and eight members of staff. The school doesn't just focus on academic work but on kindness and friendship as well. When I joined the school Mr Barnard, our Head teacher showed me around. I have made lots of friends. In the lessons we do interesting things like make Viking coins.

Tell me about why you go to Youth Group?

Erica The Youth Group meet at the Richard Jory Playing Field on a Monday evening. We do lots of fun activities such as dodge ball, gardening and rounders. At half time we have a snack. The club is free and we go on lots of trips with other groups where we get to meet lots of other young people from different areas of Cornwall. It's great fun.

Abi The Youth Group is very good and I really enjoy it. We do lots of different activities every week including : arts, crafts, water fights, movie nights, trips out, and we nearly always go down to the play park and use the play equipment.

Tell me what you like about living in Gwennap Parish?

Abi The Park is great fun but it needs some larger things for the older children. Everybody is very kind, and everyone knows each other. Gwennap is just a nice community and I enjoy living here.

Erica Everybody is friendly and welcoming. It has been very easy to make friends. It's great that there are lots of different activities going on around the Parish because it is a great way to join in and socialize.

Tell me what you think would make the Parish better for you and other young Parishioners?

Erica and Abi We would love to see mini festivals at the Richard Jory Playing Field. Music, art days, projects for the new hall. We would like a reading club for all ages, and we would really love a kid's football club. We are also very interested in the environment so things that support a greener Planet and Parish would be great.



L. J. TREGUNNA FUNERAL DIRECTORS

Established in 1948

We are a 3rd Generation Family Run
Business, covering Truro and Mid Cornwall.

We strive to deliver a professional, respectful
and personal 24 hour service.

Serving the local community.

We are pleased to visit clients at home
to discuss Funeral arrangements.



Tel: 01872 273568

info@ljtregunnafuneraldirectors.co.uk

www.ljtregunnafuneraldirectors.co.uk

49 Kenwyn Street, Truro, Cornwall TR1 3DB

Golden Charter
Funeral Plans



Frogpool Methodist Church

Minister Revd. Elizabeth Harris
Tel: 01209 820077.
elizabeth.harris@methodist.org.uk

Sunday Morning Services 10.45 a.m.

Please check the Notice boards for further information.
Currently face coverings are optional and sanitizer is provided on entry. Please be considerate of each other.

Coffee Mornings

are held in the Sunday School hall from 10.30 a.m. to 12.00 noon each month
Thursday 27th July.
Thursday 31st August.
Thursday 28th September.
Thursday 26th October.

Come and enjoy a cup of great coffee or tea, a slice of cake and meet other members of your community.
Bring & Buy Stall.

These are social events where you can come and enjoy a cup of great coffee or tea, a piece of cake and have a chat.

Bring & Buy Stall.

Beetle Drive & Cream Tea

Open to everyone and will be held at 2.30 p.m. on

Wednesday 12th July.
Wednesday 9th August.
Wednesday 13th September.
Wednesday 11th October

Women on Wednesday's Craft Group

2.30 p.m. on the 1st and 3rd Wednesday of the month
Recommencing from Summer break on 6th September.

Frogpool's Harvest Festival Service

Sunday 24th September at 10.45 a.m.
Preacher Mrs. Jenny Lockwood.

Monday 25th September Harvest Supper at 6.00 p.m.
followed by Sale of perishable goods for Charity.

St. Wennapa Church Gwennap

Regular monthly Services at 11.00am

1st Sunday Holy Communion (Book of Common prayer)
2nd Sunday All age Worship
3rd Sunday Holy Communion (Common Worship)
4th Sunday Matins (Service of morning prayer)
5th Sunday Holy Communion (Common Worship)

Sun July 30th 11. 00am United Benefice service

SUMMER MUSIC IN GWENNAP CHURCH

Every Wednesday at 7.30 in June and July
July 12th Trengilly Singers
July 19th Lowena Singers with Alastair Taylor
July 26th St Stythians Male Voice Choir
Sales table, raffle. Admission £10.

Long-eared Bats and Pipistrelles

There will be an evening meeting in Gwennap churchyard in July to watch the bats coming from their roost, and to learn more about them.

See Facebook for further information

Gwennap Ladies Guild

Our meeting for July is on Tuesday 25th at 2.30pm in the church hall when our speaker will be Trounce Gay who is a storyteller This should be very interesting indeed.

No meeting in August.

Then on the 26th September Amy Blackwell will tell us about the Cornwall Community Foundation ,and on October 24th we will be entertained by Stithians Ukelele Band. Ian Facey-Macloud will demonstrate Floral arrangements on 28 th November.

We meet on the fourth Tuesday of the month at 2.30pm in Gwennap church hall unless an activity has been arranged elsewhere. We are always delighted to welcome new folk and new ideas too for our meetings . Come along and meet us.

Our secretary:

Vi McPherson 01872 862151 if you would like to contact her.

Gwennap Street Market

There have been many requests for the Street Market to return. The problem has been to find stall holders, we try to keep the cost of a site down, and we will also need new helpers in the Church Hall kitchen - our bacon butties are renowned.

So if you know a stall holder or would like to try having a stall of your own, please get in touch.

stonevanessa@btinternet.com or 01209 820355

THE COFFEE STOP

We continue to meet every Tuesday morning 10-11.30 in the Gwennap Parish Rooms at Pulla Cross, and welcome new comers.

Coffee tea and biscuits and chat. Open to everyone.
Each year we support a Cornish charity, all money is from donation for our coffee etc.

Vanessa 01209820355

Cusgarne and Frogpool Women's Institute

Cusgarne and Frogpool WI

At the time of writing this ((June) our WI members are very much looking forward to baking lots of delicious cakes to sell at the Gwennap Parish Fete and also to supply the café with refreshments on the day. When we have participated in the Gwennap Street Market in previous years, our cakes and biscuits have always sold out within the hour such is the reputation of the WI as keen and competent bakers.

WI members will be easily recognisable from now on as thanks to the help of Charlotte whose hard work secured us a community grant. We now have a number of new aprons and sashes printed with our name and logo to make us stand out from the crowd. In March our group celebrated it's fifty first birthday with a lovely meal at the Cornish Arms. Those who attended included founder members Rose and Mim and we all shared a toast and there were birthday gifts all round.

Many events organised by the Cornwall Federation of WI's (CFWI) have been attended by our members. The Chairman's coffee morning was held in Marazion this year and was followed in the afternoon by a trip to St Ives for shopping. This particular coffee morning is held to raise funds to go towards the cost of the CFWI marquee at the Royal Cornwall Show each year. It is very costly to have a presence there each year but vital to give visitors to the show somewhere to have some refreshment, enjoy the stalls and marvel at the high standard of entries by various WI groups into the competitions.

A chocoholics tasting afternoon was relished by several of our group at Chy Noweth an Conteth the CFWI headquarters in Threemilestone. Small squares of chocolate were individually wrapped in foil and once tasted were marked by us as to what we thought among other criteria was the dominant ingredient, the texture, aftertaste and what price it would cost for a bar. There were some surprising results and what some felt to be an expensive bar could turn out to be the cheapest. It was a lot of fun and could be skewed to include other items for tasting throughout the year.

Another afternoon was spent with Carnon Downs WI who hosted a cooking demonstration. This event is particularly good as it relies on store cupboard staples and includes variations for those who have dietary needs.

Some members are updating their digital online skills having taken up the offer of a free four week course at Chy Noweth.

Others are looking forward to a nature ramble along the Bissoe Valley with David Chapman from the Cornwall Wildlife Trust. The WI will also have a presence at Truro Pride in August this year with a Federation stall.

We had a full house at our meeting in April to which we welcomed Sharon Eustice as our speaker. Sharon is a nurse specialist in the Bladder and Bowel Specialist Service, one of only eight in the county. She works at Camborne, Redruth hospital and gave us a very informative, sometimes slightly cheeky talk about bladder and bowel health and a reminder to keep up those pelvic floor exercises.

Our May meeting was concerned with the National Federation resolution and Sue P explained to us about the importance of clean rivers and waterways and what this means for the future, including how members could help.

A special banner parade was held through Truro to mark the Coronation of King Charles III and President Sue carried the banner and Sue P the feather flag. This was followed by a lovely service in the Cathedral in which one of the female choristers who sang at the event in Westminster Abbey told us of her exciting once in a lifetime experience.

We were grateful once more to Sue P who volunteered to step in at the last minute when our June speaker had to cancel due to illness. Sue very competently demonstrated how to make summer wreaths for both indoor and outdoor use using artificial flowers and foliage obtained from car boot sales and charity shops with the addition of beads, pine cones and ribbons.

Our chosen charity for the year is Cornwall Air Ambulance and we hope to hold a fundraising event later this year so please look out on Facebook and local notice boards for details of the event.

We have welcomed several new members this year including Charlotte, Christine, Jennie, Maria, another Sue P and Yvonne. We have a pro-rata subscription system and anyone who comes along to our meetings from July onwards will be able to attend their first three meetings for free and will pay only £18 for their subscription till the renewal date in April.

Here are the dates of our meetings and speakers we are looking forward to in the coming few months:-

4th July - Philip Rodda from Rodda's The Creamery

1st August - Belly dancing with Liz Newman

5th September - Harvest auction

3rd October - Claire Greenwood from the charity Hearing Loss in Cornwall

7th November - Christmas floral arrangements with Rose Joynes

5th December - Christmas party

We meet at the Parish Room, Richard Jory Playing Field at 7pm on the first Tuesday of the month. Please contact cusgarneandfrogpoolwi@gmail.com for details.



WI members at the Coronation banner parade

Sue demonstrated her lovely wreaths



Defibrillators



There are 5 Defibrillators (AED's) in the Parish:

The Cornish Arms, Frogpool.

The Parish Rooms at Richard Jory Playing Field.

Croft handy Village Hall.

Gwennap Church Hall

Bissoe Bike Centre.

Many thanks to Ray Humble for looking after the AED's and to Cornish Metals for a grant to replace the batteries.



Kingsley Tresidder

Funeral Service

A full range of services is offered including floral tributes and Pre-Payment Plans. 24 hour service.

KINGSLEY TRESIDDER FUNERAL SERVICE, MILL STREAM FUNERAL HOME, MILL YARD, PONSANOOTH, TRURO,
CORNWALL, TR3 7EF

www.kingsleytresidderfuneralservices.co.uk

01872 863607

**Let me guide you to
a brighter financial future**

Your local independent financial adviser and estate planner

Nigel Nicholls DipPFS

07878 309997

nigel.nicholls@facgroup.co.uk

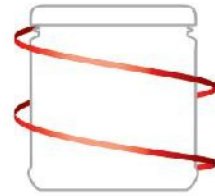
providing specialist advice & recommendations on a range of financial topics including

PENSIONS – INVESTMENTS – ESTATE PLANNING – LATER LIFE ADVICE

PROTECTION – WILL WRITING – LPAs - PROBATE

Initial appointment is conducted without charge at my expense

The Financial Advice Centre is a trading name of The Financial Advice Centre (South West) Limited, Directly Authorised and Regulated by the Financial Conduct Authority - FCA number 569616
Nigel Nicholls is a qualified member of The Institute of Professional Willwriters



ALBANIAN BAKED LAMB WITH YOGHURT (TAVË KOSI) **(Serves 6 max)**

Tavë Kosi is a traditional Albanian dish and, like many traditional dishes there are variations. It is also popular in Greece, North Macedonia, Kosovo and Turkey, where it is known as Elbasan tava, named after the Albanian city of Elbasan. It is also very popular in our house and is not unlike a moussaka. I serve it with a mixed salad and new potatoes. You could add sliced mushrooms to the lamb along with the rice.

Ingredients:

1.2kg/2lb 12oz lean lamb cut into 5cm/2" cubes
70g/2½ oz butter
1tbsp olive oil
4 cloves garlic, crushed
1tsp dried oregano
200ml/7 fl.oz water or homemade stock
60g/2¼ oz long grain rice (not easy cook)
50g/1¾ oz plain flour
600ml/20fl.oz Greek yoghurt
4 eggs, beaten
Freshly grated nutmeg
Salt
Freshly ground black pepper

*Preheat oven to 180°C/160°C fan/Gas 4
Ovenproof 3 litre/5 pint casserole dish with lid*

Method:

Heat 20g ¾ oz of the butter and the olive oil in a large non-stick frying pan. Brown the lamb in batches over a high heat.

Place in the ovenproof dish. Add the garlic, oregano and 200ml/7fl.oz of water. Bring to a low simmer and cook, covered with the lid, for about 45-60 minutes until the lamb is tender.

Stir in the rice and season with salt and pepper.

Melt the remaining butter in the frying pan with any remaining oil, add the flour and make a roux, cook for 2 minutes then take off the heat to cool a little.

Add the yoghurt and mix well then return to the heat and cook gently till just warm – not hot.

Take off the heat and add the beaten eggs and season with salt and pepper.

Pour the sauce over the lamb and rice mixture – it will sink. Grate the nutmeg over the top and bake in the oven for 40 minutes without the lid. Then put under a grill for the final 10 minutes until the top is golden brown.

Allow to stand for 5 minutes before serving to great family acclaim. Sit back and bask in the compliments.

SUE HUBBLE



Predannack Anti Aircraft Museum

Travelling south on the way to the Lizard, there is very little evidence of the vast area known as RAF Predannack.

This was once a hive of bustling activity during World War 2, with some 3000 personnel working to combat the foreign enemy, with aircraft landing and taking off, operational sorties and reconnaissance missions being flown to the near continent and a plethora of other tasks being performed. The end of the war brought a stop to all of this with the base being downloaded to 'care and maintenance' with only a few selected trial tasks being undertaken.

Despite the dismantling of the site post war, the RAF left some parts intact, principally the remains of one of two heavy anti-aircraft positions built to defend the airfield against aerial attack.

Two years ago, a small group came together in an effort to preserve part of our local history by refurbishing and conserving the four gun positions which included a central command area. In that time, we have achieved some remarkable success. We have gathered together an incredible collection of artefacts to tell the story of the units who were there, including two large anti-aircraft guns, now rendered safe, and we have concentrated on cleaning up the site by cutting back overgrowth, clearing flooded rooms and waterproofing the roof of the central command area.

We have achieved this with some great help from Cornwall Council and from several of the local Parish Councils through their grant mechanisms which has resulted in a major award from the Cornwall Heritage Trust, several commendations and a trophy awarded for the best new Heritage group.

We continue with our efforts such as a couple of well-attended open days which have been positively received by both locals and visitors to the area and our future plans include an educational facility through the installation of a Nissan hut where conservation and heritage as well as education will be our principal plans.

We are open every Saturday morning between 9 and 12 noon and open days are advertised on Facebook and locally.

If anyone would like more information, they can contact me by email on mcquademates@btinternet.com

Bill McQuade
Predannack Anti-Aircraft Site



Richards

- MOTs •
- Servicing •
- Diagnostics •
- Clutches •
- Cambelts •
- Brakes •
- Exhausts •
- Courtesy Cars •

LJ Richards & Sons

Point Mills Garage, Bissoe, Truro, TR4 8RA
01872 863073 - mail@ljrichards.co.uk

MORLEY PENROSE FUNERAL DIRECTORS

24 HOUR
PERSONAL SUPERVISION

PRIVATE CHAPEL OF REST
AT CUSGARNE

PREPAYMENT
FUNERAL PLANS AVAILABLE

EMAIL: janet@trevaunance.net
www.morleypenrosefuneraldirectors.co.uk

SAN MARINO
STATION ROAD
GOONBELL
ST AGNES
TR5 0PQ

TEL:
01872 863596
OR
07528869175

the wellness hut 

CHURCH RD, STITHIANS, TRURO, TR3 7DH

REFLEXOLOGY - REIKI HEALING
MINDFULNESS - PERSONAL TRAINING
BIODYNAMIC CRANIO-SACRAL THERAPY
PERSON CENTRED COUNSELLING
MAYAN ABDOMINAL THERAPY (ARVIGO)
INJURY REHABILITATION
CHIROPRACTIC

**HOLISTIC THERAPIES FOR THE
MIND, BODY + SOUL**

VISIT OUR SHOP + DISCOVER:

Eco-Friendly products for the home + body.
Cut down on plastic usage + remove chemicals
from your home with Solid Shampoo Bars,
Bamboo Toothbrushes + Eco-Friendly Deodorants.
Opening times vary - please contact for details.

www.thewellnesshut.co.uk

✉ hello@thewellnesshut.co.uk

07889016262

****THERAPY ROOM AVAILABLE TO RENT****

HALL HIRE

If you would like to hire
Hall at Gwennap Parish
Rooms

please contact the
Parish Clerk or visit our
website.

Gwennap-parish.net



Idling means leaving a vehicle's engine running for over a minute while it is stationary.

While this is often because of everyday traffic, there are some instances – such as waiting for children outside schools and sitting in total gridlock – when idling is not necessary and should be avoided.

Why is idling bad?

- ✓ Idling increases the amount of exhaust fumes in the air.
- ✓ These fumes contain a number of harmful gasses including carbon dioxide, which is bad for the environment and contributes towards climate change, as well as a range of other harmful gasses including nitrogen dioxide, carbon monoxide and hydrocarbons which are linked to asthma, other lung diseases and even death.

Benefits of not idling

- ✓ Emission reduction
- ✓ Noise reduction
- ✓ No Fixed penalty
- ✓ Mental health and wellbeing
- ✓ Improves traffic congestion
- ✓ Save money

Idling means leaving a vehicle's engine running while it is stationary.

20-30% of air pollution can be reduced if drivers switch off their engines when their cars are stopped for one minute or more.

Switch to car share and public transport.

Car drivers can be exposed to twice as much air pollution as pedestrians and nine times more than a cyclist.

Switch to walking, cycling and using a scooter for short car journeys.

Keeping your engine running while waiting for children outside schools, sitting in gridlocked traffic and waiting at level crossings is unnecessary and should be avoided.

Look out for events you can join in within your local community.

A car idling for 1 minute can fill up to 150 balloons with harmful exhaust emissions.

Idling is also an offence under the Road Traffic Act 1988 with councils having powers to issue a fixed penalty notice on idling vehicles under the Road Traffic Regulation 2002.



Be an Air Quality Champion. Be the one who spreads the word.

Starting and stopping my engine will cause more pollution than just letting it run.

Unless your vehicle is particularly old, turning off an engine and then restarting after a minute will cause less pollution than letting it run and also uses less fuel.

I need to keep my battery fully charged, so I have to keep the engine running!

Modern car batteries need less engine running time to stay charged.

Catalytic converters need to be hot to work properly.

Catalytic converters retain their heat after the engine is switched off.

If it's cold outside I need to keep my engine running for it to stay warm.

Your engine will stay warm for 30–60 minutes after switching the engine off.

If I'm parked on a yellow line, keeping my engine running means I won't get a fine.

Parking Enforcement Officers can fine you if you are parked somewhere you shouldn't be, whether your engine is running or not.