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APRIL 2024

FREE

LOSTWITHIEL NEWSLETTER

Lostwithiel Museum Association Book Launch



A book launch was held in Taprell House to promote the story of the Taprell family - their life and home in Lostwithiel. This revised version of a truly fascinating story has been edited by Ian Gillett, a museum volunteer who is also the editor of Museum Matters, the in-house magazine for Lostwithiel Museum Association.

The book, *The Taprells in Lostwithiel*, is available for sale from Lostwithiel Museum in Fore Street.

Taprell House was the obvious choice of venue for the book launch and we are grateful to the Town Council for granting permission to use the building for this purpose. Thank you to Mayor Karin Henderson for attending the

event and for kindly agreeing to sign books purchased on the day.

This enjoyable occasion featured a fascinating talk about Taprell House by Derrek Hines, a museum volunteer and one of LMA's very knowledgeable Town Heritage Walks Guides.

Lostwithiel Town Heritage Walks are led by a team of experienced Walks Guides. Available on Wednesdays, guided walks start at 11.00 from outside the Community Centre and include a visit to Taprell House.

We very much look forward to meeting you in the museum or on a walking tour of Lostwithiel.

WHAT'S ON WHERE – MARKETS, EVENTS & GROUPS – APRIL

LOSTWITHIEL LOCAL PRODUCE MARKET – Lostwithiel Scout Hut, 4th SATURDAY of each month Saturday 27th April from 10am -1pm + Zero Waste Mobile Shop. See Lostwithiel Farmer's Market Facebook Page or contact Helen coppergon@hotmail.co.uk

LOSTWITHIEL ANTIQUES & COLLECTABLES MARKET: First Saturday each month, Scout Hut 10am-1pm: 6th February Contact Ann 07881826 032

ANTIQUES FAIR: Sunday 7th Apr Main Hall Community Centre 10am

CAR BOOT SALE: Sunday 14th Apr Community Centre 10am

LOSTWITHIEL COMMUNITY CENTRE & GARDEN CAFE

See Facebook or www.lostwithielcommunitycentre.org.uk for latest updates on events and activities at the Centre, or ring 01208 872 207. You'll find a full timetable of weekly groups/activities on page 5.

POST OFFICE: MONDAY 12 - 3pm & THURSDAY 9.30am-12.30

FRIENDSHIP CAFE: THURSDAYS AT THE CENTRE 2-4pm

PRE-SCHOOL PLAYGROUP: TUESDAY 9am-12 noon

Garden Cafe open Monday – Friday until 3.30pm, Sat until 3pm – Homemade Cakes, Breakfast Baps, £1 Children's Menu.

COMMUNITY CENTRE CAR PARK:

LLOYDS BANK VAN: Fortnightly – 5th and 19th February 10 – 11:15 am

Mevagissey Fresh Fish Van FRIDAYS approx 11am- 12 -also a (different) Fresh Fish Van every MONDAY am on the Parade.

SCOUT HUT (MAIN CAR PARK) :

Produce Market: 4th Saturday of month (see top of page) 10am-1pm

Qui Gong 9.15-10.15am Mondays sweetzersturt@icloud.com.

Wholistic Yoga with Ariadne Fern Mondays 10.45-12.15 addy@theferns.info

NEW! Modelmaking Group – all welcome - 1st TUESDAY each month 6-8pm

Lostwithiel Young Farmers Club Monday evenings

Rainbows, Brownies etc – check national websites for info

DRILL HALL (next to Co-op):

Lostwithiel Army Cadets Tuesdays 6 -8.30pm

CHURCH HALL, CHURCH LANE:

Enquiries John Gilbert -01208 873 673 mobile 07437 013 173 or st.bartshall@gmail.com

Table Tennis: Mondays 6pm, Thursdays 1.30pm

Lostwithiel WI:

Lostwithiel Garden Society:

Lostwithiel Old Cornwall Society :

Life Drawing 7.30-9.30pm Alternate Wed/Tue

Mid-Cwll Photographic Club: 6th and 20th March (1st & 3rd Weds) 7 - 9pm

Lost in Song Community Choir : BACK at 7pm Thursdays, all welcome

Lostwithiel Bingo Fundraisers: Friday Evenings 6.30 for 7.30pm

Gateway Church: 5pm Sundays

Community Cafe : Every Friday 10am-2pm All welcome, pay what you can

LOSTWITHIEL SOCIAL CLUB, FORE STREET: lostwithielsc@gmail.com

Bookings & Info: b.greswell@btinternet.com, sheila.stevens@btinternet.com

01208 872 335 or via Facebook:

Lostwithiel Social Club New Meeting & Conference Rooms are available to hire

Friday & Saturday Evenings: Bar open 7pm

Free Pool Night: Every Wednesday 7pm

Bingo with Paul Sweet: Every Sunday , eyes down 7pm

Monthly: First Friday - Quiz Night, Second Friday - Folk Jam

CONTACTS

Lostwithiel Town Band: Ian Tregonning 01726 817 100 /Jane Richards 01208 871 278

Bowling Club, Restormel Road For info ring 01208 871 784

Health Visitor Under 5s Clinic: For info ring Penrice 01726 74969

Lostwithiel Badminton Club – ring Eddie Sugar 01208 871 111 for info

Lostwl Memory Cafe: email martinausten@gmail.com or ring 01208 872 490 Lostwl

Speedwatch: email barrieroper@btinternet.com or ring 07718 765 909

Check www.lostwithiel.org.uk for up to date listings of events in and around Lostwithiel.

LOSTWITHIEL NEWSLETTER

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www.cornwall.gov.uk/leisure-and-culture/libraries/your-local-library/lostwithiel-library/

LOSTWITHIEL NEWSLETTER – CONTACT & PAYMENT DETAILS

The next Lostwithiel Newsletter is out on **MONDAY 1st MAY 2024** _____

Advertisements, Listings and Community News items can be handed in at Palace Printers, Quay Street, Lostwithiel, or emailed to:

palaceprinters@btinternet.com by 20th April 2024

Advertisements to be prepaid: cheques payable to Palace Printers

Advert Payments may be handed in at Palace Printers as above, or posted to: Palace Printers, Quay Street, Lostwithiel PL22 0BS

All enquiries preferably by email, as above, or ring 01208 873 187

If you would like to receive Lostwithiel Newsletter monthly via email, please contact me at the above email address.

If you have an event or regular group happening in Lostwithiel and the surrounding area, please do contact me to include it in Page 2 listings.

DISCLAIMER: Lostwithiel Newsletter is an independent non-profit publication by and for the people of Lostwithiel and surrounding areas. It is published 'under the umbrella' of Lostwithiel Business Group but views and opinions expressed in the Newsletter do not necessarily reflect those of Lostwithiel Business Group. The editor reserves the right to refuse material for any reason whatsoever, and cannot be held responsible for any errors or omissions which may occur in this publication.



From the Mayor

I would like to start my column by noting the sad passing last month of Honoured Burgess Mervyn Jones. Mervyn served on the Town Council for many years and was well known in the town, another character gone but not forgotten.

The weather has left our town in a bit of turmoil.

A collapsed building leading a business to close for the foreseeable future, a family becoming homeless, Fore street in 2 halves, diversions in place, businesses feeling the pinch due to all the upheaval of the road closures but finally the main street has reopened. Thank you everyone for continuing to support our local businesses through this exceedingly challenging time. With reference to weather related events - we are still looking for extra flood wardens so if anyone is interested, please contact the Council office or speak with Councillor Ross. Full training is given and PPE provided.

Onto Council business the Council has been awarded £22,000 from Cornwall Council's Community Capacity fund to further develop the recommendations of the Hayhurst report on the Council's Listed Buildings so we look forward to working with members of the Lostwithiel Town Team on this project.

The Council is in the process of applying for some grant funding to move forward with Edgcumbe House and the Guildhall so we are extremely excited and I will of course keep you updated. There is still one vacancy on the Town Council so if this is something of interest please do speak to any of the current Town Councillors who will be pleased to explain what the role involves.

As those that travelled to Truro will already be aware, planning application PA23/02502 Gillyflower Farm application went to Cornwall Council's Strategic Planning Committee on Thursday 21st March and the decision taken by this Cornwall Council Committee was to not support the application.

With D-Day 80th anniversary beacon and lamp light ceremony fast approaching the Council hopes to set up a working party to organise a commemoration so if you would be interested in joining this group please contact me via my council email which is on the Town Council website. With this in mind there are still have some WW2 booklets on sale in the museum and Watts Trading.

Mrs Brenda Newton a resident of Lostwithiel had her 90th birthday last month and as Mayor I delivered flowers and a card for her special day. The annual Rotary beer festival was an enormous success with people coming from far a wide to taste the beer on offer and watch the Six Nations rugby.

Finally, on a more sombre note as some of you will unfortunately already be aware some unpleasant graffiti appeared in the town Mid-March. In the next column there is a copy of the joint statement from Cornwall Councillor Martin and myself regarding this incident.

Karin Henderson, Mayor of Lostwithiel

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JOINT STATEMENT FROM CORNWALL COUNCILLOR COLIN MARTIN AND MAYOR OF LOSTWITHIEL KARIN HENDERSON - GRAFFITI

What a sad day for our town...

It is with sadness that this joint statement has to be made.

On Wed 13th March a resident of Lostwithiel reported to the Town Council that violently antisemitic graffiti had appeared in several locations around Tanhouse Road.

Neither of us have ever seen anything so abhorrent in our beautiful and friendly town, nor did we ever think we would. Sadly there appears to be one or two hate-filled individuals in our midst.

Someone must know who the culprit is so we hope they will have the decency to report them to the police as this is classed as hate crime; a criminal offence which should be dealt with appropriately.

We also hope that this vile incident will be a reminder to everyone of the common values we share, and that rather than dividing us, it will bring us together, from every religion, race or background to live in harmony as a united community.

Lost In Film

Visit www.lostinfilm.org.uk to watch trailers and buy tickets for all films. Films are shown in the Church Rooms, Lostwithiel. Doors at 7pm, film at 8pm. BYO drinks.

Past Lives (12), Monday April 8th A heartrending modern romance about two childhood friends torn apart when one family emigrates from South Korea and reunited 20 years later in New York for one fateful week.

One Life (12A), Monday April 29th The true story of Sir Nicholas 'Nicky' Winton, a young London broker who rescued 669 predominantly Jewish children from the Nazis in the months leading up to World War II.



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Dance-A-Thon

I did it!! 12hours of dancing so thank you to everyone who sponsored me, the dance-a-thon was a huge success and raised a lot of money, the money is still coming in so in the May newsletter I can give you the final amount raised.
 The beer festival was brilliant, really busy, such a good time was had by all.

In May we are holding another BIG fund - raiser towards the centre roof, all our footballers from 18 months to 50! Plus our local fire fighters!!

In the middle of the main hall we will have exercise bikes, as many as we can get, hopefully 8/10, plus a couple of running machines, and a little track around the hall .

The Challenge!!

John O'Groats to Lostwithiel 786 miles in 10 hrs!!

Our little people will use trikes and do some laps around the track around the main hall, the older children and men will use the exercise bikes and fire fighters will be using the running machines with breathing apparatus on and the goal is leaving from John O'Groats at 10am and arriving to Lostwithiel by 8pm!!

Dates for the April Diary

6th Carnival Quiz and Repair shop
 7th Our Last Car Boot till September
 11th Diabetic group meeting 1-3pm
 12th Blood Doners 11.15-20.15pm
 14th Antiques Fair
 17th Writing Group 2.30pm
 22nd Zoe Pop up village for toddlers
 25th Diabetic group meeting 1-3pm
 28th Toy Fair

May

1st NHS training
 2nd NHS training
 Polling station 6.30am-10.15pm in downstairs oasis
 6th Footballers and firefighters sponsored family fun day/Disco !!

LOSTWITHIEL COMMUNITY CENTRE PRESENTS
Footballers & Fire fighters charity family fun day
Bank Holiday Monday 6th May 2024 10am-10pm
 Sponsored Bike Ride John O'Groat to Lostwithiel
Family Disco

	Reading Room	Main Hall	Studio 2
Monday	Book Club 1 every 2 nd Monday. 10.am ----- Book club 2 every 3 rd Monday in the month 10am ----- Post Office 12.-3pm	5-9pm Town band	Baby Ballet Boppers 10.30-11.05am 6 months -3yrs Pre-school Ballet 3-4yrs 11.10am-11.40am
Tuesday	Ruggers & Hookers Crafters 10-12pm U3A French From 2-3.30pm every two weeks	9-12pm...Preschool play group 4-5pm Kixx 5-6pm...Kixx 6.30-7.30 ladies cricket 7.45pm -8.45pm Netball	11-12pm Paracise class
Wednesday	Writing group 2.30pm	10.30- 11.30am Flexercise 1.30-2.30pm Tapacise 6.30-7.30pm Zumba 7.30-8.30pm Mens Basketball NEW 8.30-9.30pm Ladies football	
Thursday	Post Office 9.30 – 12.30pm 3.30-4.30pm Lego club	9-11am Kixx babies play group 1-2pm Strickly 3.30-5.30pm Karate 7-9pm SMB (finish 28 th March Back 29 th September)	10am-12.30pm Home Arts 3:45pm - 4:15pm tap and jazz (4-6 year olds) 4:15pm - 4:45pm tap and jazz (7+) 4:45pm - 5:45pm drama & singing. 5:45pm - 6:15pm grade 3 ballet 6:30pm - 7:15pm (private lesson) 7:15pm - 7:45pm adult ballet.
Friday	Poetry group 10.30-12pm 1 st Friday in the month		Ballet & Street Dance 3.45-4.15pm preschool Ballet 4.15-4.45pm Street Fusion Jr 4.45-5.15pm pre primary Break dance 5.15-5.45pm Tap and Jazz level 1 5.45-6.15pm Grade 1 Ballet 8+yrs 6.15-6.45pm Street Fusion Seniors 8+ yrs
Saturday		9 -11am Kixx	Dance With Kate 9.15-10.30am

	Yoga Studio	Oasis Downstairs
Monday	9-10am Pilates Matt Class 10.30am Pilates 5.15-6.15pm Drama & Musical Theatre	Ladies WI 2-5pm (monthly) 6.15-7pm Carley Stretches and Mobility
Tuesday	9am-12pm Somatic Movement Therapy 4.30-5.30pm -17.45-18.45pm Beginners Pilates with Michelle VJ 19.00-20.00 Intermediate Pilates	9.15am -9.50am Chair Yoga & Somatics NEW 3.45-4.45 Taekwondo Jr French 6.30-8pm
Wednesday	9.30am-10.30am Yoga 10.30am-11.30am Somatics 5.15-6pm Kids Drama & Dance 6.30-7.30pm T'ai Chi Qigong with Angie	2 nd & 4 th in the month U3A Art workshop 2-4pm
Thursday	9.30am 10.30am Step with Emma 10.30-11.15am chair yoga & Somatics & breathing Cafe Friendship Café 2-3.30pm 11.30-12.30pm Pilates mat work 5.30pm to 7.30pm Yoga and somatic	Home Ed 11-12pm 6.30p -8pm French class 6pm woodturners
Friday	9.15am - 10.10am Somatic Movement Therapy 10.15am -11.15am Yoga for well being 11.15am -12.30pm Yoga for well being	
Saturday		Woodturners 10am (monthly)

Lostwithiel Old Cornwall Society

In February we enjoyed a most informative talk by Bill Clarke about Trewithen Dairy, from it's beginning to the modern day production line and it's vision for the future.

At the time of writing we are looking forward to the talk by Robert Evans on Pentewan and the Tea Treat Railway. Our next meeting will be on Tuesday April 23rd when we will be having a talk on Bude Canal by Chris Jewell.

We meet in the Church rooms at 7.30pm where we make every-one welcome and offer tea and biscuits after the meeting. Do come along and join us.

The Rotary Club of Lostwithiel



The Rotary Club of Lostwithiel held their Fast Throw Darts Competition on Tuesday 20th February 2024. Five teams of four entered overall from The Earl of Chatham, The Globe, The Royal Oak (two teams) and the Rotary Club. The venues hosting the event were The Conservative Club,

The Earl of Chatham, The Globe and The Royal Oak (2 boards) and the teams played each board twice. The presentation to the winning teams was made at The Royal Oak by The President of the Rotary Club of Lostwithiel, Ian Sheer. Each team was sponsored to raise funds for their chosen charities and the winner of the cup presented to the team with the highest amount raised was...The Earl of Chatham team captained by Jessie Thomas (above). They raised £400 for their chosen charity.



The winning team with the highest number of points scored was for the second year running.....The Royal Oak, A Team consisting of Andy page, Peter Croft, Gary Beresford and Richard Rule. The Rotary Club would like to thank all the participants, the host venues and The Royal Oak Inn for hosting the presentation and providing a buffet.

The Rotary Club of Lostwithiel has sponsored Emily Richards from Lanlivery to embark on a sailing training experience on the two-masted Schooner, Avontuur. The Avontuur, which is a working cargo vessel, sailed from the Spanish port of Cadiz in late February and will visit the Caribbean and the Americas before returning to Europe in the summer. Emily, as a member of a team, will learn about sailing techniques, navigation and leadership during her voyage. The members of Lostwithiel Rotary wish Emily "Bien Viaje" and look forward to hearing about her experiences on her return to Cornwall.

The Rotary Beer Festival has come and gone, but was well supported and a great day out. Looking to the future, planning of the 2024 Carnival Week is very much in progress and Rotary is involved with Rotarians being a part of the organising group.

STUDENT BURSARIES

The Rotary Club of Lostwithiel invites applications from local young people for a bursary towards the cost of a course of further education or training already commenced. Applications must include details of their local address, the course and their objectives for embarking on it and a letter from the educational establishment confirming the offer and acceptance to attend the course.

Due to demand, applications cannot be considered from those who have previously received a bursary award from this club.

Applications must be received by the end of May and payments to successful applicants will be made during the Summer.

Applications must only be sent to: Rotarian John Brumby, Tresco, Hillside Gardens, Lostwithiel PL22 0BD

Or by e-mail to: jabrumby82@hotmail.com

*** please include an SAE if you require confirmation of receipt for a postal application*

Lostwithiel Floral Art Group

Our next meeting will be on 24 April at Lanhydrock Memorial Hall. Doors open at 2 p.m. and our demonstration starts at 2.30 p.m.

Our demonstrator will be Karen Smith and her title is 'Village Life'.

There is plenty of parking at the hall. Come along and join us for an enjoyable afternoon where you will receive a warm welcome.



Sally Kington

PGDip MCFHP MAFHP

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The Benefice of Lostwithiel Parishes

Services for April 2024

Sunday, 7

Boconnoc	Matins	11am
Bradoc	Choral Evensong	6pm
St Bartholomew	Family Eucharist	11am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	Holy communion (BCP)	9.30am
St Winnow	Parish Eucharist	11am

Sunday, 14

Boconnoc	Matins	11am
Bradoc	Eucharist	11.15am
St Bartholomew	Eucharist	11.00am
St Brevita, Lanlivery	Eucharist	9.30am
St Veep	To the benefice	
St Winnow	To the benefice	11.00am

Sunday, 21

Boconnoc	Holy Communion(BCP)	9.30am
Bradoc	Choral Evensong	6.00pm
St Bartholomew	Morning Prayer	11.00am
St Brevita, Lanlivery	Morning Prayer	9.30am
St Veep	Family Service	11.00am
St Winnow	Family Service	11.00am

Saturday, 27

Church Rooms	Messy Church	4pm
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Sunday, 28

Boconnoc	Matins	11.00am
Bradoc	Eucharist	11.15am
St Bartholomew	Eucharist	11.00am
St Brevita, Lanlivery	Eucharist	9.30am
St Veep	To the benefice	
St Winnow	Evensong	5.00pm

Regular Services:

Wednesdays - St Brevita - Evening Prayer at 4pm

Thursdays - St Bartholomew - Celtic Eucharist at 10.00am

The Benefice of Lostwithiel Parishes

Revd Paul Beynon - Tel No: 01208 592765

Administration Office

Catherine- St Bartholomew's Church
Church Lane, Lostwithiel PL22 0EG

Tel No:01208 872232

Office Hours: Monday – Wednesday: 9.00am – 12.00pm

Catholic Churches Information

St Augustine, St. Austell: 01726 73838 Sunday Mass 8.30 & 10.30

St Mary & St Petroc, Bodmin: 01208 72833 Sunday Mass 10.30

Lostwithiel contact: Fr Robbie Low 01208 871517

MASS IN ST BARTHOLOMEW'S

By kind permission of the Rector and PCC the Mass will next be celebrated on Saturday May 11th at 10.30 am in St Bartholomew's.

RACHEL JOHN MEMORIAL LECTURE

This is the first in memory of the Catholic Historian (Penguin Dictionary of Saints & The Saints of Cornwall) and Cornish Bard,

the late Rachel John.

'Is the Hokey Cokey really what it's all about?'

Fr Robbie explains the meaning and mystery of the Mass.

All are welcome. Entry: Free

Saturday May 4th at 10.30a.m. Lostwithiel Social Club

St Bartholomew's News

Well into Spring now and at last we can get out into the garden, though now the knees and backs are complaining.

As I write this I am hoping that all the traffic problems are sorted as Lostwithiel residents put up with a lot of confusion and mess around the streets in March. We are resilient and we coped. There is so much worse going on in the world and at least we have a roof over our heads and food and water, which is lacking in war torn countries. The Church has been asking for donations for a Shelterbox 'A Tent for Lent', as we have done in the past, which seems little enough, but every little helps!

The Celtic Eucharist is held every Thursday morning at 10.00 and is for those who wish to attend a quiet and contemplative service, with no hymns. The first in the month is for health and wholeness, so please come along if you feel anxious or troubled.

The first Sunday is as usual, the Family Eucharist, and we all await to find out what Rev'd Sheila brings to her sermon. Our second Sunday, 14th, is a Eucharist, the third, Sunday 21st, is Morning Prayer, and the fourth, 28th, a Eucharist.

On Sunday 7th we will be hosting the Duchy Opera for a concert in the Church at 7.00p.m. Please keep an eye out for posters with more details.

Our Annual Parochial Church Meeting – APCM – will be held on Thursday 11th where the reports are presented, for 2023. These reports will be available to read for all. The PCC is voted in and Churchwardens present themselves for election. Anyone is welcome to come and see how the Church is run.

The Spring Fayre is on Saturday 13th in the Church Rooms, from 11 – 2.00. We will be pleased to accept suitable donations for stalls and will put boxes at the back of the Church though it is not a jumble sale.

Messy Church will take place in the Church Rooms from 4 – 5.30 on Saturday 27th and all children are welcome. There are some bible stories, and craft work before a snack. Please bring your children along for some fun.

The Open the Book team is regularly acting out Bible stories in the schools and would like to welcome anybody who might be interested in helping. You will need to be DBS checked but this can be arranged with the Benefice Secretary. It is much appreciated in all the schools and good fun too. Contact the Churchwardens or Rev'd Sheila for more information.

We hope to see you in Church soon.

Lostwithiel Bowls Club - TASTER DAYS

RESTORMEL ROAD



We are holding Taster Sessions on

Saturday, 20th April from 10am until 12 noon

Sunday, 21st April from 2.00pm until 4.00pm

Flat shoes are all you need – bowls and guidance will be provided. If you would like further information, please phone Penny 01208 873169 or email penny981@btinternet.com

Come and try this sport in our beautiful, peaceful surroundings!

KID'S COLUMN

Welcome to our new Kids Column, for all the children of Lostwithiel!

Marin participated in the Landrake run on Friday 15th March! It was a very muddy hard 'level extreme' but fun run! Well Done!

Here are Marin and Loïcs jokes:
Marin-what do you call a fish with 1 eye? Fsh

Loïc-what do you call a dear with no eyes? No idea!!



BOCONNOC CHURCH

1st, 2nd, and 4th Sundays -

Matins at 11am, led by a local worship leader.

3rd Sunday each month at 9.30am - sung Eucharist, led by the Rector
BOOK OF COMMON PRAYER

Lostwithiel Garden Society

Our next talk is on Tuesday 9th April 2024 by Frank Reid on 'Bonsai'. Lostwithiel Church Rooms at 7.30pm.

Talks are open to everyone, members £1, non-members £3.

Any queries please contact Jenna Pegg on 01208 368169

Return Of The Vulcan FOSB talk by Canon John Halkes – *Dancing with the Bear*

When: Tuesday 30th April 2024, 7pm for a 7.30pm start
Where: Church Rooms, Church Lane, Lostwithiel. In aid of The Friends of St Bartholomew's Church, Canon John Halkes will be talking of his experiences flying the Vulcan during the 1960s and reflecting on the Cold War today.

Tickets cost £7.50 – cash only please – and are available from Watts Trading, Ann's Gallery and Bellama Delicatessen. Bring your own alcohol. Tea/coffee and finger food will be available, for which donations would be welcome.

Find out more about

FOSB's work at <https://www.lostwithiel.org.uk/about-the-town/friends-of-st-bartholomews/>



Veteran's Breakfast Club

Veteran's Breakfast Club welcomes any HM Service Veteran from Royal Navy, British Army, Royal Air Force or Royal Marine, no matter how long or short your service was.

The idea is to socialise in a relaxed environment where everyone can enjoy friendly banter and breakfast!

Wives, husbands, partners, children all welcome.

Next meeting - Saturday 27th March

Venue - Fowey Valley Hotel

Time - 09.30am Raffle

Any enquiries please contact :-

Simon Bell - Simon@Foweyvalleyhotel.co.uk or 01208 872223.

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Nos Lowen – A Cornish Dance Night

Nos Lowen, a Cornish dance night, was a resounding success, and captured the essence of LostFest, as everyone could join in and there was a caller to make sure everyone knew their steps.

It was a great family event. The band, Caracana (Caracana | Cornish Folk Music), played Cornish and European folk music and at the end of the evening there was a spontaneous Cornish-inspired sing-along.

Thanks to everyone who came along, we raised £650 for LostFest and our community, plus the Community Centre ran the bar.

WE LOOK FORWARD TO SEEING YOU ON 19TH MAY.

u3a Lostwithiel

learn, laugh, live

Our well-attended Open Meeting in the Church Rooms on Monday 4th March featured an excellent presentation by Sue Newton, County Or-

ganiser for the National Garden Scheme here in Cornwall. We saw some colourful pictures of local gardens which open as part of the scheme – just the thing to brighten up a grey day! - as well as learning about the history of the scheme which last year raised nearly £3.5m for charity.

Our next Open Meeting will be on Monday 20th May at 2pm in the Church Rooms and will feature a talk by Mike Temple from the charity Mercy Ships; this will be followed by our AGM. If you'd like to find out more about Lostwithiel Area u3a please do come along!

UPDATES FROM OUR GROUPS

It's been a busy month for our many interest groups who are now well into their 2024 activities.

The **Electric Bikers** have been hampered by the bad weather but have still managed to get in a few rides, including Dunmere to St Kew, Liskeard to Seaton, Taphouse to Polruan and Carnglaze Caverns to Jamaica Inn, while members of the **Photography Group** also proved to be a hardy bunch, taking in field trips to Lanhydrock and Boscastle. Seventeen members of the **Lunch Group** had excellent food at the Carlyon Bay Golf Club and the **Pop and Rock Music Appreciation Group** listened a wide mix of music including Kraftwerk, Vinegar Joe, Georgie Fame, Nirvana, Chris Stapleton and NEU!

The **Family History Group** heard from Rebecca Smith from the Commonwealth War Graves Commission about the sheer scale of their archives while members of the **Theatre Group** were in the audience at a few local performances, including the Canterbury Tales at Warleggan and Hell's Bells by the Miracle Theatre which played to a packed Lostwithiel Community Centre. Meanwhile, the **u3aArt Group** has been working through various themes, including "portraits" of trees in charcoal and pencil, unusual skies/weather in any medium and sponge painting using natural sponges instead of brushes.

Lostwithiel Area u3a has nearly 300 members and 25 interest groups, ranging from Creative Writing and Garden Visits to Walking and Wine Appreciation. You can find out more about all the groups and our exciting programme of regular Open Meetings - plus how you can join - on our website at www.lostwithielu3a.org.uk Contacts:

Chair : David Platt 07484 124490

Membership : Stephanie Thomas 07980 871491

Royal Fowey Yacht Club



April: surely the time for being back outdoors – on, by, or in the water according to your preferences. Those three little words should cover us all, whether enjoying the start of the racing season in a boat or out of one, or sitting on the Club terrace watching it all happen.

It's also the time to welcome our new Management Committee, elected at the Club AGM in March. We warmly thank all those who have taken on new responsibilities in the Club, and equally those who are standing down, duty well done.

Our new Commodore, Philip Henson, in one of his first official duties was pleased to take part in welcoming Fowey's new vicar, Carol Edlestone at her licensing service. We all look forward to seeing Carol in the club.

Club racing starts on Saturday 6th April for Cruisers, Troys, Fowey Rivers, and Dinghies. The Wednesday series starts on 10th April.

On April 20th – 21st Fowey welcomes the J 24 Open Meeting. This is a major event, and it hardly needs saying that there is no better for watching this, and all the club racing, than the Club terrace.

With the start of the sailing season, clubhouse events quieten down a bit, but there's still plenty going on:

- Friday 5th: RNLI Water Safety Day, and Scroll Relay Day
- Friday 5th Evening: a talk in the clubhouse by Ken and Ali Wittamore on their eventful Atlantic crossing late last year
- Friday 5th: Book Club, "Dictionary of Lost Words" by Pip Williams
- Saturday 13th: Lunchtime get-together
- Every Thursday morning: "Knit and Natter"
- Every Thursday afternoon: Bridge
- Every Friday evening: Welcome Hour

For more details of all Club activities, how to join in, and more, please see the Club website at <http://www.rfyc.org.uk>. The website is full of information about the Club, and includes access to a webcam giving superb views of the harbour. Also see the members' weekly "What's On" update with news of club activities.

We are a members' club, and we welcome visiting sailors, members of reciprocal clubs, and those participating in activities such as Club racing and some other events. If you are not a member currently, and would like to join so as to enjoy all the Club has to offer, please look on the home page of the website under "Join Our Club", or speak to a member, or call the office (see below)

If you would like more information about the Club, call the Club Office on 01726 833573, or follow us on Facebook at www.facebook.com/RFYCFowey, on Instagram, or (for members only) RFYC Dropin.

Lostwithiel Rainbows

FOR GIRLS AGED 4-7 YEARS

We are pleased to welcome a new Young Leader who has recently come to join us and help in our Guiding journey.

For the final part of our Police Challenge Badge we had a visit from our local Tri Safety Officer and one of his Colleagues from the Police, we learnt about what they do and had the chance to try on some of the uniform but it was very heavy.

As Easter is coming we have been busy completing Easter Activities and we think that the last activity maybe an Egg hunt yum yum. We are now looking forward to next term as there are plenty of exciting activities planned.

For more information on joining our Rainbow group please phone 0800 169 5901 or visit www.girlguiding.org.uk



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The Tasty Tea Team are holding a

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In aid of Young Lives v Cancer & Children of Nepal.
Homemade Cakes, Savouries, bric-a-brac, books
and Cake stall with raffle.

We look forward to seeing you contact:
Margaret 872905 or Chris 873356

Kana Lostwithiel



Do you love to sing in the shower, in the car, along to the radio?

Do you have some free time on Wednesday evening from 7.00 – 8.30pm

Come to *Kana Lostwithiel* (Kana means sing in Cornish)

We are a local community choir singing songs you know and love.

There is no singing on your own, no auditions, you do not need to read music, or even have sung before and we are open to all ages and all abilities.

Led by our new musical director Tracey Bailey, who has been leading and teaching choirs and choruses for many years, we can guarantee lots of laughter, lots of singing and the opportunity to make lots of new friends.

We meet at the Lostwithiel Scout Hut just down from the Community Centre, opposite the doctor's surgery.

The first session is free, if you have never been before.

We'd love to see you and why not bring a friend or two!

For more details contact Tracey on 07990 070568

Note: Kana Lostwithiel is the new name for Lost in Song



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Lostwithiel Area Labour

How sad for the country that on May 2nd there will be Local, and Police and Crime Commissioner elections only.

Rishi Sunak wasn't brave enough to accept Keir Starmer's challenge to call a May General Election and is now clinging desperately to power, having long ago given up any serious attempt at meaningful government.

We are delighted that one of our Lostwithiel members, Noah Law, has been selected as Prospective Parliamentary Candidate for St Austell and Newquay. Noah has extensive experience in the world of finance and if elected he will be focused on bringing investment and prosperity into the area. Proper Labour 'levelling up' rather than the sound bite Johnson used to get elected in 2019. We wish Noah every success in the forthcoming election.

In South East Cornwall we expect to announce our candidate very shortly and will then invite you to a

'MEET THE CANDIDATE' COFFEE MORNING
at Lostwithiel Social Club

Slidebelly will provide music, there will be cakes, tea and coffee, and of course the chance to talk to the Labour candidate to be our next MP.

Proceeds will be shared between the Social Club Roof Fund and the SE Cornwall Labour Election Fund.

We are also delighted to be able to offer – via one of our members – guided tours of the wonderful Spring gardens at Caerhays Estate at a special price plus a donation to our election fund, to help support our local candidate. Details below:

GUIDED TOUR OF CAERHAYS GARDENS

Hildegard Wansleben has over 20 years experience as a local tour guide. Passionate about Cornish gardens, she set up her own tour guide company in 2007 and specialises in the gardens of Heligan and Caerhays.

Join her for her renowned tour of Caerhays Estate, home to the National Magnolia Collection and famous for its Spring blossom, at a reduced price of only £11 entry to the gardens, plus a donation for the tour at your discretion. All donations are to the election fund of SE Cornwall Labour Party to support our local SE Cornwall candidate as we approach a general election. Tour date: Saturday 13th April 2024.

Tickets are limited to 20 per tour, first come first served: please contact hildewansleben@gmail.com to book.

Meet at the Caerhays Estate Car park 10.30am for 11am tour. Car parking tickets will be refunded at the ticket office.

Finally, the latest S/E Cornwall polling from www.electoralcalculus.co.uk – Labour 31%, Tories 30%, Reform 16%, Lib/Dems 15%, Greens 4%

Sally Sweeney (Chair) Lostwithiel Area Labour - 01208 873525



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Fowey RNLI

On Saturday April 6 our Water Safety and RNLI Scroll Signing Day will be held at Fowey lifeboat station from 10am – 3pm. There will be lifejacket maintenance sessions which will teach people how to service and check their lifejackets and what signs of damage to look out for. TMS will be there to sell spare parts for lifejackets, and for those who want to have safety equipment professionally serviced, you can book lifejackets in with TMS and collect from Fowey Chandlery when done.

During the day we'll be running tours of our all-weather lifeboat, and the coastguard team and water safety teams will be there to give demos and advice, including demonstrations of how to 'float to live'. Our inshore lifeboat crew will launch the D class and give man overboard demonstrations. The lifeboat shop will be open and there will be music and refreshments. Plus you'll have the chance to meet Stormy Stan and see a model of our Trent lifeboat made by Luke Grace.

At 1pm the RNLI relay scroll signing ceremony will take place. To mark their 200th anniversary, the RNLI are doing an Olympic Torch-style relay called Connecting our Communities.

A specially made scroll left Westminster Abbey on Monday March 4 and is travelling around the UK in an RNLI van, stopping off to be signed at chosen locations. Hundreds of communities expressed their interest in hosting the scroll, and we are delighted that Fowey lifeboat station has been chosen. We hope you can come along to help us witness and celebrate the occasion.

After being signed in Fowey, the scroll will be taken onto our all-weather lifeboat and transported to Mevagissey for a signing ceremony and events on the quay. The Press Gang will be singing at Fowey lifeboat station from 2-3pm and will sing The Lifeboat Hymn as the scroll is taken onto the lifeboat, which will launch for Mevagissey at 3pm.

Activities for the water safety day include:

10am	Inshore lifeboat launch
10.30am	Lifejacket maintenance demo
11am	Cold water shock talk
11.15am	Float to live demo and inshore lifeboat man overboard demo
12pm	Lifejacket maintenance demo
12.30pm	Cold water shock talk
1 – 2pm	Connecting our Communities Scroll Signing Ceremony
2.00pm	Lifejacket maintenance and float to live demos
2.30pm	Cold water shock talk
2.45pm	Inshore lifeboat man overboard demo
2-3pm	The Press Gang shanty group
3pm	Scroll departs from Fowey to Mevagissey, onboard the Fowey lifeboat, which will launch from her pontoon at 3pm.

Events on the day will be subject to weather and operational needs.

You can follow the progress of the scroll on its journey around the UK at <https://rnli.org/about-us/our-history/2024/programmes/connecting-our-communities>

We had several representatives from Fowey at the RNLI 200th anniversary service at Westminster Abbey, which was held on March 4, exactly 200 years to the day after the RNLI was founded by Sir William Hillary. They included our shop manager, Di Morris and crew members, Paul Birkby, Boris Watts and Warren Sallis.



What better way to mark the 200th anniversary of the RNLI and 165 years of Fowey lifeboats than by taking over Fowey's iconic 'pretty bus stop'! Thank you to everyone who helped with the project, including John Truscott Property & Garden services Ltd from St Austell for supplying the plaster and plastering the walls. Crew members Gary Jane, for supplying building materials and organising working parties and Will Maher of WM Designs Co. for producing the illustration, which will feature in our PR for events throughout this year.



Thank you to Sarah Worne, aka The Bird Lady of Fowey, caretaker of the Pretty Bus Stop, for adding the hand-painted elements and finishing touches to the design. And a big thank you to all the volunteer Fowey lifeboat crew members who gave up evenings and weekends to help with the preparation work.

On March 14 Falmouth coastguard tasked Fowey's inshore lifeboat to launch at 10.38am to investigate sightings of two red distress flares that had been seen in the vicinity of St Winnow, upriver from Golant.

High water had been at 8.10am and there was concern that the depth of water might prevent the inshore lifeboat reaching the reported location. The Harbour Master agreed to send two of his high speed craft, which were already on the water, upriver immediately. The inshore boat with volunteer helm, Callum Pritchard, and volunteer crew members Pete Parry and Boris Watts was launched and they reached the scene shortly after the harbour craft. The harbour patrol boats had spotted a small rib and two canoes on the west bank of the river and informed the lifeboat crew of the situation. With the rapidly falling tide the inshore lifeboat was unable to reach the shore near the craft. Crew member Pete Parry swam to the nearby mud bank and made his way ashore where he found the three craft in an abandoned state with no sign of any recent activity. He then followed a little used track inland to the nearest house where he found no sign of activity. The coast guard stood the crew down and the matter was handed over to the St. Austell Coastguard Rescue Team for further investigation. This was a good example of a coordinated response by Fowey RNLI, Fowey Harbour and the local coastguard team.

Fowey Lifeboat Operations Manager, Chris Ogg said: 'We would like to remind people that it is illegal to let flares off in anything other than an emergency. It is also illegal to dump flares at sea or on land. It's important that when flares go out of date they are disposed of correctly. Some boat users carry their old flares as a back up to their in date flares. Out of date flares become progressively less reliable and may fail to operate if used after their expiry date. For people who want to dispose of old flares in Cornwall, the nearest facility is at Ocean Safety, based at Unit 6, Eastern Wood Road, Langage Business Park, Plympton, Plymouth PL7 5ET. Telephone 01752 341 787.

Congratulations to Chris Evans who has passed out as a Launch Authority for Fowey lifeboats and welcome to Darren Burt who re-joins as a volunteer crew member.

Thank you to Lee Taylor and his team at Havener's Fowey for another fantastic bingo night, which raised £1,200 for Fowey RNLI, and thanks to everyone that supported the evening.

Thank you to Dan and his team from The Rashleigh Inn, Polkerris. They raised £665.94 for us and have some exciting events planned to raise even more this year.

Fowey estate agent Jen Rawle will run two marathons in two continents to raise vital funds for Fowey lifeboats. Jen runs the London marathon and The Big Sur marathon in California in April. Find out about Jen's challenge and donate to support Fowey lifeboats at justgiving.com/page/jen-rawle-1709221718699



The Fowey RNLI Shop is open from 10am - 4pm Monday to Saturday and 11am - 4pm on Sundays (subject to availability of volunteers). Our all-weather lifeboat is open to the public for lifeboat tours on Wednesdays and Saturdays (subject to weather conditions and the availability of volunteers). Members of the Fowey History Group are interviewing local people about their memories of Fowey lifeboats, and we're also interested in any old photos or memorabilia connected to Fowey lifeboats for display in our exhibition in August. If you'd like to get involved with our anniversary celebrations in any way, then we'd love to hear from you. Please contact Cathy Baillie at cathy_baillie@rnli.org.uk In this 200th RNLI anniversary year, keep up-to-date with all of our shouts, news, events and activities on social media on Twitter @Fowey_RNLI and on Facebook @FoweyLifeboat and @FoweyLifeboatCommittee

17th C Cob Wall Collapse On Fore St.

On the rainy evening of the 17th of February a handful of people on or near Fore Street heard a sudden noise. No one thought much of it, until the first passer-by noticed the end of Church Lane was covered in bricks and earth. A substantial section of the gable end wall of Number 9 Fore had suddenly collapsed into the road.

Fore Street was immediately closed for safety reasons, cut in half effectively, with many local businesses being adversely affected from the resulting fall off in passing trade. 9, Fore Street, currently split into Foodies café on the ground floor and a flat above, is a Grade 2 listed building. On the front is a plaque commemorating the year of completion: 1688. An infamous year in which seven bishops, including Cornishman Jonathon Trelawny, were imprisoned in the tower of London for publicly disagreeing with King James 2nd of England's Declaration of Indulgence, which sought to offer religious tolerance to Catholics, rather than persecuting them. The unpopular imprisoning of Trelawny and the bishops was the inspiration for the Cornish anthem Trelawny.

In November 1688 a coup known subsequently as The Glorious Revolution saw King James 2nd deposed from the throne of England and replaced by his reliably Protestant daughter Mary and her Dutch husband, William of Orange. Such tumultuous events must have been deeply unsettling for the public, but then, as now, it was a time of in-fighting, change and strife. Only 44 years earlier, the Civil War had torn the country apart and devastated Lostwithiel, with the stone-built epicentre of stannary power, the Duchy Palace, being mostly destroyed by Parliamentary canon fire.

The building of Number 9 Fore Street was part of the towns gradual resurrection. The recent collapse revealed a rare glimpse into the construction of this building. A hidden window on the second floor which had been filled in, and the hidden cob wall, which no-one knew was there as the buildings deeds list it as entirely stone built.

Cob is a composite mud mix, the recipe being: 4 parts sub-soil, 3 parts straw and 1 part water. Lostwithiel sub-soil is excellent for cob construction as it contains a good proportion of sticky clay, plus river silt and small stones. Straw is used to bind the mix and give it tensile strength which helps prevent cracking. It would have been barley straw, as 17th century wheat varieties did not grow well in Cornish soil. Water would have been carted up from the nearby river or fell obligingly from the sky.

The cob mix would have been trodden down and turned until the ingredients bound evenly together. This was traditionally done by

Colin's Column Councillor Colin Martin

Following the collapse of the wall on Church Lane, I am enormously grateful to all those involved in making the building safe and getting the road reopened as quickly as possible. The shops and eateries in the town centre have suffered huge losses over the past month and sadly one has ceased trading, so the survivors really need your custom to get back on their feet.

Castle Hill was also closed after a tree fall. Cormac said they couldn't move the tree because there was a BT cable underneath, and BT said they couldn't move the cable because there was a tree on top of it! So, I got out there with a local resident and a chainsaw to sort it out...

The final road closure was at the level crossing. Network Rail have now upgraded the signals and decommissioned the signal box. Everything will now be controlled remotely from Exeter. I took the opportunity, along with members of the Town Council and the Town Team, to meet Network Rail to discuss the possibility of converting the sidings into a public car park. There are many barriers still to overcome, but this has the potential to make a huge difference to our Town Centre. Foundations are now being dug for the footbridge over the level crossing, but it appears that despite the £1.8m price tag, we're going to get a bridge made from scaffolding poles!

On March 21st, Cornwall Council's Strategic Planning Committee unanimously rejected the application to build a clubhouse and holiday lodges at the Gillyflower Golf Course. The strength of public feeling about the importance of the view of this hillside across the Town Centre was the deciding factor, so those who wrote emails and turned up to protest on the day played a huge part. Finally, if you're having any difficulty with the new waste and recycling arrangements (e.g. if you've been given a wheelie bin but would prefer a seagull-proof sack), please call 0300 1234 141. You can see what else I've been up to on Facebook: fb.com/ColinMartinPL22 or on my website www.seclibdems.uk. You can contact me by email cllr.colin.martin@cornwall.gov.uk or phone / WhatsApp 07734 434 164

people or, if possible, cattle. As 17th century Lostwithiel was a busy farming town it would have made sense to use cattle for the donkey work. Once the cob was of the correct consistency, the wall would have been erected at a rate of about half a metre a day. The advantages of cob are the building materials were free and it didn't get woodworm, rot or catch fire easily. Many buildings in Lostwithiel are made from cob; it is a robust and stable material that can last for hundreds of years.

The number one reason for collapse is water penetration and Cornwall is a rainy place. Number two reason is inappropriate cladding. At some point the gable end of Number 9 was clad with engineering brick, which was not tied in to the existing cob wall. Decades later, the wall fell down.

Within weeks scaffold and plastic sheet went up to support and protect the remaining wall. But there was so much more work to do. With no gable end supporting the roof, the whole front of the building could have collapsed. What is left of the gable end wall has bellied out and affected the chimney which has leant in. The best way to imagine that is: hold your flat hand up sideways on; the knuckles are the wall, and the tips of your fingers are the chimney. Now make the knuckles bend...and you can see the effect on the angle of the chimney.

The rescue package has been put in place remarkably fast with public safety as number one priority. It's involved the town and county councils, building control, HSE, structural engineers, carpenters, the emergency services, insurance and loss adjusters... the list goes on.

The building is now supported from the inside, with acro-props, screw jacks and a scaffold all helping to keep it in place and take the weight of the roof. Going forward, the Structural Engineer has advised the affected cob wall is taken down until a point at which it is safe to build off. Then it will be strengthened and built back up with pre-formed cob blocks.

Until then, we can all celebrate the fact that Fore Street is open for business again. Meanwhile spare a thought for the couple who lived in the flat above, who are in temporary accommodation, and the owners of the Foodies business who have no idea when they can re-open.

Lostwithiel Plant Swap 2024

Finally, Spring has sprung – albeit a soggy one so far – and everything is starting to grow like mad! If you picked up some seeds back on Seedy Saturday now is the time to think about getting them started.

If you're looking for new plants for your garden DON'T FORGET : PLANT SWAP SEASON starts in the READING ROOM at the COMMUNITY CENTRE EVERY FRIDAY & SATURDAY from FRIDAY APRIL 5th.

Garden and indoor plants, seedlings, seeds and garden sundries will be available for a donation each Friday and Saturday. Plant Swap depends completely on what is donated each week, so you never know what you may find – there have been some unusual treasures over the years.

If (like me) you're revamping your garden, do bring along any surplus perennials (potted up) which might otherwise go into the compost heap or garden bin. Or if you're growing tomatoes, veg or annuals from seed and you suddenly have more seedlings than you know what to do with – other people would love to have them!

You can swap for something else on the table, or just donate them. Please do label what you bring in if possible, and leave the table tidy. **NB: unfortunately Plant Swap cannot accept empty plastic plant pots.**

Income from donations is going towards the Community Centre's essential fundraising to keep the Centre open for all the activities it hosts for the Town. Kirsty will welcome any gardeners who can volunteer to help keep the swap table organised, cared for and well stocked through the season.

Happy gardening!

Plant Swap

at

Lostwithiel Community Centre

Friday, Saturday

10-2pm

Reading Room

Swap, Donate, Take!



Chapel Chat

Something to think about "Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!" *Ann Frank.*

"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely." *Roald Dahl.*

Church Activities for April at a glance

April 7th Café Church

April 2nd Chapel Cleaning

April 14th Café Church

April 21st Mrs B. Whell

April 25th Coffee Morning

April 28th Café Church

Sew What - every 1st and 3rd Thursday 2-4

Music Appreciation Group – every 4th Wednesday at 7.30

theWI
INSPIRING WOMEN

Our last meeting was our March AGM when we welcomed the County advisor and County Treasurer. The end of year reports were given by the President, Secretary and Treasurer which outlined the previous year's activities. A vote took place for the position of President for the coming year, Helen

was the popular choice and kindly agreed to accept the position. The previous committee all agreed to remain in position for the forthcoming year.

Unfortunately our proposed speaker was unable to attend so Helen produced one of her famous quizzes at the last moment. These are always popular, our members grey cells not quite up to our visitors who won the quiz and said how much they had enjoyed the afternoon.

Our next meeting will be on Monday 8th April when we look forward to learning about "Tools to amuse" by Max Simpson. Our meetings take place at 2.15pm in the lower oasis room of the Community Centre where we make visitors and prospective new members very welcome. Do come along and join us for a friendly afternoon.

For further details please contact Jean Jones on 01208 872765.

Lostwithiel Social Club News

March was a busy month with parties, different groups using the club for meetings. Saturday the 16th was a great fund raiser for the club's roof. Lost in Space donated all monies raised and waved their fee. Many members and none members enjoyed the fantastic music and a brilliant atmosphere.

Thanks, Lost in Space.

April is just around the corner, and we have the Great Low Profile joining us on Saturday April 6th come and join in the great music have a dance and enjoy a drink.

Sunday 7th Bingo calls. 7pm start great prizes.

Every Wednesday our popular free Pool come and try.

2nd Friday is Folk Jam we are joined by many great musicians come and listen or join in the singing.

The club offers a safe and comfortable place offering drinks that are reasonably priced.

Look in for a chat came of pool or try a game of snooker on the full-size table.

Anyone interested in helping behind the bar please come in and have a chat.

Chair Sheila Bawden



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10th – 18th May 2024

Online Festival Box Office Now OPEN

www.foweyfestival.com



The box office is now open for our 26th Festival which runs from May 10th – 18th. Highlights this year include an opening night with highly acclaimed The Overtones. Events with Jenny Éclair, Lemn Sissay OBE, Louis de Bernières, Bryony Gordon, Robert Hardman, John O'Farrell and many more. There are a host of events to enjoy throughout the nine days, including: music, comedy, film, du Maurier reading groups, workshops, guided walks and, back by popular demand, the Festival Art Trail and Secret Gardens. For the first time, we are hosting LBC's Iain Dale and former Home Secretary, Jacquie Smith's renowned podcast For the Many Live. Along with their guest Johnny Mercer MP, this will be an hilarious evening of politics as you have never heard it before.

Friends Membership

If you are not a Friend of the Festival now is the time to join to get full benefit of the membership. For details visit the Festival website www.foweyfestival.com/friends. Not only will you receive the membership benefits, but you will also be helping to support the Festival, for which we are extremely grateful.

Volunteer Festival Makers

If you would like to be part of the wonderful team of volunteers that helps the Festival to run smoothly, please do get in touch. We are currently looking for:

Stewards: Our volunteer stewards help at each of the events throughout the duration of the Festival May 10th–18th. Each steward generally works with two to three other volunteers at each event, preparing the venues ahead of the event, admitting the audiences, serving refreshments and preparing the venue again for the next event.

Please contact us at info@foweyfestival.com to express your interest.

Festival Art Trail Saturday 11th - 18th May 2024

The Fowey Festival Art Trail welcomes visitors and residents as inspiring artists and craftspeople open their homes and studios in Fowey. You will find more wonderful artists exhibiting and selling their work at the Royal British Legion, Mission to Seafarers, Harbour Hotel and across the water in St. Johns' Church (accessed via the car ferry at Caffa Mill). Please join us for this once-a-year opportunity to visit our talented local artists.

Further details on: www.foweyfestival.com

Secret Gardens

Friday 17th and Saturday 18th May 2024

Discover some of the Fowey estuary's hidden gems - from gardens with spectacular views to secluded havens, walled gardens, hidden terraces and much more. Follow the trail to uncover a glorious mix of vibrant gardens with a diverse variety of planting.

Entry to the gardens is free, with donations to the Festival very welcome. See www.foweyfestival.com for details or pick up a map from the box office, shops and galleries around town, nearer the time.

Opera in the Garden...

This year for Secret Gardens, we are delighted to welcome Thomas Martyn, who will be performing 4 operatic interludes at Porphyry Hall Garden and Broadstairs garden in Fowey.

An impressive tenor and graduate of the Guildhall School of Music and Drama in London under the tutelage of Adrian Thompson, Thomas now performs at charity events around the country and has taken on a variety of roles in amateur theatre productions, such as Tom Collins in R.E.N.T., Val Jean in Les Misérables and Don Jose in Carmen.

Thomas will be performing two twenty-minute sets on both Friday and Saturday. No tickets are necessary but access will be capacity controlled, on a first arrivals basis.

Set timings:

Friday 17 May:	Broadstairs	1.00 – 1.20pm
	Porphyry Hall Garden	4.00 – 4.20pm
Saturday 18 May:	Porphyry Hall Garden	1.00 – 1.20pm
	Broadstairs	4.00 – 4.20pm

Both gardens will be offering tea, coffee and cake throughout the day. All donations & refreshment proceeds go to the Fowey Festival of Arts and Literature.

Gardens of Eden, proud sponsor of the Fowey Festival of Arts and Literature, Secret Gardens

For further details on all the above visit

www.foweyfestival.com

You can keep in touch with us as follows:

www.foweyfestival.com Email: info@foweyfestival.com
 Twitter: [fowey_festival](https://twitter.com/fowey_festival) Facebook: [@FoweyFestival](https://www.facebook.com/FoweyFestival)

The du Maurier Festival Society, Registered Office: 27, Hill Hay Close, Fowey, Cornwall, PL23 1EL

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CANCER RESEARCH UK

**CANCER RESEARCH UK
 LOSTWITHIEL BRANCH**

**A REMINDER
 AND CHANGE OF TIME**

First a big thank you to our performers at our recent Musical Evening to Celtic Voices, Victory Red and our Lost Chords Ukelele Band and to our many supporters we raised a magnificent £530 for the charity.

Our next event is the latest Andre Rieu concert "Happy Days are Here Again" the 2022 Maastricht Summer Concert. This will take place in the Church Rooms on Saturday April 6th with a charge of £5 on the door. The doors now open at 6.30pm for a 7.00pm start.

We will be providing a bar and we will be serving pasties, ordered on entering, and cream teas along with teas and coffee in the intermission. We look forward to seeing you at this ever-popular event.

A further date for your diary - we are serving a "Ploughman's Lunch" on Saturday 18th May between 12 and 2.00pm in the Church Rooms - look out for more details in the May edition.



At Lostwithiel Community Centre.

Join instructor James for Kids Beginners Taekwondo classes every Tuesday at 3.45pm to 4.45pm in the oasis room.

First lesson is free! Classes start Tuesday 9th January 2024.

Email me at infojftaekwondo@gmail.com - spaces are going fast.

Lessons are £5 each,

book a block of term time lessons you get one free!

Any interested adults please email me to discuss this further.



Follow us on Facebook
<https://www.facebook.com/jftaekwondo>



Lerryn Area Minibus Association APRIL 2024

Calling all Registered Passengers and Members!

Trips leave from Lerryn and Lostwithiel and return at the times below.

Essential to book your seat and arrange a pick-up point

Booking/passenger registration/queries tel number

01208 811175

DATE	DESTINATION	TIME	RETURN FARE
Tues 2nd Driver: Chris	Bodmin and supermarkets	Lerryn 9.30 – 12.30	£4.00 adult
		Lostwithiel 9.45 - 12.15	
Tues 9th Driver: Debbie	Bodmin and supermarkets	Lerryn 9.30 – 12.30	£4.00 adult
		Lostwithiel 9.45 - 12.15	
Fri 12th Driver: Annie	Truro	Lerryn 9.30 – 15.45	£6.00 adult
		Lostwithiel 9.45 - 15.30	
Tues 16th Driver: John	Bodmin and supermarkets	Lerryn 9.30 – 12.30	£4.00 adult
		Lostwithiel 9.45 - 12.15	
Thurs 18th Driver: Dez Nick	SPECIAL TRIP Homeleigh Garden Centre, Launceston & Strawberry Fields, Lifton	Lerryn 9.30-16.00	£7.50 adult
		Lostwithiel 9.45-15.45	
Tues 23rd Driver: Kevin	Bodmin and supermarkets	Lerryn 9.30 –12.30	£4.00 adult
		Lostwithiel 9.45-12.15	
Sat 27th Driver: Nick	Par Market/St Austell and supermarkets	Lerryn 9.30 –13.30	£4.00 adult
		Lostwithiel 9.45 - 13.15	
Tues 30th Driver: Richard	Bodmin and supermarkets	Lerryn 9.30 –12.30	£4.00 adult
		Lostwithiel 9.45 - 12.15	

All People living in the area may register. Children travel 1/2 price
 NB Please see lerryn.net for full details of LAMA's services

USEFUL INFO & CONTACTS

COVID BOOSTER JABS: These are to be offered from October to the following groups: Residents in care homes for older adults; All adults of 65 years and older; Those 6 months -64 years in a clinical risk group; Frontline health and social care workers; people 12-64 years living with an immunosuppressed household member; People aged 16-64 years who are carers or work in care homes for older adults.

FLU JABS: These should start for pre-school and primary age children in September, and for eligible adults in October. Where possible they are likely to be given alongside Covid Booster Jabs.

LOSTWITHIEL MEDICAL PRACTICE - NORTH STREET SURGERY
01208 872 589 8am- 6.30pm Please ring to request an appointment. For routine tests and appointments, please wait for the Surgery to contact you. Check our surgery website below for useful up to date information, including Covid, useful contacts, latest developments and treatment available. www.lostwithielmedicalpractice.nhs.uk

LOSTWITHIEL MEMORY CAFE: This is held fortnightly, Wednesdays 2-4pm, in the Oasis rooms at the Community Centre. For all those affected by memory problems, Alzheimers etc, including partners and carers. A safe, relaxed social setting, with refreshments, memory and enrichment activities, and separate session for partners and carers to share advice, experiences, information and support. For information contact Martin Austen martinausten@gmail.com **01208 872 490** or just call in. **AUGUST Dates: Weds 2nd, 16th and 30th 2 – 4pm.**

CORNWALL BEREAVEMENT SUPPORT: For a list of charities and services providing support for those who have lost a loved one (from any cause and at any age) see www.cornwallbereavementnetwork.org. To speak to someone about emotional support available ring **01726 829 874** 10am - 6pm including weekends. For support with the process and practicalities following a bereavement ring **01872 252 713** 9am-4pm Monday – Friday.

HEALTH & MENTAL WELLBEING SUPPORT: abichanning@nhs.net Contact Abi Channing for advice and link to specialist services (eg bereavement counselling, mental health support, volunteer befrienders).

CORNWALL NHS 24/7 MENTAL HEALTH SUPPORT LINE : 0800 038 5300 This service is there for everyone.

CITIZENS ADVICE, BODMIN – Ring 0800 144 8848 Mon-Fri 10am-4pm www.citizensadvicecornwall.org.uk Based at The Old Library, 10 Lower Bore Street, Bodmin PL31 2JX Drop in available Tuesdays 10am-11.30am Disabled Access but no disabled parking. For help or advice, please contact our team by texting the word **ADVICE** to **78866**; we'll call you back within 48 hours (excluding weekends) or ring **0800-144-8848** Monday-Friday 10am-4pm

ST AUSTELL FOODBANK - If you ring or email them, they will talk you through your situation and put you in touch with a local agency for referral. Tel: **01726 65313** Email: info@staustell.foodbank.org.uk www.staustell.foodbank.org.uk for general info or to set up a cash donation.

CORNWALL COUNCIL - Ring 0300 1234 100 or see their website www.cornwall.gov.uk for council services available, and to sign up for their useful Keep Cornwall Updated email newsletter.

MOUNTCHASE PHARMACY, FORE ST, LOSTWITHIEL Ring **01208 872 368**

CARRIAGE WORKS DENTAL PRACTICE - Ring **01208 873290** or email enquiries@lostwithieldental.co.uk

PELYN VETS - 01208 872 254

VOLUNTEER CORNWALL - 01872 265 305 For volunteer befrienders.

SILVERLINE- for older people Ring **0800 4708 090**

Lostwithiel Bingo Fundraisers.

SATURDAY MARCH 30TH.

EASTER COFFEE MORNING.

Church Rooms. 10 am - 1pm.

Lots of yummy cakes & savouries plus homemade soup for lunch.

Tabletop sale including homemade jams, marmalade and chutneys along with our usual table full of cakes and savoury items.

Added to this will be jewellery and other craft items plus a Raffle.

SATURDAY MAY 25th.

COACH & BARGE TRIP

Adult £40. (Barge £22.Coach £18) Child 3-13.yrs. £30

I am organizing a trip on the Horse Drawn Barge on the Tiverton Canal.

As the horse pulls us along the stunningly beautiful and tranquil Grand Western Canal and Nature Reserve keep a lookout and you might see some kingfishers along with other wildlife.

This trip is available to everyone.

Pick Up St. Austell 9am. St. Blazey. Lostwithiel 9.30 a.m. Liskeard 10.a.m. Anyone wishing to book contact Joyce 01208 872807 or Facebook before March 28th please.



Hot Buttered Baps

Sausage	£3.50
Bacon	£3.50
Sausage & Egg	£4.00
Bacon & Egg	£4.00
Sausage & Bacon	£4.50

Homemade Beefburgers

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Builder's Burger	£7.00
Chicken Burger	£5.00
Halloumi Burger	£5.50
Fish Goujon Burger	£5.00
Hunter's Chicken	£6.00

Wraps

Breakfast Wrap	£5.50
Sweet Chilli Chicken Wrap	£6.00
Halloumi Wrap	£6.00
Cheese/Ham Salad Wrap	£5.00
Falafel Wrap	£5.50

Hot Buttered Baguettes

BLT	£5.00
Sausage & Onion	£5.00

Sandwiches

Ham or Cheese Salad	£4.00
Bacon	£5.00
Sausage	£5.00

Cheese Toasties

...add Ham	£5.00
...add Blue Cheese	£5.00

Fries or Chunky Chips

	£3.00
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Cheesy Chips

	£3.50
--	-------

Full English Breakfast

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Light Lunches available

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FOWEY VALLEY
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Drum Roll Please...

We've just had the first taste of our 5 year old cider brandy (it's actually Cornish Calvados but were not allowed to call it that) and it's really, really good Geraldine our chief taster has just written the notes for the back labels we are about to print and she says- "Golden-amber in colour with dark chocolate and toffee on the nose. On the palate caramel and a hint of liquorice and pepper. A long warm finish. Our after-dinner Brandy."

And that describes it perfectly. Not available for sale until the labels come back from the printers- middle of April. But if you come along to the shop even before then we can give you a taste.

Our big secret however (don't tell anyone!) is the whisky project. Last year we found a lovely Cornish barley 'Cornish Gold' and we've been working with our friends at Castle Brewery to ferment it so that we can distil it twice and lay it down in our 50 litre European oak casks that have been lightly toasted. We had a taste last week on its first birthday and it is everything we'd been hoping for. OK we aren't allowed to call it whisky for another two years but if enough people tell us they like it we might release a few early bottles and maybe just call it Single Malt or something.

Whilst we're talking about our lovely spirits, I presume everyone is fed up of me talking about our Golden Sipping Rum and our Sicilian recipe Limoncello. These are both now available in the shop and online in 250ml and 500ml bottles. On the food front the last few months have been very busy with our two new flavoured oils. A Hot Chilli and a Smoked Chorizo (both vegan) available at all the best local shops and of course from us.



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SKIMMING ✿ RE-POINTING ✿ RENDERING

Fowey River Lions



Marie Curie Collections

We were out collecting to help Marie Curie on a wet and windy start to the weekend, in Fowey, in early March. Thank you to all of you who generously gave to this worthwhile cause. All the money you donated and we collected on those two days will be match funded by a business donor.

Bingo Night – Coming Soon in Fowey

Wednesday 17th April, eyes down 7.30 at Haveners, Town Quay, Fowey. Our grateful thanks to Lee at Haveners for his support. If you have not booked already please book in advance on 01726 834591

Easter Eggs

Thank you to all of you who supported our popular Easter Egg appeal. The draw will have taken place over the Easter holiday and we hope those successful will enjoy their chocolatey treat. The money raised will go to Lions charities, locally, nationally and internationally.

Donations

Lions is all about helping others, whether in need, through no fault of their own, due to environmental or political consequences or to promote future benefits to individuals, communities or charities. We hold several fund-raising events during the year to support these causes and are grateful for the community support. This month we have approved several projects or individuals to receive some funding. We are pleased to announce that we have made donations to the following:

Activity Alliance, a small charity that helps disabled athletes reach their potential. Their vision is "that disabled people are active in sporting and physical activities so they can achieve their full potential." They arrange Regional and National Games for young athletes, this year to be held, in Coventry, in early July. We were please to support this charity.

Lions of Finland, an international appeal to build and provide wood running stoves to the people of Ukraine. Custom made stoves have been designed by Fins and are being manufactured in Finland. Lions clubs internationally have been asked to support this appeal and we are pleased to be able to contribute.

Two local people in our Fowey River Lions catchment area had appealed for our support. Both were raising some of the funds themselves and the Lions were able to add to their appeals. It is always heartwarming to us when we receive a reply like his one – "Thank you, from the bottom of my heart. I don't know what to say, just happiness in abundance to you all! ". We wish both these people well as they go forward.

Ukraine Appeal

Another consignment will have been transported to Poland at the end of March. We will update you on further trips in due course.

Community Help Needed

Are you interested in helping your community and happy to get "stuck in" with fundraising and volunteering activities? You have seen what Fowey River Lions do, fundraising, helping the community by making donations and supporting other groups. We are looking for new members. Without your support the club may have to close and with it all the local activities and grants that it provides will be lost to the community. If you are interested come and see what we do. Please join us on Monday 8th April 8pm, upstairs at the Ship Inn, Polmear, Par and find out more about what we do and how you can help. Or contact us as below for further information. We cover Fowey and Polruan and all the villages on both sides of the River Fowey up to and including

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Lostwithiel. Our area includes all of Tywardreath and Par on the Fowey and Tywardreath side of the main railway line at Par. We look forward to welcoming you.

President: Lion Steve Jones Secretary: Lion Lynn Goold
Treasurer: Lion Ruth Rowse
email: foweyriverlions@gmail.com
facebook: foweyriverlions Tel: 0345 833 748

Lostwithiel Environment Action Forum

Tulip Tree (*Liriodendron tulipifera*)

As many long term residents will know, Lostwithiel once had quite a famous Tulip Tree. It grew in the garden of Miss Francis Hext, who lived in Queens Street. The land behind her house between Shute Lane and Tanhouse Lane was her garden. This is where the tree grew and flourished until 1999.



"The tree was a source of great pride and joy to the people of the town" (Quote from Barbera Frazer's book. *The New Book of Lostwithiel*)

Eventually, the garden was split up and sold for development and the house, plus the bit of garden containing the tree, was bought by a Dr McCurdy. It is believed that Francis Hext planted the tree in or around 1880 and it reached 29m in height. Eventually, Dr McCurdy, as the owner and now responsible for its safety, felt that the tree was becoming a hazard in its current position and after some debate, it was felled in 1999.

Arrangements were made by a Mr Paul Brewer for a section of the trunk to be kept and this can still be seen in the Lostwithiel Museum. But, for those wishing to see a live specimen, there are several healthy trees growing in Second Island Park.

The Tulip Tree is one of two species belonging to the genus *Liriodendron*, one North American and one Chinese. The most common, including the Lostwithiel Tree, is a native of America and was introduced to Britain before 1688 and is recorded as being cultivated by Bishop Compton (Bishop of London from 1675-1713) at Fulham around that date. There is another early record of a tree at Waltham Abbey in 1745 which was recorded at the time as 96ft tall and 9ft in girth. In America it can reach 150ft to 190ft and in the UK has reached over 100ft. The tree is related to Magnolia and once over 1m in height is quite hardy and very fast growing, particularly in the South West where it can reach 20m in 40 years.

Rod Pomery Dip.Arb.RFS

Rod is a valued member of LEAF and advises on our tree-planting programme.



OUR AGM AND NEXT SCREENING OF THE SEASON WILL BE ON

THURSDAY 25TH APRIL 2024

IN THE LERRYIN MEMORIAL HALL

The AGM will start at 7.00pm (Bring your own refreshments)

FOLLOWED AT 7.45 P.M.

BY THE FILM "HIT THE ROAD"

TO JOIN THE LERRYIN FILM CLUB OR TO COME AS A GUEST

PLEASE CONTACT SUE ON 01208 871513

Local Musician **Tony Taylor** has written a book of his *Exploits in the music business in the 1960's to 70's*
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