

The Golant Pill

taken every two months...

Nonagenarian Pill!



'The End of an Era'



'Peter Pill Pulls Punters'



'Yeghes Da!'



'A VIP Visitation'

Village life, as recorded on the covers of every tenth issue from 10 to 80...



'A Day to Remember'



'Diamond Issue'



'Bells at the Boathouse'

...and we have now reached our **90th Issue!**



'Lifting the Spirits'

FROM THE EDITOR

Where did the last fifteen years go? For our 90th issue of *The Golant Pill*, I have selected a picture from the covers, with the headings, of each of eight earlier issues, annotated accordingly from the 10th to the 80th; a reasonably comprehensive representation of our village life, despite the Bishop of Truro appearing twice, a very rare occurrence!

It is again pleasing to have a good mix of articles, and especially lovely to have received a report from 7 year old Evan Jenkinson (*page 3*), so three generations of this family feature in this issue! There have been a number of village children in the past who have contributed to our newsletter, the first being Alice Hunter, who began her *Sandbanks* page when she was just 10 years old. As she is now a qualified doctor, it reinforces the speed of time!

Another very welcome contributed article describes a very worthy charity fund-raising event for Breast Cancer, undertaken by two of our village stalwarts, Louise Jordan & Donna Hayes (*page 10*).

On page 6, you can read a rather extraordinary example of life's coincidences, involving a wedding, a village school and two Golantians. I'll say no more...!!

Meanwhile, one of the very few events that have been able to take place in our village during Covid restrictions is revealed on page 11, reported by the organiser, Michelle Robins, and is an example of vital life-saving.

It is a shame that we cannot cover her Christmas Market & Boat Lights in this issue. The date lies outside our publishing time. It may indeed coincide with the distribution of the printed copies!

All these welcome extra articles are in addition to those regular contributions sent in for every issue by a dedicated team of writers, most of whom began in our very first copy in 2006. We thank you all; our newsletter would be very boring and sparse without such input.

As Christmas is nearly upon us, I am again throwing out the annual 'Christmas in Bloom Challenge' for any avid gardeners- details are on page 6.

Just look at this Calendar of Events (*p18*). Wow!!

And finally, the *Pill* team send all our readers seasonal greetings (in Cornish & English)-

Nadelik Lowen ha Blydhen Nonydh Da

(A Happy Christmas and a Peaceful New Year)

Gillie Harris

PILL POSTAGE RATES

We are delighted that we are back in print, and many thanks to Gillie and Mike, to Roy at *Palace Printers*, and to the whole *Pill* team for their continued hard work.

Postage costs continue to increase, and you will see on page 17 the new rates for those who have requested copies to be mailed to them. Over the years we have had requests at various times of the year, and the whole system has now become needlessly complicated. We are therefore going to have one starting date for subscriptions by post, which will be from the February/March issue, and the annual subscription will therefore include all copies of *The Pill* that are produced in the year 2022.

Thank you for your understanding.

Simon Funnell, Chairman

Meet and Greet

One of the mainstays of Golant village life is back this year – Meet and Greet at the Village Hall – Sunday 12th December. Write it in your diary, NOW! Meet and Greet is a totally *informal* gathering of villagers to welcome newcomers to the village (well, that's the excuse). We missed it last year (Covid) but a small group of us have resurrected the occasion (not true, Doc Skerrett told us we had to!). 12 noon start, and if you are still there at 2.30pm you might be helping washing up. If you require 'solids' before the event, why not join Nick and his Elves at *The Fisherman's Arms* for Xmas Sunday breakfast (9.30 to 11 am same day) or even stagger down the hill post Meet and Greet to sample the evening *Fisherman's* Fayre and the start of the pub's 'Twelve Days of Christmas menu'. To the initiated : PLEASE spread the word and encourage newcomers who might not yet be on the Golant super broadband village network to attend and have some fun ; to the uninitiated : we all bring a 'bottle or two' PLUS SOME NIBBLES/TAPAS/CAKES/PIES/ YOU NAME IT!

This event, of course, adheres to the Government guidelines and rules on Covid restrictions as best we can – an update prior to the event will be posted closer to the time.

Any questions or queries to jeremyloydevans@gmail.com.

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With our current focus on Golant and Farming, and being keen to involve the village children in the project, we recently arranged for them to visit *Leyonne Farm* (thank you so much Bridget, Martin and Beth!) in order to see for themselves a little of how a dairy farm works and how cows are milked in modern times. The visit coincided with TB testing, another important happening on the farm. (Please read Evan's wonderful account of the visit opposite.)

A return visit is planned for February half term during calving time, and will be followed up with activities designed to discover how milking (in Golant) has changed over the past hundred years. Photographs recording our visit can be seen on our Facebook page and as a featured item on the home page of our website: <https://golant.omeka.net>

It is very rewarding when the work of GHG reaches out to others. Ian's commitment to keeping the website current and Sue's extensive research into the village house history have once again come into their own. Mike Palmer, author of a book 'S.O.E.-CD.1 The Life and Times of Sir Frank Nelson' (Director of the secret British wartime (WW2) organisation called the Special Operations Executive) recently made contact via the website regarding his work on constructing a full evidence based history of Frank Nelson, who is known to have lived in Golant during the 1930s and for a few years after the war ended. Mike wished to confirm that Frank rented Little Cottage from the Paget family who also owned Quay Cottage, as he had been unable to locate Little Cottage when he had visited the village. Not surprising, as it is now known as the *Old Cider House*. Sue was able to match her findings with his, and between them they have plugged a few more gaps in their individual research. Thank you, Penny and Greg, for welcoming him on his recent revisit and for sharing what you know of your house's history.

We now have the U Turn Round post in our possession, and our next task is to select and upload two minute snippets from our various oral history recordings.

We are also planning an interpretation board for the reverse side of the revised village map, pointing out significant places of interest and explaining the story behind the human sundial. Both are to be sited near to the sundial, and with the agreement of the Parish Council, we hope to make this end of the Green an interesting place to linger.

Penny Parsons
p3parsons@yahoo.co.uk

Golant children are amazed at local dairy farming

**Evan Jenkinson (Age 7)
Farming Correspondent**

On the 26th October 2021, Golant children and I went to a dairy farm to see cows being milked. This was kindly organised by Golant Heritage Group.

We arrived at Leyonne Farm and went to see the cows being milked in the parlour. Then we stroked a black, friendly cow. Next, we helped with the TB testing, putting numbers into a data logger. We went down to see the pigs and horses, and then we saw the slurry pit! We finished our visit, saying hello to the chickens.

I was excited to milk the cows by hand and machine. I drank some milk straight from the cow's udder, it was sweet and yummy! Then I wondered what would happen next, and I saw an angry bull! I chased the little piglets in their field, they were so cute. The horse was sniffing my little sister, and she found it very funny.



Photo by Kay Taylor

I am looking forward to going back to watch calving in the spring. Thank you to Penny Parsons for organising this trip and inviting us along.



This is me at the slurry pit/Photo by Mummy



Ella Collins drew this lovely picture of her visit to the farm, and Claire Lower took this happy photo of the smiling, albeit rather wet, group!



CL

NEWS FROM ST SAMPSON'S CHURCH

Thank you for such a generous response to the Harvest Festival appeal for dried goods for *St Petroc's*. The many items were safely delivered, and, in addition, Penny White was able to send a cheque for £283 to this excellent charity.

The **Harvest Festival** service was well attended, and the simplified and slightly shorter version we used (in order to be Covid safe) found universal approval.

On Sunday 14th November, on a remarkably mild autumn morning, many villagers stood at the War Memorial for the **Act of Remembrance**. Millie van den Broek read the names of those from Golant who had lost their lives in the service of their country, Robin Anderson read the Exhortation, and Mike Harris the Kohima Epitaph. The handbells, as has become the custom, played *The Last Post* before the two minutes silence, and then *The Rouse* to mark its end. We are very grateful to the Reverend James Funnell, who presided at both the outside service and the Communion service in the church. Although it is still difficult to have choir singing, Sheila played *Nimrod* on the organ, and the congregation sang *I Vow to Thee, My Country, O God, our Help in Ages Past*, and, on this important day, *The National Anthem*. The collection at the service raised £186 for the Royal British Legion.



Choir practices continue, and we hope to have begun in a small way by singing at the Advent Sunday service. We are very aware, however, of the ease with which Covid can spread when singing, so we shall continue to take small steps only back to normality. One such step has been the decision to open the church daily between 10.00am & 3.30pm.

We would very much like to offer the village a carol service this Christmas. To this end, we are proposing to hold two carol services, as socially distanced seating means that we can only have limited numbers in the church at one time. We are therefore planning a shortened Carol Service on Sunday 19th December, when

there will be carols on the handbells, by the choir, and congregational carols, interspersed with the traditional Christmas Nativity readings. We shall repeat this service on Christmas Eve, so that villagers have the opportunity to attend one of these events. Both services will be at 4.30pm, and seats must be reserved. I will send round a Maurie Mail with details of how to reserve a seat in early December. The Christmas Day service, at 9.30am, will also have to be by reservation only.

I must stress that there will be socially distanced seating at all these events, and the carol services will be well under an hour. We hope that we can give that Christmas feeling without compromising the safety of villagers. Obviously, if December sees a marked rise in infection, then we will have to revise our plans.

Let us hope, however, that we can enjoy listening to and singing carols in our church once again this Christmas.

Simon Funnell



CHRISTMAS SERVICES

Sunday 19th December at 4.30pm

Carol Service

*Handbells, Choir & Congregational Carols
with Traditional Readings*

Christmas Eve at 4.30pm

Carol Service

*Handbells, Choir & Congregational Carols
with Traditional Readings*

Christmas Day at 9.30am

Family Holy Communion

NB: No service on Sunday 26th December

CHURCH CONTACT INFORMATION

Churchwardens

Greg White (01726 832315)
Simon Funnell (01726 833343)

New & Second-hand Nautical Books

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Sub Editor/Secretary	Mike Harris	833897
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Treasurer	Tony Strachan	833259
Typesetting	Gillie Harris	833897
Graphics/Advertising	Karen Wells-West	832104
Distribution	Jacky Fletcher	832615
Parish Diary	Penny Parsons	832727
Production	Robert Dunley	832807
	Simon Funnell	833343
	Sheila Funnell	833343
Golant Pill Facebook	Robin Anderson	832370
	Penny Parsons	832727
Golant Website	Debbie Pugh-Jones	07984630662

The committee meets regularly under the terms of the constitution which was adopted when the newsletter was first issued in 2007.

The Editorial Team reserves the right to reject material or comments considered to be inappropriate or offensive.

Views & opinions expressed in *The Golant Pill* may not be necessarily those of the Editorial Team.

We are a local garden landscaping company focused on designing, constructing and maintaining gardens to the highest standard with a professional service at competitive prices.

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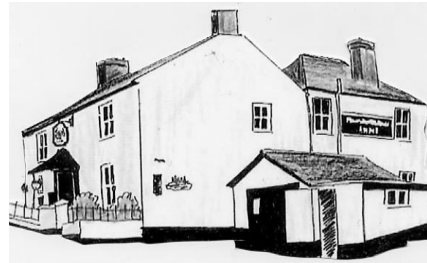
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From an original drawing by Karen Wells-West



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Pill Paparazzi in this issue

RA	Robin Anderson
AB	Anne Bonsall
GH	Gillie Harris
CL	Claire Lower
GP	Gill Paull
KW-W	Karen Wells-West
PW	Penny White

GOLDEN WEDDING ANNIVERSARY



Marcus and Sheila Read were unable to celebrate their 50 years of marriage recently, as Marcus was unwell, but due to one of life's amazing coincidences, Sheila has asked us to write a little piece about their wedding.

They were married in September 1971 at St Matthew's Church, Blackmoor, in Hampshire. Sheila had been a pupil at the original Primary School building there, and quite extraordinarily, Mike became the Head Teacher in 1972, just a year after Marcus & Sheila's wedding!!

St Matthew's C of E Primary School had been moved to its new site in 1964, so this was after Sheila's schooldays, but on sharing information and memories with us, we found we knew a number of the same staff and villagers, including the vicar who conducted their marriage. He was for many years one of Mike's school Governors.

Blackmoor is a fascinating village, and as a celebration of the Millennium, their Archive Society published a lovely book on it and its people, which we have, and Sheila, on borrowing it, discovered a photo of herself in a school play! She is now on the hunt for a copy...

So in congratulating Marcus & Sheila on their Golden Wedding Anniversary, a host of new memories and many stories have been shared – a wonderful experience.

Gillie & Mike Harris

3 Little Maids from School are we...

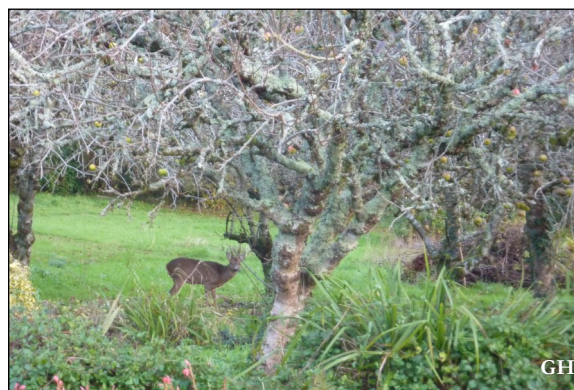
Spotted recently by Gill Paull (who suggested this heading!) at her dad Clarence's - 'Whitenut', back with two of her female pheasant companions of our recent 'Hen Party Diaries' fame!



GP

Cervine Apple Scrumper

This deer, often with one or two companions, has recently been regularly scrumping the windfall apples in the little Cornish orchard section of our garden!



GH

Gillie Harris

Christmas 2021 Annual INBLOOM Challenge

This has been yet another rather strange year for plants blooming out of season. I note that I wrote an almost identical sentence in last year's Challenge announcement. We have had odd Primrose plants in bloom all of this year around our garden, and once again, our *High Hat* Camellia has begun to flower 2-3 months early!

Last Christmas, we managed to record 58 different varieties in bloom in Golant, though the upper end at Torfrey did far better than down in the village, for some reason. Barring very heavy frosts, which we still have not had so far this Autumn, we could achieve a good number again this time.

So, here I am again with our annual challenge, and we welcome all keen gardeners who would like to take part. I try and collect my flowers on Christmas Day (unless it's really bad weather), but a day or two before or after is fine.

It would be really good if you could take a photo, and if possible identify them. Please send the entries to me at thegolantpill@gmail.com by the next copy date, 23rd February.



Penny White's collection last year

Gillie Harris

Fowey Harbour Heritage Society was formed in 2012 to promote the heritage of the Fowey area and to encourage more people to enjoy its rich history.

As well as our programme of talks and events, we make grants to heritage projects and work with other organisations to promote the heritage of the area. We support regular guided walks of Fowey, Polruan and Looe between Easter and October.

Membership costs £15 or £25 for two adults at the same address. An application form, and much else can be found at our website at www.foweyharbourheritage.org.uk

Face to face meetings: Members £5 each (non-members £8)

Zoom meetings: £5 per screen for members (£8 non-members)

All meetings will follow the Government guidelines in force at the time so may be subject to change.

7.00 pm Saturday 11th December via Zoom

'The Vikings in the South West'

Talk by **Derek Gore**

An examination of the written and archaeological evidence of early Scandinavian activity in the region from ninth to the eleventh centuries, with particular reference to Cornwall.

Now retired, Derek was previously teaching in the Department of Archaeology at the University of Exeter.



7.00 pm Saturday 22nd January via Zoom

'Cornish Church Benchends'

Talk by **Dr Todd Gray, MBE**

Cornwall has one of England's two great collections of medieval carvings but these benchends remain largely unknown. Dr Gray will examine these distinctive carvings.

Dr Gray is a distinguished historian who has written widely on Devon & Cornwall.

Golant Walking Group

It was a glorious day in mid October when we assembled by the car park in West Pentire. In the wake of our leaders Jeremy and Becky, we headed off towards the cliff path and Porth Joke. As we turned south towards Holywell, peeling off layers under a bright blue sky, we marvelled at the sparkling sea views. We looked across the expansive Holywell beach but somehow missed the route through the dunes, (so avoiding strength sapping steps). Instead, from above the beach, we followed an easy path across The Kelseys, back towards the car park and the pleasure of cold drinks on the cliff top overlooking the sea and coastline. *(Right)*

Our second walk in October was an easy stroll along the Camel Valley trail between Bodmin and Wadebridge. A flat 'there and back' walk on good paths, it provided an opportunity for walkers and dogs of all ages and abilities to enjoy walking in good company in a sheltered, scenic and non challenging environment. This walk becomes especially attractive when you discover the 'railway café' and its excellent coffee. We did share the route with some cyclists – all of whom were pleasant and none of whom gave us any cause for concern.

Deerpark Forest was our venue for an early November walk. An overcast day, rain threatened but knew better than to fall on Golant Walkers! We enjoyed a delightful walk of just short of 3 miles on well made paths where open woodland afforded good shelter. Towards the end of November we return to Cardinham Woods where Becky and Sue offer a choice of two walks and the opportunity to meet up at the end in the very attractive Woods Café. Deerpark and Cardinham, being not too far away and with good paths and woodland shelter, encourage us to walk no matter the weather.

We look forward to our last walk of this year, the very well known 'Hall Walk' which offers two ferries, wonderful views and comforting coffees in Fowey.



AB



Annual General Meeting – Postponed Again!

After assessing the number of members who expressed a wish to attend a face-to-face AGM in the Village Hall, the Committee decided there were insufficient to justify bringing the planned speakers. So, it was decided that we would postpone the AGM, and combine it with a Spring Get Together (SGT) next March. Sadly, we have now had to postpone the last three get togethers, so we will ensure that we find a way to have the 2022 SGT in a format that will encourage maximum attendance. Border Force were to have come to speak at the AGM, and they have agreed now to do this in March. We will also have the Harbourmaster and Police reports then.

A key item on the AGM Agenda is the raffle for the David Parry painting. David has again generously donated a beautiful original artwork. Here it is:



A good third of our funding comes from the raffle of one of David's paintings or prints. With the SGT in 2021 being cancelled, we have not had much opportunity to sell tickets for the raffle, although we did sell some at the Boatwatch Hut reopening. Tickets will be on sale at the SGT, but we need to take into account the fact that some people who would like tickets may not be able to attend that event. So, when we send round the reminders for renewal, we will include the option of buying tickets for the raffle by adding extra to the subscription. It is a lovely painting, so remember – you have to be in it to win it!

The membership renewal notices will be sent out soon for the new membership year starting in January. If you are not a member, it would be a great time to join Boatwatch and be able to get your 10% discount at the chandlers (in time to buy that expensive antifouling!) and to be able to enter the raffle for the David Parry picture. Membership details are on the web at <http://golant.apps-1and1.net/village-life/golant-boat-watch>

Boat and Engine Security

Many of us by now have removed our boats from the river. Some are in the Pill, some stored elsewhere. Wherever they are, do consider if they are secure against theft. If your boat is on a trailer, have you ensured that the trailer has a lock or have you removed a wheel to make it difficult (impossible) to tow away? Two kayaks were stolen from the racks at Caffa Mill in Fowey recently. Their securing chains were cut. So, thefts can happen in the area, and we must all be vigilant. Similarly, if you are leaving an outboard on your boat, do ensure that you have a photograph of your engine and serial number, and that it is locked with a good quality engine lock.

Golant Boat Lights

So have a good, safe winter, and let's look forward to the Spring Get Together in 2022. But before that, Dec 3rd is Golant Boat Lights and Christmas Market. So please, all of you with boats in the Pill, let's make the village sparkle!

David Bonsall, Chairman, Golant Boatwatch

Golant Quay Users Association

Well, here we are again at the end of another boating season. As the nights are drawing in our members are bringing their boats into the Pill and onto their berths, and hopefully many will be decorated for the festive season.

The pipes to the stream entering the Pill at the northern end have been cleared of the debris build up, so hopefully when we do get a downpour it won't flood across the track. We are investigating suitable berth number markers, that will hopefully stay in place this time, and we will get some more signs for the Bridge area to try and encourage visitors not to use those frapes. The planned Pill clear up has not yet been actioned and will now take place in the spring and we will be asking for volunteers to help.

The derelict boat situation is ongoing, with progress being made, but it's not a quick process. However, we are in constant communication with owners, and slowly but surely we are making progress.

Seasons greeting from the GQUA Committee

Ian Barker and Peter Edwards

If anyone spots a problem on the river, please contact one of the following:

Harbourmaster's Office

01726 832471

(out of office hours transferred to Duty Officer)

David Bonsall (Boatwatch)

01726 834458

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Village Hall Committee

You may be wondering what is going on the Village Hall in the next few weeks. Well, we have an offer...

La Soupe Populaire

A monthly soup date has resumed in the village hall, with the option of a home delivery if preferred. During lockdown, we were able to utilise Government funding which is no longer available. However, the committee wish to continue providing a variety of soups at a charge of £3 per person to cover costs for either the hall or a home delivery. It is a lovely chance to catch up with other villagers. There is no washing up for anyone, as the kitchen now has a brand new dishwasher and happy helpers.

A date for your diary is Wednesday 8th December when we will be repeating the popular **Christmas Soupe Populaire**, with the village hall decorated and David Bonsall's excellent Christmas music to get us all in the Yuletide mood. Family & friends visiting villagers are welcome, but booking is essential. Please book either for the hall or a home delivery via Carol Gabb (01726 833557 or cagabb23@gmail.com)

CFylm

As from January, we will be re-joining CFylm and hope to bring you a good selection of films to entertain you over the winter & spring months. If anyone has a film they would like on the programme, please do not hesitate to contact Carol Gabb (01726 833557 or email cagabb23@gmail.com)

The last free-of-charge film will be on Sunday 19th December at 2pm, and is a showing of *Fisherman's Friends*, hopefully with accompanying audience participation as the songs hit the screen. Please book with Carol (details above).

Nick Budd is going to offer a special menu which will have a meat, fish or vegetarian main course on film nights for villagers, with a dessert and/or a nightcap following the film.

Coffee Mornings

As usual, there will be a coffee morning on the first Friday of the month in 2022 to mix with more friends, at a price of £1. No booking is necessary. If you would like to know more, do ring Fayre Hardy (01726 833380) or look at the Calendar of Events on the back page of *The Pill* in this edition. If there are some booking slots available, we might fit some afternoon events in.

The Village Hall Committee members would like to thank the wonderful volunteers & Golant residents for their support throughout 2021. We hope to see you in the coming New Year for more events. Merry Christmas to you all.

Advertising Rates

There are three sizes of advertisement available to you in either vertical or horizontal form.

Please note: The size may vary to fit the space available, but will be the same square area as far as possible.

A **65mm x 60mm**
@ **£40 for six issues**

A+B **130mm x 60mm**
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Additional £15 for colour for all sizes.

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An invoice will then be sent to you by Karen Wells-West.

Alternatively, send your artwork or copy as required, together with an appropriate crossed cheque made out to
The Golant Newsletter

to Karen Wells-West, Bloweys, Downs Hill, Golant, PL23 1LJ

Some Cornish Proverbs

Good health is a merry meal.

Clean the corners and the middle will clean itself.

No catch 'ee, no 'ave 'ee.

Everybody do know what to do with a kicking horse except he that got un.

A change of work is as good as a tich-pipe (a rest).

Clear as you go and you'll never be in a fouch (a muddle).

Taken from 'Jan Bedella's Fiddle' by Kathleen Hawke

Cornish Dialect Names for Animals & Insects

Ant - Muryan, Emmet

Bat - Airymouse, Flittermouse

Ewe - Yaw, Yow

Hare - Scavernick, Scavarnog

Ladybird - God's Cow

Mole - Moldwarp

**Pasture
fed beef**



You are welcome to visit the farm.

Please visit our freezers by the farmhouse - they will be signed.

Prices are posted so put money in the box.

Leyonne Farm Produce

We are offering our home-reared produce for sale (while stock available)

Beef, Pork (some bacon and ham), Eggs

Boxes of fresh meat available to order twice a year.

Or phone ahead and we'll find it!

On the right as you go down to Golant

Tel. Bridget or Martin on 01726 833068/ 07854 735205

Breast Cancer Now Walk

Firstly, we (Louise & Donna) would like to say a huge thank you to the village folk of Golant for really getting behind us with support for the **Breast Cancer Now** walk for October. It has just been inspiring how much people have been donating. It definitely kept us walking.

A bit of back ground for you all- Louise and I were doing our usual walk on the Downs with the dogs when she mentioned that she was signing up to walk 100 miles for Breast Cancer during the month of October to raise money, and would I like to join her. What fun! Of course I said yes, not only is it a great charity but we both love walking. We quickly realised that as we walk so much, to us 100 miles was not much of a challenge, hence why it changed to 200 miles for October!! Ok, now that really is a challenge with all these lovely hills in Cornwall.

Here are a few excerpts from Louise's walking updates from facebook:

“So, one week in and currently on target with the mileage. I'm aiming for 6.5 miles a day to keep on track for the 200 by the end of the month. It's quite time-consuming clocking up the miles every day, but so far the weather has been kind and every day has been beautiful. Today's walk was mainly at *Lanhydrock House*, a National Trust property with amazing grounds; certainly wore Maggie out!

Mid walk with just over 150 Miles done!!! A few laps of *Cardinbam Woods*; a nice change to walk mainly on the flat! So, 9 days left and 50 miles to do

I can't believe what's been raised so far- thank you- 😊 with the money coming in it really has kept us walking rain or sun.

Day 26 - 175 miles done. Just under 25 miles left to do and 5 days to do them in! Donna & I had a lovely walk into Fowey today for an appointment with a pain au chocolate and a hot chocolate then walked back again. 6 miles, and it was mostly dry and sunny except for a little bit of Cornish mizzle!

And Finally... We finished! Our 200 hundred mile walking challenge is finished - yay! Thank you to everyone that sponsored us and to Donna for joining me and going along

with my 'bright spark' idea of doubling the original challenge from 100 to 200 miles. 🌈

Most of the miles were done locally and anyone that's visited me or lives here knows how hilly it is, so it was a real effort some days!

Thank you to our welcoming party on the Green tonight and to all you generous people that have donated to this amazing **Breast Cancer Now** charity. Between us we have raised nearly £1800.00 so far!



Now for a lovely glass of wine.” 🍷

Louise Jordan & Donna Hayes



Golant Wassail – January 1st 2022

Put on your coats and boots and blow away those cobwebs!

A great way to start the New Year!

Join our merry band of wassailers as we wend our way through the village to visit prearranged orchards, in order to 'bless' the trees and to wish for a good crop of apples in the coming season.

For those of you new to this village custom, Golant was once known for its many apple, plum and cherry orchards which graced its slopes, with boat trips from Fowey arranged specifically to view the glorious spectacle of the trees in blossom.

Muster at the Church Lay-by 2pm.

Enjoy a drop of mulled cider and apple treats along the way. . .

Oh, and please bring something to shake, bang or blow!



Grand Finale on the terrace of the Fisherman's Arms

where there will be pork and stuffing rolls (or veggie option) on the menu to soak up the booze!

N.B. the pub closes at 6pm that day.

CPR & Defibrillator Training

A superb turn-out showed up for this important session in the Village Hall on Wednesday 17th November. It was also great to welcome some members of the Rowing Club.

I started the evening sharing a brief personal story of how CPR is so very vital in saving lives. Alice, our 32 year old daughter, now a mum to Albert, nearly two, is a perfect example of a survivor who is here because of CPR carried out by her boyfriend, performing this for over 15 minutes whilst awaiting the paramedics. Perhaps, in our current climate of long delays with ambulance arrivals, it is even more important for us all.

Alan, a highly knowledgeable trainer from The Duchy, the suppliers of our defibrillator, delivered an excellent training session focussing primarily on CPR, and then on how to use our defibrillator. Many questions were asked from the floor, which were a clear example of engagement, and contributed well to the overall learning on how to provide the absolute best chance of saving someone's life.



Donations were given in aid of Fleet, and I'll be arranging a box both at *The Fisherman's Arms* and The Christmas market for those who would like to contribute to this. This training was free of charge, and all voluntarily run.

May I take this opportunity of thanking Claire Heslop, who, several years ago, raised funds to initiate the village defibrillator, and of course our Parish Council who support servicing it.

Many thanks to everyone who supported this event, which I organised on behalf of the Village Hall Committee.

Michelle Robins

Lions 'Message in a Bottle'

During the very good presentation on Defibrillators & CPR, the lecturer produced a 'Message in a Bottle' container, and explained a little about the scheme. It is run by Lions Clubs International which provides people over 60 and on regular medication with a safe & nationally recognised way of ensuring that in the event of them being found unconscious in their home, the paramedics attending can access the patient's medical data.

The small plastic container comes with two unique green sticky labels (one goes on the inside of the front door and the other on the outside of the fridge door). Paramedics are trained to look out for these sticky labels and know to go to the fridge where the container is stored. This contains a sheet of paper with the person's personal medical health details, together with a list of all the medication they are receiving, thus giving them a valuable insight into what the patient's problem may be.

These containers are available to anyone over 60 and on regular medication from Alastair Barr (a member of Fowey River Lions Club). They are free of charge, but a small donation to Fowey River Lions club would be very welcome.

Alastair Barr

The nearest defibrillator location is:

REMEMBER THIS AND YOU COULD HELP SAVE A LIFE

In Golant -
Outside *The Fishermans Arms*

In Fowey -
Readymoney Beach Cafe
Royal Fowey Yacht Club
Royal British Legion- Town Quay
Gallants Sailing Club
Caffa Mill toilets
Safe Harbour Inn

Please write clear location instructions here. Draw a map if it helps make things clearer

- > Always start CPR immediately - then use the defibrillator
- > If a trained first aider is not available, please follow the voice commands given when you open the defibrillator lid (paediatric pads may be needed)
- > Can be used on any adult and on children aged one and over
- > A defibrillator is safe. It will not allow a shock to be given unless the heart rhythm requires it
- > We recommend first aiders take our 3-hour defibrillator training to build skills and familiarity. Visit sja.org.uk/ndf for more information.

Get trained.
Help save lives.
Be the difference.
sja.org.uk

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Nature Notes

It has been difficult to adjust to a winter routine as the weather doesn't seem to have realised that we are in November! Until this week it has been incredibly mild; we are still picking raspberries and strawberries, courgettes and spinach. The annual flowers are still going strong and the leaves have been reluctant to fall - although that has given us some fabulous colour in the last few weeks.

Our new orchard area has put on amazing growth in its first season (although many of them are on the most vigorous rootstocks which will mean they will get pretty big!), and I have struggled with nettles and brambles storming through layers of card, straw and compost and threatening to swamp the new soft fruit areas. So those layers will have to be even thicker next year - maybe carpet might be needed!



The birds stripped all the rowans and other bushes of berries - in record time, but our swallows seemed very reluctant to leave. They had a very late third brood in August (after the second brood mysteriously all died...) and we worried that the chicks wouldn't make it to adulthood before it was time to leave. However, they were either lucky, or extremely clever, as all the brood made it and spent a very warm September practising their aerial twist and turns. Although two were left behind for about two extra weeks, and finally seemed to leave in the first week of October!

Now we have finished for the tourist season, it means being able to get out and about on the water more. The bird life is plentiful now, and very few people are out on the water.



We did find a swan who wasn't well; we couldn't see what was wrong, but tried everywhere to try to get it some help, but disappointingly, no one could or would help, and the next day we found it dead in the same place, with its partner keeping near. More pleasantly, we have seen two seals on the water, but the larger of the two didn't look like Serena, although she may have been moulting (a bit late though). We've sent some photos to the Seal Research Trust to log and possibly identify.



As the leaves are more or less off the trees, David's Wood Group are restarting, so if anyone is interested please get in touch. We are also expecting another batch of fruit trees, so there's always something going on, and any help is gratefully received - with cake and coffee! Fingers crossed we will be able to have our New Year's Wassailing and we can get the new trees in for then and give them their blessing!

Karen Wells-West

An offgrid, ecobuild Bed & Breakfast set in 12 acres of wildlife habitat overlooking the Fowey Estuary

we have 4 ensuite bedrooms, with wonderful views & outside seating on the terrace.

we have no TVs or WiFi, but we do have walks, books, games and birdsong....

we have a meeting room for classes, retreats, small weddings and venue hire - It can also be hired as a self catering suite.

The Sanctuary Cornwall
 The Sanctuary Cornwall
 @SanctuaryCornwall

Contact us
www.thesanctuarycornwall.co.uk
 01726 832104 or 07961 805505

Golant Gleanings

Get Well Soon

We are sorry to report that John Jenkin is in *Treliske Hospital* having had a very bad fall at home. His worst injury is a broken shoulder, and at first, nothing more could be done apart from keeping him comfortable.

John lived with his wife, Dorrine, at *Crosstrees* in Water Lane for many years. Both played a leading role in various aspects of village life but were forced to move to Bodmin because of Dorrine's debilitating illness. John has continued his links with Golant but these have been curtailed in recent times with his deteriorating eyesight & hearing.

John is a recognised scholar of Cornwall, in particular Newlyn, where he grew up. In spite of his difficulties, he has continued to write using his computer. One of his books of which I am especially fond is *Newlyn, a View from Street-an-Nowen*, a superb historical record brimming with interesting facts & photographs.

When we first visited *Crosstrees*, John, a Cornish Bard, was on the phone speaking in Cornish. He used to meet up with a few friends occasionally for a coffee and conversation in Cornish. His small book, *Ranyeth Lulyn*, is a marvellous guide to the Cornish language and how it sits within the way we communicate today. As we say down here: "He's beating up a bit" (93yrs).

At the time of going to press, the latest much more positive news is that John is now rallying, and the medics are now beginning to give him various tests in order to make a recovery plan, which was not a viable option at first. I am sure that those of us who know him will join us in sending John all our good wishes for a speedy recovery.

Mike Harris

GRADS Revue 2022 - Stars Required

Following the runaway success that was the 'Treasure Island' pantomime of 2020, Covid 19 reared its ugly, viral head and so we had a theatrical fallow year in 2021. However, you can't keep tradition at bay forever, so next year will see the GRADS (Golant Really Amateur Dramatic Society) Revue return for a four night run starting on January 26th 2022.

We are looking for Acts to put on for the delectation and delight of the Village. So if anybody would like to perform, we want to hear from you. Any (decent and lawful) contribution is welcome. Past Revues have included comedy sketches, musical interludes, poetry recitals, monologues, hand-bell ringing, dance performances, lion taming and blind-fold knife throwing (no charges were ever brought). Typically, each item on the Revue should last for no longer than five minutes, and the whole performance time runs to about an hour and a half. Rehearsals (such as they are!) will commence in early January.

If there is something you would like to perform for the Revue, please contact either Martyn Hardy or Penny Parsons on the numbers below.

Martyn: 833380 Penny: 832727

Martyn Hardy

An Article from the Cornish Guardian on December 22nd 1922

HAPPY GOLANT. A JOLLY PANTOMIME IN THE VILLAGE SCHOOLROOM

Golant is happy in having its own pantomime, and will be envied by many villages.

"Princess Rosamonde" was produced in the schoolroom on Friday evening and was repeated the following evening by the Girls' Guild, under Miss D Crowther.

From the first appearance of Fairy Sunshine to the end of the panto was one of charmed delight and rollicking humour.

All the principals threw themselves into the fun of everything with refreshing enthusiasm.

The Misses V. Snow, Rundle, R. Mc Donald, E. Tabb, Philp, Mrs G. Hoit and Clara Dyer took the chief parts.

Follow that, Martyn and Penny – will we have 'rollicking humour' in your Revue?!! Apparently Miss Crowther was the Headmistress of St Sampson's School from March 1922 - October 1923, so didn't stay for very long in that position.

Ed.

ST SAMPSON PARISH COUNCIL

Meeting Dates:

My apologies for not letting you know sooner that we had arranged for the next Parish Council meeting to be a week later than normal, on Tuesday November 30th, so that we can squeeze in more business before we take a month off from meetings! Well, what that really means is that there will be no official Parish Council meeting in December unless we have any planning applications to review.

S.W. Water:

I hope that the SWW tanker didn't cause too many disruptive issues for you during their remedial works by the pumping station, and that the carpark is back to normal again.

Open Reach:

Early warning that Open Reach have advised that they may want to close off Water Lane (or parts of it) during January. The date and times have yet to be confirmed. But I will let you know when the information comes through.

Devolving Cornwall Assets:

Following protracted conversations with representatives of Cornwall Council, we have been invited to nominate a firm of solicitors to handle the legal aspects of the proposed transfers. Given that we have waited for many years for this to happen, it would be wrong to get over optimistic. But we have received a 'Heads of Terms' document, and as a consequence have engaged with a firm of solicitors to act on our behalf, in preparation. You never know....it could actually be happening this time?

Mud, Mud, Glorious Mud!

As you might expect, I have received numerous complaints this month about the state of the road from around the toilet block as far as the quay. Part of the problem is the 'run off' from the building site, made worse by the policy of wheel-washing which was part of the original planning approval. Couple that with KIER digging trenches, then you end up with a perfect storm of water, mud and debris, compounded by large wheeled vehicles going back and forth on and off the site. This may be of little comfort....but I am assured that when the 'grey water' tank is installed and the onsite drainage is linked up, then that should limit the water and debris coming off the site. Meanwhile, I am encouraging the Developer to increase the frequency of street cleaning, to make our day to day lives more bearable. So my apologies for all of those who are having to suffer in the meantime.

Car Park Permits:

We shall be debating and then determining the policy on Permits for the coming season at our meeting later in November. I shall then ask our Parish Clerk to upload the revised or updated Permit Policy (if it changes) onto the Parish Council web site for general use. You will therefore be able to print off an application form (for the 2022 season) thereafter. Any current applications on a 2021 application will be held over until the policy is confirmed.

www.stsampsonparishcouncil.org.uk Look under documents, Other.

David Jenkinson
Chairman, St Sampson Parish Council

Stay Safe - Register your SUPs and Kayaks

It has been another incredibly busy season on the water for our team, with vessels of all shapes and sizes enjoying all that the Fowey Estuary has to offer. We have again noticed that there has been an obvious expansion in the numbers of Stand Up Paddleboards (SUPs) and kayaks, not just in the lower harbour, but all the way up river to Lostwithiel and Lerryn.

These craft are easily accessible and relatively inexpensive, and whilst they allow access to the water for a wide sector of people, this comes with some safety concerns for us as the Harbour Authority. Users of SUPs and kayaks can lack experience on the water, especially around weather and tides, which can catch them out. We have had a number of incidences where our Patrol Team have assisted SUPs in the busy lower harbour. Although thankfully there have not been any significant injuries, with the sheer number of these craft on the water, it seems that unless we take some steps to educate and control things it is only a matter of time before an incident does occur. The Harbour Commissioners feel it is time to take early action to engage with these harbour users and reach out to them to provide some safety advice and local knowledge.

From **January 2022**, FHC are launching a safety campaign directly aimed at SUPs and kayak users, which will require all SUPs and kayaks to register with Fowey Harbour before use. They will be issued with an annual licence sticker and harbour dues collected. The owner's details will be captured to provide them with safety information, but also be able to identify their kit if it is found adrift or unattended.

We acknowledge that many SUP and kayak users enjoy exploring the peace and tranquillity of the upper estuary, and these safety concerns are equally as prevalent here where the receding tide reveals mud-flats and the scale of the estuary means people can easily become isolated.

Keep a look out for our *SUP & Kayak Code of Conduct* and please get your kit registered with Fowey Harbour by contacting the Harbour Office.

01726 832471

reception@foweyharbour.co.uk

Captain Paul Thomas

Chief Executive & Harbour Master

(More will be discussed about the situation in the next edition of The Golant Pill. Ed.)

Are you looking for the perfect Christmas gift?

Why not get one of our Fowey Harbour Tide Calendars, filled with beautiful photos of the harbour with tide times included. Cost: £5.50, available from the Fowey Harbour Office, or can be posted for £7.50.

If you haven't got a copy of our book yet, it's a must! Discover all sorts of information about the River Fowey from source to sea. Cost: £9.95, available from the Fowey Harbour Office or can be posted.



'Merry Christmas' at *The Sunday House*

Notwithstanding the ravages of Covid, Martyn & Fayre invite all villagers for a drink and some nibbles at *The Sunday House* to celebrate Christmas on Saturday 18th December. Our door will be open from 2.30pm and close at around 6.30pm (so that anyone who needs to can go straight to the Pub for The Generation Game.)

If you could bring a bottle of your favourite tippie that would be good, but don't worry if you can't.

It's all very informal, so no need for black tie & ball gowns (unless you really want to!)- no stilettos please, as the floorboards can't take them.

No need to confirm your attendance; if nobody turns up I am sure we can clear all the food & drink before Christmas Day. We look forward to seeing as many of you as possible.

Martyn & Fayre Hardy



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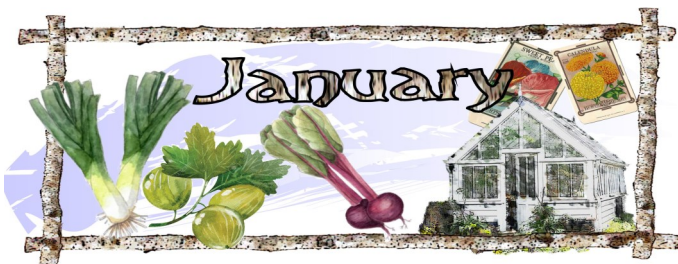
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The headings for the
 December & January chapters in
Uncle John's Gardening Year Book

[*Uncle John's Gardening Year
 & Auntie Paddy's Recipe Book*](#)

These *Golant Pill* publications are usually available in
 the Church, Walter Baileys at Par
 (Gardening Book only),
 or from Mike & Gillie (833897).

£6 each or two for £10 (Mix or Match)

UNCLE JOHN'S GARDEN PATCH

Well, 'tev got to the time of year when it takes a brave effort to get outside in the garden, 'specially if 'tis cold and wet and 'tis nice and warm indoors!! But it don't pay to go stanking around in your wellies because you'm only packing the soil down tight and that will drive out any air pockets, making drainage difficult, leaving the soil cold and delaying any hope of digging the soil over. Oh yes, the only time to go over the ground is to harvest any of the vegetables you've grown and they'm needed for the kitchen.

But a word of warning is needed here, don't ee even think of treading indoors without first taking off they wellies; mother won't be at all amused if'n you do!

'Tis quite nice to get in the greenhouse when 'tis aiv-ing it down outside with rain and you'm able to check over all the produce and plants stored in there. Make certain sure there be plenty of ventilation going through the house and that there baint any signs of things turning merthery, especially with any cuttings you might have taken, and all the fruit and vegetables are not showing any signs of turning pluffy, or going soft.

Then there's all the livestock that love to get in under the pots and feast on the roots of all the plants you've brought in, and the greenfly hiding away under the leaves.

Another one is the sow pigs and the beastly vine weevils. If'n you do find any of they there things, then 'tis no mercy, but under the boot they must go! Mice is another thing that can cause trouble, and they'm a bit more difficult to get under the boot, but get them out by any means. And give the floor a good sweeping, there's nort like dead leaves and the like, once wet, to set up a wonderful site for mould and suchlike to start.

If'n you'm of a mind to tackle something that has outgrown its position, and you d'feel like working off some of the excesses taken on during this winter period round your middle, then now be as good of a time as any. If'n 'tis a tree that needs coming out, then don't 'ee go at en like summat mazed, but use some of that there grey matter stored between your ears. First, take off the branches that be low down so you'm able to get at the main trunk, and then, with a shovel, run around the base and cut through the roots. Go down to about 2ft. (old money).

'Tis now you can see the wisdom of leaving the trunk attached, because you can put your shoulder to the trunk and lever the blimmer fore and back, breaking the roots. Once 'tis out, then leave it on the surface of the ground for our friend Jack Frost to loosen all the soil still attached. Waste not, want not! You'll find 'tis easier to move this way. Now, I would like to wish you all a very Happy Christmas and a very Healthy and Happy New Year. Good gardening.

Nort

Auntie Paddy's Recipe Corner



I find these Florentines are a good extra to have already made over the Christmas period. They keep well in an air-tight tin and are popular.

FLORENTINES

70g/ 2½ oz Butter
 50g/ 2oz Caster Sugar
 50g/ 2oz Plain Flour (or a Gluten-free Flour)
 2 tsp Clear Honey
 40g/ 1½ oz chopped Mixed Peel
 50g/ 2oz Glacé Cherries, chopped
 50g/ 2oz Raisins
 40g/ 1½ oz Flaked Almonds
 250g/ about 9oz Chocolate

1. Heat the oven to 180°C/350°F/Gas Mark 4.
2. Put the butter & sugar in a pan and heat gently until melted; or I find it easier to use a microwave on full power for short spans, stirring in between.
3. Stir in the other ingredients, but not the chocolate. Allow to cool.
4. Cover baking sheets with parchment paper, or a silicone baking mat. (The advantage of this is that you can use it time and again).
5. Place teaspoons of the mixture well spaced out on the tray. You may have to use two trays or have two separate bakes.
6. Bake for 10 minutes until golden. Cool slightly before transferring to a wire tray.
7. Melt the chocolate in a bowl over hot water. Allow to cool.
8. Spread the chocolate over the flat side of the Florentines and leave until set.



Paddy Shelley

We held our first face to face committee meeting on 19th October in Golant's newly refurbished village hall. The plan is to see if we can get an Events programme together to introduce in the New Year, Covid permitting. Seems a shame to have to add that last bit every time we want to do something, but unfortunately that is the reality of the current situation.

Thoughts for events include a talk on Hedgehogs, Bumble Bees, and the invasive non-native Pacific Oysters. On walks, we thought to go up to Gribbin Head Day Mark and wind our way up the staircase; the views are spectacular when you get your breath back, and perhaps even to the source of the Fowey on Bodmin Moor. Don't worry, we don't have to walk from here.

We had a long visit of several weeks at the end of the summer from two young Ospreys, with lots of social media photos, so plenty of people saw them, even from the village. So, our thoughts turned to making sure that the artificial nests that we erected at *Haye Farm* on land up *Penpoll Creek* are refurbished again after the winter gales, in hope perhaps more than expectation, but you never know.

Peter Edwards

Dates for your New Year's Diary!!

Very early information to cheer:

Golant Sports & Carnival
 Saturday 6th August 2022

Madness in the Pill
 Saturday 13th August 2022

SUBSCRIPTIONS

Have you a friend or relative who would like a regular copy of this newsletter? It costs only £15 (£20 overseas) to have the six issues per year of ***The Golant Pill*** sent by post.

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THE NEXT COPY DATE

Please note that the **Copy Date** for the
February/March Issue is

Wednesday 26th January

Articles, letters & news can be
 sent by email to:

thegolantpill@gmail.com

CALENDAR OF VILLAGE EVENTS

DECEMBER

Friday 3 rd	10.30am	Coffee, tea and chat	Village Hall
Friday 3 rd	6.45pm	Switch on Christmas Tree Lights & Children's Singing	Village Green
	7.00-10.00pm	Boat-Lights and Christmas Fayre	Pub, Village Hall, Paddle Cornwall
Sunday 5 th	9.30am	Holy Communion	St Sampson's
Sunday 5 th	12-3pm & 6-8pm	Christmas Roast	Fisherman's Arms
Tuesday 7 th	7.00pm	Reading Group	Village Hall
Tuesday 7 th	8.00pm	Quiz Night	Fisherman's Arms
Wednesday 8 th	12.15pm	Soupe Populaire	Village Hall
Wednesday 8 th	6.00pm	Table Tennis	Village Hall
Friday 10 th	1.00-5.00pm	Sewing Group	Village Hall
Friday 10 th	7.30pm	Carols on the Handbells	Fisherman's Arms
Sunday 12 th	9.00-11.00am	Christmas Breakfast Club	Fisherman's Arms
		<i>12 Days of Christmas begins (see insert)</i>	
Sunday 12 th	9.30am	Holy Communion	St Sampson's
Sunday 12 th	12 noon	Meet and Greet	Village Hall
Tuesday 14 th	2.00pm	Golant Heritage Group Meeting	Village Hall
Tuesday 14 th	7.30pm	Euchre	Fisherman's Arms
Wednesday 15 th	6.00pm	Table Tennis	Village Hall
Saturday 18 th	6.00pm	Christmas Generation Game	Fisherman's Arms
Sunday 19 th		Golant Film Meal (TBC)	Fisherman's Arms
Sunday 19 th	2.00pm	Film Matinee <i>'Fishermans Friends'</i>	Village Hall
Sunday 19 th	4.30pm	Carol Service (<i>See Church News on page 4</i>)	St Sampson's
		<i>Handbells, choir & congregational carols with traditional readings</i>	
Monday 20 th	8.00pm	Christmas Carol Night	Fisherman's Arms
Tuesday 21 st	8.00pm	Christmas Quiz Night	Fisherman's Arms
Wednesday 22 nd	6.00pm	Table Tennis	Village Hall
Friday 24 th	4.30pm	Carol Service (<i>See Church News on page 4</i>)	St Sampson's
		<i>Handbells, choir & congregational carols with traditional readings</i>	
Friday 24 th		Christmas Eve Sing-a-long – details TBC	Fisherman's Arms
Saturday 25 th	11.30 –2.30pm	Drinks Only	Fisherman's Arms
Christmas Day	9.30am	Family Holy Communion	St Sampson's
Sunday 26 th		<u>No service</u>	
Sunday 26 th	10.30 –2.30pm	Special Brunch Menu (pub closes 4pm)	Fisherman's Arms
Tuesday 28 th	7.30pm	Euchre	Fisherman's Arms-
Friday 31 st		New Year's Eve Dinner and Masked Ball	Fisherman's Arms

JANUARY 2022

Saturday 1 st	2.00pm	Wassail (route TBC) (<i>See page 10</i>)	Meet at-	Church lay-by
	4.00pm (ish)	Wassail finale (pub closes 6.00pm)		Fisherman's Arms
Sunday 2 nd	9.30am	Holy Communion		St Sampson's
Tuesday 4 th	7.00pm	Reading Group		Village Hall
Tuesday 4 th	8.00pm	Quiz Night		Fisherman's Arms
Friday 7 th	10.30-12.30pm	Coffee, tea and chat		Village Hall
Sunday 9 th	9.30am	Holy Communion		St Sampson's
Tuesday 11 th	2.00pm	Golant Heritage Group meeting		Village Hall
Tuesday 11 th	7.30pm	Euchre		Fisherman's Arms
Wednesday 12 th	12.15 pm	Soupe Populaire		Village Hall
Friday 14 th	1.00-5.00pm	Sewing Group		Village Hall
Sunday 16 th	6.00pm	Evening Prayer		St Sampson's
Tuesday 18 th	8.00pm	Quiz Night		Village Hall
Friday 21 st	from 5.30pm	Film Night Supper		Fisherman's Arms
Friday 21 st	7.30pm	Film Night		Village Hall
Sunday 23 rd	9.30am	Holy Communion		St Sampson's
Tuesday 25 th	7.15pm	Parish Council Meeting		Village Hall
Tuesday 25 th	7.30pm	Euchre		Fisherman's Arms
Wednesday 26 th	7.00pm	GRADS preview – limited audience numbers		Village Hall
Thurs/Fri/Sat 27 th /28 th /29 th		GRADS Revue (<i>See page 13</i>)		Village Hall
Sunday 30 th	9.30am	Holy Communion		St Sampson's