

The Golant Pill

taken every two months...

Building a Future



Most of you will know that in addition to running *Encounter Cornwall* and our kayaking tours, we have been very busy over the last 18 months on a new project - *The Sanctuary Cornwall*.

We bought land with an old barn from Sue Reardon in 2015, and after a few years of observing and maintaining, we had the idea of extending our business from the water to the land. The aim was to offer visitors the chance to connect and engage with nature, and to offer space to stay, to meet and also to hold courses and retreats - all with an emphasis on the landscape and environment.

A chance article on Facebook (thanks, Rupert!) led us to our Architect, Martin Penk, who specialises in sustainable buildings - wooden frames, thick insulation, natural materials, and energy efficient.

We applied and received planning permission in 2017, and work firstly concerned the groundworks - thanks to Mark & Brian (*MMB Plant Hire*) digging out space, and then the dismantling of the old barn - everything was separated & saved for future use - nothing went off site.

Steve Phillis worked with us in the snow and rain to prepare 30 concrete pads that the frame would rest on. The wooden frame took about 4 months to assemble and insulate - it took Karen 8 weeks to fill roof, walls

and floors with sheep wool! The inside took so much longer than we hoped - doesn't it always- but we wanted to share our (almost) finished building with all those who have helped us and supported us - it really was a joint effort.

Steve has worked with us for about a year, David Goss popped in to help whenever he was about, Andrew van den Broek helped with extra landscaping, and everything we needed was expertly delivered by Andrew Bailey from *Walter Baileys* in Par. Nothing fazed him - all the triple glazed windows, the huge 1000 litre water tank, the 350kg wood boiler, wood, wool, beds, kitchen & bathrooms.

We are off grid, relying on solar for power and wood and thermal solar to heat the water, with our own bore-hole. It is very much an experiment in running a business this way, but someone has to start!

We thank everyone who has helped and given their good wishes, and we hope that the future will see the wildlife habitats and opportunities for a community space develop, and you will watch and take part in the future with us!

Karen Wells-West

See further photos taken by Karen on page 2.

FROM THE EDITOR

So much happens in our little village.... You can read not only of the launch of the wonderful *Sanctuary* (our cover story, with further pictures below & opposite) but also of the very successful Golant & the River Exhibition, (page 9) which we promoted in our last issue, as well as Easter events in their infinite variety in the church (page 15) and by the pub (page 7). And how about the great personal achievements of two individuals (page 4)?

The newly cleaned and painted fingerpost welcoming visitors so vibrantly at the top of the village is a testament to the dedication of an enthusiastic volunteer! And this bunch of events does not even include the usual activities covered regularly, which happen on the river and around the village...

You may be interested to hear that our computer is *messy-y-mazy*... Confused? Correct! This Cornish dialect word means 'confused, muddled, puzzled', and the reason I mention it is because the computer never recognises the Westcountry dialect-rich text sent to me by email for each issue by John Kift (alias Uncle John, alias Nort). A message comes up saying "Word found unreadable content", and only lets me open it if I trust the sender!! An alternative Cornish dialect phrase, meaning 'bewildered', is *pisky led*. I shall have to watch out for these little pixie blimmers – and if you don't know that dialect word, read Nort's final paragraph in this issue's Garden Patch on page 16...!

Gillie Harris

The Sanctuary

From these beginnings, 15 months ago....



Preparing the ground works - February 2018

... to this beautiful energy-efficient building with its fabulous view over the River Fowey.



Sue Reardon cuts the ribbon at the launching ceremony.



Architect Martin Penk cuts the specially decorated cake, made by Karen.

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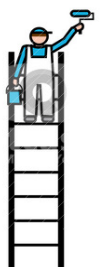
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With the long awaited exhibition of **Golant and the River** well and truly in the past now, I feel I can safely say that members of **Golant Heritage Group** can be justly proud of their work, not only with the research, preparation and presentation of the exhibition material itself, but also the associated creative projects.

The idea was to involve the community as widely as possible and I think we achieved that. As chairman, I would like to say a big thank you on behalf of GHG to every one who contributed to the project in any way, and to express appreciation for the support of local organisations, and in particular *Castledore Rowing Club, Fowey River Canoe Club* and *Cafe Kayak*.

We plan to display exhibition material on one of the hall boards, on a rotational basis, for those who might have missed it or would like to revisit various aspects of material researched. *(Please see page 9 for a full review.)*

Our main focus for the coming year is to complete the update of our cataloguing system, and the creation of the GHG website which we plan to launch in the autumn. Increasingly we receive enquiries from people researching family members or events, and although we know we have the information somewhere in our archives it is not always easy to put hands straight on it! Thus the intention is to have all our archive material available digitally, enabling people from anywhere in the world to be able to access what information we have.

Meanwhile, we have a fascinating talk from Stuart Hunkin lined up for you on **Friday 14th June, 7.30pm** in the **Village Hall**. Stuart paints a wonderful picture of growing up in Golant during the 40s and 50s- the people, the places and significant events. Here is a tiny snippet from his "Golant Ramblings" memoirs to whet your appetite!

"At the end of the Second World War I moved with my parents to Golant – We moved first to my Aunt's house at Tanbay Cottage and then to Johnny May's Bungalow (below) – the last of four bungalows overlooking what is now the village green Living where I did overlooking the open space, which at that time was the remnants of a rubbish dump and had in its centre a water pumping station, it was a reasonable play area for football and cricket . . ."



Penny Parsons, Chairman

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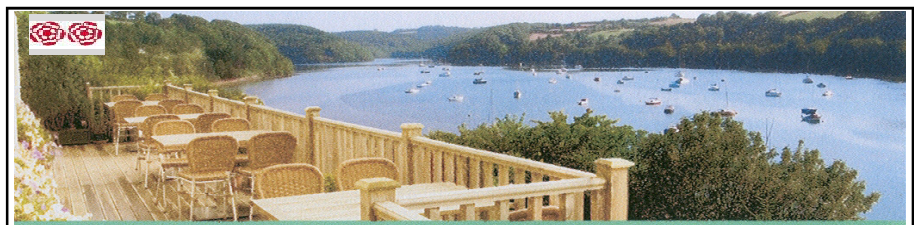
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He's done it...!!

Ben White (captured in this dramatic photo) achieved his recent charity abseiling challenge, highlighted in advance in our last issue. He raised just over £1,000, a wonderful sum, which had been boosted by Gift Aid.



Ben writes:

“Thank you very much for sponsoring my abseil down the tower of *Dorchester Abbey*.

After a few showers earlier in the day, I was fortunate to abseil in glorious sunshine.

The views from the top were spectacular, but it was soon time to start the descent.

It was great to have lots of support from the ground, and I soon started to feel comfortable with my backwards vertical walking!

Dorchester Festival has got off to a great start. It is so nice to have found another village that does (almost) as much as Golant!”

A Man of Letters...

The Easter break was approaching and the weather forecast was looking favourable. With a wire brush for company I set off up the hill to give the Golant/Castledore finger post the bit of attention it was sadly lacking. Two hours later I could no longer hold the brush but the sign was looking mostly rust-free.



A couple of days later Steve and Anne Marie applied the first coat of Hammerite (other brands are available) white paint. After that I applied a second coat of white which meant that the following day I could start to paint the tops of the embossed lettering and edging with black paint. This proved to be a bit of a (expletive deleted) as I could only apply the paint using a small, artist's brush whilst, at times, hanging on to the upright part of the post to enable me to reach the target areas.

On Easter Sunday I applied the second, and final coat of black, and Anne Marie joined me to paint the finial on top of the post in gold. We were lucky to have lovely, sunny, dry weather all the time we were painting. There was shade, a lovely, warm breeze, the sounds of birds - especially the Great Spotted Woodpecker - and many well wishers stopping to give encouragement that actually made the whole experience a pleasure.

Next stop - the black and gold waste bins!

Martyn Hardy



Cornish Charms

- A boiled onion placed in a stocking will cure ear-ache.
- For neuralgia put a plaster of fresh cow dung to the face.
- To cure chilblains, dip the affected part in the charlie. (*chamber pot*)

Extracted from 'Jan Bedella's Fiddle and other Cornish Sayings' by Kathleen Hawke

The Golant Village Website

Don't forget that you can access *The Golant Pill* on our village website. It is, quite simply-

golant.net

Click on 'GOLANT PILL' below the lovely photograph of the river, and you can open past editions of our newsletter, saved as PDF files.

Debbie includes those from the past year or so for you to access.

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The Golant Pill Committee

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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.

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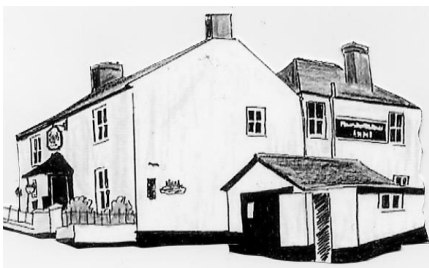
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Village Hall Committee

This month marks an anniversary, the first year of being Treasurer of the Village Hall. What a busy year it has been on the paperwork front, with procedures and policies being a requirement from the Charity Commission.

The past few months has seen the Village Hall being used regularly by parishioners and societies, with the Book Browse continuing to be very popular. The Golant Heritage Group put on a super exhibition, which everyone enjoyed. There was also a child's birthday party. (See page 11). The film nights remain well attended as always. The display boards went off for a week to Fowey for The du Maurier Festival Society to use for the 'young awards display'. We look forward to hosting the Golant Summer Produce and Craft Show and all the other events which have been booked into the diary, including an Auction of Promises.

The Parish Council generously donated money to cover the whole cost of the broadband in the hall, which anyone can use if they contact a key holder. We have purchased a new computer, as the old one had exceeded its sell by date.

Our AGM saw the addition of Trustees David Bonsall being elected, Greg White appointed on behalf of the Parochial Church Council and Siobhan Harper joining the Committee; a big welcome to them all. We said goodbye to Robert Dunley & Sue Reardon after their many years of being on the Committee; a big thank you to them for all their hard work. Penny Parsons stepped down as Secretary but remains on the Committee and Louise Jordan became the new Secretary.

The upkeep of the Hall has continued with fire assessments, and general overhaul- Paul (Chair) cleaning the steps ready for painting the white lines and Martyn and I are about to buy some plants so we can again plant up the wall managers outside.

Paul, myself, Cris and Martyn are thinking of putting together a soup luncheon on some Mondays in the Autumn and Winter months; feedback on that would be wonderful.

Moving forward, Committee members will be considering the upgrading of toilet provision and kitchen improvements. Grant funding for this will be required, and your input with your thoughts on these would also be appreciated. Our re-

serves will be partly used to fund the replacement of the velux window in the storeroom.

In approving the scheme that is the Charity known as the Village Hall, the Charities Commission stated the following-
"The object of the said Charity shall be the provision and maintenance of a village hall for the use of the inhabitants of the Parish of St. Sampson without distinction of political, religious or other opinions, including use for meetings, lectures and classes, and for other forms of recreation and leisure time occupation, with the object of improving the conditions of life for the said inhabitants."

So, tell us your thoughts and ideas, please; be it activities, toilets, kitchen, anything else? We would very much appreciate any feedback.

Fayre Hardy, The Sunday House, (Treasurer)

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The Golant Newsletter

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

To book the hall, or for any enquiries, contact Fayre Hardy, at:

golantvillagehallhire@gmail.com

or tel no 01726 833380

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Easter Sunday

What a difference a year makes. Last year we had to perform in the rain, whereas 2019 showed its bright side with wall to wall sunshine. This makes for such a better, and more fun-filled, day. The number of participants and spectators was high, although I suspect that we lost a few to the beach, which must have been very attractive.

We did feel sorry for the judges, Ian and Louise, who had been coerced into performing the role. I think that they partially regretted it in the end, but they carried it off with fairness and were certainly not put off by some of the imploring looks that they were getting.

A big thank you to Martyn for helping me and Gail with the organisation, and then to Vilma, Paddy, Cris and Liz for their sterling work selling raffle tickets. Next year's event is secure because of their efforts.

Nick Budd and team slaved behind the bar, whilst Anne and Chris did a great job cooking the tasty barbecue. Thanks to Nick for the prizes for the decorated egg and bonnet competitions, as well as putting on a 'Guess the Number of Eggs in a Jar'. Also thanks to others who donated some Easter Eggs. We are also grateful to *Cracking Good Eggs* from Trerulefoot, who kindly supplied all of the fresh eggs for the egg and spoon races and the egg throwing.

Robin took shed loads of great pictures to record the event, some of which can be seen here. (*Look on The Golant Pill Facebook page*)

Results

Decorated Eggs

0 -5 years

- 1st Charlie with 6 Cress Eggs
2nd A Feathered Egg – unclaimed.
3rd Chicks & Rabbits - Jack

6 – 12 years

- 1st Millie with Freggie Mercury
2nd Anne with Minions
3rd Isla with Dumbo

13 – 99 years

- 1st Shelley with Space Eggsporer
2nd Patrick with Egg on a Blue Plate
3rd Jenny with three Coloured Eggs



Some of the happy spectators (not forgetting our very own self-named *Prat in the Hat*, organiser Maurie) enjoying the well-supported Egg events along the front.

Easter Bonnets

0 – 5 years:

- 1st A young lady with a Crown (Apologies – name not recorded.)
2nd Jack with Yellow Straw Hat
3rd Anne with Yellow Bunny Ears

6 – 12 years

- 1st Isla with Dangle Bunny
2nd Eva with Bumble Bee
3rd Olivia with Pigs in Straw

13 – 99 years

- 1st and Winners of the Gwenda Towell Ashtray – Ruth Taylor's Team with 5 A Day
2nd Charlotte – unnamed hat but wearing nice yellow, and fashionable, dungarees
3rd Peter with Feathered Hat



Next came the Egg Rolling down Fore Street to much hilarity and then the Egg and Spoon races along the front. This latter event is supposedly for those under 15



but it is amazing how many adults want to have a go!

The final competition was the Egg Throwing, with the award of the prestigious Golant Easter Egg Cup. This was won, again, by the defending Champions, Paul Meredith and Greg White, with a throw of 15.2 metres. It was shorter than last year's win, even in perfect conditions. Congratulations.

Maurie Parsons





Golant Quay Users Association

Summer is on the way!

Yes, the three months of Summer, (June, July and August) are here. And looking at the long-range weather forecasts, things are 'hotting up' with temperatures expected to be above many European resorts. It is also the time therefore for an increase in holiday makers as well as those 'ne'er do wells', looking for easy pickings.

So, although we are looking forward to relaxing and enjoying the warmer weather, (and for many that means getting onto the water), it is also the time to be even more vigilant than normal.

Advice from the Police and Border Force:

If something doesn't look right..... then it probably isn't, and we should be prepared to contact the Police (101) and let them know if you see anything suspicious. (See boxes below & opposite for more details).

Boatwatch on Duty:

We don't really have any time off in the Summer, with members and friends of Boatwatch donning their HiViz and undertaking patrols along the waterfront and on the river. And with new members recently signed up, we are now covering more of the Fowey downstream as well as in our local patch.

More the Merrier:

As always, we are very keen to attract more volunteers to help in our work, so do join us if you can spare an hour here and there, and/or want to make significant savings on your chandler's bills!

Happy Holidays!

David Jenkinson
Chairman Golant Boatwatch

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 Jenkinson (Boatwatch) 01726 832246

We held our AGM on 15th May and all the committee members and Limited Company Directors were re-elected. The accounts were adopted and show a surplus for the year of £2,253.28 against last year's big spends that gave us a deficit of £4,207.79. We have a healthy balance of £12,368.20 cash at the bank at the year end.

I reported that we have had a continuous problem with the dinghies belonging to folk living on board their boats off Golant, who were chaining them to the main slip and leaving them there for long periods of time, blocking off access for others. So we wrote to them quoting two Harbour By-Laws, and, so far, they seem to have agreed to our request not to block off the slip. They are, however, still taking up valuable free car parking spaces that become ever more scarce in the summer months for those residents who don't have off-street parking, and dumping their rubbish in and around the bins. There is also the environmental concern about the effluent in the estuary from their boats.

At last year's AGM the question of a pontoon at Golant was raised, and we have taken this up with the Harbour Office, who don't currently have any funds available. We are in discussion with other Golant organisations to see if there is a community benefit in creating more access to Golant from the estuary.

We have recently reprinted our Constitution and Rule Book and included a clause requesting our members to maintain their boats in a seaworthy condition. We hope this will prevent any environmental issues in the Pill and deter members from just letting their boats deteriorate.

Peter Edwards
Chairman, GQUA

To contact the **Police**, please take note of the new number **101** which you should use in a **non-emergency** situation.

In an **emergency**, or if you think a crime might be in progress or pending, dial **999** for **Police** and **Coastguard**. You can say "**reference Operation Kraken**" if the incident is concerned with maritime crime or terrorism.

The **Plymouth UK Border Force** is 01752 689 200.

Dates for your Diary!

Golant Carnival 10th August
Madness in the Pill 18th August

Can you help?

Bunting putting-up day is Sunday 4th August at 11am, and **Marquee building** helpers would be welcome on Friday 9th August from 2.30pm.

Peter Edwards

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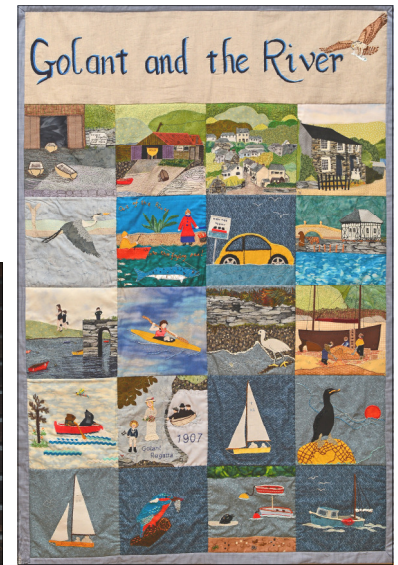


Golant and the River

The **'Looking Back: Golant and the River'** exhibition opened on Friday 12 April to invited guests, most of whom had contributed to the project over the last two years. The exhibition, created by the Golant Heritage Group led by Penny Parsons, was open for public viewing on Saturday 13th and Sunday 14th April, during which time it was very well attended and highly appreciated.

Complementing the displays in the Village Hall were opportunities to visit the Boat-house, upon which the intarsia montage was duly unveiled (*see below*) and the Boatshed, to find out more about rowing, canoeing, kayaking and the river environment.

In the Village Hall, the story of the river and the people who have lived by it was presented through text, photographs, artefacts, films, and works of art and craft, all of which reflected depth and breadth of meticulous research, a willingness to share experience and skills and a commitment to caring for our heritage. Nothing demonstrates the extent of community involvement more clearly than the magnificent embroidery capturing twenty scenes of Golant's river heritage, the work of Sue Strachan and her talented team of stitchers and embroiderers, and the wooden intarsia montage designed by Ruth Taylor and created by Ian Laughton and his team. (*Photos right*)



Reproductions by Ian Laughton of original paintings owned by Dendy Easton, helped take us back to the days of a working village when barges trawled the river with cargoes of sand and lime (evidenced in the remains of lime kilns and many old quays, described by Sarah Laughton and Richard Gabb).

Through the research efforts of Sue Reardon and Fletcher Hunkin, we learned of some of the families and individuals who had lived and worked here. We became acquainted via artefact and craft exhibit, with the practice of fluke fishing, the fluke fork (sourced by Peter Edwards from Roger Tabb) menacing the flounder, wonderfully crafted by Graham Estlick.

Boat building, and in particular Troy building, as well as boat restoration, have played an important part in the economic and social life of the village. This story was told through the medium of two wonderful films: *Troy Race Revival* created by Shona Osborne-Dowle, and *The Making of Troy 22 Gold*, edited by Ian Laughton together with extensive research on John Fuge by Stuart Young. These combined to give an understanding of Troy building and an insight into the character of some of the people involved and the humour they shared: John Fuge, Ted Luck and Peter Williams. If you missed the films they can still be viewed on You Tube. It was the building of *Naigana*, or more exactly the launching, which, as described by David Skerrett, illustrated the social importance of boat building: it took a village of willing participants to successfully launch his new vessel.

In more recent times the river has provided opportunities for sport and leisure rather than work. Using newspaper cuttings, photographs and a variety of primary source materials, Penny Parsons and Alastair Barr told the story of regattas and rowing at Golant from the early 20th century to the present day.

For those wanting more action, the Canoe Club offered taster sessions on the river. The river has long been attractive to visitors, including the very grand. Valerie Joyce-Russell's account of visits by Edward VII and friends to *Penquite Boat-house* left many visitors smiling.

This exhibition was brought to life by the many voices we heard and the creative ways in which items were presented: the conversation between Ted Luck and Peter Williams captured on film, Michelle Robins' paintings of Daphne's love of the river not to mention the hazards of duck shooting, Simon Funnell's specially written song, sadly not sung on this occasion (but promised at a future occasion!), and the wonderful 'Then and Now' pictures developed by Sarah and Ian Laughton which prompted many conversations and memories. In the words of some of the visitors: 'A fascinating compilation of history', 'Excellent, really interesting', 'Wonderful work', 'Outstanding'.



Much of the research for the project has been captured in a booklet, cleverly edited and compiled by Sue Reardon, and professionally finished by Charles Ford, without whose expertise we could not produce a publication of such quality- I urge you to buy it.

This most enjoyable exhibition, made possible by the indefatigable Penny Parsons and the commitment of a whole community, makes an invaluable contribution to the conservation of local heritage and will surely inspire more of the same – it leaves us asking for more!

Unveiling- 'Alastair & Ian demonstrating advanced spinnaker handling to a Golant racing crew...!!' RA

Anne Bonsall

Fowey Harbour News

FOWEY HARBOUR AND D-DAY

D-Day 75th Anniversary - In June 1944 thousands of servicemen embarked from Fowey headed for the beaches of Normandy. They were the pawns of "the greatest show on earth" and, alongside their comrades, the force behind the liberation of Nazi-ruled Western Europe. They were the men of D-Day.

Fowey played an important part in the preparations for D-Day and the Normandy Landings. Our peaceful Cornish harbour was transformed into one guarded by submarine booms, beach defences, motor gunboats and cliff-top gun emplacements manned by soldiers and sailors from many allied nations.

To salute the bravery and sacrifice of those who took part in this, the largest seaborne invasion the world has ever seen, we would like to share with you some extracts of people's memories which were part of the book 'Fowey Remembers' – 50th Anniversary of D-Day 1994. This publication is being re-printed and will be available to buy from the Fowey Museum.

*In late 1943 and early 1944 Fowey started to 'buzz'. Top rank Royal Navy and US Naval Officers were seen looking around the harbour, the RAF were looking for balloon sites, extra moorings were laid in the harbour, and not long after US Naval Officers and men started arriving. Three camps were built, one opposite the jetties behind Mixtow beach and two others at the top of Fowey. Landing craft soon arrived and were moored opposite Albert Quay. The famous Liberty ships came into the docks to be loaded with stores and ammunition, a good amount of these were stored in lay-bys and in fields around Fowey. – **Reg Pinch***

*At Mixtow, the US Navy built huts which were used as workshops. US Landing Craft were repaired there, and had their engines changed. The smaller landing craft were lifted out of the water onto Mixtow Quay. After the war, all the machinery from this site was loaded onto a landing craft and dumped at sea. (The access road built by the US Navy to Penmarlam Quay is still in use today as the main access road to Penmarlam Boat Park). Grid irons were built by local labour at Carn Beach, so that landing craft could be beached broadside on them to have their bottoms cleaned and painted. – **Roddy Bate***

*The harbour was a mass of landing craft, Landing Craft Infantry (LCI) and a few Landing Craft Tanks (LCT), and supporting craft. There was a boom across the estuary between the blockhouses. The town housed several thousand American GIs and sailors. Hotels, boarding houses, Fowey village and many private houses had been requisitioned, and you could not get away from the American accent, their slang and their generosity. - **A. Morgan***

All hands were kept extremely busy around the clock and little time was left to complain. Space aboard ship was limited as were the accommodation and the men had to take turns sleeping in the limited number of bunks. The loading orders for the men and munitions was commenced about three days before D-Day and I recall how miserable it was for the men to be stuck aboard ship with nothing to do except to wait for orders to depart for enemy shores. The residents of Fowey were most understanding, co-operative and helpful during these difficult days.

- Lt. Jesse Knight – Executive Officer, US Navy

*I lived in Polruan during the war. I saw as I took the ferry every day the build-up of shipping in the harbour as D-Day approached and it was obvious something important was happening. I remember seeing these two or three rows of ships moored all the way from Point (likely Penleath Point) to near Polruan Castle. I couldn't see much beyond Point from the ferry of course. As time went on the boats seemed to fill with men and I can remember walking along Hall Walk in the evenings and listening to all the talking and the loud music coming from the boats. The troops seemed to be on the boats for several days and we wondered where they all came from and how they were fed. As some relief to their monotony they used to whistle and shout as the ferry passed, particularly if there were girls on board. Then one morning when we crossed the harbour there was nothing there. All the boats had gone and there was a strange silence. – **Alan Libby***



American Landing Craft Personnel passing out through
the Fowey Harbour Boom on D-Day

(Photo courtesy of Paul Richards)



We had a fantastic talk by Sue Sayer and Rob Wells from the *Cornwall Seal Research Trust* on 'Septimus – Some Seal', a seal skeleton that Rob had monitored whilst it was alive, and then managed to arrange to have the skeleton cleaned and articulated, and now have the story of his life through death and into his life ever after as an incredible educational resource.

Our next event is a talk by Simon Taylor from the *British Trust for Ornithology* at *Trenythron Manor Hotel* on Wednesday June 12th at 7.30pm on the **Migration of Common Birds in Cornwall**.

Then there is a **Snorkel Safari** for 9 – 16 year olds with *Cornwall Wildlife Trust Beach Rangers* at *Readymoney Beach* on Saturday 15th June from 10.00am to 1.00pm.

Liz Anderson has been busy raising salt-tolerant flowers from seeds and organising the planting out of nearly 200 saplings and her plants at the northern end of Golant Pill, so we have organised a **Golant Wildlife Walk** to take in Liz's work and the brand new building *The Sanctuary* and wildlife meadows belonging to Encounter Cornwall run by Karen and David. The walk to the building is worth it just for the views, never mind going on up via the meadows. This is on the evening of Tuesday 25th June at 7.30pm, meeting by the Village Green in Golant.

Thursday 4th July sees our annual **Boat Trip**, this time to Lerryn, starting at 5.30pm on *Fowey Town Quay*. Booking is essential via Terry on 01726 832036.

Then there is another **Snorkel Safari** for 9 – 16 year olds, again at *Readymoney Beach*, on 20th July at 1.30pm to 4.30pm.

On Friday 2nd August we have a **Rocky Shore Survey** at Polridmouth with *Cornwall Wildlife Trust* from 11.30am until 2.00pm. Booking is essential via Matt Slater at CWT on 01872 302251.

Looking further ahead for your diaries, our annual **Fowey Estuary Marine Day** in conjunction with *Cornwall Wildlife Trust*, where we have marine talks and craft, will be on Tuesday 20th August on *Fowey Town Quay* from 10.00am to 4.00pm.

Thank you if you have recently joined our membership or renewed it, and if you haven't done so yet you can see that there is a full and varied event calendar, making it very worthwhile.

You can find our website at www.friendsofthefowey.org.uk or on facebook.

Peter Edwards

LEGO, LEGO, LEGO...!

Hugh Taylor of *Orchard View* had his 7th birthday in April at the Reading Rooms.

As an avid Lego fan, the theme was, of course, Lego!

Mummy, Kay Taylor, made a Lego construction cake, with giant Lego blocks for decoration, whilst



Fayre Hardy & David Bonsall arranged for a Lego short film to be projected onto the wall as the guests arrived.

Hugh & his friends had a fantastic time playing games such as Lego Spoon Race, pin the face on the Lego Man and a competition to see who could build the tallest, free-standing Lego structure in 90 seconds! The favourite game was the building and racing of Lego cars, which were powered only by an inflatable balloon.

The future looks bright for Golant/Fowey engineers and designers!

Fayre Hardy

Taking the Pill

No prizes for guessing which milestone birthday Vilma Dunley was celebrating in Idar Oberstein in Germany!

Vilma, Robert & Paddy were staying with their German friends Anne & Stefan, and had remembered to pack their April *Golant Pill*...





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Nature Notes

As I will be spending more time on our land-based project from now on, we have decided to rename this section **Nature Notes**, so that it will encompass all sorts of observations, on land and the water.

A wonderful sighting a few weeks ago was spotting a bird of prey hovering over the **Sanctuary**. It dived into the grass and came up with something in its talons..... I managed to grab my camera and snapped away. When I came to check them later, it was a **Kestrel** hunting, diving down and catching possibly a shrew? It's quite hard to see, but it flew away with this bundle.



On the river, many birds are nesting - we expect our embankment **Redshanks** to reappear at the end of June, along with **Greenshanks** and **Curlews**. Summer has definitely begun when they return!

There is group of 12 **Shelducks** up at (ironically) 'Hen & Chicks' (a small row of rocks) in the Lerryn River.



Sue Sayer from *Cornwall Seal Research Group* emailed us to let us know that Serena, our local common **Seal**, had been seen out near Looe Island! She did disappear before around Looe Island, and then returned back to the Fowey, so we have our fingers crossed that she will do so again!

One extra note - the wildflowers in Richard & Carol Gabb's field (*below*) are amazing - we are very lucky to have this space below our new building, and 'borrow' the view! This isn't a chance happening - every day Richard, accompanied by his and our dogs, goes out and works for about an hour at a time, digging brambles and other invasive plants, which allows the wild ones to flourish - it shows what you can achieve by 'little and often'!

Karen Wells-West



All photos by Karen

Cornish Dialect Words for Flowers

- | | |
|------------------|------------------|
| Adders' Spit | Stitchwort |
| Cock Robin | Pink Campion |
| Devil's Button | Scabious (blue) |
| Gadavraws | Ox-eye Daisy |
| Kiggies, Lizzams | Cow Parsley |
| Poppydock | Foxglove |
| Pickpocket | Shepherd's Purse |
| Quillet | White Clover |

Pill Paparazzi in this issue

- | | |
|-------------|------------------|
| RA | Robin Anderson |
| GE | Graham Estlick |
| MH | Martyn Hardy |
| PP | Penny Parsons |
| KW-W | Karen Wells-West |

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Golant Gleanings

THE CABARET FINAL ...

Finally, after seven months of hard work, **Cabaret** is over. The final, on the 12th of May, took place in Leamington Spa against four other teams from Herefordshire, Cumbria, Wales and Yorkshire. After travelling up the day before and staying overnight for a 10 o'clock practice, we were quite hopeful and looking forward to our performance.

There was a big turnout for Cornwall in the theatre, with probably almost half of the audience in support, or at least it sounded like it. With a loud chant of "Oggy Oggy Oggy" from the audience, we began our performance, which went amazingly well, especially considering the silage season meant that the number at practices was regularly thin.

Eventually, after all of the other clubs had performed, and about an hour of chanting across at them as we waited, the results were in. Unfortunately we came 4th of the 5 performances, with Hereford taking the top spot, but considering this was 4th in the whole country, we were still very proud of ourselves. This finished at 8 30pm, well over an hour after it was meant to finish, and after a long drive I was eventually back in bed for 1 o'clock.

Abi Whell

CONGRATULATIONS

Proud mum Penny Parsons has told us of Tom's recent engagement to Amelia, who grew up in Bath and now works as a vet there.

Penny writes: "Tom actually proposed to her at the memorial bench for Evelyn up on Karen & Dave's hillside, by the rhododendron tree that used to be outside Evelyn's house, and is now planted up there. This was because Gran had always been teasing him about when he was going to find a nice girl and make her his! He thought she'd like to bear witness, I think!" The couple plan to marry in Cornwall next year.

A SIGNIFICANT BIRTHDAY

Steve Phillis recently achieved his 60th milestone and celebrated in style with his whole family as well as many friends. We understand that *The Fisherman's Arms* was buzzing...!!

BACKALONG

142 years ago

The following passage is taken from *A School with a View – A Short History of St Sampson's School, Golant* by John Jenkin.

"Despite the importance of securing good attendance, holidays and occasional closures were frequent. In **June 1877** there was a half-holiday because children went to the Chapel Sunday School Treat; in **July** Mrs Rashleigh invited them to Menabilly for a Friday afternoon visit, and in August there was another half-holiday because of the Golant Regatta. The invitation from Mrs Rashleigh was akin to a royal command, and the others were compelled by *force majeure* as the children would have gone with or without permission."

123 years ago

Extracted from a report in *The Royal Cornwall Gazette* on **9th July 1896**

"A new Wesleyan Methodist Chapel was opened at Golant on Friday (**3rd July**). For many years past there has been a small and inconvenient place of worship in this little village, but the necessity for a larger and more attractive building became increasingly apparent, and encouraged by other places in the circuit, the friends resolved on the bold step of building a new chapel on the site occupied by the premises which had done duty for so long. The cost of the new structure has been about £300 and is one of the most presentable and useful of the many connexional chapels which abound in the county. It is capable of holding about 250 people and the interior is bright and cheerful.... The chapel is nearly free from debt, but £100 has been borrowed from the Connexional fund. Fowey and Tywardreath have assisted the people of Golant in a liberal manner."

ST SAMPSON PARISH COUNCIL

Chairman's Annual Report May 2019

Councillors Robin Anderson, David Jenkinson, David Johns, Steve Phillis, Debbie Pugh-Jones, John Pomeroy and Andrew van den Broek were in place for most of the past twelve months.

Although we are supposed to take a break in August and December each year, in the past twelve months we actually met thirteen times due to us having to hold extra meetings to consider Planning Applications, a very important part of our work.

Robin has now stood down and the vacancy has been filled by Siobhan Harper. We are delighted that she has stepped up, and look forward to working with her on the team. At our May meeting the posts of Chair and Vice Chair were up for appointment as usual. David Jenkinson was elected as the new Chairman and Andrew van den Broek was re-elected as Vice Chair. Our outstanding clerk, Mrs Sue Blaxley, remains in post as the Responsible Officer for the Parish and we are in her debt for the very professional service she provides.

In reviewing the past year, it is once again great to report that community life thrives in this Parish, due in large part to our local organisations and the keen and super talented volunteers amongst us.

Our bimonthly village newsletter, *The Golant Pill*, has once again provided a great record of parish life over the year, and we are all very grateful for the fantastic work put in by Gillie and Mike Harris on the newsletter. If you have missed a hard copy, editions are on line at <http://golant.net/golant-pill>

The Parish remains in sound financial shape, and our accounts will be submitted for formal audit in due course. We have been able to keep our local taxation precept at an unchanged level, and a very important contribution to parish funds continues to come from the car park ticket machine. The parking charges remain at a very modest and unchanged level, and it is worth reminding visiting motorists who pay for tickets that all the income from the ticket machine comes to the parish. We are still waiting for our own Traffic Management Order to be drawn up for car park enforcement and we look forward to transfer of ownership of the car park and public toilet to the Parish as a soon as practicable.

As to the year ahead, our re-vitalised team of councillors are very keen to hear your views on all aspects of Parish life, so that we can formulate new policies and priorities to take us forward.

Minutes of meetings, reports, documents and policies are on our Parish Council website:
<http://www.stsampsonparishcouncil.org.uk>

Our Parish Clerk Sue Blaxley can be contacted on stsampsonpc@gmail.com for any further information or to raise issues of concern.

The Fowey Grammar School Foundation

The Fowey Grammar School Foundation is a registered local charity (No. 306571). It provides financial assistance to both *Fowey Primary School & Fowey River Academy* (previously *Fowey Community College*), and individual students under the age of 25 who qualify for awards in the form of grants, and annual bursaries for those in tertiary education.

In the last financial year, almost £45,000 was awarded to 78 ex-students. Surprisingly, this is the lowest number of applicants for several years, which means there are many students who are eligible to apply, but fail to do so, including 17 who had received an award the previous year.

The charity continues to sponsor the Academy's mini-bus by paying the full cost of the 3 year leases.

Further details & information can be found on the websites of the Academy & the Charity Commission:
www.gov.uk/government/organisations/charity-commission
or by contacting the Clerk (Mr M Kotwinski 01726 812285) or fgsclerk@hotmail.com

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[News from St Sampson's Church](#)

The Easter services began on **Palm Sunday** with the story of the Passion from St Luke's Gospel. The Reverend Patrick Evans presided, and a good congregation enjoyed a moving service on a beautiful April morning.

The **Maundy Thursday** service centred around *The Sacrifice*, a lesser known poem by George Herbert, which tells the story of the crucifixion from the point of view of Jesus. It has a haunting, repeated final line to every verse – *Was ever grief like mine?* The opening and closing choruses from *The Crucifixion* by Sir John Stainer were sung together with Hogan's *Hear My Prayer*, and *Drop, Drop Slow Tears* by Orlando Gibbons. It was a moving and reflective service, and the choir singing was of the highest standard.

By **Easter Day** the church had undergone a remarkable transformation. The floral displays were quite stunning, and it was therefore gratifying that one of the largest ever Easter congregations came to see our beautiful church looking its absolute best. The uplifting Easter hymns were sung with enthusiasm, and the choir's *Alleluia* by Boyce was greatly appreciated. Our thanks go to the two Michaels – Teague and Harris – respectively for their immaculate playing for these services. The churchyard was also at its best, with primroses, bluebells and violets; not long after, the Double Meadow Saxifrage and Double Ladies' Smocks also appeared.

During Lent, collections were for the Shelterbox *Give a Tent for Lent* campaign, and just over £400 was raised – thus we were able to sponsor a much needed and life-saving tent with its various accoutrements.

There are four dates ahead to note. The first is on **June 12th, Open Garden at The Old Cider House**. This will run from 2.00pm to 4.00pm, entry £5-00, including Cream Tea or cake. There will be various stalls of plants, books, cakes and bric-a-brac, and all proceeds will go to the *Lostwithiel and District Floral Art Group* and the St Sampson Church Flower Fund. Everyone is most welcome. Greg and Penny have a fascinating garden and it is looking superb.

The second date is the **Safari Supper on Friday 21st June**, but I am afraid that all tickets have been sold.

There will be a third **Summer Handbell Concert in The Boathouse on Saturday 27th July at 6.00pm**. This will have a distinctly patriotic feel, and nearly all the pieces will be new. Entry will be £5-00, and please bring your choice of drink and a glass – and please do not wear high heels! I will send round a MaurieMail nearer the time. As always, the venue will be stunning, and the concert short! There is always time for a leisurely drink afterwards, as well, and this usually proves to be a very sociable occasion.

The following day, **Sunday 28th July, is St Sampson's Day**, which will be celebrated with some joyful singing at the **9.15am service**, and at **12.00 noon** there will be the **St Sampson's Day Lunch at The Fisherman's Arms**. So let us hope the weather will look favourably on all these events.

Simon Funnell



Flying the flag on a glorious Easter Day

[CHURCH CONTACT INFORMATION](#)

[Priest-in-Charge at Golant](#)

The Revd Philip de Grey-Warter (01726 833535)
email: vicar@foweyparishchurch.org

[Churchwardens](#)

Mrs Carol White (01726 833404)
Robert Dunley (01726 832807)

[Church Flower and Cleaning Rota](#)

9th & 16th June	Valerie & Carol
23rd & 30th June	Penny & Fayre
7th & 14th July	Ruth & Gill P
21st & 28th July	Judy & Cynthia
4th & 11th August	Jacky & Sheila

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

These *Golant Pill* publications are available in the Church, the Boatshed, 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

Mother Nature 'ev been really stirring up her bag of tricks, trying to make things brave and difficult for the plants in the garden, and we gardeners. I d'think that since the last Uncle John she 'ev given us frost, hail, rain, gales, dryth and sun-shine, sometimes all in the same day!! To say t'ev bin brave and catchy is putting it mildly, but despite all that, the flowers in the countryside 'ev bin outstanding this year- a handsome sight to see as we bin gwain fore and back in the car, and I d'think that May month be probably the most popular month because of the change from winter to spring, and this year 'tis a brave job to tell just where one ends and t'other starts!

Seeds sown in the greenhouse 'ev carried on growing, oblivious as to what 'tis like outside, and now comes the time to plant out, and they need to be hardened off slowly. Make certain sure that anything that d'need supports as it grows be man enough for the job, and they'm all fraped up proper.

The baskets and tubs that was put together weeks ago can now be put out so as to grow on and make a brave show, but don't ee forget to water and feed 'em regular, because they bain't able to do it for themselves. These tubs be put out really for a bit of show and to prove you'm a handsome gardener, and if'n they gets a bit wisht, then they there neighbours be bound to let 'ee know!

Keep on top of the weeding. With all this dryth, 'tis best to hand weed and not to poke around with the hoe too much, because t'will only dry out the soil quicker than lightning, and whilst you'm down there, just thin out the rows of root plants a bit; any seedlings with a brave good root on it can be transplanted to fill in any gaps, but be certain sure they'm kept well watered until they'm growing away handsome like.

Before you d'get fed up with all the spring bulb leaves getting untidy and in the way, just hang fire from cutting them off for about 6 weeks after they'm finished flowering, and then just keep a note of any gaps where you d'mind to fill in with more bulbs dreckly on in the autumn. Just push a marker in the place where more bulbs be needed.

Sow seeds of hardy biennials like foxgloves, honesty, sweet williams and wallflowers, and come the autumn they will be large enough to be put in the beds where they can grow on, and sowings of half hardy annuals done in March should be big enough to be planted out now.

As soon as they spring-flowering shrubs 'ev finished flowering, then if'n you'm of a mind to run over them with a pair of shears and just tidy them up a bit, they'll thicken up handsomly and put on a vitty show next spring. And don'ee be afear'd of trimming up they camellias as well; t'won't do them any harm at all.

Runner beans be one of the most popular summer veg's and can form a bit of a glut if you sow all the seeds at once. This can make you very popular with the neighbours but it means their season can soon be over. 'Tis so much better if'n you stagger the seed sowing a bit and have a week or so between the sowings, and then you can prolong the cropping period. This also applies to salad crops.

'Tis this time of year when the roses come into their own, and alongside of this comes those little blimmers the greenfly and shield insects, and blackspot. They'm a proper nuisance and just love to get in amongst all the soft growth on the roses to suck on the sap. If'n you've got a brave few bushes to look after, then 'tis the sprayer that will get rid of them- best done in the evening when the sun has gone in and all the pollinating insects have gone to bed.

Nort

Auntie Paddy's Recipe Corner

I don't think that the British Asparagus season is quite over yet. This recipe should reach you while we have our own asparagus.

Asparagus & Basil Pancakes (makes 8)

For the Pancakes

125g/4 oz Plain White Flour (works well with Gluten Free)

Pinch Salt

One Egg (free range is always best)

300ml/ 1/2 pint Milk

Olive Oil for frying

For the Filling

500g/ 1lb Asparagus

2 Shallots

2 tbsp Olive Oil

25g/ 1oz Butter

50g/ 2oz Plain Flour

375ml/ just under 3/4 pint Milk

Freshly grated Nutmeg

Handful of Basil

Salt & Pepper to season

Parmesan Cheese to sprinkle on top

1. To make the pancake batter, put the flour & salt in a bowl and make a well in the centre. Beat the egg and add to the flour with the milk, then beat together to form a smooth batter.
2. Pre-heat the oven to 200°C/400°F/Gas Mark 6.
3. Trim the asparagus and put on a baking tray. Finely chop the shallots and sprinkle on top of the asparagus.
4. Drizzle over the oil and roast in the oven for 10-15 mins until tender.
5. To make the béchamel sauce, melt the butter in a pan. Remove from heat and add the flour, stirring continuously with a wooden spoon to form a smooth paste. Add about 4 tbsp of milk and beat well. Add another 4 tbsp milk and beat until smooth.
6. Return to the heat and gradually stir in the remaining milk, taking care, as you may not need it all.
7. Season with the nutmeg, salt & pepper, and continue cooking and stirring until the sauce thickens and coats the back of the spoon.
8. Tear up the basil and add it to the warm sauce.
9. To cook the pancakes, heat a tablespoonful of Olive Oil in a medium frying pan, and when hot, add a ladleful of the batter. Fry on both sides until golden brown. Repeat to make 8 pancakes.
10. Stack the pancakes between sheets of greaseproof paper and keep warm.
11. To serve, add a spoonful of sauce to each pancake put some of the asparagus & shallot mix in the middle and roll up.
12. Sprinkle with parmesan cheese on top and serve warm.



Paddy Shelley

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THE NEXT COPY DATE

Please note that the **Copy Date** for the August/September Issue is

Monday 29th July

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

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or placed in the box at the bottom of the drive to *South Torfrey Cottage*.

CALENDAR OF VILLAGE EVENTS

JUNE

Friday 7 th	10.00-11.00am	Book Shelf Bring and Browse	Village Hall
Saturday 8 th	All day	World Gin Day <i>Special promotions on Gin</i>	Fisherman's Arms
Sunday 9 th	9.15am	Holy Communion (Choir) <i>Whit Sunday</i>	St Sampson's
Tuesday 11 th	2.00pm	Golant Heritage Group Meeting	Village Hall
Tuesday 11 th	7.30pm	Boat Watch Committee Meeting	Village Hall
Wednesday 12 th	2.00pm-4.00pm	Open Garden	The Old Cider House
Friday 14 th	7.30pm	GHG talk – Stuart Hunkin <i>'Memories of Growing Up in Golant in the 40s & 50s' (See page 3)</i>	Village Hall
Saturday 15 th	All day	National Beer Day	Fisherman's Arms
Sunday 16 th	6.00pm	Evensong	St Sampson's
Friday 21 st	6.15pm	Safari Supper	
Sunday 23 rd	9.15am	Holy Communion (Choir)	St Sampson's
Tuesday 25 th	7.15pm	Parish Council Meeting	Village Hall
Sunday 30 th	9.15am	Holy Communion	St Sampson's

JULY

Thursday 4 th	12-12.30 & 6-8.30	Burger Day <i>A special selection of Burgers for American Independence Day</i>	Fisherman's Arms
Friday 5 th	10.00-11.00am	Book Shelf Bring and Browse	Village Hall
Sunday 7 th	9.15am	Holy Communion	St Sampson's
Tuesday 9 th	2.00pm	Golant Heritage Group Meeting	Village Hall
Tuesday 9 th	7.30pm	Boat Watch Committee Meeting	Village Hall
Sunday 14 th	9.15am	Holy Communion	St Sampson's
Sunday 21 st	6.00pm	Evensong	St Sampson's
Tuesday 23 rd	7.15pm	Parish Council Meeting	Village Hall
Saturday 27 th	6.00pm	Handbell Concert <i>(See page 15 for details)</i>	The Boathouse
Sunday 28 th	9.15am	Holy Communion (Choir) <i>St Sampson's Day</i>	St Sampson's
Sunday 28 th	12.00 noon	St Sampson's Day Lunch <i>(See page 15 for details)</i>	Fisherman's Arms
Monday 29th	Copy Date	<i>The Golant Pill</i>	<i>thegolantpill@gmail.com</i>
Wednesday 31 st	7.30pm	Film: Wild Cornwall 'Out on the Edge' <i>by wildlife camera man Ian McCarthy- plus Q&A session</i>	Village Hall

Some dates ahead for your diary-

AUGUST

Friday 2 nd	10.00-11.00am	Book Shelf Bring and Browse	Village Hall
Sunday 4 th	9.15am	Holy Communion	St Sampson's
Saturday 10 th		GOLANT SPORTS AND CARNIVAL	Village Green
Sunday 11 th	9.15am	Holy Communion	St Sampson's
Saturday 17 th		FLOWER AND PRODUCE SHOW	Village Hall
Sunday 18 th		MADNESS IN THE PILL	
Sunday 25 th		Auction of Promises	Village Hall

*If you have any item you wish to be entered into this Calendar of Village Events, please contact **Penny Parsons**, the Parish Diary Member of our team, (tel: 832727) by the Copy Date shown on this page of the newsletter, and we will try to include it.*