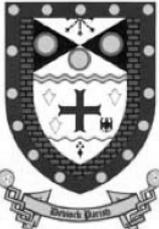


NUT TREE

October 2020 Volume 35 (7)



Nature Notes

A stroll in early September provides a useful opportunity to sample bird migration. At this time of year in calm weather, the beach at high tide is guaranteed to offer something and I head for one spot in particular. Almost hidden beside the mounds of pungent seaweed are Ringed Plovers that allow a reasonable approach. They are small waders and arrive here every autumn. They prefer to scurry away first, hoping that I shall give them a wide berth. I do so obligingly and then approach them with the sun behind me. I am wary that any unnecessary disturbance may cause them to fly off and use up valuable energy. If they have to take flight, they normally move a short distance and settle further along the beach. They can easily go unnoticed and many walkers are oblivious to the birds. Numbers vary from day to day but there have been as many as sixteen.

I watch carefully and ponder that these birds are from breeding grounds in the Arctic. They have rested at this staging post in order to feed on invertebrates and gain weight before continuing their journey south, perhaps to West Africa or beyond. Lately they have been accompanied by other species – Dunlin, Knot, Sanderling and Turnstone, but all these in smaller numbers. Also on the beach are a few Pied Wagtails, but they take flight easily and are more difficult to approach. Among them are a few White Wagtails, their continental cousins. They are greyer than Pied and appear altogether smarter. These birds are migrating from Iceland and heading south too.

I leave the beach and walk along the main road to a well-vegetated location to look for warblers. The small, brown Chiffchaffs are very vocal, occasionally singing, and are easy to pick out with the constant wagging of their tails. Then

my attention is drawn to another warbler in a blackberry bush. It's a female Whitethroat enjoying the morning sunlight. Repeatedly, she reaches out to select a single drupelet from a blackberry and confidently ignores me as the need to build up fat reserves is overwhelming. Occasionally she disappears from view but reappears further along the hedgerow.

A walk through the local countryside in spring and summer will undoubtedly provide the opportunity to see and hear many Whitethroats as they favour large hedgerows. Their scratchy song and vertical song flight are easily encountered in our area. In the breeding season Whitethroats favour insects and spiders, but broaden their diet to include fruit come the autumn. Given a clear night this individual will fly south-west, perhaps stopping off in Spain to feed, then heading to winter quarters south of the Sahara, a journey of nearly 3000 miles for a bird weighing about 15 grams.

Migration is vital to all these birds if they are to survive. Shorter day length, declining supply of food and the onset of bad weather all contribute to the move south. Whether I am observing a Ringed Plover or a Whitethroat, I can witness just a small aspect of their migration and can only wonder at the huge distance travelled and the difficulties to be faced. A few days later, I return to the beach and locate a dozen plovers. The birds are wary as a woman approaches and they inevitably take flight. Looking ahead rather than down, she admires the view but is totally unaware of the life she has disturbed and the tiny drama that unfolds. I like to think that an encounter with the plovers would have added something to her day, but I shall never know.

Alan Payne

Editorial

We are a little light on reports, and notices, of events and other social gatherings this month - for understandable reasons - but it does provide an opportunity to remind everyone that although the Nut Tree routinely publishes content from regular providers there is nothing to stop others submitting their own contributions too. By way of example, we have this month included some random things you might not previously have known about Polbathic as provided by a local amateur historian. Deadline for content is the 17th of the month preceding publication. Our ground rules are that content should be locally focussed, informative, fun, interesting or all of the above. We are apolitical and secular. Please don't expect the Nut Tree to take sides in local disputes. We don't, and won't, publish material that appears to take punts at others in Nut Tree Land. The only snipes we'll publish are those referred to in Alan Payne's wonderful Nature Notes. Keep safe.

Ed

Deviock Parish Council

The Parish Council has been successfully holding virtual meetings via Zoom since July. Forthcoming meetings: Full Council (8th October, 7.30pm); Planning Committee (if needed) and Finance & General Purposes (22nd October, 6.30pm). See Agendas for details prior to each meeting.

The issue of verbal abuse and bullying in communications by some residents was raised at the meeting on 10th September; behaviour that is hurtful and will not be tolerated by Councillors (who are volunteers) or others impacted by such behaviour. The Parish Council requests that everyone treats each other with respect during difficult times.

On a more positive note, visitors to the local area have expressed how lovely it is to visit Cornwall given restrictions on overseas holidays, how kind the weather has been and the positive impact this will have had on the local economy.

As the Parish Office is remaining closed until further notice, please contact the Clerk via email if you have an enquiry (clerk.deviockpc@btinternet.com, Mon-Fri). See the website at: www.deviockparish.org.uk (where Agendas and Minutes are available).

Deviock Parish Council Loan Fund

The Council provides interest-free loans (up to £1,000) to local organisations for specific projects (subject to terms and conditions). Please contact the Clerk or one of the Councillors if your organisation thinks it could benefit from this service.

Deviock Parish Council

St Germans Parish Council

We have renewed our four existing defibrillators on a new four-year contract, with South Western Ambulance Service. The units are sited in Tideford, Bethany, Polbathic and St Germans.

Bethany Chapel has now been closed for a while now. Although the building appears to be in reasonable condition, the Chapel does suffer with muddic block throughout and was surveyed showing other problems. The Methodist Circuit wishes to dispose of the building and Parish Council have shown an interest but are keeping an open mind. Bethany needs public space that could also benefit the wider community. The upkeep of the existing building or even a new hall may prove too expensive to run.

Pollution levels in Tideford, unsurprisingly, were considerably at a lower level during the lockdown months of the Covid crisis. This data is available from us, as supplied by County Councillor Jesse Foot.

Stay Safe and Carry On.

Cllr Graham Mackeen

News from County Hall



There is a certain amount of uncertainty involved when writing this piece for the Nut Tree. Thinking ahead to what might be topical and relevant the following month always proves to be a challenge. In the current climate of fast-moving, flip-flopping edicts coming from central government, it proves to be even more difficult. Often, it is easier to report on past events, work, decisions made at a local level or, as I often do, to focus on ideas that are not time limited. I could write about the Rule of 6, which is topical on the day I am writing, but will probably be long forgotten by the time of distribution. Or I could write about the idea of ‘dobbing’ on neighbours who might flout this rule and other Covid guidelines.

In all certainty, we need to look out for, support, communicate with and treat our neighbours as we would expect them to treat us – love your neighbour as yourself. Before you call the police, or the council to report a minor issue, ask yourself if there might be some unknown factors involved. With ever-stretched resources, it’s very unlikely that the authorities will come to the rescue for anything but the worst situations and one will have to rely on one’s neighbours to help with shopping, prescription collection or a lift to an essential appointment. Be hard on yourself, but gracious, and considerate to others.

Another certainty for me is that on 10/10/2020, I will celebrate another birthday, a reminder that my time is getting shorter, a reminder that I wish to improve with age not get fixed into some loop of bitterness, anger, or regret. I am thankful for my wrinkles, grey hair and aches that remind me of my ever-increasing need for others. So, when you think you want to take off your mask, the fear’s an illusion, do not ask yourself how you can control the behaviour of others. Ask yourself, how can I change my behaviour to help in this situation? Or give me a call about anything Cornwall Council related, and I will listen and try to help. All the best,

Jesse Foot, CC – 07449372274 or jesse.foot@cornwallcouncillors.org.uk

Quay Lane Surgery Patient Information

The first flu clinic is for those patients aged 65 and over **only** and will be held on Saturday 10th October at Quay Lane Surgery – please contact the surgery to book an appointment. If you are aged 64 and under and fall into an 'at risk group' - then please wait until the surgery contacts you. The government has extended its flu vaccination programme to include all patients aged 50 - 64 yrs. We will contact this group of patients once we have received further guidance and additional stocks of vaccine.

Downderry Surgery

Please be aware that Downderry Surgery will be closed on Thursday 8th and Friday 9th October to have new flooring fitted. Prescriptions will need to be collected from the main surgery on these two days please, and we apologise for any inconvenience this may cause.

Claire Croft - PPG Chair

The Zone a Fresh Expression of The Methodist Church in Downderry The Chapel by the Sea



The Zone Management Group have been exploring how the building might be made Covid-19 secure to enable it to be reopened.

Our immediate governing body (The *Saltash Methodist Circuit*) plan to meet in the near future when they will consider the Risk Assessments & Action Plans submitted by both The Zone & current Licence holding community groups. If these documents are favourably received, arrangements will be made for these groups to gradually reopen. Hopefully the newest restrictions will be lifted by then.

Please be aware that due to the legal restrictions on capacity, and the other measures designed to limit the spread of the disease, it may not be possible for groups to have the same level of access to the premises enjoyed in the past.

We are keen to see the building being used by those wishing to meet with others once more & experience "the new normal" at the Zone. _For any further information please contact us.

Viv Parker - 250519 or parkerviv@aol.com

Downderry and Seaton WI

After a break during August we were fortunate to have a talk on "Mindfulness and Mental Health" delivered by our own Martine Gibbs during the September meeting, which was very well received.



We are particularly proud of our new book club which was well attended for its inaugural meeting. Under the microscope was "The Nightingale" by Kristin Hannah which had been read and critiqued by the group. The next book to be discussed is Hotel du Lac by Anita Brookner.

During these times we, in the WI, have been pleased with our efforts to continue to give our members a range of interesting virtual meetings. In our October meeting we are going to be canvassing members as to what they would like to do moving forward and have some "blue sky thinking" time.

We are delighted to welcome two new members, Linda and Karin and several other women are joining us in our meetings seeing if they like what we do and deciding if they want to join. Do contact me if you would like to have a chat about possibly "coming along" to a meeting.

Maura Swabey 01503 250322

St Germans & District Garden Club

We had hoped to be able to hold our AGM this month albeit with social distancing and no 'Cheese and Wine' but sadly the current restrictions have made this impossible. The programme for the rest of the year including our Christmas Dinner are also cancelled. Members will be contacted by email with further details.

Ann Drew 01503 232932

St Germans Thursday Club

Haven't we been fortunate with our weather! With such beautiful scenic places to walk amongst, such wildlife, birds and trees, wildflowers to enjoy. Herons, egrets, geese, gulls and curlews at the quay; on the trek up to Longfield, the path was brightened by tansy, pink campion, borage, chamomile and other plants.

It's been a long summer without outings. On Thursday 10th September, a small group of Thursday Club members, socially distanced and comfortably seated on the Downderry Community Bus for a trip to the seaside - a 48 mile round-trip

taking in Rame Peninsula, Whitsand Bay, Looe and Hannafore, where a pleasant afternoon tea was enjoyed.

Here's a suggestion - share your daily walk with one or two others, or meet at the quay (old or new), or at the top of Longfield to share the view. On a clear day, you can see Dartmoor, the Caradon mast and Kit Hill top. The new side of the quay can be a bit busy, but otherwise, the other areas are lovely spots for being quiet and breathing in the air. Rugged walkers can trudge up Whitpot Hill.

St Germans to Polbathic takes about 45 minutes - quite a hilly walk, and that's down! We then caught the 71 bus back.

For many of us our gardens give us plenty of exercise, but if you spot an area of overhanging brambles anywhere, like on your walk to the shop, then let us know. This reporter not infrequently takes gloves and secateurs to public paths! And don't forget to request shop or other local errands - while it's likely to be handier for others to expedite them.

The Club committee, our chair Jean Mills, and this reporter send best wishes to all, and strength and good health for the season ahead. Do keep in touch - phone our Chairperson, Jean Mills (01503-230324) or find me or leave me a note at Merryweather Cottage (just along from St Germans shop).

Sue Cousins 230106

Downderry Bus 300 Club

Winning numbers for the August winners of the 300 Club:

1st. No.119	Viv Waldock
2nd. No. 48	Tim Jeffris
3rd. No. 32	John Measures.



September's winning numbers:

1st. No.156	Jean Mills
2nd. No. 148	Sue Booth
3rd. No. 17	Viv Humphreys.

Your £12 annual donations are much appreciated by our lovely bus, as it's the only income she has at present!! But, soon, we hope to be back on the road, let's see what Boris tells us to do? Take care and stay safe.

Jo Woodley

St Germans & Area Public Transport Users

Many of you will know that a new train timetable began on 14th September and runs until mid-December: over 20 trains a day each way, Mondays to Fridays, stop at St Germans station. We have produced a printed timetable giving local times, which many of you will have seen - there are more copies in the local shops. Let us know if you'd like some for yourself and your neighbours. Many thanks to those who produced the timetable and those who have delivered it. As well as some direct trains to and from London, there are also direct services to Cardiff again. You can get an electronic copy of the timetable by contacting Lizzy Stroud (sgrug@railholiday.co.uk). If you have comments about how the service could be improved write to the same address.

The 75 and 71 bus timetables have been amended since the return of schools. Transport for Cornwall have found that the numbers of school pupils are such that, in order for them to travel observing social distancing, the key services need to be for school pupils only so that they can travel safely. On school days, therefore, the 75 bus from Liskeard to Torpoint at 0719 (0744 Donderry) is for school pupils only, and so is the 1524 from Torpoint as far as Seaton. Similarly, the 71 bus from St Germans to Saltash at 0758 on school days is a school service only, and so is the 1459 from Saltash to St Germans. By 1517 at St Germans the driver will be able to take non-school passengers towards Liskeard. Passengers coming from Saltash to St Germans can take the train, of course - there's a 1455 from Saltash station.

Don't forget that face covering is compulsory when travelling by train or bus; also remember to observe the rules on social distancing at all times. Neither buses nor trains locally have been too busy in off-peak periods, and both buses and trains have been very much running to time. So, remember the environment, and encourage your friends, relatives and neighbours to use public transport again, rather than travelling by car. If you have some ideas about interesting outings on trains and buses, let us know: we'll share some of these in future issues. For local bus or train information or if you want to comment about the services phone 01503 230106.

Alan Cousins, St Germans & Area Public Transport Group

Cornwall Hospice Care

Our Christmas Cards have now arrived! Please phone Tina on 250267 to arrange to view & purchase.

Viv Parker

Hessenford News

Well hello again. Hope you've all enjoyed the holiday break? We start by saying lots of thank-yous to various people. I hope I don't leave any out! Thank you to Peter for planting up the flower boxes outside The Copley B&B entrance & brightening the area up. Thank you to whoever planted the plants underneath the dog poo bin. Thank you to David plus others who cleared up the parking bay outside the church. Thank you to whoever moved the rubbish off the bench in the garden area of the church hall. Thank you to David for spraying the roadside weeds & lay-by by the church. Thank you to Carla for clearing my piles of weeds out of the gutter by the wall of the church & down the road. Thank you to Fiona for cutting the grass in the church garden and thank you to Steve, once again, for cutting the grass next to the church hall. Thank you to Peter & Diana for painting a preservative weather coating on the benches in the Memorial Garden and to Peter for painting a preservative weather coating on the bench at the top of the graveyard. Thank you to Phil and Nigel for replacing and repairing the lights above the Church choir stalls and to Phil for trying to sort out the front four lights in the nave of the church. And lastly thank you to Bert for erecting the new children's playground equipment partly provided by The Pub is the Hub and partly funded by Mike & Di.

We've now retrieved the lamps that used to hang outside the garage site where St Anne's View houses are now. They are likely to be used outside the church, outside the hall and maybe eventually outside the Institute, depending on what happens to the building.

Guy, who used to live in Jill & Steve's house, has offered to help with any information one should be interested in with regard to the village. I remember in 2000 Tam & Dave were going to instigate a book of some kind with all the villagers/residents pictured outside their houses. Maybe in this day of the computer, when most of us are a lot more IT savvy we should put more effort into our own village website so that everyone who's in the village now appears in the information (if they want to) & then people who have lived in the village & have now moved on can add info & pictures giving their 'history' of the village. And anyone who isn't computer literate can be shown how one adds info & pictures so that they are able to contribute (social distancing will have to be eased to enable this to happen!). Margaret S-T is one person who's very interested in learning some history of the village, as are many others. Many people have lots of info to contribute...Mary, Margaret & Norman and Alison will, I think, be the longest residents of the village and Dave & I will probably come fourth as we've lived in the village since 1996 so have seen a lot of changes. Maybe something for one of the younger members of the community, part of a project for school/college/university?? Maybe something to look into for a Youth Club project. Anyone else other than Terry interested in giving up a couple of hours a week to help run something in the hall when social distancing eases again.....playing games inside & out and getting together in a safe place.

Finally let's say a welcome to Jenni who's moved into 1 St Anne's View. If you see a young man there it's probably her son Ben down from Newcastle (I think she said). It also looks like we'll be welcoming someone to 5 St Anne's View too. I haven't seen anyone there yet but maybe by the time you read this there will be, and in 1 Fuchsia Cottage! A SOLD sign has gone up again on 6 West End Cottage but so far there's still only FOR SALE signs on Hessenford Farmhouse and Pineview Cottage. Watch this space.....bye!

Fran Moore

SE Cornwall RNLI Beach Lifeguard Service

By the time you read this RNLI Beach Lifeguard services will have ended for the year (on 27 Sept) at Seaton, Sharrow and Tregantle beaches. The good news, however, is that weekend cover has been extended at Tregonhawke to cover weekends in October and every day of the Half Term holiday. Thanks, as ever, to all those who go out of their way and/or put themselves at risk to save life at sea.

10 "Did you know's"? about Polbathic

Did You Know....

- 1 The road through the village was once referred to as the Torpoint Turnpike Road,
- 2 It was widened in 1936 by out of work Welsh miners
3. At the beginning of the 20th century, one local boy, Alfred Muchmore, whose parents for a time ran the Polbathic Post Office, went on to serve His Majesty's Government as a diplomatic aide in Aden and Tasmania.
4. The remains of the very busy W Brenton's Engineering Works can be seen to the left of the Garage. Here was designed and manufactured an extensive range of machinery and tools for farming, supplying customers both locally and nationally.
5. The world's first ever padlockable bolt was designed and manufactured by Brenton's in Polbathic and still has the patent.
6. Also in the valley was a series of Millponds and Mill Leats built to drive a Mill.
7. The garage used to be called Venture Garage.
8. The original Polbathic Hall was an army hospital hut, first used as a reading room for all working men and those returning from the trenches in the First World War.
9. A blacksmith James Couling, bought the hut in 1921 for £90 for the village. A steam wagon transported it in sections from Tregantle Fort
10. The village had a number of retail outlets and businesses selling a wide number of necessary items: a corn and coal merchant, a bakery and bakers' shop, a general "merchandise" store, a butcher and newsagent, a dairy, a haulage business and even 2 taxi firms.

Geoff Williams

Proceeds go to
St Nicolas
School PTA

Downderry and Seaton

Scarecrow Trail

The Competition

Build a scarecrow to display at the front of your house/garden from 24th October. Scarecrows should be based on a character, real life or fictional. Entry costs £5 with prizes for the top 3 scarecrows. To register email: stnicolasdownderrypta@gmail.com with entrants name and postcode of where your entry will be displayed, you will be sent you a link to pay £5 through paypal.



THE TRAIL

On 17th October trail maps will go on sale from Downderry Stores at £2 each. The trail starts from 24th October and will be open all half term week, buy your map and walk the trail guessing who each scarecrow is! Vote for your favourite 3 by filling in the back of the map and posting it in the box at the shop! Badges will be rewarded to those completing the trail!

Event Sponsors:

DOYLE & WHITLEY
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idealhomes
idealhomes-sw.co.uk

tredan
Electrical Design & Installation



DOWDERRY
ELECTRICAL SERVICES

SUMMINK DIFFERENT
TEA BAR AND COFFEE HOUSE

SCOTT
PARRY
ASSOCIATES



Rita's Rota – Things may change further so please check before making plans.

- 1 10.00 Morning Prayer HC
- 4 10.00 Communion Sheviock Church,
Morning Worship SNCh
- 6 10.00 Communion TC
- 7 17.00 Prayers SNCh
- 8 10.00 Morning Prayer HC
- 11 10.00 Communion SGPC,
Morning Prayer Antony BCP ;
- 13 10.00 Communion TC
- 14 17.00 Prayers SNCh
- 15 10.00 Morning prayer HC
- 18 10.00 Communion SNCh,
Morning Worship Sheviock,
- 20 Mobile Library,
09.45 St Germans - Alms Houses
10.15 Quay Road.
13.55 IOS
14.45 Seaton car park;
10.00 Communion TC
- 21 17.00 Prayers SNCh
- 22 10.00 Morning Prayer HC
- 25 10.00 Communion Antony BCP,
Morning Prayer SGPC ;
- 27 10.00 Communion TC
- 28 17.00 Prayers SNCh
- 29 10.00 Morning Prayer HC

Copy for Rita's Rota to ritasrota@yahoo.co.uk
by 15th of the preceding month.

**CZ Donderry Coastal Zone; CB
Community bus; DMG Derry Meml
gardens; DSVH Derry & Seaton VH; PolH
Polbathic Hall; EHSB Eliot Hall St G; HC
H'ford Church; HCH H'ford Church Hall;
SGMC St G Methodist Ch; SGPC St G
Priory Church;; SNCh St Nicolas' Church;
TC Tideford Church; TRBL Tideford RBL
Hall; WVH W'gates V Hall**

THE FOOD BANK You will have read in the press that the need is greater than ever. Shortages: TINNED MEAT – HAM, CORNED BEEF etc. TOILET ROLLS / TISSUES, FRUIT JUICE (LONG LIFE) STEAMED or SPONGE PUDDING, LAUNDRY POWDER, WASHING UP LIQUID', DEODORANTS

PLEASE – no baked beans, pasta, pasta sauce, soup, teabags or cereals – the Foodbank has plenty of these items. A real requirement now is cash for electricity meters to cook the food provided.....

If you can help please contact the Liskeard & Looe Foodbank. Tel: 07512 011452.



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Disclaimer : the editorial group accepts no responsibility for views expressed in any edition of Nut Tree. Nonetheless we will try to be as accurate as possible and desire similar factual correctness from our correspondents.