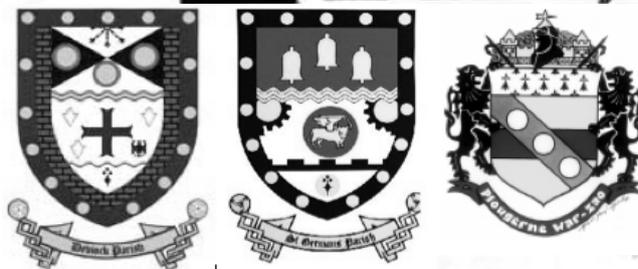


NUT TREE

February 2022 Volume 36 (11)



Nature Notes

The omens are good. The drizzle has stopped, the clouds have cleared , pressure is rising and we can look forward to a series of dry days. I feel overdressed during my walk in the Seaton Valley in very calm conditions. Earlier at home, a male Bullfinch made a brief appearance in a hawthorn tree, always a rare treat, so the day has started positively. It reminded me that a few days ago on the moor a female came down to a puddle beside my parked car. She made a few fruitless forays down from a gorse bush before building up confidence to drink. Keeping absolutely still I simply watched it in awe.

Despite it being mid-January there is plenty of bird sound, both calls and song. Of the few singing individuals, the most pleasing one is the Song Thrush, its repetitive phrases echoing across the sodden valley. Numbers have decreased over the years so it is always an encouraging sign. As I move on along the path, another thrush sings in the distance, no doubt in response.

I come to the large pond with its lichen-festooned branches finely balanced over the water. Before Christmas I stood by the same spot and saw two Treecreepers, two Chiffchaffs, a Goldcrest and an elusive Firecrest, all feeding vigorously together. The tree is empty now. Instead, my attention is drawn to the call of a Marsh Tit, a species easily overlooked. I turn and struggle to pin down the bird as it flits rapidly through the branches. Quickly I realise that there is a chase developing. Not one, but three birds are involved, presumably a pair plus an intruder. Marsh Tits are closely related to Willow Tits and were only separated as distinct species late in the 19th century. Whilst the former are uncommon breeding birds in patches of large woodland, Willow Tits prefer young, damp woodland and are absent from our area of Cornwall. So, each year in summer I visit one location on the edge of the moor to observe these now rare birds. Recent research has suggested that they have suffered in competition for nest sites with other, more dominant species of tit.

As I return to Seaton, I am alarmed to see how much of the sides of the path are covered in the invasive Winter Heliotrope, its attractive flowering spikes among a mass of large, rounded leaves. This plant can be rampant along roadsides and spreads easily by rhizomes. Like Himalayan Balsam and Japanese Knotweed, it is a thuggish nuisance in this damp environment. Further on, I peer hopefully into a flooded ditch for early signs of frogspawn. I am disappointed, but it will not be long. Back in the village I check on the visiting male Wigeon which is spending its second winter here with the local Mallards. I keep asking myself why this duck is here and why only one. Hundreds of other Wigeon are on local estuaries such as the Lynher and St John's Lake, where there is more scope to feed. Nevertheless, it's a welcome distraction.

Alan Payne

Deviocck Parish Council

Parish Council and Planning Committee meetings in January and February 2022 have been cancelled due to increased Covid risk. Parish business will continue under delegated authority where possible, and January and February planning applications will be posted on our website in order that members of the public can post comments in the usual way.

Seaton land purchase: Contracts were completed in December 2021. A land management working group will be created in due course.

Keveral Lane resurfacing: The Parish Council is awaiting an update on capital funding further to the recent Cornwall Council budgeting process.

Flagpoles: The flagpoles at Seaton are due to be replaced prior to the Queen's Platinum Jubilee, with support from Cornwall Council.

Seaton BT kiosk: The adopted kiosk is unfortunately being returned to BT as it was offered to the Parish Council in error, BT not appreciating that the kiosk was situated on private land.

Planning: To comment on a planning application, search for 'cornwall council planning applications'. Any comments posted on the Cornwall Council site are viewed by the Parish Council. See the website for a list of planning applications in January and February (to be posted in the third week of each month).

As the Parish Office is remaining closed until further notice, please contact the Clerk via email if you have an enquiry (clerk.deviocckpc@btinternet.com, Mon-Fri). See the website at: www.deviocckparish.org.uk (for Agendas and Minutes and any important announcements).

Karen Pugh - Parish Clerk

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.

St Germans Parish Council

In December, we were very sad to hear of the sudden death of long-standing councillor Graham Mackeen. Graham was a kind man who cared a great deal for the community, and was a friend and help to many. He will be much missed.

2022 is now well underway and there is much to look forward to, with 'The Queens Platinum Jubilee' celebrations taking place over the weekend 2-5 June. It will be wonderful for communities to get together once again. The Parish Council is looking into planting a landmark tree to mark the occasion and is looking for a suitable site... any suggestions, please send to the Clerk.

The Parish Councillors work hard for the community, attending various committees and groups covering safer roads, better transport links, and climate change as well as looking after play parks, grass cutting and planning issues. The agenda and minutes are all available on the website, and members of the public are always welcome to attend the meetings having the opportunity to speak in the first 15 minutes of every meeting; if they wish to do so.

There are often consultation documents on the 'Let's Talk Cornwall' website which invites Cornwall residents to have their say about issues such as housing, leisure centre, outdoor spaces, and the proposed budget. One of the projects affecting our area is the Looe Valley Trails, opening up cycle routes and safe walking areas for everyone along the Rame peninsula from Cremyll to Liskeard. Take a look.

Something which will affect a lot of people in our area is the Government's 'Heat and Buildings Strategy' and 'Off-Grid Consultation' which set out the steps we need to take to reduce carbon emissions from our homes. Under the proposals, new and replacement oil boilers will be banned by 2026 and off-grid properties will be first in line to install heat pumps which can be costly and impractical to install in rural homes. The consultation period is now closed, so it will be interesting to see what happens next.

There is currently a vacancy for a Councillor for Tideford ward, the notice is on the website www.stgermansparishcouncil.gov.uk

*Councillor Nicola Griffin
Ward Councillor for Tideford, St Germans Parish Council*

News from County Hall - Cllr Armand Toms



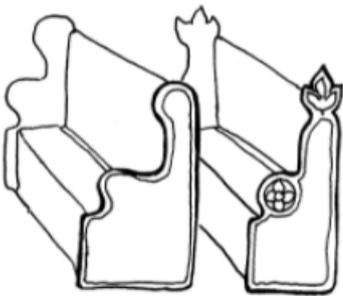
Dear Residents, Every winter the pot holes appear in the road, trees and branches fall into the road and damage is caused to the infrastructure of the area. After a recent storm I was out and about and found all of the items mentioned plus the flagpole at Seaton was broken. But in saying that, although I am out and about, I can still miss things and your eyes and ears can help me by letting me know the issues in your area. I intend to start carrying out Councillor Surgeries in all areas of my ward in the near future to help with problems and concerns. Currently with the Housing Crisis, and major issues with Social Care I hope that carrying out face to face meetings will help.

As you will know there are some road closures in our area to allow for works on roads and trees. I'm sorry for the inconvenience these may cause but the works are necessary for safety. There are some major housing developments in the area which pre-date my involvement in the area. I am working with officers to resolve some of the issues but please contact me if you have concerns and I will try to get you answers to questions.

Please contact me for any help or questions you may have at:

cllr.armand.toms@cornwall.gov.uk or 01503 254823 or mobile 07565529565

News from the Churches



The services over Christmas and since have encouraged us to carry on with our regular pattern of weekly services around the parishes (details in Rita's Rota on the back page).

We are also now serving teas and coffees and having a time of “socially distanced” fellowship after each service which is really lovely, giving us time to catch up and chat.

Following on from the success of our Christmas community meal:

There will be a 2 course “Pasta and Pud” community lunch on Wednesday 9th February, at 12 noon in St. Nicolas Donderry. All are welcome.

A Soup and Pud Lunch is also planned for Saturday 26th March, from 11.30 to 1.30. It is hoped there will be Charity stalls (no table charge). Any interested Charities should contact Sandra on 250798 or email smpearce25@btinternet.com.

There is no fee for either event, but donations are appreciated. Please wear a mask and abide by whichever regulations are in force at the time.

Revd Canon Lynn Parker parker30@hotmail.com

St Germans Methodist Church

We would like to invite everyone to join us in a new venture. We are holding a monthly coffee morning beginning on 19th February from 10.00 to 12.00. This will be for all ages. There will be an area for babies/young children to play while their mums/ carers relax together and enjoy a chat over a warm drink. There will obviously be a place for those who are a little older to enjoy each others' company. We will not be charging for this but any donations towards cost will be gratefully received. There will be a Cake stall and a Bring and Buy stall.

On the first and third Wednesday of the month we will be holding a Bible Study from 11.00am to 1200, in the chapel. This will be led by one of our members and will be a time to share together and learn more about our faith. This is open to anyone whether you are a regular worshipper or wish to find out about that faith. We will be looking at St Luke's Gospel.

Our regular worship is on Sunday morning at 10.30 am.

At the moment our events are held following COVID guidelines with masks worn indoors. We are a friendly group please feel free to come and meet us. Further information from Jenny 01503 230766 or Janet 01503 230403.

Steve Gerrard

The Zone (The Chapel by the Sea)

Sunday February 6th at 3.00 pm Holy Communion with the Reverent Iris Bray.



Coffee Mornings are on every Wednesday from 10.00am -11.30am. We are a small group, but we always find plenty to chat about. Do come and join us, there is plenty of room for more people, and we would love to see you.

The management of the Zone are looking for a volunteer who would be willing to do some odd jobs for them now and again. If interested please contact Viv Parker on 01503 250519.

Elsa Guilfoyle

Sir Walter Moyles Almshouses

There is currently a vacancy in the almshouses in St Germans. The accommodation is for people aged 55 or over, preferably with a local connection, and is for single occupancy only. For more information, please contact The Clerk to the Trustees on 07811 397392. Weekdays only.

Alex Bolton - Clerk to the Trustees

Quay Lane Surgery

Dr Penny Thomson is retiring. Dr Thomson trained at University College London and Westminster Medical School, and qualified in 1984 before coming to St. Germans in 2002. Penny has worked at Quay Lane Surgery as a Partner for 20 years. She has looked after and cared for many patients in our locality, sharing the joy of bringing new life into the world with new parents and holding the hands of families as they said goodbye to their loved ones. She will be finishing her working life as a GP on 28th April 2022. Whilst we will be very sorry to see her go, I feel sure you would like to join us in wishing her well for the future in her retirement.

If you would like to send a good luck message to Penny or make a donation towards a gift then please contact our PPG – see details below or enquire at the surgery, thank you.

Patient Participation Group (PPG)

We are delighted to be organising the collection for Dr Thomson's retirement. Many patients will have special memories and we welcome your stories and messages so that we can collate and present them with a gift on your behalf. If you would like to donate to the collection we have the following options:

(Online) by bank transfer: Please email quaylaneppg@gmail.com for the details.

By cheque: Payable to Quay Lane Surgery PPG with Dr Thomson written on the back of the cheque.

By cash: Envelopes marked PPG Dr Thomson's collection and can be left at either of the surgeries.

Messages and stories can be either emailed to quaylaneppg@gmail.com or alternatively posted to the PPG c/o Quay Lane Surgery, Old Quay Lane, St Germans, Saltash PL12 5LH. If you are housebound and would like to contribute - please get in touch - we can help.

Claire Croft, PPG Chair quaylanesurgeryppg@gmail.com

Practice News

The NHS in Cornwall and the Isles of Scilly is expecting a surge in Omicron cases. Even with very high vaccination uptake in our patients and staff, the spread of COVID-19 is already having a significant impact on NHS staff absences and this is likely to become worse. This will further impact on staffing and will cause more disruption to wider health and services. Every additional person with COVID-19 impacts on the

ability of the NHS to carry out other important work. For example, for every inpatient in hospital with COVID-19, on average more than 8 other operations are postponed.

To cope with this ongoing impact on staffing, in East Cornwall our GP practices are:

- Reducing non-urgent work, for example routine check-ups, routine monitoring, minor surgery, sick notes.
- Starting each consultation with a telephone call or online consultation first. We need to limit exposure for both patients and staff but anyone who needs to be seen face-to-face patient contact will be, where it's safe to do so.
- Limiting the staff working in our buildings to reduce the risk of outbreaks, along with regular staff testing.
- Strictly applying infection control precautions such as masks, ventilation, social distancing, and hand sanitiser.

By ensuring these measures are in place, we will keep general practice open and therefore support our local hospitals, ambulances and out of hours services. If we find that despite these measures some individual GP practices cannot open for a short period of time, then neighbouring GP practices in our area will support each other to ensure we can still ensure patients have access to GPs when it's urgent in East Cornwall. Our practice will review the suitability of these arrangements each week as we learn more about the impact of Omicron on NHS services in Cornwall and the Isles of Scilly.

How can you help?

- Please be patient and kind to our staff who are working under extreme pressure.
- Get your COVID-19 booster vaccination as soon as possible if you haven't already. Many people in intensive care units in Cornwall are young and unvaccinated.

Please continue to follow national guidance about wearing face coverings, social distancing and any other restrictions that are in place.

Debbie Todd, Practice Manager

Thank you! Big thanks to all the kind patients and work colleagues at Quay Lane Surgery, for your cards and gifts on my retirement after 18 years at the surgery. I shall miss you all. Stay safe and have a Happy New Year.

Janet Moss – retired Receptionist

DaSRA - Donderry & Seaton Residents Association

Superfast Broadband: DaSRA Committee member, Caroline Frith, and Seaton resident, Caroline Walmsley, deserve our thanks for their persistence in ensuring our area is upgraded to Superfast Broadband - Fibre to the Premises (FTTP). They have confirmed that the target has been reached for the number of properties signing up in Donderry and Seaton to benefit from the Government-funded FTTP project. Pledgers should have received an email from Openreach confirming this. If you haven't already signed up, it is still possible to pledge your interest at www.openreach.co.uk/connectmycommunity. Everyone who has pledged should then look out for the email from DCMS with details of the Gigabit Broadband voucher, which needs to be validated within 28 days of receipt. Caroline F. and Caroline W. want to thank everyone who has made the pledge to enable this project to go ahead and help to 'future proof' our villages. The benefits will, undoubtedly, be significant.

Welcome to new residents: DaSRA is preparing a package of information to give to new residents to welcome them to our villages. New arrivals will be directed to our website to access the welcome pack, which will be focused on our existing Local Links page with updated lists of key contacts and activities. (Hard copies available on request). Hopefully, as residents, you are already accessing much of this information and are finding the content useful. www.dasra.co.uk. If you are involved in any activity not already listed or you would like existing information to be updated, do please get in touch. The focus is on public services and community groups and pursuits, but we are also considering including commercial services and trades. Do let us know if this would be of interest.

DaSRA needs a new Treasurer. Our current treasurer is planning to give up the role in the summer. As a result, we are seeking to recruit a resident who has financial skills and experience to take on this key position in the residents' association. They will be responsible for accounting for all our financial transactions, as well as being actively involved as a full member of the committee. A key task is to present the balance sheet and financial statement at our annual general meeting. DaSRA is your residents' association so active involvement by residents is essential to ensure we work for the benefit of all. If you are interested to know more about this role, or indeed other positions on the Committee, do get in touch. Thank you.

Laura Done, Chair DaSRA, info@dasra.co.uk, 01503 250911

Neighbourhood Watch in partnership with DaSRA

Neighbourhood Watch is celebrating 40 years since first being established in Mollington, Cheshire in 1982. In Donderry and Seaton we are planning to mark the anniversary with a community project assisted by some grant funding from Neighbourhood Watch. Details next month.

The latest scam issued by Neighbour Watch is worth noting: Criminals are using the NHS COVID Pass to target the public by convincing them to hand over money, financial details and personal information.

Remember: The NHS COVID Pass is FREE and available through the official NHS app (which should only be downloaded through your usual app store), the NHS website or by calling 119. You can find more information by visiting www.nhs.uk/nhscovidpass. The pass is not mandatory and you won't be fined for not having one. If you suspect you have been contacted about a fraudulent NHS COVID Pass, follow these steps: If you've received a phone call, hang up. If you've received an email, forward it to report@phishing.gov.uk. If you've received a text message, forward it to 7726. If you've fallen victim to fraud, report online at www.actionfraud.police.uk or call 0300 123 2040. You can find more information about the NHS COVID Pass scam on the Action Fraud website: <https://www.actionfraud.police.uk/covidpassfraud>.

Nigel Jones, NW Co-ordinator, email: info@dasra.co.uk

Downderry Bread and Babes

We have lots of spring crafts planned for all ages.

Downderry Bread and Babes is a local parent/carers baby and toddler group. If you have a little one and fancy a cuppa and a chat plus craft, toys and bread making, come along and see what you think. We have plenty of toys, always have a craft to do and the bread, once cooked, will be your little one's snack at the end.

We run every term time Thursday at The Coastal Zone, Downderry, PL11 3LY 9.30am to 11.30am. First session is free then £3 per session per family after that.

We have a Facebook group for more information or message us with any questions. Bread and Babes Downderry play group. Our February dates are: 3rd, 10th and 17th.

Michelle Cooper

Downderry Community Bus 300 Club

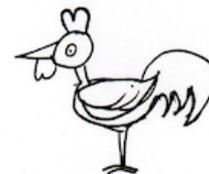
December lucky winners: 1st. No.18 Jackie Broad Kemp. 2nd. No. 174 Raj Chotai and 3rd. No. 70 Bev Brighton.

January lucky winners: 1st. No.147 Jenny Mellor. 2nd. No.58 Mary Pearce and 3rd. No. 109 Heather Blacker.

A big thank you to all who support OUR bus.

Jo Woodley 01503 250489

Hessenford News



There's not much to tell you about in village news this month but just a couple of things worth bringing to your attention.

Being Valentines month no doubt Christmas seems a long time ago in many peoples' minds but hopefully you can still envisage our lovely 'village' Christmas Tree, felled for us by Jungle Dave. So, this is just a big THANK YOU to the many residents who've made a contribution towards its purchase and the purchasing of the new sets of lights that adorned it. If you happened to miss the email, there's still time to put a donation in an envelope through Alison's letterbox.

Hopefully you'll have your bookmark to hand to remind you of the Café, Chat & Cake morning on Saturday, 12th February starting at 11am. It proved to be pretty popular in January so we're looking forward to meeting and chatting to more of you while enjoying a cuppa and a toasted tea cake.

Meanwhile, take care, stay safe, enjoy those gorgeous sunrises and sunsets and watch out for the signs of Spring.

Fran Moore

St Germans Thursday Club

By the St Germans Church lychgate, there is a bench which is in memory of Mrs Cicely Nancekivell, Leader of St Germans Thursday Club for 21years from 1973-1994. Many thanks to Martin Reed and David Stroud for excellent and timely repairs to the bench.

The February meetings of our club will be on the 10th and 24th, in the Eliot Hall. Doors open at 2 pm.

On the 10th, we will celebrate the Thursday Club's 49th birthday. Will each party-goer please bring a wrapped present. Each gift will be offered and chosen anonymously. A little something - as William Morris suggests - which is both beautiful and useful. (a book? an ornament? something for kitchen use?) We will, of course, have entertainment and refreshments as well.

On the 24th, we will be planning the programme for the club's year 2022-2023 which commences in April. Speakers and outings are being booked now. Please keep your suggestions and choices coming in! Usual tea, biscuits and raffle.

We hope to see you in February. Do let us know if you'd like to join the Club, or come along as a visitor. Get in touch with ideas for speakers, activities or outings. Our Chairperson is Jean Mills (01503-230324)

Sue Cousins

Devoick Activities Group - Arts and Crafting Group

We are making progress with plans for a weekly social Arts and Crafting group to be held at The Zone, starting in late February 2022 (guidance permitting). Initially, at least, the group will run on a Monday afternoon from 1-3pm. The aim is for these sessions to be informal, a drop-in group, open to anyone and everybody interested in arts and crafting. Essentially, the Zone will be open for you to come along for a coffee, biscuits and a chat, to work on your projects or just swap ideas about your creative projects whether that's needlecrafts, sketching, watercolours, textiles, paper crafts, crochet, wood crafts or doodling... The contact for this group is Sue Webster on getknitted@outlook.com.

For more information about DAG, ideas of other activities & how to get involved please contact Viv Parker on 250519 parkerviv@aol.com or message her on DaSRA facebook.

Viv Parker

Did you know you can recycle your cheese wrappers?

The Recycling for Charity collections at the Eliot Arms Pub Car Park have continued well over the last few months. Thank you to everyone who supports this initiative. A reminder of a few things I can accept: Crisp packets (must be walkers branded or have the word crisps on), Biscuit and cake wrappers (including mini cheddars and rice cakes), Snacks (nuts, crackers, cheese puffs, tortilla chips, popcorn), Cheese wrappers.

There are many more groups of items I accept. However, if you are new to this or don't have much you are more than welcome to start small; it's all gratefully received .

As part of volunteering, I was offered the opportunity to visit the MRF (Materials Recycling Facility) in Bodmin and the CERC (Cornwall Energy Recovery Centre) near St Dennis where I got to see where all of our recycling and waste from our kerbside ends up. It was a very interesting experience where I was reminded that "reduce reuse recycle" is not just a list of three good things to do but it's also in order of importance. So, if you can reduce that's the best option, then reuse, then recycle. One thing I ask people to do is "brick" their sorted items (putting many smaller crisp packets inside bigger ones or multipack outer layers) this is in some ways both reusing and recycling the larger packs and means we can recycle more.

Anyway, the collections continue monthly in St Germans with more information and dates advertised on Posters, Facebook and the website (<https://south-hill.co.uk/charity-recycling/>). The next two dates are 13th February 10:30-11:30 and 13th March 10:30-11:30. January's collection was one of my biggest yet! So, thank you again to all of those who dropped items off. You are helping to make a difference.

Freddie Brasher

Downderry and Seaton Village Hall

- **Coffee Morning, Tuesday 8th February 10am to 12 noon** - Come along for a chat and enjoy a hot or cold drink with Tea Cakes. Doors open at 10am until 12 noon and it only costs £2.00 per person. There will be a Book Stall and Raffle Tickets for that morning's draw. All are welcome, including well behaved dogs on leads who will also get a little treat.
- **Please note** - Due to concerns regarding COVID-19, the DAS Drama Group has postponed this year's Panto until Wednesday 27th to Saturday 30th April.
- **Little Breakfast, Saturday 19th February** - Come to the Village Hall between 10am and 1pm and enjoy a Breakfast Bap of Sausage, Bacon & Egg or the veggie option of Egg & Hash Browns with a hot or cold drink for just £4. There will be a book/DVD sale and all welcome including dogs on leads.

Dates for your diary:

- **Coffee Morning** - Tuesday 1st March 10am to 12 noon
- **AGM** - Friday 4th March doors open at 7pm for a 7.30pm start.
- **Indoor Car Boot Sale with refreshments and a Pop-Up Bar** - Sun 13th March
- **Little Breakfast** - Saturday 19th March 10am to 1pm
- **Adventure in Pantoland** - Wednesday 27th to Saturday 30th April - Tickets go on sale on Monday 21st March

Mandy Smith Secretary, Downderry and Seaton Village Hall

St Germans Community Centre Flower and Vegetable Show

After many months of uncertainty there seems to be a small glimmer of hope that life may be beginning to settle into a routine of a 'new normal'. On this note we would like to ask all winners from our last show in 2019 to kindly return their trophies to committee member Mr Goff White at 53 Eliot Drive (Tel: 01503 230 409) to enable cleaning and future allocation.



Catherine Miles

THE POLBATHIC PLAYERS

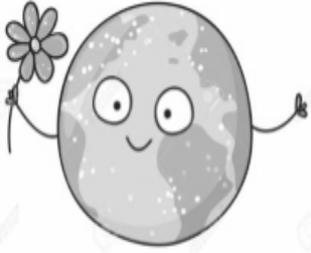
sadly announce the postponement of their panto

THE SNOW QUEEN

Until January 2023

We have once again decided to put the health of our audience and cast members first. Please stay safe and hopefully 2023 will be our year!

Simple ways to save the planet



Over the Christmas period I watched the clever film *Don't Look Up*, which has a plot that focuses on systematic denial that a meteorite was on trajectory to hit planet earth. There were chilling parallels with our current political and social apathy to the climate crisis. One problem is that it is very difficult to accept we cannot continue in the same way, but need a complete systems rethink. Acknowledging this is massive. I would like to use the push for electric cars to illustrate this.

Being able to drive a car in our rural areas is often essential. But the reason for this is because we have moved away from local food production and sales, and local facilities that are easy to access by public transport. The first problem is a planning one; estates have been built that do not have schools, shops, walking and cycling infrastructures to serve their residents. Planners have time and time again supported out-of-town supermarkets and American-style corporate shopping centres with large car parks that are only easily accessible by car. But the solution to this problem is easy. Electric cars! So we can build back better and life continues as normal.

But with the same old choices come the same old problems. In this country we have not yet reached 100% renewable energy generation. The additional pressure on the grid from electric car-charging will inevitably lead to a continued reliance on fossil-fuel power stations, and it is inevitable that there will be pollution involved in lithium mining, particularly in countries where regulation is lax.

With any large man-made object, the greatest carbon cost comes in the building of it. So, with cars, using your old car until it is no longer functioning will always be a sounder option than replacing with new. However, when you use that car you will be creating pollution and greenhouse gases. In reality the only sound way forward is to reduce. Take a critical look at your car usage. Do you have to drive to work, or could you sometimes work from home? Do you do lots of small shopping trips, when a well organised weekly one would be more efficient? Do you drive to the north coast, when you have south coast beaches on your doorstep? Do you always take local options when it comes to walking and day trips? Do you fill your car with passengers, or are most of your journeys solo? Do you do journeys that other people in your locality also do, that you could pair up for? (For example, taking children to school, or driving to the train station for a regular commute). Are there times you could catch a lift or take public transport? Are you using the car for short journeys that could be done on foot or bike? In our rural communities this is one of our flaws; we have a car, so we use it even when it's not really necessary to do so.

There are many compelling environmental reasons for reducing car use; pollution (both from the journey and from road building), danger to wildlife and safety for those on foot or bike, being three that spring to mind. There is a good alternative though that has taken off in recent years, and that is the electric bike. The great thing about electric bikes is that you don't have to be super fit to use them. With panniers you can do shopping with them, they are cheap to run and a great alternative to a car. The carbon build cost, and price, is a fraction of a car, as

is the energy they require. And being out on a bike in the fresh air will really contribute to your sense of wellbeing and improve your fitness. Your biggest bug-bear will be cars. In which case you may wish to cut out this article and pass it on, as if we were all to take to riding bikes and walking, only using a car when absolutely necessary, our roads would be far safer. Which can only be a good thing for everyone.

Lizzy Stroud

Community Bus News

No car? Don't worry. Use the community bus. Parking a problem? Why not use the community bus? Give us a call on the telephone number below to see how your plans can work with our plans. We take the strain, you enjoy the trip. We now have our excursions for the year mapped out alongside our regular favourite destinations to places like Truro, Totnes, Exeter and Tavistock.

Have a new approach to Plymouth and Liskeard, which we visit every week. When were you last at the Aquarium in Plymouth or at the wonderful new Box museum? They are both great venues and places to meet up with friends. Enjoy a splendid lunch at the Box. Ask the driver, and we can drop you right at the door. Just over three hours later and you are heading back home.

In Liskeard bring your trolley bag and we can drop you directly at either Morrisons or Aldi for your shopping, and in the centre of course you have the Co-op, a great fishmonger, butcher and greengrocer. The bookshop, the library, banks and the post office, time for a coffee and then back to Downterry. Remember, if you have a Freedom Pass for local buses, you can use it on the Plymouth and Liskeard services.

We are planning to re-launch our service to Looe aimed so you have time for a good lunch and no parking problems. The first one will be Friday March 4 leaving Downterry at 11.30. If you need a trip to Trago Mills put Wednesday March 11 in your diary, leaving at 09.30.

Excursions for 2022 will get under way with a trip to the Fowey Valley Cidery and Distillery at Lostwithiel on Friday February 25 with time for lunch and a mooch around the antique shops. Then on Friday March 25 we will be visiting Agatha Christie's home at Greenway in south Devon beside the River Dart. It's no mystery.

Use the community bus, and we are here for all age groups! If you have any other destination ideas, give us a call and we will see if we can arrange it. Check out the bus timetable (overleaf) and on the Downterry & Seaton Residents Association website.

A local date for your diary is the Friends of the Bus tea and cakes get-together at St Nicolas Church at 3pm on Friday, February 18.

For reservations, please call Bev Brighton on 01503 250944. For 300 Club, call Jo Woodley on 01503 250489. For any other questions please contact Kevin Done, chairman on 01503 250911 or by email at kevindone@hotmail.com.

Kevin Done

Services and Excursions during February 2022

DATE		DESTINATION	DEPART	LENGTH STAY	FARES SINGLE	RETURN
February						
Tuesday	1	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Thursday	3	Liskeard	9.30 am	2 Hours	£2.00	£3.00
Tuesday	8	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Thursday	10	Liskeard	9.30 am	2 Hours	£2.00	£3.00
Tuesday	15	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Wednesday	16	TRURO	9.30 am	4 Hours	£5.00	£7.00
Thursday	17	Liskeard	9.30 am	2 Hours	£2.00	£3.00
Friday	18	Tea and Cakes at St Nicholas Church			3.00pm	£2.00
Tuesday	22	Plymouth	9.30 am	4 Hours	£3.00	£4.00
Thursday	24	Liskeard	9.30 am	2 Hours	£2.00	£3.00
Friday	25	Lostwithiel	9.30 am	4 Hours		£5.00
Cidery and Distillery ...Gin , Vodka, Cider, Brandy, - tour and shop						
Excursion for March.....						
Friday	4	Looe	11.30am	3 Hours		£3.00
Friday	11	Trago	9.30 am	2 Hours		£4.00
Friday	25	Greenaway	9.30 am	4 Hours		TBA
Agatha Christie Home and Garden, National Trust, South Devon						

TO BOOK SEATS TELEPHONE DOWNDERRY (01503) 250944 Mon-Fri 9.00am-5.00pm

St Germans & Area Public Transport Group

Trains. Keep an eye on changes in the timetables. Generally, services have been reliable, and running to time, but staff shortages have sometimes meant reductions. There will be engineering work on all February weekends between Exeter and Plymouth, meaning bus replacements on that section of the line. This work also means there will be a temporary Saturday and Sunday timetable between Plymouth and Penzance; so you will need to check before travelling. There will be night-time engineering work between the end of January and 17 March at Dawlish, to protect the track from potential rock-fall. The Night Riviera sleeper will run on Fridays and Sundays only during that period.

Bus. Buses have been running to time fairly well. A reminder that the 71 bus to and from Derriford continues to make a very useful connection. And it is particularly convenient that the 72 service leaving Royal Parade at 5.20 p.m. calls at St Germans. Community buses can play an important role in the future development of public transport in our area. We've noticed that, as well as the DOWNDERRY and RAME buses, the Saltash Red Bus is looking at ways to offer services in these parts. Buses can be Transports of Delight: safe journeys and no parking problems!

Here's advance notice that there will be a Public Transport Use Survey in March and April. This will offer people in St Germans, Deviock and the whole of the Rame peninsula the chance to record their journeys by public transport, to say what journeys are difficult or impossible by bus or train, and to share information and ideas for better transport links in future. We've been talking to Cornwall Council, parish councils, Go Cornwall Bus, GWR and Community buses about possibilities of better-connected services. And we need to remember that on a peninsula we depend on boats as well, with the importance of ferries to link with buses and get us to the other side of the water. Look out for news and exhibits next month, and please get in touch if you'd like to help spread the word about the survey.

Rita's Rota

February 2022 Dates

- 1 10:00 Tideford Holy Communion TC
- 2 10:00-11:30 Coffee Morning CZ
11:00-12:00 Bible Study SGMC
- 3 09:30-11:30 Bread & Babes CZ
- 6 10:00 D'derry Morning Worship SNCh
15:00 Holy Communion CZ
- 7 10:30-12:00 RBL Coffee Morning TRBL
- 8 10:00 Tideford Holy Communion TC
10:00-12:00 Coffee Morning DSVH
Mobile Library:
St Germans Alms Houses 09:45-10:05
St Germans - Quay Rd 10:15-10:50
Downderry - Inn 13:55-14:35
Seaton - Car Park 14:45-15:05
- 9 10:00-11:30 Coffee Morning CZ
12:00 Pasta & Pud Lunch SNCh
- 10 09:30-11:30 Bread & Babes CZ
14:00 St Germans Thursday Club EHSg
- 12 11:00-13:00 Coffee, Cake & Chat HCH
- 13 10:00 St G Holy Communion SGPC
- 15 10:00 Tideford Holy Communion TC
- 16 10:00-11:30 Coffee Morning CZ
11:00-12:00 Bible Study SGMC

- 17 09:30-11:30 Bread & Babes CZ
- 18 15:00 CB Tea & Cakes SNCh
- 19 10:00-12:00 Coffee Morning SGMC
10:00-13:00 Little Breakfast DSVH
- 20 10:00 D'derry Holy Communion SNCH
- 22 10:00 Tideford Holy Communion TC
- 23 10:00-11:30 Coffee Morning CZ
- 24 14:00 St Germans Thursday Club EHSg
- 25 09:30 CB Distillery Visit Lostwithiel
- 27 10:00 St G Morning Worship SGPC

CZ Downderry Coastal Zone; CB Community Bus; DSVH Dderry & Seaton VH; PolH Polbathic Hall; EA Eliot Arms StG; EHSg Eliot Hall StG; HC H'ford Church; HCH H'ford Church Hall; SGMC St G Methodist Ch; SGPC St G Priory Church;; SNCh St Nicolas' Church; SNS St Nicolas' School; TC Tideford Church; TRBL Tideford RBL Hall; WVH W'gates V Hall

Items for Rita's Rota should be sent to nuttree.editor@yahoo.com by 15th of the preceding month. (Note change to email address)

Rita

Editorial

A belated Happy New Year to you all. Bewildered by the speculative use of mathematical models and algorithms to support claims of 'following the science' I am reminded of two things. The first, an allegedly Chinese proverb, suggests "a man who owns a watch knows the time, but the man who owns two is never sure". It neatly summarises the danger of being confused rather than enlightened by the collation of ever more complex data and statistics. The second was drummed into me at sea by seasoned mariners. Computer derived weather forecasting over the years has become ostensibly ever more precise, but conditions encountered offshore often still have the capacity to surprise. The wisdom of the 'Old Salts' is that the most reliable forecast of all is regularly to lift one's attention from the computer screens and simply look out of the window. This is not a dig at data analytics but more a gentle reminder that when confronted by contradictions, anxieties and uncertainty, a quick glance out of the window once in a while can remind us of quite how lucky we are to live where we do. On that note, best wishes for 2022.

Disclaimer : The Editorial group accepts no responsibility for views expressed in any edition of Nut Tree. Nevertheless, we will try to be as accurate as possible and seek similar factual correctness from our contributors.