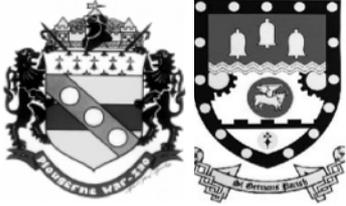


NUT TREE

October 2022 Volume 37 (7)



Nature Notes

A windy, showery morning in early October and the messy sea off Donderry cannot hide the large number of Gannets diving enthusiastically into the sea to the East. It has been a common, spectacular sight in the bay over the summer. However, a fellow resident informs me that he has noticed about six dead birds on the beach. I know what has happened and there have been several other occurrences in the county, but I go to investigate myself. In less than a mile along the tideline, I encounter a dozen Gannets, all dead but one. They appear to be adult birds. From a distance, the live bird is resting on the beach, its head lifted, looking forlornly out to sea, a bizarre outline on a beach occupied just a week ago by families, sunbathers, dog walkers and a young girl making sandcastles with her grandad.

When I eventually reach the bird, the condition has worsened and the head is now turned to rest on its back, partly hidden by its wings. Despite the wind ruffling a few of its feathers, I can see that it is still alive. I am not allowed to touch and I am helpless to intervene. Returning home, I inform the Defra helpline and the listener is noticeably shocked at my figure of twelve. She will pass on the information. Less than an hour later, a neighbour contacts me to say that men in orange suits have arrived at Seaton. On the radio there is a feature on dead gannets in Cornwall and the correspondent adds that birds have been found inland and in built-up areas.

Birdflu has been devastating this summer among large colonies of Gannets in Britain, but it is not confined to that species. Gulls, terns, auks and skuas especially in the north have all been affected. Over 5000 dead birds were picked up on the Farne Islands, especially Guillemots and Razorbills. From the west of Scotland comes news that White-tailed Eagle chicks have died in their nests. First noted among wildfowl migrating to Britain last winter, the disease has affected other species of wild birds. The worry is that it will pass through the huge flocks of wading birds like Curlew and Dunlin that use our coasts for winter refuge in the months to come.

Later in the morning another walk reveals at least 15 dead birds and the moribund individual has now succumbed, its pristine plumage in stark contrast to that of sodden, entangled individuals that were washed up earlier. For most spectators this is as close as they are likely to get to appreciating the sleekness and beauty of a marine icon. At dusk, the next high tide has brought in a few more corpses. A few metres away and oblivious of the fate that has befallen the larger Gannets, a few tiny Sanderling and Ringed Plover run up and down the beach escaping the swash of the waves; it is comical to witness and provides a cheerier note to a depressing day.

Alan Payne

Deviocck Parish Council

Forthcoming meetings in October (to take place at the Zone, Dowederry Methodist Church): Full Council 13th October 7.30pm; Planning Committee 27th October 6.30pm. Social distancing and reduced capacity will continue to apply. See Agendas for details prior to each meeting.

Queen Elizabeth II: The Parish Council joined residents in mourning the passing of Her Majesty Queen Elizabeth II, whose longstanding service and dedication was an inspiration to all. A Proclamation Service to formally announce the death of the monarch and the accession of King Charles III was held on Sunday 11th September at the memorial garden in Dowederry, which was well attended by residents. A copy of the Proclamation will be entered into the Minutes of the October Full Council meeting.

Parking enforcement: The Chair and Vice Chair met with the Cornwall Council Parking Enforcement team as a result of the severe congestion experienced at Seaton in the summer. Further discussions will be taking place and ideas put forward as to how the illegal parking issues can be addressed.

Tanver Yate Phase 1 groundworks: The Parish Council has received a number of quotations from contractors for Phase 1 of the Tanver Yate project, for which planning permission was received earlier in the year.

Proposed sewage treatment works, Hessenford: In response to Environment Agency concerns, pre-application advice has been taken by Kier Utilities and South West Water for proposed sewage treatment works, pumping station, kiosks and access road, to be located to the rear of the Church Hall in Hessenford at the foot of the field behind. Please keep an eye on Planning Agendas for any forthcoming planning application.

Tencreek Farm development, Menheniot Parish: The Parish Council posted a comment on the Cornwall Council Planning site regarding this proposed development of 202 dwellings and associated works, requesting 'reassurance that any discharge from the Tencreek development into the River Seaton will neither exacerbate flooding issues at

Hessenford, as implied by Clause 7.3.4 of the Flood Risk Assessment, nor be detrimental to the quality of the bathing water at Seaton beach’.

Land East of Reflections planning application, Downton: In September, the Parish Council made written representation to the Planning Inspectorate (Department for Levelling Up, Housing & Communities), maintaining its objection to the Land East of Reflections application. The representation was made in response to an appeal by the applicant further to the Parish Council having received support for their objection by Cornwall Council’s Planning Committee.

For any other Parish Council business and news, please take a look at our Minutes. See the website at: www.deviockparish.org.uk for Agendas and Minutes and any important announcements.

Planning: To comment on a planning application, search online for ‘cornwall council planning applications’. Any comments posted on the Cornwall Council Planning site are viewed by the Parish Council’s Planning Committee. See Agendas for applications due for discussion at the next Planning Committee meeting.

As the Parish Office is remaining closed until further notice, please contact the Clerk via email if you have an enquiry (clerk.deviockkpc@btinternet.com, Mon-Fri).

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

We were deeply saddened to hear of the death of the Her Majesty Queen Elizabeth II on 8th September, and the period following left many of us feeling a deep sense of loss. We can look back to the wonderful celebrations which took place to mark The Queen’s Platinum Jubilee, and feel glad that she was able to see the love and respect with which she was regarded by so many. We are grateful for the smooth accession of King Charles III and feel confident that the constitutions of our Country will continue to be upheld under his reign.

The Parish Council is pleased to announce progress with the lease for the Tideford playpark. This is now with solicitors and should be signed soon. Councillors are now working closely with the local community to restore the Playpark for use by the next generation of children and young people.

Mindful of the rise in energy bills heading our way, we are working with Community Energy Plus- who give advice and support to people who may be struggling to pay energy bills. Leaflets are available, or look online at www.cep.org.uk or freephone 0800 954 1956. We hope to bring you a public event where you will be able to meet CEP energy advisors to talk about energy efficiency and what you can do to mitigate climate change by using sustainable energy.

There have been a couple of items that have slowed progress on 20 mph proposals through St Germans, and we now expect to start the consultation process in early November, remember nothing is decided until you all have your say. A speed check will take place in Church Road Tideford before we look at that area for calming next.

We are continuing to develop an Emergency plan for our area, and work is also ongoing into the bus shelter in Polbathic - more news on these to follow.

And finally, sadly our clerk Emily is due to be leaving us, recruitment is underway for a new Clerk. We are grateful to Emily for all her hard work.

*Cllr Nicola Griffin
St Germans Parish Council*



News from County Hall

This year the number of complaints from residents about parking have grown in all areas of my ward. During a recent meeting with the local enforcement team I asked if anyone could report issues and the enforcement team said Yes as it helps them target problem areas. The details are below and reports can be anonymous.

- Email: parkingenforcement@cornwall.gov.uk
- Telephone: 0300 1234 222
- Online reporting form: <https://www.cornwall.gov.uk/transport-parking-and-streets/parking/parking-fines-and-enforcement/report-an-illegally-parked-vehicle/>
- Facebook: Cornwall Positive Parking Enforcement

*Councillor Armand Toms
Looe East and Deviock
36 Trenant Road, East Looe, Cornwall PL131EP
Telephone 01503 264823 or 07565529565*

News from our Churches

Lynher Methodist Church

From the beginning of September this year there has been a change for the three Methodist Churches in our area. Craffhole, Donderry and St Germans now carry new titles which are Lynher Methodist Church at Craffhole, Lynher Methodist Church at Donderry and Lynher Methodist Church at St Germans. The three churches have amalgamated under one title of Lynher Methodist Church. This is not just in name but some services will be joint ones at one or other of the churches while the majority of services will continue at our individual churches. This is an exciting new venture to share our worship and mission together. Therefore, if you see posters with any of the three titles above the service/activity will be at the site named.

Please come along to join us at any of the venues. Our joint service in October will be held at Lynher Methodist Church at Donderry (The Zone) on the 9th at 3.00 pm and will be their Harvest Festival. The service will be led by Mrs Linda Eastlake of Saltash.

Our coffee morning this month at St Germans will be on the 15th at 10.00am to 12.00. No charge but any donations will go to the Air Ambulance.

We look forward to seeing you.

Steve Gerrard

The Zone, A Fresh Expression of the Methodist Church



Wednesdays 10:00 - 11:30 Coffee and Chat

On Sunday 9th October: Church on the Beach from 9.30am-11.00am and then at 3.00 pm our Harvest Festival to be taken by Mrs Linda Eastlake from Saltash. All produce will be taken to the food bank in Liskeard.

Thank you.

Elsa Guilfoyle

Quay Lane Surgery

Patient Participation Group (PPG)

The PPG has recently been able to fund the new integrated ECG machine for the main surgery, after the old machine suddenly failed completely in August. Thank you to all those who give so generously and enable us to support the practice this way.

The Community Wellbeing Hubs are offering information about services that can improve mental and physical health. As well as bereavement services, mental health support, cancer and dementia services and support with long term health conditions. Advice is also available on housing, digital support, debt management, cost of living advice and getting into work. We are all possibly facing difficult times ahead this winter - so please drop by and say hello, we would like to know if there are particular health and social care professionals you would like us to invite to your local hub.

St Germans Wellbeing Hub is at Eliot Hall - please contact me for details.

Menheniot Wellbeing Hub is at the Old School - please contact me for details

Dowderry Wellbeing Hub is at the Zone on the 4th Monday of the month from 2.00 - 4.00pm

If you are interested in the PPG at Quay Lane Surgery but unable to attend meetings - you might consider becoming a virtual member to feel more involved with your practice and the wider issues facing the NHS. Please email me or contact the Practice Manager about our membership options.

Claire Croft, Chair quaylaneppg@gmail.com

Practice News

Flu Clinics - Appointments are being offered to patients for October and November. We will be prioritising those patients aged 65 and over and those under 65 who fall into an at-risk group, before offering appointments to patients over the age of 50. Clinics for the over 65s are now being booked from Saturday 15th October.

Autumn COVID Boosters - Quay Lane Surgery will be holding clinics at Isambard House, Saltash on Sunday 16th October, Friday 21st October and Saturday 26th November. Eligible patients will be contacted by the surgery; those with a mobile phone will be sent an invitation by text with a booking link. These clinics are only available via the text link or by booking directly with the surgery. Alternatively, patients can book online or by ringing 119 to visit a mass vaccination centre.

Do I need to leave a gap between vaccinations? Generally, the only vaccines that need a gap are the shingles and Covid vaccinations, which must be 7 days apart. Flu and Pneumonia Vaccinations can be given at any stage at the patient's preference. There are always a few exceptions needing a clinical decision, due to health conditions and contraindications. Sister Claire May is happy to discuss any queries or concerns.

Staff Changes - Tracy Stretton, Practice Nurse has recently joined the team and Dr Jon Hykin will be joining the team towards the end of October. This will give the practice additional clinical support offering more appointment availability and choice to patients. We will be saying goodbye to Dr Obi who has been offering remote consultations to the practice over the past few months.

Debbie Todd, Practice Manager

DaSRA - Donderry & Seaton Residents Association

The generous families hosting Ukrainian refugees arriving in Donderry and Seaton are consistently considering ways of helping the families to live independently. The official Government six-month supported programme officially ends in October so the focus remains on helping the Ukrainians to transition away from their host families. The success of this rests on finding accommodation that they can rent independently. The housing crisis is real, so this will be no mean feat. For them to have any chance of council support, a host would have to 'make them homeless' and they would have to be put in a crisis situation. Our local hosts are not willing to do that. We are reaching out to our Donderry & Seaton community to see if any local landlord would be willing to let accommodation to Ukrainians and waive some of the more onerous requirements? Perhaps there are holiday lets that can be rented in the off-season? We know this is an enormous challenge and the barriers to private rental, including deposits, needing to establish a credit history, etc. are not easily solvable, and will need serious consideration. If anyone is in a position to help we would love to hear from you, there will be much to discuss. Please do email info@dasra.co.uk and we can discuss together a way forward. Thank you.

Grateful thanks to those who responded to our previous Nut Tree appeal to residents to help meet the transport needs of local Ukrainian families. A rota of drivers is in place, effectively coordinated by resident Marcus Kern, who has our special thanks for taking on this central role. Over the last four weeks, a few volunteers from Seaton & Donderry have been able to help our new Ukrainian neighbours with transport. Organising themselves with social media, they were able to help the mums and their children to reach hospital visits, dentist appointments, summer camps and more. It's been rewarding for everyone involved to see how a simple half hour spared in your own car can make a difference. We're still looking for a solution for one request though, someone who could share a regular car journey on a weekday morning to Torpoint, leaving Donderry at 9am. If this could be you, please get in touch with Marcus on marcus.kern@gmail.com. And if you can help occasionally with a drive, please contact Marcus too. Small things can make a big difference.

Resident Maura Swabey has got her English language Conversation Club off the ground, with Ukrainian families meeting informally on Tuesday evenings, 6.30 - 8.00pm at the Zone. Maura and colleague Viv Venn could really do with some help with interacting with the families. No qualifications needed - apart from an ability to speak English!! If you are interested in knowing more, please get in touch with Maura: maura_swabey@yahoo.co.uk.

DaSRA's Calendar 2023. No apologies for another plug to publicise the talent of our local artists. A few of us have just enjoyed a few days in Plouguerneau, our Twinning town in Brittany- <https://www.stgermanstwinning.co.uk>. Our local shanty group, The DerryAirs, was performing at two gigs in the town. It was great visiting our local hosts

and seeing our 2022 Calendar hanging on French kitchen walls. They were delighted to receive next year's edition as a memory of our beautiful village, and it may be that you too have family and friends who would like to have a visual reminder of our local scenes. The 2023 Calendar, at £8 a copy, is now on sale at Donderry Stores, and other local venues, or by emailing info@dasra.co.uk

Laura Done,
Chair, info@dasra.co.uk www.dasra.co.uk



Neighbourhood Watch in partnership with DaSRA

There has been a lot of very positive feedback about our 3 Community Flower Boats. All have been blooming good and the plastic awareness message from the children of St Nicolas School has been well received. Who would plant out flower boats in the longest drought since 1976? I must thank the small band of stalwart helpers and those who donated water butts and watered the plants throughout the summer without whom our flowers would have been lost. We have been accepted for an equipment grant from South West Water so will hopefully, be better prepared for future summers. If any local resident or business would like to sponsor a boat for next year, please get in touch.

Speeding – if any of you would wish to become involved in our local Speed Watch please get in touch. email: info@dasra.co.uk

Sadly, we had several reports of phone fraud with 01503 numbers coming up. Criminals use caller ID spoofing technology to hide their actual phone number and instead make it look as if it is coming from a legitimate number. As an example, they can make it look like a government department or bank. If you are unsure call the bank, government department etc but on a number you can trust and never one the scammer recommended. Also go online and report to Action Fraud.

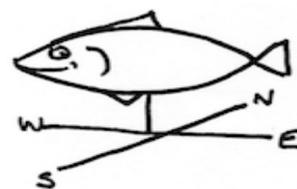
Every month, Neighbourhood Watch publicises a Fraud Threat Assessment list identifying the types of fraud that are increasing or being commonly featured. Sadly the list is too long to set out here but you can read them on DaSRA's website <https://www.dasra.co.uk/neighbourhood-watch> or email us at info@dasra.co.uk Neighbourhood Watch strongly advises all to be on the alert for scams relating to fraud linked to cost-of-living payments.

Finally, a reminder for all cyclists, runners and children and parents heading to and from school or using our lanes as the winter nights draw in, be safe, be seen. Biomotion – by adding reflective pieces to moving parts of your body (feet, ankles, legs etc). This movement draws the human eye. In doing this you are much more likely to be seen. Keep safe.

Nigel Jones, Neighbourhood Watch Co-ordinator info@dasra.co.uk.

Downderry and Seaton Village Hall Events

Coffee Morning Tuesday 4th October 10am to 12 noon – Come along for a chat and enjoy a hot or cold drink with a Brioche Bun. It only costs £2.50 per person and there will be a Book Stall and Raffle Tickets for that morning's draw. Everyone is welcome, including well behaved dogs on leads.



Family Film Matinee Saturday 8th October doors open 1pm for 1.30pm start, all welcome – Our first Family Film is Frozen (Certification PG) – Bring your children to watch Anna and Kristoff bravely push onward in a race to save their kingdom from winter's cold grip. The price is £3 for children and £5 for adults and payment will be taken on the door. There will be a licensed bar, snacks and ice creams available. (Children must not be left unaccompanied.)

Film Night 8th October doors open 6.30pm for 7.30pm start – Come and join in the fun, and watch Grease – This beloved film is full to the top of sing-along songs that will have you humming and toe-tapping for days to come. But don't just watch it and sing along to it, dress the part as well! The price is £5 on the door (Adults only). There will be a licensed bar, snacks and ice creams available.

To reserve a seat at one of our film showings, telephone Mandy or Keith on 01503 250412, email downderryandseatonvillagehall@gmail.com or complete the online form on our website (www.downderryandseatonvillagehall.co.uk). Walk-ins will be allowed, if seats are available.

Little Breakfast Saturday 15th October 10am to 1pm – Come 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 £4.50. There will also be a book/DVD sale. Everyone is welcome, including well behaved dogs on leads.

Christmas Craft Fair Sunday 23rd October 10am to 2.30pm – Come and support our many talented Crafters and buy some unique handmade pieces which you, your family and friends will love. Entry is free, there will be refreshments on sale and all are welcome, including dogs on leads.

Christmas Charities Event Saturday 26th November 10am to 2.30pm – If you help at a charity or non-profit making organisation and would like to book a table to sell items or run a raffle at this event (£8 large tables and £4 for a small table) please email downderryandseatonvillagehall@gmail.com or telephone Sue on 07835686950.

*Mandy Smith
Secretary Downderry and Seaton Village Hall*

The Rocksea Halloween Show

At the Downterry and Seaton Village Hall on Saturday 29th October 2022, 7.30pm to 11.30pm. Come and join in the fun in your spooky costume and see how many zombies, I mean people, you recognise. Then be prepared to dance the night away to the amazing Rocksea Band. Tickets £15 (age 18+). Spooky punch cocktail on arrival and buffet included. Fully licenced cheap bar available. People who can fly get a free drink! To purchase tickets go to www.eddystoneview.co.uk or telephone Mandy or Keith on 01503 250412. See website for full terms & conditions.

Tour de Moor

This year is St Luke's Hospice Plymouth's 40th anniversary year and we are proudly marking four decades of compassionate care and support in your community. For the seventh year running (except 2020!) Chris & Gail Brett will be taking part in this charity cycling event on Dartmoor in aid of St Luke's Hospice, Plymouth and hope to collect as many sponsors as possible.



By kind permission of Kim & Richard we will put a sponsor form in the shop in Downterry or alternatively you can sponsor us using the following link;- <https://www.justgiving.com/fundraising/Gail-brett1>. Thank you in advance.

Seaton Community Butterfly Garden – Volunteer Morning

Monday 10th October 10.15 for approx. 2 hours – or as long as you can make it. The Butterfly Garden needs a lot of tending at the moment, things need to be trimmed back, dug out, ivy pulled, bindweed removed, so if you have some time on Monday 10th Oct, we would love some help to tackle the garden. Don't worry if you don't know anything about gardening, we help each other out on what needs being done, and there's a range of things which only need very light work. Your own sturdy shoes and gardening gloves are all that is required. If you have some light tools of your own, it would be good to bring them along.

We plan to do this every second Monday of the month....so please put it in your diaries, if you can't do this one..... Tea and coffee supplied! Just turn up and you will be welcome, if you want to call me first 250293, please do so.

Heather Thomas

Cornwall Hospice Care Cream Tea

On October 20th there will be a cream tea in aid of Cornwall Hospice Care. 3pm till 4.30pm in the Village Hall Downterry. Cost £5. Christmas Cards will be available.

Tina Jefferis

St Germans Gardening Club, AGM , Wine and Cheese, 19th October. 7pm

All current and new members are asked to attend the clubs AGM in the Eliot Hall, St Germans, at 7pm, on Wednesday 19th October 2022. There will be wine and cheese available. Plans for the next twelve months will be outlined. Tickets for the Xmas Lunch will be on sale (Wed 21st December). Looking forward to seeing you there.

Roger Whitehead

St Germans Thursday Club

On 8th September Roger and the Looe Ukelele Group entertained; they were most definitely 'a cheerful earful' for each and every one of us! Some country and western and bluegrass, but also Cornish favourites - Going Down to Lamorna, and This Is My Cornwall. Also, Down on the Corner - which I didn't know, but the mention in the song of "bring a nickel", reminded me of my grandpa's favourite advice: "Don't take any wooden nickels". Their music was a real treat!

On October 13th we will have our popular annual outing to Wadebridge and Trelawney Garden Centre. We set off at 10:30am, returning mid-afternoon. There may still be places for the bus; for bookings, please contact Trish Gregory on 01503 230697.

And we meet in the Eliot Hall on 27th October at 2:30 pm. The doors will be open at 2 pm, should you wish to join us in the usual light exercise of setting out chairs and tables. Refreshments, and a raffle. All welcome, as are visitors, or potential new members. Ideas for future outings, speakers and activities are always wanted. Enquiries to our Chairwoman Jean Mills on 01503-230324.

Sue Cousins

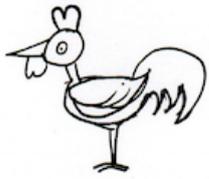
Downderry Bread & Babes

Bread & Babes are back, we have lots lined up for the coming weeks too, we have Casey coming back to teach us Yoga with children and Awenek Studio's helping us create some Halloween crafts. We'd love to see you at one of our sessions even just to give it a try.

Bread & Babes is a local parent/carers baby and toddler group. If you look after 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 on the go and the bread to make, once cooked it will be your little one's snack at the end. We run every term time Thursday at The Zone, Downderry, PL11 3LY - 9.30am to 11.30am. First session is free then £3 per session per family. We have a Facebook group for more information or message us with any questions - Bread and Babes Downderry play group.

Michelle Davies

Hessenford News



It was lovely to see the group of people who came to the coffee, cake and chat morning in September and hope you can join us again on Saturday, 8th October. No need to bring anything but yourselves.

Albeit a sad occasion it was also lovely to see the church full to say goodbye to and celebrate the life of Mike Bradburn our pub landlord for 22 years. We send our love to Dianne and the family and offer our support and friendship in the months to come.

I think it's time for someone new to put pen to paper and produce our village news for the Nut Tree and I look forward to passing this little task on to the person who'd like to compile our contribution. Please get in touch if you're interested.

Fran Moore

Downderry Activities Group activities at The Zone

Craft Cafes in October. Mondays 2pm-4pm £3 unless indicated otherwise:

3rd - (12.45pm - 2.45pm) Water Colours Workshop*

10th - Driftwood mobiles taster

17th - Felt Flowers

24th - Wellbeing hub + Lino Printing Workshop*

31st - Rescheduled Cyanotype Taster

Coming on a Saturday in November - Fresh Autumnal Wreath Making Workshop*
(* please book by contacting Sue at webstersue62@gmail.com)

We also have a new Art Group starting on Tuesday 11th October 9.30am -1130am
For more information contact Viv at parkerviv@aol.com or 250519

Table Tennis Wednesdays 6pm-8pm £3. All abilities welcome. For more information contact Maggie at magiluvs2sing@gmail.com

Viv Parker

Downderry Community Bus 300 Club

I am happy to report winning numbers for both August and September!

August - 1st No. 87 £20 John Nicholls 2nd. No. 157 £15 Ann Jackson and 3rd.
No. 165 £10 Nigel Jones.

September - 1st. No 98 £20 Alan Payne 2nd. No 77 £15 Jacqui Cottage and 3rd.
No 147 £10 Jenny Mellor.

Thank you all for helping to keep our lovely bus on the road.

Jo Woodley (01503250489)

Downderry Community Bus

Services and Excursions during October 2022

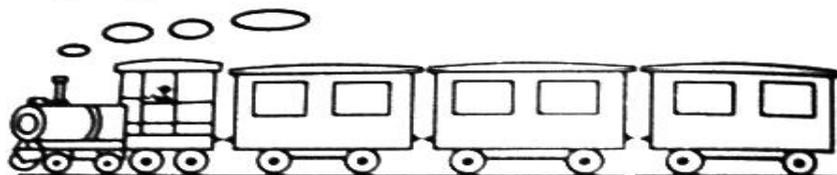
DATE		DESTINATION	DEPART	LENGTH STAY	FARES SINGLE	FARES RETURN
October						
Tuesday	4	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Wednesday	5	EXETER	9.30 am	4 Hours	£6.00	£12.00
Thursday	6	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	7	LOOE	11.30am	3 Hours	£2.00	£4.00
Tuesday	11	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Thursday	13	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Tuesday	18	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Wednesday	19	TRURO	9.30 am	4 Hours	£5.00	£10.00
Thursday	20	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	21	Dartmouth Food Festival	9.30 am	4 Hours		£10.00
Friday	21	Tea and Cakes at St Nicholas Church, £2.00			3.00pm	
Monday	24	AGM, 7.15pm, D+S Village Hall, wine and nibbles afterwards				
Thursday	27	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	28	TOTNES	9.30 am	4 Hours	£5.00	£9.00
Excursions/Trips for November.....						
Friday	4	LOOE	11.30am	3 Hours	£2.00	£4.00
Friday	18	TRAGO MILLS	9.30am	3 hours		£5.00
Wednesday	19	TRURO	9.30 am	4 Hours	£5.00	£10.00
Friday	25	St Eval Candles and Kernow Chocolate, Wadebridge	9.30 am	4 Hours		TBA

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

St Germans & Area Public Transport Group

Public Transport Group Open Meeting

All are welcome to the open meeting of the Group on **Tuesday 11th October, 6.30 p.m.** in St Germans Methodist church. There are one or two changes from our earlier notice - the start time should give people who've been at work a little longer to get to the meeting. Light refreshments will be available (rather than a buffet supper). Representatives from GWR and Go Cornwall Bus will be there as well as Cornwall Council Transport officials. This will be an opportunity not only to hear reports from them, but to ask questions: it would be very useful if you could send me your questions beforehand, and I will pass them on appropriately (a.cousins345@btinternet.com or phone 01503 230106). The AGM will be held during the meeting.



Public Transport Survey

The report and findings of the Survey will be presented at the Open Meeting. They have been sent to bus and train companies, to Council officials and councillors, to Parish Councils, and to Community Buses. And the survey results will support our discussions over the months with GWR, Go Cornwall Bus, and Cornwall Council. We aim to work hard to get better connected services between buses and trains, and between buses and ferries - as well as improved timing. It is clear that there are many people who would like to use public transport more - besides those people who are not able to use a car for certain essential journeys. We hope also to see the development of demand responsive, Dial-a-Ride schemes in the area.

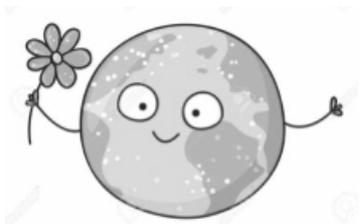
Bus Services

From early September there have been some improvements on the 75. At the same time St Germans has lost its bus service altogether - over the last 8 years there were 7 major changes to the service, the last one operating only a couple of months before the decision was taken to remove the bus altogether. The Survey clearly showed there are many people from Donderry, Craffhole and the eastern part of Rame (especially Millbrook) who would like to see a bus connection to St Germans station. That should be part of our future discussions and negotiations.

Get in touch with us about any of the above (and other) matters.

Alan Cousins

Simple Ways to Save the Planet



When it comes to choices on decarbonising our lifestyles there are some things we can cut out, and some we cannot survive without. Food is one of them. A wise person once said to me we should eat only what we need, and what is in season. It's a simple but powerful message. Here's some simple tips:

Order a weekly vegetable box. It's difficult in supermarkets to shop for vegetables without excessive packaging, and they are often air freighted. Vegetables in a veggie box, having come straight from a field, will be fresher than those in supermarkets, which have had a series of processes to go through before they reach the shelves. A fruit box can also be ordered. Local grocery shops and farmers' markets are a good option for fresh local produce.

You are probably already aware of the message that a powerful reduction in our carbon footprint can be made by reducing the quantity of meat we eat. This is undoubtedly true, but we still need to take care that we are not replacing animal produce with air-freighted alternatives.

So why reduce meat? Animals consume calories to make a few grammes of flesh, eggs or milk. If we consume these calories directly from the field, rather than putting them through an animal first, then inevitably the process is more efficient. Intensively reared animals need to be fed while living indoors. The food is often soya based. Soya production for animal food has led to massive rainforest deforestation. However soya for human consumption in Britain tends to be grown in Europe, and accounts for a tiny percentage of the soya that is used overall, so soya products can be eaten with a clear conscience.

Bovine animals produce methane, which is a potent but short lived greenhouse gas. Cows have become a useful scapegoat for global warming, yet we have reared cows for centuries without problems. It is our addiction to fossil fuel that is the true culprit. However at this moment in time while greenhouse gasses run unchecked, reducing the number of cows worldwide is necessary.

Cattle and sheep living outdoors on a grass fed diet can be reared in a way that sequesters carbon. And therein lies the crux - management must be extensive. As extensive farming leads to a lower yield we need to get used to eating less animal products of a higher quality. Reducing meat or cheese consumption to just once or twice a week will make a big difference. But a word of caution; grass fed beef from abroad is not good, as rainforests are being destroyed in order to create grazing land. So back to the old adage - eat just what you need, and eat local!

Lizzy Stroud



Volunteer Cornwall - Request for Drivers

We are a charity dedicated to building social capital and developing the wellbeing of individuals and communities in Cornwall. We do this by working in collaboration with a wide range of organisations to promote and support active citizenship and voluntary action covering the emotional, social, environmental, and economic needs and opportunities in Cornwall.

From our Head Office in Truro, and our outreach teams across Cornwall, we provide support to all aspects of volunteering across the county. As you explore our website, you will see the range of projects and services we are involved in.

www.volunteercornwall.org.co.uk explains a little about us. We are always especially looking for volunteer drivers in most areas. Please contact me in the first instance or use the links on the website .

Chris Price
Transport Officer
Telephone: 01872 265300

Rita's Rota

October 2022 Dates

- 1 12:00 Resuscitation Course (DSVH)
- 3 12:45 DAG Watercolour Workshop (CZ)
- 4 10:00 – 12:00 Coffee Morning (DSVH)
- 5 09:30 CB to Exeter (CB)
10:00- 11:30 Coffee & Chat (CZ)
18:00 – 20:00 DAG Table Tennis (CZ)
- 7 11:30 CB to Looe (CB)
- 8 11:00 – 13:00 Coffee, Cake & Chat (HCH)
13:30 Film Matinée 'Frozen' (DSVH)
18:30 Film Night 'Grease' (DSVH)
- 9 09:30 Church on the Beach (D'dry Beach)
15:00 Harvest Festival (CZ)
- 10 10:15 – 12:15 Seaton B'fly Gardening
14:00 – 16:00 DAG Driftwood Mobiles (CZ)
- 11 09:30 – 11:30 New DAG Art Group (CZ)
18:30 St G PTG Public Meeting (SGMC)
- 12 10:00- 11:30 Coffee & Chat (CZ)
18:00 – 20:00 DAG Table Tennis (CZ)
- 13 10:30 Thursday Club to Wadebridge
19:30 Devioc PC Full Meeting (CZ)
- 15 10:00 - 12:00 Coffee Morning (SGMC)
10:00 – 13:00 Little Breakfast (DSVH)
- 17 14:00 – 16:00 DAG Felt Flowers (CZ)
- 18 Mobile Library:
St Germans - Alms Houses 09:45 - 10:05
St Germans - Quay Road. 10:15 - 10:50
Downderry - Inn. 13:55 - 14:35
Seaton - Car Park. 14:45 - 15:05

- 19 09:30 CB to Truro (CB)
10:00- 11:30 Coffee & Chat (CZ)
18:00 – 20:00 DAG Table Tennis (CZ)
19:00 St G Gardening Club AGM (EHSG)
- 20 15:00 – 16:30 Hospice Cream Tea (DSVH)
- 21 09:30 CB to Dartmouth Food Festival (CB)
15:00 CB Tea & Cakes (SNCh)
- 23 10:00 – 14:30 Christmas Craft Fair (DSVH)
- 24 14:00 – 16:00 Wellbeing Hub (CZ)
14:00 – 16:00 DAG Lino Printing (CZ)
19:15 CB AGM (DSVH)
- 26 10:00- 11:30 Coffee & Chat (CZ)
18:00 – 20:00 DAG Table Tennis (CZ)
- 27 14:30 St G Thursday Club (EHSG)
18:30 Devioc PC Planning Meeting (CZ)
- 28 09:30 CB to Totnes (CB)
- 29 19:30 – 23:30 Rocksea Hallowe'en (DSVH)
- 31 14:00 – 16:00 DAG Cyanotype Taster (CZ)

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

Copy for Rita's Rota should be sent to nuttree.editor@yahoo.com by 15th of the preceding month.

Rita

Nuttree.editor@yahoo.com

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 to encourage similar factual correctness from our correspondents.