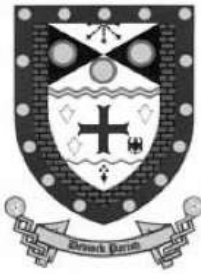


NUT TREE



Magazine of the St Germain's and Deviock Parishes and Councils
March 2025 Volume 39 (12)

Nature Notes

Despite the appearance of my first bumblebee of the year a few days ago and the emergence of a few spring flowers, such as Primrose and Lesser Celandine, today is decidedly wintry. It is mid-February and the sky is grey and overcast. A cold easterly breeze blows and woolly hats are required, especially on the exposed beach. Perched on the rock armour, just one male Stonechat braves the low temperature. I do not encounter his mate, nor any other bird. On another warmer occasion, this spot would attract a wider variety of species feeding on a plethora of insects.

Leaving the beach, I turn inland. Beside the river the Moorhens graze but quickly run for cover when I get too close. The Mallards are more accommodating. Some have already formed pairs. I choose to walk along the valley which is more sheltered. It now offers a very different spectacle to that of a few weeks ago. With no rain for over a week the level of the river has dropped and the bankside woodland is slowly freeing itself from the blanketing swamp. The tumbling sound of running water from the hillside is now much subdued as well.

As I walk along the drying path, I notice a little birdsong, most noticeably the repetitive notes of the Song Thrush. I hear a Coal Tit and Blue Tit too, then the sharp *pick* sound of a Great Spotted Woodpecker. The reliable Robins appear at intervals. Approaching a pond, I cannot fail to pick out the enormous profile of a Grey Heron poised in the weedy centre of the water. It is in immaculate adult plumage, exhibiting the lengthy plumes across its back and chest. The head is strikingly white with black at the side of the head and nape.

When I have encountered herons here beforehand, often they take flight over the treetops

and drop down further along the valley. Instead of flying away, this one steps tentatively towards the back of the pond and resumes its statuesque posture. Fortunately, there is a nearby bench and I settle down to watch, lowering my profile while the heron prepares to hunt. Suddenly, it stealthily strides forward, neck outstretched, its orangey-yellow, dagger-like bill held horizontal. It stops, relaxes its neck and lowers its head. I am amazed that the bird can see anything of interest in the pond, given the amount of competing vegetation. Seconds later it moves forward again, this time plunging its bill like a harpoon deep into the water and lifting a struggling frog into the air.

The heron does not swallow the frog immediately but manoeuvres it, occasionally shaking the individual and dipping it into the water. The frog struggles during this repeated behaviour but cannot escape. Eventually, it gives up the fight. After a minute or two, the patient heron seems satisfied with its work and eventually turns its prey towards its mouth. Lifting its head, it swallows the frog head-first. The bird returns to its original crouched position and rests for a while before embarking on another clinical hunt. It is not finished yet.

Alan Payne

Deviocck Parish Council

There will be two meetings in March: Thursday 13th March (Full Council, 19:30) and Thursday 27th March (Planning Committee, 18:30). All meetings take place at The Zone, Donderry Methodist Church. See Agendas for details prior to each meeting.

Elections: Cornwall's elections (county, town and parish) will be taking place on 1st May 2025. If you are interested in standing as a Parish councillor, more information can be found at <https://www.cornwall.gov.uk/the-council-and-democracy/elections/elections-and-referendums/>. Hessenford in particular is looking for a Parish Councillor due to a recent resignation.

Dog waste: It has come to our attention that some dog owners are not picking up after their dogs at Tanver Yate (and at other locations in our villages). Dog waste is a health risk and can be particularly hazardous to children. While there are plans to install a litter and dog waste bin at Tanver Yate, there are many bins in Donderry that already accept dog waste and we would urge you to use them. This will enable us to keep the field open to all users.

Seaton toilets lighting: The external lighting at Seaton toilets has been upgraded. The internal lighting will be improved in due course.

Ukrainian flag: The Parish Council was contacted by the Ukrainian-Cornish social club, Sunflowers & Choughs, with a request to fly the Ukrainian flag on 24th February in recognition of three years of war in Ukraine. The Club represents around 800 Ukrainians living in Cornwall. Councillors were pleased to accept the request.

Planning applications: To comment on a planning application on the Cornwall Council Planning site, search online for 'cornwall council planning applications'. You will need to log in to use the Planning site. Any comments posted on the site are viewed by the Parish

Council's Planning Committee and Cornwall Council Planning Officers. See Agendas for applications due for discussion at the next Planning Committee meeting.

Forthcoming road closures around the parish: These can be found at <https://one.network/>.

For any other Parish Council business and news, go to our website at www.deviockparish.org.uk/. The Parish Clerk can be contacted Monday to Friday by email at clerk.deviockpc@btinternet.com. The Parish Office at the Vestry in Donderry is open to the public on the first and third Wednesday of the month (non-meeting weeks), 14:00 – 17:00 (tel: 01503 250052).

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

By the time this report is published we will be into March and the daylight hours will be getting longer and hopefully the temperature a little warmer. As we move towards Easter and the better weather, do not forget our play parks at St Germans and Tideford. These are wonderful outdoor spaces for children and families to enjoy so please make use of them.

As part of Cornwall Council's streetlighting initiative they are now moving on to the next phase that includes the village of St Germans. This means the streetlights will go off from midnight to 05:00 starting in early March. The Parish Council understands this may not be the best thing for our village but the decision by Cornwall Council is county wide. If over the weeks ahead this causes major concerns or problems, please let us know.

An incident of fly tipping has occurred in the Parish over the past few weeks and we hope this is not going to be repeated. Any evidence received will be passed to the police and the Cornwall Council enforcement section who will take the appropriate action.

The date of the next meeting is Monday 31st March at the Eliot Hall, St Germans and starts at 18:30. Members of the public are welcome

Jenny Hoskin Parish Clerk

Eliot Hall Community Hall, St Germans

Coffee Morning - Saturday 29th March. Join us for a coffee and toasted teacake morning in Eliot Hall.

We are happy to announce that Elena is now holding an evening yoga class on Mondays at 19:00. Text Elena on 07442 421111.

Anna Winter

St Germans Gardening Club

Our March speaker is Nick Bacon talking about "Medical Plants, and Control of Pests and Diseases". Nick is a regular and very entertaining speaker. The date is Wednesday 19th March in the Eliot Hall, St Germans at 19:00 for 19:30. Members and non-members are welcome. Find out more about our club @ www.stggc.co.uk or Google the St Germans and District Gardening Club.

Happy Gardening.

Roger Whitehead

Lynher Church at St Germans

Hello again from the chapel in St Germans. As I mentioned before this is a very important year for us being our bicentenary. Our main event will be in the form of a celebratory tea on 12th July followed by a celebratory service on the 13th with a Songs of Praise in the open air in the evening. Details will be announced later.

In the meantime, we continue with our usual monthly events. Our services are at 10:30 on a Sunday morning and we would love to see you there.

Thank you to all who supported our February Coffee Morning we were able to send a cheque for £180 to our incredible Quay Lane Surgery. As usual our Charity Coffee and Cake Morning is on Saturday 15th March from 10:00 until 12:00. This month any contributions made will be sent to ShelterBox who do such amazing relief work throughout many disaster hit countries. Please come and support this wonderful charity based in our own county.

Instead of our usual Bible Study our minister Rev Stuart Reed will be leading a Lent Course at the chapel every Wednesday evening at 19:00. These will begin on 5th March and whatever your denomination or beliefs you are welcome to join us to reflect on the season of Easter.

A warm welcome awaits you at each of these activities and we look forward to seeing you.

Steve Gerrard

March British Legion Coffee Morning

Good news; there will be the monthly coffee morning at the British Legion Tideford Monday 3rd March 10:30 to midday. Mandy and Trisha have kindly volunteered ...so coffee and cake as normal for the Poppy Appeal. Everyone is welcome.

Julie Luscombe

Quay Lane Surgery - Practice News

We are thrilled to announce an upcoming upgrade to our telephone system, designed to enhance your experience when contacting us. Soon, our patients will benefit from a new call-back functionality. This feature will allow you to request a call-back during busy times, ensuring you don't lose your place in the queue while avoiding the need to wait on the line. We understand how valuable your time is, and this improvement is part of our ongoing commitment to provide you with the best possible service. We hope this new system will make it easier for you to reach us and receive the care you need promptly.

We want to keep you informed about some temporary changes within our nursing team. Currently, we are in the process of recruiting a new Nurse or Healthcare Assistant (HCA) to join our dedicated team. Unfortunately, the recruitment process is taking longer than we anticipated, which has resulted in a temporary reduction in appointment availability. We sincerely apologise for any inconvenience this may cause and kindly ask for your patience and understanding during this period. Rest assured, we are doing everything possible to expedite the recruitment process and return to our usual service levels. In the meantime, we are utilising locum staff to help bridge the gap and continue providing you with the care you need. We appreciate your support and understanding as we work through these challenges. Thank you for your continued trust in us.

We are seeking a practice cleaner for our Dowederry branch surgery, requiring approximately three hours per week over two shifts. Additionally, we need a relief cleaner for our main surgery in St Germans to cover annual leave and sickness, for 12 hours per week. Please apply with your CV and a covering letter to the practice manager at Quay Lane Surgery. For more details, visit our practice website.

Debbie Todd, Practice Manager

Soup and Pud Lunch For Charity

Thursday 27th March – 12:30 onwards at Dowederry & Seaton Village Hall. Enjoy homemade soup, bread and dessert in aid of Cornwall Hospice Care.

Gail Burns

Polbathic Village Hall Easter Bingo

Fancy a fun night out then come and join us at Polbathic Hall's Easter Bingo, fun for all the family. Prizes for winning lines and houses plus a money game, raffle and free refreshments. This is not just bingo this is Easter Bingo! We look forward to seeing you there. Friday 11th April doors open at 19:00 for eyes down at 19:30.

Jenny Warr

In our village, we take pride in fostering a close-knit and welcoming environment for all residents. A big part of that is ensuring that construction and development projects are carried out with respect and consideration for the people who live here. That is why we are proud of our DaSRA Considerate Builders Code—a community-driven effort to try to make sure that building work is done thoughtfully and with care for everyone around. The Considerate Builders Code encourages contractors and construction teams to go beyond basic safety and legal requirements. It promotes good neighbourliness, environmental awareness and minimizes disruption to daily life. Builders commit to maintaining high standards, including:

- **Minimizing noise and disruption:** Builders are mindful of the hours they work, ensuring that noisy activities are limited to acceptable times.
- **Safety first:** Ensuring the safety of pedestrians, cyclists, and motorists around construction sites.
- **Clean and tidy:** Keeping sites free from litter and debris, and ensuring that pathways remain clear for residents.
- **Engagement with the community:** Builders are encouraged to keep villagers informed about upcoming work, address concerns promptly, and show respect for our local heritage and environment.

This initiative is not just about reducing inconvenience, but also about building lasting, positive relationships between contractors and residents. We believe that through this Code, construction work can be done in a way that enhances our village, rather than disrupting its peaceful rhythm.

So, if you are thinking of having some fairly major building work done, please think about adding the “DaSRA Considerate Builders Code” to the contract you are negotiating with your builder. It can be found at <https://www.dasra.co.uk/campaigns/considerate-builders-code>

Maura Swabey, Chair of DaSRA



Neighbourhood Watch News

Initiatives to reduce road injuries and deaths on the roads are being pursued by the Roads Policing Team at Devon & Cornwall Police.

One programme, known as Op Limit went live in December, aimed at warning drivers about the consequences of driving under the influence of alcohol or drugs. The police are encouraging people to dial 999 immediately with the vehicle information and direction of travel if they suspect someone is driving under the influence

of alcohol or drugs. CI Dean Drury, of the Roads Policing Team, said: “While it is disappointing to see so many people arrested on suspicion of drink and drug drive related offences, I am pleased that our increased efforts to tackle those drivers has resulted in so many arrests and potential convictions”.

Also in place is a strategic team targeting offenders who contribute to the **Fatal Five** – the most common causes of deaths and serious collisions on the roads:

1. Not wearing a seatbelt.
2. Driving under the influence of drink or drugs.
3. Distraction, including mobile phone use.
4. Excessive or inappropriate speed.
5. Driving without due care and attention.

How often have you heard someone say ” *It's alright, I've been driving these roads all my life, I know them like the back of my hand*”. Well, you may know the roads, but not the hazards... Always ask yourself the question...Would you be able to stop within the area you can see to be clear? Always expect the unexpected and drive carefully, especially through residential areas. You never know what or who could be out in the road in front of you.

Remember : **A crash at 30mph has twice the destructive force of a crash at 20mph**

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



Hessenford WI Hosts a Group Meeting

On a bitterly cold, wet and blustery afternoon members of Hessenford WI and Downderry and Seaton WI enjoyed a very interesting talk and slide show by Brian Oldham of Old Cornwall Society. He talked about the work the Society does finding and preserving some of our ancient artefacts. A recurring and amusing theme was Cornish crosses, used as farm gateposts and discovered when farm machinery hit them. The presentation was followed by a quiz and of course a range of refreshments. Good company, entertainment and good food a lovely way to beat the cold, grey weather.

Our meeting on 4th March will include a talk by Professor S. Thorpe about her work with orangutans and other large primates.

We meet on the first Tuesday of each month at 14:00 in Widegates Village Hall and welcome visitors, why not come along and meet us.

Jackie Holland, President



Donderry and Seaton Village Hall (Registered Charity 1210090)

Together we have raised £60,000 for the 'Save our Village Hall' appeal - The Village Hall Trustees would like to thank everyone who has contributed to the 'Save our Village Hall' appeal and helped surpass our second milestone of raising £60,000 by the end of January 2025. We are thrilled to have your support. This year is going to be one of the most important years in the history of the D&S Village Hall since it opened in 1890. We need you now, more than ever, to come together and help save our Village Hall. There are many ways you can help save our Village Hall so you can continue to attend events like those listed below. One way is to give a donation. Your donation will help secure the future of this vital community owned building. Every £1 helps, and if you are a UK taxpayer, please allow us to boost your donation by 25p of Gift Aid for every £1 you donate. To donate use the contact details below or complete a form available in the Village Hall. **THE FUTURE OF OUR VILLAGE HALL IS IN YOUR HANDS!**

Coffee Morning, Tuesday 4th March 10:00 to 12:00 - Come along for a chat and enjoy a hot or cold drink with homemade cake. It only costs £2.50 per person and there will be a Book Stall and Raffle Tickets for that morning's draw.

Little & Bigger Breakfast, Saturday 15th March 10:00 to 13:00 - Enjoy a Breakfast Bap of sausage, bacon & egg or the veggie option of egg & hash browns with a hot or cold drink for just £5.00. Or a bigger breakfast of sausage, bacon, egg, tomatoes, beans, hash brown and toast with a hot or cold drink for £6.50, veggie option also available. Filter coffee and hot chocolate made with milk available at an additional cost. There will also be a book/DVD sale.

Producers Market, Sunday 16th March 10:00 to 13:00 - Producers attending our next market include: Atlantic Brewery & Distillery; gin, beer, liqueurs & cello - Bridget Hawker; fruit and vegetables - Christine Jardine; plants - Cornish Cheese; cheeses - Donderry Spice; preserved lemons and limes, spice, pork pies, smoked garlic - Eglarooze Vineyard; wine - Kelp Bakery; bread and buns - Lars and Margo; Coffee - Pendros Pantry; 100% natural dog treats - Ripe Cider; cider - Sprinkled with Sweetness; buns, scones - Sun Sea Sourdough; bread and buns. Hot and cold refreshments available.

Members' AGM, Friday 21st March 19:00 for 19:30 start - Members of the Donderry and Seaton Village Hall are invited to attend our first Annual General Meeting as a Registered Charity.

Bingo, Friday 28th March 18:30 for 19:30 start - Eyes down it's Bingo Time - this fun game is open to all and winners receive cash prizes. There will be a reasonably priced bar and snacks on the night. This is a non-commercial Fundraising Event with all proceeds going to the Village Hall.

Open Day, Saturday 29th March 11:00 to 15:00 - You are invited to come and see for yourself just how vital our building work is. Also find out more about the new kitchen, bar area and toilet facilities, new floor, doors and aesthetics improvements, improved storage, possible internal access between the Main Hall level and the Snooker Room in the basement, better accessibility (disabled and fire escape) and improved thermal characteristics and introduction of renewables which will reduce our general running costs. If you are unable to attend but would like to arrange a viewing use the contact details below.

Table Top Sale, Sunday 30th March 10:00 to 14:00 - Use the contact details below to book a table; large £10, small £5 (set up from 08:30, pay on the day). If you have any items you would like to donate to the Village Hall for us to sell with proceeds going to the 'Save our Village Hall' appeal, please bring them to the Village Hall during the Open Day, see details above or use the contact details below to arrange an alternative drop-off time. On the day, come along and pick up some real bargains. We have had some amazing items donated for the Village Hall table, including new items from the Glass Shack.

Hot & cold refreshments will also be available, pay by cash or card. Entry is free.

Casino & Auction Night, Saturday 5th April 18:30 for 19:30 start - Tickets go on sale on 5th March. You are invited to attend our first major 'Save our Village Hall' fundraising event with all proceeds going to our appeal. Theme - James Bond, so dress to impress! You will receive bubbles on arrival and a photo opportunity. There will be three casino tables (roulette and blackjack), canopies, cocktails and a reasonably priced bar. And to end the evening there will be music giving you a chance to show your dance moves. Tickets £25 each. There are only 50 tickets, so book early. (16 years and over) There will also be a few surprises during the evening. The online auction will open on 29th March with many amazing items.

All welcome at our Fundraising Events, including dogs on leads. Reasonably priced bar at evening events. For more information about the above events see posters around the area, go to our website www.downderryandseatonvillagehall.co.uk or Facebook Group, email downderryandseatonvillagehall@gmail.com or telephone 01503 250412.

Mandy Smith - Trustee & Secretary, Downderry and Seaton Village Hall

Devoick Activities Group (DAG) At The Zone (PL11 3JZ)

Craft Café & Art Group (Mondays 14:00 – 16:00. Suggested donation £3)

Activities on offer each week - Door Stops

Bring your own projects or just come for a chat and a coffee.

During the month: Session run by Awenek Studio.

Regular monthly Art Sessions being planned

For further information contact webstersue62@gmail.com

Low Cost Sewing Workshops - with Sue Langford

Saturday 15th 10:00 – 16:00 - Roulade Workshop

Thursday 20th 19: 30 - 21:30 - EPP to make a pin cushion or needle case.

For more information contact Sue on suelangford100@btinternet.com

Emergency First Aid Training

Saturday 22nd 9:00 – 17:00

For more information contact parkerviv@aol.com

Music Club (Wednesdays 14:00 – 15:30. Suggested donation £3)

Refreshments included. Join us for singing, playing an instrument or just listening and enjoying. No musical ability or experience required!

For more information contact parkerviv@aol.com

Table Tennis (Wednesdays 18:00 £2)

A friendly group, no experience needed, all abilities welcome and all equipment provided.

For more information contact magiluv2sing@gmail.com

Follow us on Facebook



Viv Parker

Meditation and Mindfulness at The Zone, Donderry Health & Wellbeing Hub

(Fridays 10:30 – 12:00) - **Barefoot Angel**

What is Meditation, what is Mindfulness, and why are they good for me?

They seem to be the buzz words of the year, and the sort of things one feels one should be doing, but perhaps you haven't time..... maybe it's all a bit woowoo.....and maybe you're afraid you'll fall asleep and snore?

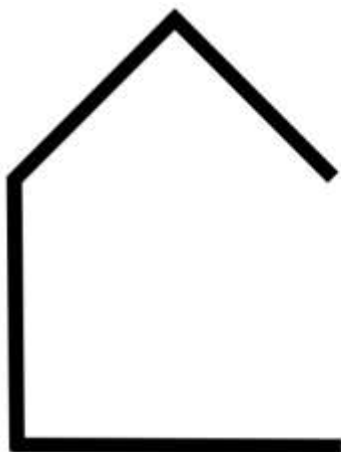
Meditation is about focusing your attention on something other than these things and learning to achieve a calm and aware state of mind - it can help with reducing stress and anxiety; it can improve the quality of your sleep; it can help you with detaching from

negative and overwhelming thoughts and it can enhance your overall wellbeing. It will help you to notice things more, and the beauty of it is that with practice, a couple of minutes of meditation a day can make a big difference.

Mindfulness is a way of being present and aware of your thoughts, feelings and sensations within the body without judgment. It helps with managing stress and emotions. In this class you don't have to sit in a certain position. You don't have to lie in a certain position. You can be in a chair or on the floor.... you can even change between the two. It's ok to cough/sneeze/change position/have a drink if needed. You can turn up in your pj's if you want, and bring pillows, blankets, sleeping bags, etc. - it's about being comfortable in your space and then listening to the sound of my voice as it takes you through breathing exercises, techniques to help with things like stress and anxiety, and then on a journey to somewhere lovely. Yes, people fall asleep, but that's ok - if you need it, it might happen..... and when you wake you will feel refreshed - your mind and body will take on what is being said, and while the 90 minutes flies by, the benefits will be felt all week.

Meditation and mindfulness are the gifts you give to yourself - 90 minutes out of a day to do absolutely nothing but be still and focus on something other than the EVERYTHING that is going on - all the mental chatter in your head - the shopping lists, the to do lists, the things I should have done and still haven't lists, and so on. Give yourself that gift - your mind and body will thank you for it!

Emma - Barefoot Angel Crystals, Cards and Healing
emma.barefootangel@gmail.com



The Zone, Donderry

Health & Wellbeing Hub

CIO Reg Charity Number 1210322

We continue to negotiate with the Methodist Church over the eventual future of the building. We are currently delighted that we have been able to improve the lighting in the Hall thanks to a grant from DaSRA. We hope this will be beneficial to all the groups that use this space.

The Zone Steering Group

Dance Centred – Donderry Sea Dances Project

Autumn saw us connecting to Sea Dances in different ways by attending The Launch, an adult and children's dance session, meeting up for creative chats and following individual lines of interest.

We are delighted that St Nicolas School are buzzing with creative ideas for the project. Dance artist Sally Robbins and Outdoor Learning lead Chrissy Gardener are finding wonderful ways to facilitate the children's dancing and we are looking forward to them being shared later this Spring.

Now it is the time to turn your ideas into action and get making, scribbling, sticking, sewing, dancing, recording, weaving..... and think about how we want to share the dance, film, writing, music we have created together and individually. Our 'finale' event on April 25th is a great time to show your creative work be it visual art, performance or film, but you might have your own ideas.

Here is something you might want to get involved in: **Wearable Art Fashion Show.**

Can you create a sea themed item of clothing; a hat, cloak, skirt?

Would you be up for being part of our super relaxed performance group to show the clothes off? It will involve a fun session to work out who is wearing what and how we show the clothes.

Please get in touch if you are interested in; making some wearable art, modelling it or if you have any other thoughts or ideas about this project.

Email: lois@dancecentred.co.uk or call 07730 586306.

Some dates for your Diary:

Thursday 13th March (18:30 – 20:00) Village Hall – **Creative Conversations:**

Another chance to chat and meet with others who enjoy sharing creative practice ideas, ways of making and exploring new possibilities and collaborations.

Friday 21st March (10:45 – 13:00 The Zone) – **Sea Creative Writing Workshop**

Donderry based writer Helen Thomas, will lead you in exploring your creative writing with engaging creative prompts and approaches. For everyone over 16. Experienced writers welcome, but no experience is needed. This is a donate at the door event, but please let us know if you are coming - email lois@dancecentred.co.uk or call 07730 586306

Also Friday 21st March (19:00 – 21:00 The Zone) - **Writing With The Sea Open Mic Night**

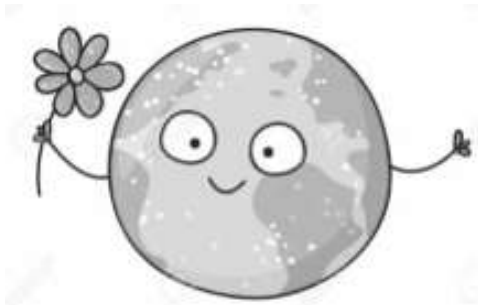
A soiree style evening of spoken word responses to our Sea Dance themes and inspirations. Expect a lively, thoughtful and life enhancing experience. Enjoy a soft drinks and snacks bar. All ages welcome (children must be accompanied by an adult carer).

All work must be under five minutes long and inspired by the Sea Dance theme of: “How does the sea move you and how do you see the sea move?”

Send your full name, working title of your text and phone number to Helen Thomas – flotsamandjet@gmail.com with ‘Writing the Sea’ in the header.

Sunday 23rd March (11:00 – 13:00 Village Hall) – **Compass Professional Development.** Choreographic session for professional dance artists.

*Lois and Sam – Dance Centred
email info@dancecentred.co.uk*



Simple Ways To Save The Planet

Although ultimately rewarding, living a green lifestyle can at times be tough. Sometimes it can be hard to give up things, even though we know we would like to. This is why at this time of year I like to try and make one change through the season of Lent.

Lent begins this year on 5th March and runs for forty days, ending on Thursday 17th April. Although it is a Christian tradition, anyone can take part. The advantage of a set period is that it is short enough to be endured, but long enough to change habits.

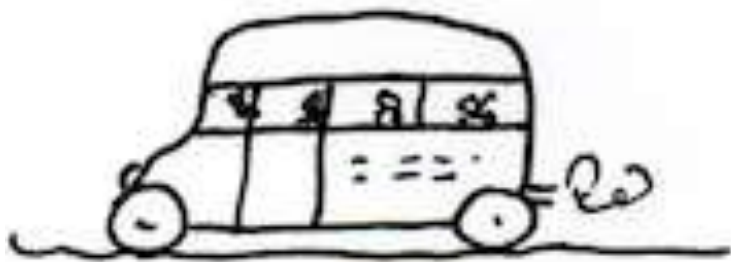
Is there something you feel passionate about that you could give up for forty days? It might be something really simple, such as not buying anything wrapped in plastic, or avoiding all plastic products in the bathroom. It could be more committed, such as adopting a carbon-friendly diet by avoiding air-freighted food or going for an animal-product free diet.

Even something simple like giving up chocolate or sugar is worthwhile, as chocolate has a high-carbon footprint and last year the Government passed a bill allowing bee-killing pesticides containing neonicotinoid to be used on sugar beet.

Having the chance to try something for a few weeks may ultimately bring about permanent change. A few years ago I gave up supermarkets for Lent and haven't looked back. We are very lucky in St Germans to have an organic veggie box delivered by Keveral and an excellent village shop. I believe this move has enriched my life; I now only shop when I need to and no longer have to waste fuel driving to Saltash or Liskeard. It is also good for the community too, as money stays within the local economy. If you are stuck for an idea, I highly recommend it.

Lizzy Stroud

Community Bus News



The big excursion this month will be to Bodmin Jail on Friday 28th March. Built in 1779 it is a landmark historical site in the heart of Cornwall. According to the website, www.bodminjail.org, it showcases the “rich and darkly

fascinating legacy of Georgian and Victorian crime and punishment...Begin your experience by embarking on an immersive journey through the Dark Walk, where history comes alive in unforgettable ways, offering a world-class adventure that transcends time!”

Just to seal the deal there will also be a discounted lunch menu for pre-booking. As ever, no parking or driving issues, let the Bus take the strain.

Also in the programme this month we are heading to Looe on Friday 7th March. This service has become very popular, so please book early to avoid disappointment. We depart from Broads Yard at 11:30 and return at 15:00. It is a great opportunity to have a long, leisurely lunch in Looe with no parking problems. On Wednesday 19th March we will be heading back to Truro.

Looking further ahead April will be a very busy month with services including Exeter, Looe, Totnes and Truro. Travelling the length and breadth of Cornwall and Devon the April programme will be capped off with our excursion to St Ives on Friday 25th April with an opportunity to return to both Tate St Ives and the Barbara Hepworth Museum.

The Friends of the Bus, our wonderful fundraisers, will be holding their coffee morning on Monday 17th March from 10:30 to 12:00 (£2.00) in the Village Hall. Do come along for tea/coffee and biscuits, to meet up for a chat, and to take part in the latest Bev Quiz.

The normal bus departure time from Broads Yard, Downton is 09:30. Every week we visit Plymouth on a Tuesday and Liskeard on a Thursday, and on these two services you can use your bus freedom passes. No issues with parking. We are there for you.

Details of the community bus timetable are available in Nut Tree, on the village noticeboards and on the DaSRA (Downton and Seaton Residents Association) website www.dasra.co.uk.

For all passenger bookings please call Bev Brighton on 01503 250944. For 300 Club and details of the monthly draw call Jo Woodley on 01503 250489. For any other questions, including on driver recruitment, please contact Kevin Done, chairman on 07770 472375 or by email at kevindone@hotmail.com.

Kevin Done

March / April 2025

DATE		DESTINATION	DEPART	LENGTH OF STAY	FARES SINGLE	FARES RETURN
March						
Tuesday	4	Plymouth	9.30 am	4 Hours	£3.00	£5.00
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
Monday	17	Tea, Biscuits and mini quiz at <u>VILLAGE HALL</u> , £3.00			10.30 am -12.00	
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
Tuesday	25	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Thursday	27	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	28	Bodmin Gaol, immersive tour, discounted lunch menu available, pre book	9.30 am	4 Hours		Entrance and tour £18, + £8 bus
APRIL						
Wednesday	2	EXETER	9.30 am	4 Hours	£6.00	£12.00
Friday	4	LOOE	11.30am	3 Hours	£2.00	£4.00
Friday	11	TOTNES	9.30 am	4 Hours	£5.00	£9.00
Wednesday	16	TRURO	9.30 am	4 Hours	£5.00	£10.00
Friday	25	St Ives	9.30 am	4 Hours		£15.00

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

Dowderry Bus 300 Club

Lucky 300 Club draw winners for February are:

1st. No.36 - Jem Hall. 2nd. No. 75 - Chris Lewis. 3rd. No. 94 - Leslie Keeble.

Thank you all.

Jo Woodley (01503 250489)

Rita's Rota – March Dates

2	10:30	Church Service (SGMC)	19	14:00	Badminton (DSVH)
3	10:30	Coffee Morning (TRBL)		14:00	Music Club (TZ)
	14:00	Craft Café & Art Group (TZ)		18:00	Table Tennis (TZ)
	19:00	Yoga – Elena (EHSG)		19:00	St Germans Gardening Club (EHSG)
4	-	MOBILE LIBRARY DAY	20	19:00	Badminton (DSVH)
	10:00	Coffee Morning (DSVH)	21	10:30	Barefoot Angel (TZ)
	14:00	Short Mat Bowls (DSVH)		10:45	Dance Centred (TZ)
	14:00	Hessenford WI (WVH)		19:00	Members AGM (DSVH)
	19:15	Drama Group (DSVH)		19:00	Dance Centred (TZ)
5	-	Casino Night Tickets On Sale (DSVH)	22	09:00	First Aid Training (TZ)
	14:00	Badminton (DSVH)		10:00	Coffee Morning (EHSG)
	14:00	Music Club (TZ)	23	10:30	Church Service (SGMC)
	18:00	Table Tennis (TZ)		11:00	Dance Centred (DSVH)
	19:00	Lent Course (SGMC)	24	14:00	Craft Café & Art Group (TZ)
6	19:00	Badminton (DSVH)		19:00	Yoga – Elena (EHSG)
7	10:30	Barefoot Angel (TZ)	25	14:00	Short Mat Bowls (DSVH)
9	10:30	Church Service (SGMC)		19:15	Drama Group (DSVH)
10	14:00	Craft Café & Art Group (TZ)	26	14:00	Music Club (TZ)
	19:00	Yoga – Elena (EHSG)		14:00	Badminton (DSVH)
11	14:00	Short Mat Bowls (DSVH)		18:00	Table Tennis (TZ)
	19:15	Drama Group (DSVH)	27	12:30	Soup & Pud Charity Lunch (DSVH)
12	14:00	Badminton (DSVH)		18:30	Deviocock Planning Mtg (TZ)
	14:00	Music Club (TZ)		19:00	Badminton (DSVH)
	18:00	Table Tennis (TZ)	28	10:30	Barefoot Angel (TZ)
13	19:00	Badminton (DSVH)		18:30	Bingo (DSVH)
	18:30	Dance Centred (DSVH)	29	11:00	Open Day (DSVH)
	19:30	Deviocock Full Council Mtg (TZ)		-	On-Line auction opens (DSVH)
14	10:30	Barefoot Angel (TZ)	30	10:00	Table-Top Sale (DSVH)
15	10:00	Charity Coffee Morning (SGMC)		10:30	Church Service (SGMC)
	10:00	Little & Bigger Breakfast (DSVH)	31	14:00	Craft Café & Art Group (TZ)
16	10:00	Producers Market (DSVH)		18:30	St Germans Council Mtg (EHSG)
	10:30	Church Service (SGMC)		19:00	Yoga – Elena (EHSG)
17	10:30	FoB Coffee Morning (DSVH)			
	14:00	Craft Café & Art Group (TZ)			
	19:00	Yoga – Elena (EHSG)			
18	14:00	Short Mat Bowls (DSVH)			
	19:15	Drama Group (DSVH)			

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

BBB Bewshea's By The Beach; CB Community Bus; DSVH Derry & 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; TZ The Zone Downderry; WVH W'gates V Hall

Entries for Rita's Rota should be sent to nuttree.editor@yahoo.com by 17th of the preceding month.

Rita

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 correspondents and contributors.