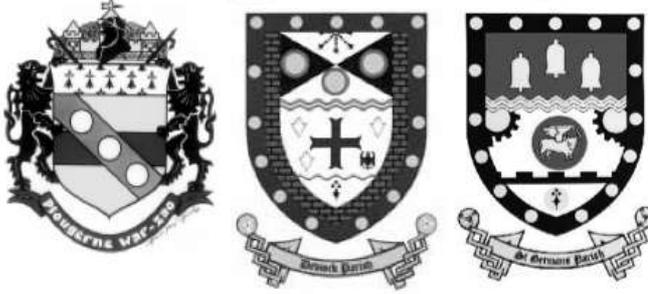


NUT TREE



March 2026 Volume 40 (12)

Nature Notes

The weather forecast at last points to a brief, bright interlude in the persistently wet, occasionally stormy conditions experienced since the beginning of the year. The sky is quite blue and the sea benign, so it takes a degree of imagination to take in what I have just read about the sad discovery of dead or ailing Puffins, washed up along the coast of Cornwall as a result of recent storms. These birds spend the winter far off shore and are at the mercy of inclement sea conditions out of sight. The few found on our beaches may be a small sample of the total lost.

At Seaton, there is a welcome warmth in the air, but the result of heavy rain is all too obvious: trees trapped in standing water - a swollen, fast flowing river - soggy, flooded grassland. A small flock of Oystercatchers have come off the beach at high tide to sample the possibilities, their long, red bills easily probing the damp soil below the grass. There is no sign of the three Wigeon, which have spent the winter on or around the small pond which is slowly getting throttled by reeds. Moving along the valley I check on the frog spawn in the ditch and count at least fifty clumps, a mixture of older, greyish deposits and very recent, glistening spawn. The first clumps date back to mid-January and the tiny, black embryos are beginning to elongate as they start the hopeful transition to tadpoles.

Further on, I come to the larger pond, though it is impossible to identify its usual limits as it has spilled over into the surrounding woodland. The surface is still coarsely patterned by the remains of last year's lilies. In the distance a few Mallard float bizarrely among the trees and I catch the short, explosive croak of a Moorhen, no doubt unable to contemplate a safe nesting site in these conditions. As I look down into the closest patch of water, I note a few ripples and some quick jerky movement. There are a few toads, some in amplexus. Wrapped around some barely submerged leaves are



strings of toad spawn, quite unlikely the clumps of its relative which are also a few centimetres away.

Continuing the walk along to the bridge, I pause to listen to the song of competing Robins. They appear to be everywhere. I listen to the nearest, then pick out a rival a few metres further on. Changing direction, I hear another, then another. It may be February but pairs of Robins are already established. Other species are noticeably absent vocally, but on returning to the village, eventually I catch the sound of Wren, Song Thrush and a few Long-tailed Tits. I turn my attention to plants. At this time of year, it is pleasing to find a few pockets of Primrose, though I cannot say that I am happy to see the occasional pinkish-white flower of the thuggish Winter Heliotrope. It may be pretty but the entire plant is an invasive species, originating from the Mediterranean. Once cultivated, it is spreading rapidly and carpeting disturbed edges of paths.

Alan Payne

St Germans Parish Council

Dear Parishioners, I hope you all survived the winter storms as we look forward to the Spring and lengthening days.

During the storms the wooden shelter in the Cemetery was blown down and is damaged beyond repair. The Parish Council will now decide if this is to be replaced. The water supply will be reinstated.

There are casual vacancies on all Parish Council wards, so if you feel you can give some time to helping the Parish please contact me for further information.
clerk@stgermansparishcouncil.gov.uk or 07845-130596.

In 2026 the residents of Tideford will see the installation of a pedestrian crossing that will further protect those having to cross the A38.

Cornwall Council have recently carried out a consultation on parking charges and the introduction of parking fees. The list included the car park at Tideford. The Parish Council objected to these proposals and are currently investigating the possibility of taking over the car park themselves. We will keep you updated.

The date of the next meeting is Monday, 30th March at the Eliot Hall, St Germans and starts at 18:30. Members of the public are welcome to attend. The agenda along with other documents relating to the Parish Council can be found on the Parish Council website.

Jenny Hoskin, Parish Clerk Telephone 07845-130596
Email clerk@stgermansparishcouncil.gov.uk
Website www.stgermansparishcouncil.gov.uk

Rame Peninsula and St Germans Councillor News

The start of 2026 has been exceptionally wet, with heavy rainfall throughout January and February. I have reported numerous cases of flooding, blocked drains, standing water and road damage. I want to acknowledge the hard work of both Cormac and the Environment Agency, who have been out day and night responding to issues across the area.

Much of the flooding is due to the ground being completely saturated after weeks of continuous rain. With nowhere for the water to go, it simply runs off the fields and onto our roads. Our drainage systems were never designed to cope with this level of rainfall, though they are being cleared and maintained as quickly as possible.

I have raised concerns about the proposed rise in the TamarTag administration fee. I am pleased to report that, following a strong campaign, the committee has reversed that decision and will now consult the public before any further action is taken. To take part in any Cornwall Council consultations, just search for **“Let’s Talk Cornwall.”**

The Tamar Crossings are a complex issue, and I would encourage folk to look into the history of this issue more deeply, my colleague, Cllr Mark Gibbons, has written a fantastic explainer article about this which you can read by going to his website <https://www.markgibbons.uk/views/tamar-tolls-report/>

Another recent consultation looked at potential parking charge changes. Tideford car park, currently free, was listed as one that could become a paid car park. I am strongly opposing this, as parking in the village is already difficult. I am grateful for the support of St Germans Parish Council, residents and local businesses. I will be meeting the Cabinet Member for Transport in Tideford later this month to show him firsthand why this proposal is not suitable.

Finally, many will be aware of the damage caused to local homes and businesses on Christmas Day. Despite CCTV footage being shared and a wide media appeal, little information has come forward. This remains a distressing incident for those affected.

As ever, if you live in the Rame Peninsula and St Germans division and need assistance, please contact me at cllr.kate.ewert@cornwall.gov.uk.

Cllr Kate Ewert

Deviock Parish Council

There will be two meetings in March: Thursday 12th (Full Council, 19:00) and Thursday 26th (Planning Committee, 18:30). All meetings will take place at The Zone in Downterry. See Agendas for details prior to each meeting.

Public Rights of Way (PROW): The Parish Council will be taking on an additional path under the Local Maintenance Partnership (LMP) agreement with Cornwall Council in the 2026/27 financial year. The path is 641/20/1 ('footpath 20'), which runs from Deviock Hill towards Trierieve. Any blockages will be removed by the landowner/Cornwall Council, after which the Parish Council will clear the path of side growth as part of the LMP agreement. We look forward to seeing this path back in use in due course.

Cornwall Council Parking Order 2026 consultation: The Parish Council responded in strong objection to proposed winter charging at Seaton beach car park.

Tanver Yate planting event: In addition to all the volunteers who joined us on Saturday 17th January, which included our former Cornwall Cllr Armand Toms and current Cornwall Cllr Mark Gibbons. The Parish Council would like to thank Fig Life Environmental, who kindly donated and delivered three loads of mulch during the two weeks prior to the event. We are grateful for the community spirit shown by so many people.

BT kiosk, Downterry: Having adopted the former phone box in Downterry, we would be interested in hearing residents' views on how it could be used in the future (post-TLC!). Please email any ideas to the Clerk, subject line 'BT kiosk Downterry', or speak to your local Councillor.

Co-option: The Parish Council is still looking to co-opt more Councillors, so please contact the Clerk to find out more or to express an interest.

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) from 15:00. (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.

Lynher Church St Germans

As we begin the month of March we are also in the period of Lent. Every Wednesday at 19:00 we are holding a Lent Course, in the Chapel, led by Rev Stuart Read. Please come and find out more of the reason we celebrate Lent and prepare for perhaps the most important festival in the Christian calendar, that of Easter.

Our Bible Study is held on the first and third Thursday of the month. Please phone 230403 for more details.

This month our charity coffee and cake morning is on Saturday 21st and is in aid of Brain Research UK. The son of two of our members, Jonathan Gerrard, is running the London Marathon for this charity and all proceeds will go to sponsor him. Please come and support this worthy cause which seeks to help so many people who suffer strokes and other neurological conditions. The charity looks for causes, treatments and ways to rehabilitate people with these conditions. The coffee morning is from 10:00 to 12:00, there is no charge but all contributions go to the charity.

Our Sunday Services are from 10:30 and everyone is very welcome. On Sunday 15th we will be celebrating Mothering Sunday and the 29th is Palm Sunday.

Please feel free to come to any of these events, we really are a welcoming crowd.

Steve Gerrard

St Nics Coffee Mornings

The March dates for coffee mornings at St Nics are 11th and 25th March. There will not be a coffee morning on the 18th.

Elsa Guilfoyle

Hessenford News

Firstly, let's mention the elephant in the room, - the abysmal weather - wow what a wild and wet winter we have had to endure, perhaps we need to start building an arc? All I can say is I hope you are all unscathed, it has been very sad to see so many trees collapsing in the woods and Seaton valley underwater for so long, however, nature is a mighty force and fairly uncontrollable!

Have you ever heard of Galanthomania? - an obsession with the delicate, well-known and loved Snowdrop - apparently inspiring a cult of collectors who are willing to pay hundreds of pounds for a tiny bulb, if the Snowdrop has any interesting features or defects - a particular favourite the Galanthus 'Grumpy' - due to the apparent 'frowny' :(face.. If you have a moment, please take a closer look and report back, or post a photograph on the Hessenford Facebook page if you find one.

Village news - sending our warmest congratulations to Philip (Sylvester-Thorne) and Penny (Andrews) who were married on February 6th in Truro - wishing the couple every happiness for the future. We can all raise our glasses and toast the newly-weds in the Copley Arms as it has reopened, thankfully. They too had to repaint after being included in the (AI) Christmas Day vandalism spree... On a more positive note, it is great to see new happenings with the dilapidated Institute building. The property recently sold at auction and the new owners have started the renovation process, quite a task.

As always the village hall is available for any community group gatherings, or private functions and parties - should you need the space.. all for a very reasonable hourly rate! www.hessenford.com

Please support Fran's Fundraiser for Brain Tumour Research: Hessenford resident Fran Moore is walking 10,000+ steps a day during February for Brain Tumour Research. We have lost a number of people in the village over the years to this disease. One in three people in the UK knows someone affected by a brain tumour. This disease is indiscriminate; it can affect anyone at any age. Best of luck Fran - I am sure you have had to wade through most of January.

All donations welcomed: <https://www.justgiving.com/page/fran-moore-13>

March 5th - St. Piran's Day - celebrating Cornish culture and heritage, various gatherings are being organised singing, dancing, parades and fundraisers (search online).

March 8th - International Women's Day - go to:

<https://www.internationalwomensday.com/> for informative and inspirational global news about gender equality.

March 17th - St. Patrick's Day - Irish history and culture celebrated with great vigour around the world, wearing green proudly and possibly consuming a pint of Guinness, in honour of the Patron Saint

March 20th is the UK's official first day of Spring - (equinox) : “*May the flowers remind us why the rain was so necessary*” = Xan Oku

Take care of yourself and each other - feel free to contact me with your news/views and everything in-between.

Tamsyn Jarvis tam@skim.co.uk

Resurrection Of The Hessenford Big Lunch

It is a while since we had a ‘Big Lunch’ in Hessenford. Keep the date and consider what you might bring; 12:30, Saturday 6th June 2026 - Hessenford Church Hall (HCH).

Angela Crook

St Germans and District Twinning Association

We are organising another social event on Sunday March 29th. This time it will be a cycle ride along the Camel Trail from Wadebridge to Padstow and back again. It is five and a half miles each way. Bring your own bike or hire one from Wadebridge. If uncertain where to get one we can supply some phone numbers. We will leave from the long stay car park, which is behind Lidl in Wadebridge at 11:00.

If you do not fancy the bike ride, drive to Padstow and meet up with the cyclists for a sociable pasty, fish and chips or coffee. We should be there by 12:00 and can arrange to meet up with you.

Remember these trips out are about making new friends and getting everyone together.

Put another date in your diary for Sunday April 26th as we are holding a lunch time quiz at the Royal British Legion in Tideford. This will be a two course cold lunch at 13:00 followed by a quiz with eight to a table on a first come, first served basis.

Contact us to get more info or book your space for the quiz. These events are both open to members and non-members so please come along (dogs also welcome on our walks).

Carol Carter - STGDTpresident@gmail.com

Quay Lane Surgery

The Patient Participation Group (PPG)

As patients we were all asked some time ago for our ideas on improving the waiting room at Quay Lane Surgery. Since then, the PPG has been working with Dr Chris Moore to discuss the feedback received and to come up with a plan.

The PPG sourced and funded the new bench seats, the dispensary desk and the bookcase. We organised the decorators and contributed towards the cost by funding the extra painting of the children's play area and wooden panels. The PPG received a grant from the St Germans Community Shop towards the upgrade way back in 2024, which we kept safely ring-fenced. So we would like to say a very big thank you again now to the shop and to the community for enabling the PPG to assist the practice in this way. We hope you all find the waiting room a more welcoming space.

If you would like to know more about the PPG and the support we provide to the surgery and to patients - we will be attending the event in St Germans Priory for voluntary organisations on Saturday 28th March from 10:00 – 12:00. If you are interested but cannot come along to this - you can find out more by picking up a PPG leaflet at either surgery or by contacting me by email.

Claire Croft, Chair - Email: quaylaneppg@gmail.com

Practice News

With Spring just around the corner, many of us are starting to enjoy those brighter mornings, lighter evenings and, if we are lucky, a little less rain! It is a great time of year to catch up on any health checks or appointments that may have slipped down the list during the winter months.

For those patients with long term conditions, we aim to carry out your routine annual health check during your birthday month. It helps us keep things organised and ensures everyone gets seen regularly. So, if your birthday has just passed and you think you might be overdue a check, please do get in touch so we can get you booked in.

At Quay Lane Surgery we are lucky to have a big team working together behind the scenes and on the front line — from our GPs, nurses and healthcare assistants to our

dispensary team, reception crew, social prescriber, physio, pharmacists and administrative colleagues. It truly takes a whole village to run a practice, and every one of us plays a part in supporting your care.

You might also spot a few new faces on our reception team. They are busy learning the ropes (there are lots of ropes!), so we would be grateful for your patience as they find their feet. They are already proving to be excellent additions to our team and are looking forward to getting to know you all.

Whether you need to update prescriptions, book a review, follow up on test results or simply ask a question, our whole team is here to help you make the most of the brighter days ahead.

Debbie Todd, Practice Manager

A decorative banner consisting of a horizontal line with three downward-pointing triangles below it. The central triangle is white and contains the text 'theWI' in a stylized font. The two side triangles are solid black.

theWI

Downderry & Seaton WI

A great start to February, our monthly meeting saw us welcome local photographer and lecturer Lizzie Orcutt, what a wonderful life and great speaker. Our group alongside some local ladies celebrated Galentine's Day at the Smugglers Inn, Seaton. We devoured an afternoon tea – a wonderful array of goodies prepared by Debbie, Chris and the crew at the pub. Many thanks to you all.

At the March meeting there will be a demonstration by another local person, Sylvia Smale of Cornish Basket Cases. March will also see us out and about the locality and across the border visiting gardens and exhibitions.

If you would like to come along and meet us, we can be found The Zone 14:00 to 16:00 on the second Tuesday for our monthly meeting and third Tuesday for our Craft Group. We also run a book club which meets on the third Tuesday each month 14:00 to 16:00 at the Inn on the Shore.

Julie Green, Secretary - Downderry & Seaton WI



Following a wonderful and well attended community Christmas dinner, we are delighted to be finally fully back in The Zone. A great and varied array of groups and events are using the building and the footfall since reopening is well over 600. Many thanks to all who have offered to help and to volunteer.

Now The Zone is in community ownership alongside the day to day, we can start to think about a long-term vision. We really want this to be co-designed with current and future users so we need all your thoughts and ideas. Initially we have an online questionnaire and welcome as many responses as possible. Just follow the above QR code. We also have paper copies available at The Zone.

We are very grateful for so much ongoing support.

The Trustees of The ZONE

Movement with Marta

Movement with Marta / Balance, Back & Bones. Thursdays 15:00 to 16:15 at The Zone, DOWNDERRY. Starting from 5th March for more information please call me on 07904-459181

Marta Trojanowska

The Barefoot Angel

Changes to classes from March:

New classes alert!

Mondays 18:00 Legs, Bums, Tums (bring a mat if poss).....a mix of cardio, strength and conditioning with weights, resistance bands and floorwork designed to challenge the muscles! Options given. Suitable for all levels

19:15 Beginners' Line Dance.....learn the basic steps and some easy routines, which will progress over time.

St Nicolas Church, DOWNDERRY. £6 per adult, or do both for £10; accompanied kids are welcome, under 12s FREE and 12-16 £2

Tuesday 09:15 Line Dance & Zumba on as usual in St Nics

Monthly Line Dance Class at The Inn on the Shore: Thursday 5th March 19:00 to 21:00
£8 per adult

Emma 07495-536254

Deviock Activities Group (DAG)

At The Zone Health & Wellbeing Hub Downderry PL11 3JZ

March Programme

Craft Café: Mondays 14:00 – 16:00, £3. March Crafts: Easter cards and marbled eggs.

You can also bring your own project or just come for a cuppa and chat. All are welcome.

Also on 9th March: Awenek Art Workshop: Watercolours and Pen - animals and feathers. £5. Contact webstersue62@gmail.com to book a space.

Special Activities:

- Thursday 19th 19:30 to 21:30 Egg decorating workshop £10.
- Saturday 21st 10:00 to 16:00 Willow Hare Workshop £50.

To book contact karen.deviockactivitiesgroup@gmail.com

- Friday 27th March Community Bus Trip to Craft4Crafters Show at Westpoint

Contact Bev on 01503 250944 to book.

Music Club: Wednesdays 14:00 to 15:30 £3. Bring along your instruments to this fun supportive session. Voices welcome too.

Table Tennis: Wednesdays 18:00 to 19:00 £2. Another fun supportive group. No experience needed, all levels welcome. Three tables available, equipment provided. A great way to make new friends and get some gentle exercise.

SCALLYWAGS At Easter: Look out for information about Scallywags activities for primary school pupils and their parents.

For more information about DAG activities contact parkerviv@aol.com and follow us on Facebook. DAG is run by local people for local people.





Downderry and Seaton Village Hall (Registered Charity 1210090)

Together we have raised £140,000 for the 'Save our Village Hall' appeal - This is an incredible amount of money that many of you have contributed towards. We are thrilled to have your support. We still have some way to go, so your continued support is absolutely crucial NOW to get the essential renovations needed to the Village Hall completed. Securing the future of this community owned hub means you, your family, friends and neighbours can continue to attend a wide variety of events and activities that are so important for everyone's health and wellbeing. For more information about our appeal and ways you can help, go to www.downderryandseatonvillagehall.co.uk.

Coffee Morning, Tuesday 3rd March 10:00 to 12:00 - Come along for a chat and enjoy a hot or cold drink with homemade cake. There will be a book stall and raffle tickets for that morning's draw.

Games Afternoon, Thursday 12th March 14:00 to 17:00 - Enjoy a fun afternoon with family and friends or make new ones. Lots of games available to play, or if you have a favourite bring it along! Entry fee £1 each. Hot and cold drinks are available, including a reasonably priced bar.

Salsa Night with Gocha, Friday 20th March 17:30 to 20:30 - Gocha is putting on a Funding Raising Event on behalf of the 'Save our Village Hall' appeal. Come to this dance class and be captivated by this Latin dance. Dance class 18:00 to 19:00. Class cost: £15. Booking is required @ www.gochawellness.com. Payment will be taken on the door.

Little & Bigger Breakfast, Saturday 21st March 10:00 to 13:00 - Make new friends and enjoy a hearty breakfast of either a breakfast bap for £5.50 or full breakfast for £7. Pay on the door.

Producers Market, Sunday 22nd March 10:00 to 13:00 - Shop local for great fresh produce. Hot and cold drinks and breakfast baps available. Entry is free.

Easter Bingo, Friday 27th March 18:30 for 19:30 start - Have a fun evening out with family and friends. Prizes of Easter eggs and cash. This is a non-commercial fundraising event with all proceeds going to the Village Hall.

All welcome at our fundraising events, unless otherwise stated, including dogs on leads. Reasonably priced bar at most evening events. Payment by cash or card.

Regular activities and other events in the Village Hall: Mondays - 14:00 Qigong with Nicola; Tuesdays - 14:00 VH Short Mat Bowls Group; 18:00 Pilates with Sarah; 19:15 VH Drama Group. Wednesdays - 14:00 VH Badminton Group; 19:30 Whitsand Harmony Rehearsal. Fridays - 10:30 Chair Yoga with Craig. Most days 09:00 to 23:30 VH Snooker Room. 10:00 Wednesday 11th March Community Bus Coffee Morning - 11:00 Tuesday 17th March Soundbath with Tracy.

Save these dates in April: Easter Craft Fair Sunday 5th, Easter Family Event, including Easter Egg Hunt Monday 6th, Diving to Titanic with guest speaker Brian Clargo Thursday 9th, AGM Friday 17th, Film Festival Saturday 25th.

Contact Details: For more information about the above events and activities see posters around the area, go to our website www.downderryandseatonvillagehall.co.uk, Facebook Group www.facebook.com/groups/downderryandseatonvillagehall, email downderryandseatonvillagehall@gmail.com.

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

Coffee Morning, Tideford

The next Coffee Morning at the British Legion in Tideford will be on Monday 9th March, 10:30 to 12:00. Everyone welcome. All proceeds will be going towards the new kitchen.

Mandy May

Health and Fitness Tip of the Month

Lift something heavy at least twice a week (remember to pull in your tummy muscles to protect your back): muscle is your metabolism's best friend as you age. Blessings.

Emma – The Barefoot Angel



Stronger Together: Building a Safer, Greener Downderry & Seaton

Have you ever wondered why someone decides to step up and join a local committee? As the Neighbourhood Watch Coordinator for the Downderry and Seaton Residents Association (DaSRA), I have been reflecting on exactly that. For me, it comes down to a simple belief: we are always stronger when we work together.

The Power of a Collective Voice: A residents' association is so much more than just meetings and minutes. It is our community's "megaphone." When we speak to local authorities or decision-makers as a united group, our arguments carry far more weight than if we were individual voices.

Beyond the politics, there is a personal benefit, too. Research shows that getting involved in local projects and meeting like-minded neighbours can have proven long-term health and wellbeing benefits. It is a chance for those of us who can give back to play a part in keeping our villages special.

Look What Has Been Achieved by the Community!: In just the last two years, the results of neighbours pulling together have been nothing short of amazing. Thanks to the passion of dedicated volunteers and several supported with a small but vital grant from the DaSRA Community Fund, we have seen:

- The Zone: Now officially in community hands and secured for the future.
- The Community Shop: A vital facility funded, built and staffed entirely by residents.
- Tanver Yate: Transformed into a beautiful space for children, dogs, and quiet reflection, with trees and multiple hedges reinstated by volunteers.
- Village Hall Improvements: Major upgrades about to start thanks to local donations.
- The New Community Bus: Providing a lifeline and keeping us all connected.

Keeping Our Community Safe: While we are lucky to live in a low-crime area, Neighbourhood Watch is here to ensure it stays that way. We provide regular alerts and guidance on the latest scams and frauds, offering a helping hand when you are

not sure how to proceed with a problem.

Get Involved: Whether you have a few hours to spare, please consider reaching out to a local group and supporting their fund raising. If you want to join DaSRA or Neighbourhood Watch or could contribute a small monthly donation to the Community Fund, we would love to hear from you.

- Email us: info@dasra.co.uk
- Online: Search for Neighbourhood Watch Join Us and then look for Donderry and Seaton Watch.
- In person: Just stop us in the street for a chat!

Please look out for our new DaSRA website, currently under construction and going live soon.

To everyone already working hard to support our local groups - Thank You! You are what makes Donderry and Seaton such a wonderful place to call home.

Nigel Jones

St Germans Thursday Club

On Thursday 12th February we held our Annual General Meeting. Unfortunately, due to the cold weather and illness we did not have a large amount of members but we certainly had an enjoyable meeting. After the new officers had been elected we had time to put the finishing touches to our new programme and make final plans for our 53rd birthday on the 26th February, I will report on this next month. Once we had finished the main business there was plenty of time for a cup of tea and a catch up, which was enjoyed by everyone.

Coming up in March:

Thursday 12th March - We will be enjoying a friendly get together and chat with a nice cup of tea or coffee and a biscuit. Please come and join us everyone is welcome.

Thursday 26th March - We have our Easter Craft Day whether you are artistic or like me just happy to have a go come and join us on the 26th you will be very welcome.

Our meetings are held at the Eliot Hall, St Germans, doors open at 14:00 for a 14:30 start unless otherwise advertised. Entry is £3 at the door which includes a cup of tea or coffee, biscuits and a fun raffle. Please come and join us, new members and visitors always welcome.

For general enquiries please contact our chairperson Nancy Meadows on 01503-230945.

Linda Barnes

March / April Timetable

DATE		DESTINATION	DEPART	LENGTH OF STAY	FARES SINGLE	FARES RETURN
March						
Tuesday	3	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Thursday	5	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	6	LOOE	11.30am	3 Hours	£3.00	£5.00
Tuesday	10	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Wednesday	11	Tea, Biscuits and mini quiz at <u>VILLAGE HALL</u> , £3.00			10.30 am -12.00	
Thursday	12	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Tuesday	17	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Wednesday	18	TRURO	9.30 am	4 Hours	£6.00	£12.00
Thursday	19	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Saturday	21	Smugglers, Bingo for the Bus, must book a table, food available before			Bingo starts 8.00pm See posters for more details	
Tuesday	24	Plymouth	9.30 am	4 Hours	£3.00	£5.00
Thursday	26	Liskeard	9.30 am	2 Hours	£2.00	£4.00
Friday	27	Exter Crafting Fayre - Westpoint	9.00 am	4 Hours	£8.00 Entry	£15.00 for bus
Tuesday	31	Plymouth	9.30 am	4 Hours	£3.00	£5.00
April						
Wednesday	1	EXETER	9.30 am	4 Hours	£8.00	£15.00
Friday	10	TOTNES	9.30 am	4 Hours	£5.00	£10.00
Friday	24	Beryl Cook Exhibition - The Box - Plymouth	9.30 am	4 Hours	Entry free	£5.00

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

Dowderry Bus 300 Club

The lucky winners for the February draw are:

1st. No. 99 - Jem Hall. 2nd. No.110 - Steve Moore. 3rd. No.113 - David Batiste.

Thank you everyone.

Jo Woodley (01503-250489)

Community Bus News

A fully packed Community Bus calendar shows no sign of abating in the future as it continues to support a fully scheduled service and a variety of cultural and social events around our community. As well as our routine journeys, in March we have trips to LOOE on Friday 6th and TRURO on Wednesday 18th, and in April we also have trips to EXETER on Wednesday 1st and to TOTNES on Friday 10th. The Bus

is also rapidly filling up for our trip to the Exeter Crafting Fayre at Westpoint – this is a creative craft show that provides a fantastic platform for craft lovers to showcase their creative talents and includes many demonstrations, attractions and shopping opportunities. Cost is £8 entry and £15 bus fare. More details on our website - <https://www.dscombus.com/events>. In April, we have a trip to the Beryl Cook exhibition at The Box in Plymouth on Friday 24th April to look forward to (entry free + £5 bus fare).

As ever, our tireless fund raisers from the ‘Friends of the Bus’ continue with a fun packed programme of events with the next big social event being a Bingo night at The Smugglers Inn on Saturday 21st March. Chris, Debbie and the staff at The Smugglers would be delighted to take your booking and look forward to welcoming you to this event which has steadily grown in popularity over the last year – so please do book to avoid disappointment. The Friends of the Bus Facebook site: (<https://www.facebook.com/groups/11201784560529710>) contains lots of information on future Friends of the Bus events.

It is also great to see so many attendees at our Friends of the Bus sponsored monthly coffee mornings. It is a great chance for me to update you on Bus matters and for our community to get together for a snack and a little fun (Raffle & Quiz). Our next date is Wednesday 11th March and once again, it would be great to see everyone.

People may also have noted that we continue our support for the ‘Swim Bus’ who’s next outing is Monday 16th of March. The swim club, run by Emma Lock, chooses a variety of nearby locations for sea swimmers of all standards and hardiness, to get together in a friendly environment to partake of some simple shore swims. Contact Emma on 07970-244202 if you fancy giving it a go (or just tagging along!).

We maintain an updated bus schedule and full list of events/announcements (and a few photos from previous excursions) on our website at www.dscombus.com so do take a look and pop it into your favourites.

New Drivers or Committee Members. Our Bus committee and drivers, along with all our administrators and fund-raisers have created a very friendly and professional team that would love to welcome you into our fold. We are always on the lookout for drivers to do one or two runs each month and we are currently looking for a bookings rep. This role involves taking phone bookings for the Bus and passing them onto our Drivers. If you can help we would just love to hear from you – more information at <https://www.dscombus.com/volunteers>.

Rob Gascoigne, Chairman
dscombus@gmail.com

St Germans & District Garden Club

There will be no meeting in the Eliot Hall in March. Instead, the members of the Garden Club will be visiting National Trust Cotehele for a guided tour of the garden. We will be meeting in the reception area at Cotehele at 13:00 on Wednesday 18th March. Entrance to Cotehele is free for National Trust members, non-members will be required to pay an £8.00 entrance fee, this fee being subsidized by the Club.

Ken Gurr
Honorary Secretary, St Germans & District Garden Club

Polbathic Village Hall's 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. We look forward to seeing you there. Friday 27th March doors open at 19:00 for eyes down at 19:30.

Jenny Warr

East Cornwall Bach Choir

The East Cornwall Bach Choir are celebrating our 60th Anniversary with a concert in St Germans Priory on 16th May.

Called 'Simply Bach' we will be singing three lesser-known Bach Cantatas and will be accompanied by the Divertimento Ensemble who will also be playing Brandenburg Concerto number 2. The concert will be introduced by Matthew Bannister, a well-known Radio 4 presenter.

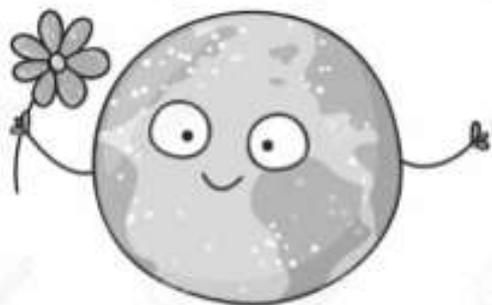
Elizabeth Nodder

Nut Tree Now Available At Windy Ridge

Further to my note about locations around our villages where readers beyond the local delivery networks can pick up their copy of the Nut Tree, I am pleased to report that readers based in the Truelfoot area, who do not receive a copy of Nut Tree through their door, can now collect a copy from the Windy Ridge.

Ed!

Simple Ways To Save The Planet



The stormy seas and full rivers have brought in large quantities of plastic beach waste, so over the last few weeks I have been filling bags with rubbish.

While some of what ends up in the sea is from fishing boats, a lot is from other sources; rubbish washed down from rivers, escaped from bins or carelessly discarded. What we need to do, more than anything, is reduce our plastic consumption. Here are a few ideas: Have a regular vegetable box delivered; we have one from Keveral each week. Write to your supermarket and explain you do not wish to buy groceries in plastic. Buy refills for cleaning products. Use shampoo and soap bars. Store in glass rather than plastic. When laying flowers, take the wrapping away with you. Avoid releasing balloons outside. Know where your fish comes from and only buy line caught fish. And when you visit the beach or walk in the lanes, do please take a bag with you and pick up rubbish. Every piece picked up is one less in the ocean.

Winter Beachclean:

Crossing the beach, hair sticky with salt breeze
and shivering with cold, we pick up trash
filling bags with jetsam, borne by wild seas.
At the strandline a seaweed monster, lashed
down with turquoise ties and frayed ropes, belches
a stench of rotten flesh. Sinking my hands
through slime, I pull out plastic, boots squelching
on bladderwrack and micro-beaded sand.

Much of the junk is cut nets, cast from boats.
Do they have no shame? Lighters, toothpaste caps,
a syringe, yoghurt pots, two mackerel floats;
life at sea in a million small scraps -
and among the detritus, salt-bleached bones
of flu-stricken gannets, heading for home.

Lizzy Stroud

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.

