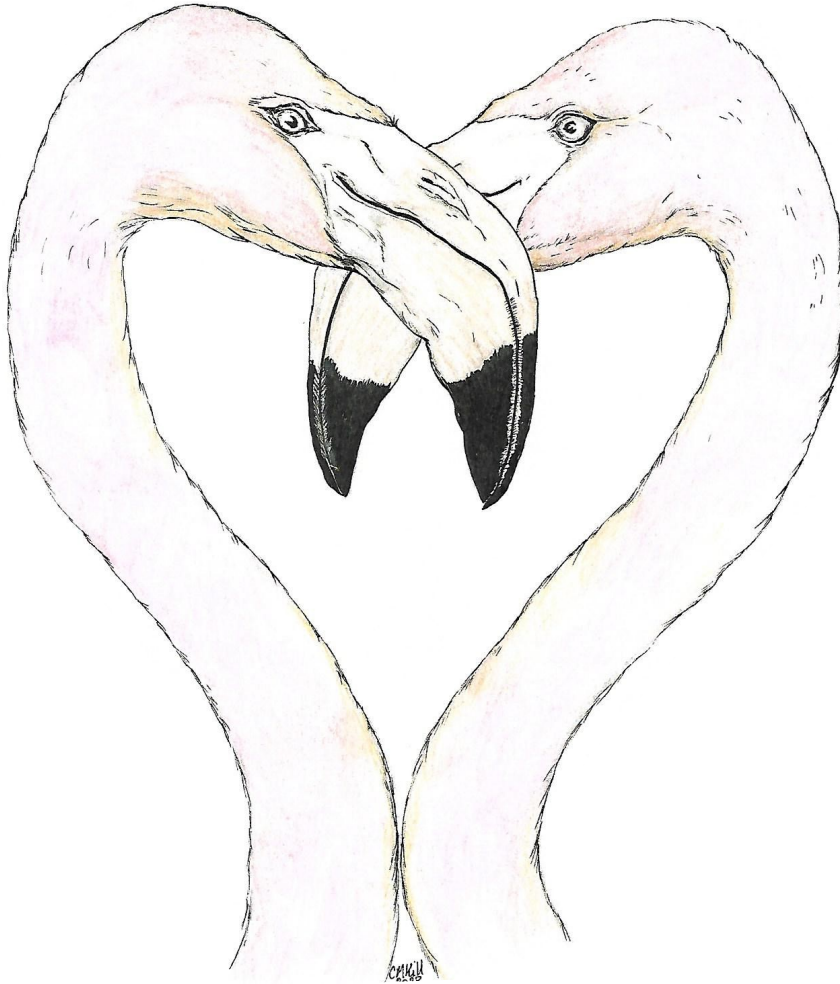


Outreach

February 2024



Pendeen with Morvah

**14th February closing date for March
13th March closing date for April**

**Contributions are still accepted on paper
to be left at Centre of Pendeen and
must be received by 3pm on the closing date.**

600 paper copies will be printed and available from the usual outlets in Pendeen & St Just

Website <https://pendeenoutreach.blogspot.co.uk/>

Pendeen Parish Magazine

serving the community in Pendeen and Morvah parish (non-profit making)

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Linda Nelson, Jackie Packer
Magazine website address <https://pendeenoutreach.blogspot.co.uk/>

We thank our advertisers and contributors who have contributed so much to our magazine. We have been able to keep the necessary increase in advertising prices to a minimum and we ask that invoices are paid soonest..

Pendeen with Morvah Parish

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Churchwarden Howard Blundy: Tel: 788107 Mob :07814 715452
Deputy Churchwardens Helen Hichens: Tel: 788309 Mary Kingdon: Tel: 788588
PCC Secretary Marna Blundy: Tel: 788107

Valentine Flamingos drawn by Kate Kill

OUTREACH Email address pendeenoutreach@outlook.com

FREE FOOD

PANTRY IN BACK OF PENDEEN CHURCH
GLEANED AND SURPLUS FOOD STALL ON LOWER BOSCASWELL ROAD

Editorial Notices

PLEASE NOTE WHERE TO DROP OFF PRINTED CONTRIBUTIONS ** CENTRE OF PENDEEN INFORMATION TO ALL CONTRIBUTORS: The latest time for contributions to be accepted is 3pm on the closing date whether emailed to Rachel Ewer, Fiona Flindall or Jackie Packer OR deposited at the Centre of Pendeen. You **MUST** include a **CONTACT NAME AND PHONE NUMBER** (plus an address unless we already have that information) with each contribution.

The Magazine Committee is very proud of Outreach and the quality is due in particular to our contributors. We are very grateful to them. If another publication wishes to reprint an item from Outreach, permission must be obtained from the Editor (Rachel Ewer); if not available then contact Jackie Packer. Permission will usually be granted, but only on condition that any such item must be reprinted in its entirety and attributed.

All opinions expressed in this Magazine are those of the individual writers and not those of the Outreach team, which neither agrees nor disagrees with contributors. While Outreach takes reasonable efforts to ensure that adverts are bona fide, we accept no responsibility for the contents of such and the acceptance and publication of an advert carries no endorsement of the product whatsoever. Purchasers and enquirers are responsible for ensuring themselves of the suitability of the service or product advertised and the qualifications and experience of the advertiser. Outreach accepts no liability for any advert whatsoever, but reserves the right not to accept an advert or any other submission.

Parish of Pendeen with Morvah

Dear friends,

This month, I'd like to invite you to look at the night sky and do some star gazing. I can spot safely about five constellations, and Orion, a winter constellation, is one of them. It's the hunter with his distinctive belt that you can't miss.

Now, think about it - constellations are basically just dots in the night sky. Yet, people all over the world have always seen patterns in them, like the Plough, Cassiopeia and Orion. We humans are natural storytellers, and we just can't help but connect these dots mentally into shapes and give them meaning.

Stories are a lot like that. They start with individual moments - a church bell ringing, a barking dog, a lonely road, a stranger arriving. At first, there's no plot, no unfolding events, just random occurrences. But then, our storytelling instincts kick in, and we start connecting the dots, creating a story with a beginning, middle and end. Some of these stories become movies, some turn into books, and some are just shared around the kitchen table.

Now, here's where it gets really interesting: If the dots were numbered everybody would connect them in the same way and arrive at the same picture. But since they're not, we get to choose how to connect them and the story can take many forms. Take Orion, for example. The Ancient Greeks saw a giant huntsman with his bow and club, but the Aboriginal Yolngu people saw three brothers fishing in a canoe and catching a forbidden sawfish. Hunter or Canoe? Who is right and who is wrong?

It's the same with people - two individuals can see the same situation differently, leading to conflicting stories. This is played out in endless ways, such as a husband and wife arguing. While the same dots may be marked on the paper (or in the sky), the way the husband and wife connect the dots is very different, resulting in two very different and conflicting stories. He sees it one way, she sees it the other... and there is our 42% divorce rate.

This happens on a larger scale too. In any war, both sides believe they are right and that their being right should be self-evident. Christianity has split again and again into countless denominations because they have joined up the dots differently and each feels passionately they have arrived at the truth.

In India, there's a saying that when a pickpocket meets a saint, the pickpocket sees only the saint's pockets. Our way of connecting the dots is influenced by our needs and desires, sometimes resulting in conflicting perspectives.

Storytelling can be a force for good that inspires wisdom, but it can also be misused. Con artists, corrupt politicians, warmongers, gossipers and others bend the truth to serve their interests. It's important to be aware of how stories shape our views.

The undeniable truth is that humans are storytellers, but what matters is the stories we choose to tell. Telling a better story can be costly. Take the life of Jesus, who connected the dots differently, challenging the social and moral etiquette of his times with compassion, forgiveness and divine love. Jesus was often seen with social outcasts, foreigners and sinners and this flew into the face of the 'decent' people, so much so that they wanted him dead.

In Germany, many schools are named after the Scholl siblings. Hans and Sophie Scholl were beheaded in 1943 for challenging the Nazi regime's story. Sometimes it takes a lot of courage to join up the dots differently.

So, let's approach each other with patience and respect, recognising different perspectives and the impact of our narratives. When you look up at the night sky this winter, why not try to see a canoe where you used to see a hunter before? Let's try to join up dots in a way that inspires wisdom and fosters empathy and unity in our communities and beyond.

With best wishes, *Rev Karsten*

14th February Outreach closing date for March 2024
13th March Outreach closing date for April 2024

Morvah Mouse

Hello everyone! Happy New Year to you and your families. We had a fairly busy time before Christmas and were full to bursting with mince pies and other delicious food!

We hope you all found time for family and friends and shared memories of those who sadly didn't join us in our celebrations this year in person. It's a difficult time of year, especially as the weather is more cold than warm and we have to remember a torch if going out to walk the dog or meet up with friends.

Now it almost time for the pantomime. Local people have been rehearsing since before Christmas and will bring you a fabulous show at the end of this month. Don't forget to buy your tickets. We're performing Weds - Sat this year. We all hope that you enjoy it!

Lent this year begins on **14th February** with **Ash Wednesday**. Everyone is welcomed to join in a Service of Ashing at 7pm on 14th Feb Pendeen Church. **See you there.**

It's a thought provoking time at the start of Lent. Whilst many people aim to 'give up' something they see as bad for them, to be told you came from dust and to dust you will return will make you think about your relationships with people and things. Sometimes, we all need to do this.

Services
at Morvah Church
Sunday 11th February
at 6pm

31st March at sunrise.
Easter Sunday

Have a good time at the pantomime.

Enjoy watching the spring approach.



Stay safe & happy.

Blessings, The Mouse.

What's on in Pendeen Church February 2024

Sunday 28th January 11:15am

Candlemas: Communion Service

Sunday 4th February 11:15am

2nd Sunday before Lent: Communion Service

Sunday 11th February 11:15am

Sunday before Lent: Communion Service

Wednesday 14th February 7pm

Ash Wednesday Service

Sunday 18th February 11:15am

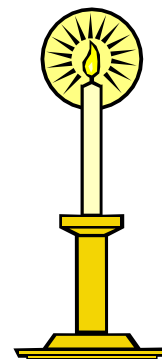
1st Sunday in Lent: Communion Service

Sunday 25th February 11:15am

2nd Sunday in Lent: Service of the Word

Sunday 3rd March 11:15am

3rd Sunday in Lent: Communion Service



"All are welcome
in this place."

Tremorran & the Angel Gallery

Soup and Silence Mondays

5th February ** 4th March

**arrive 12:15pm for soup and chat
silence 1-1:30**

Please let Annie know if you're coming.

Tremorran & the Angel Gallery, Truthwall TR19 7QJ

Tel: 07768 166309

Email: missanniehenry@hotmail.com

Tremorran Quiet Garden www.quietgarden.org

Come 'Back to the Garden' to find peace, stillness, healing and restoration at Tremorran Quiet Garden

Breadline/St Petroc's thanks you

Once again a magnificent sum of £285 was raised for Breadline/St Petroc's. Many thanks to everyone who contributed to the cake stalls, either baking or buying the goods. The money was handed over in early December, and Breadline/St Petroc's extend their thanks to you all. *Barbara/Alison/Megan*

News Round-up from Pendeen Church

December was a busy month at Pendeen Church. We started with all Pendeen School pupils coming to the Christingle Service, and an Advent Quiet Day.

Then we had Carols in the Square – not so cold as last year! and a cheerful time of singing for all ages, interspersed with the telling of the Christmas story.

Pendeen School's Nativity was staged in the church. Later that same day 'Just Nativity' took place at the Miners' Chapel – a triumph of community and local churches working together, involving St Justers and Pendeeners.

The Service of the Longest Night provided a quiet space for those who feel sadness at Christmastime.

The Christmas Eve Nativity Service was delightful, with a full church and a beautiful tableau as the story unfolded; and was followed with a well-attended Christmas morning service.

The following week we had a New Year service, including John Wesley's Covenant Prayer as we looked to the year ahead (see below)

With the arrival of January, the time has flown by, and now we're looking beyond Candlemas to St Piran's celebrations (details in next month's Outreach), Mothering Sunday, Holy Week, and Easter.

As always, everyone is welcome to come up to the church, joining in when you would like to.

I am no longer my own but Yours.

Your will, not mine, be done in all things,

wherever You may place me, in all that I do and in all that I may endure;

when there is work for me and when there is none;

when I am troubled and when I am at peace.

Your will be done when I am valued and when I am disregarded;

when I find fulfilment and when it is lacking;

when I have all things, and when I have nothing.

I willingly offer all I have and am to serve You, as and where You choose.

Glorious and blessed God, Father, Son and Holy Spirit, You are mine and I am Yours.

May it be so for ever.

Let this covenant now made on earth be fulfilled in heaven.

Amen.



St Just & Pendeen Old Cornwall Society

All Indoor Meetings are held at 7:30pm in Age Concern, Fore Street, St Just

Any queries contact 01736 811168

**February 13th (Tuesday)
Annual General Meeting**



PENDEEN PARISH HALL & THEATRE

Pendeen Silver Band

The players and committee thank John Coak of the North Inn for permission to have a raffle in December. This was much appreciated.

Also - all hope volunteers, patrons and supporters had an enjoyable Christmas.

Best wishes for 2024.

Bookings

Call or text Helen 07765 117234

Centre of Pendeen *** What's On

Open weekdays 10:00 - 15:00 and Saturdays 10:00 - 12:30 T: 01736 786776

BINGO! Liven up your autumn and winter with the Centre's friendly and fun **BINGO Friday evenings 7-9pm on 9th & 23rd February** (every 2nd and 4th Friday in the month). Doors open 6:30pm £2.50 entrance covers 6 games and refreshments, cash prizes. Bring your friends and relations and don't forget your dabbers!

FREE FOOD STALL Have a look at the Free Food Stall in Lower Boscaswell Road. It is regularly stocked with surplus fruit and vegetables from Cornwall's farms, courtesy of Gleaning Cornwall Network and local shops. Keep a look out on **Pendeen Matters** facebook page for delivery notices, the produce does go quite quickly!

MONDAY AFTERNOON DROP-IN AT THE CENTRE OF PENDEEN

Join us between 12:30pm & 3pm for some tasty soup, a hot drink, maybe a game of scrabble or a quiet read of the newspapers. Mary is here too, to offer expert help with dress alterations or other sewing projects.

We look forward to seeing you.

CENTRE COFFEE MORNING WITH 'PRE-LOVED' CLOTHES FOR SALE

10am-12noon on Saturday 24th February. Join us at the Centre for coffee, cake, chat and a selection of clothes, bags, hats etc., all at reasonable prices.

DO YOU HAVE A LITTLE TIME TO CONTRIBUTE TO THE CENTRE?

The Centre offers a wide range of events and activities and we always need new volunteers who can work in a friendly setting for whatever time they can offer. Call in or ring us on 01736 786776, we look forward to hearing from you.

WEEKLY TIMETABLE OF REGULAR SESSIONS

Monday	Parent, baby & toddler group Free 'Drop in' Tea, coffee, lunch and chat, newspapers, sewing help and advice Hatha Flow yoga <i>Rebecca 07907 374278</i>	10:00-12:00 Any time between 12:30 & 3pm 18:00-19:30
Tuesday	Pilates with Alice Art sessions with Gail Gentle Yoga <i>Rebecca</i>	09:15-10:15 13:00-15:00 18:00-19:30
Wednesday	Coodes Advice Clinic 1st Weds Patchwork and craft (alternate weeks) Pilates with Alice Short mat bowls	10:00-12:00 13:00-15:00 17:15-18:15 19:00-21:00
Thursday	WI (2nd Thursday) Pendeen Silver Band (4th Thursday)	18:30-21:00 19:30-21:00
Friday	'Get Active' fitness class, focusing on strength and mobility (1st, 2nd & 4th Fridays) Book Club (3rd Friday) Spinners' Group Gardening Club (1st Friday) Bingo! (2nd & 4th Fridays) Acoustic Alchemy (1st & 3rd Fridays) Sound Healing	10:00-11:00 10:00-11:30- 11:30-14:00 16:45-18:30 19:00-21:00 19:00-21:00
Saturday	WI Craft & Produce Fair free (1st Saturday) Healing & Wellbeing (2nd & 4th Saturdays)	10:00-13:00 18:00-20:00
Sunday	Pendeen Maids	14:00-16:30

keep an eye on our website www.centreofpendeen.co.uk and facebook's Pendeen Matters for new and interesting activities and events at The Centre.

NOW ONLINE: PENDEEN OUTREACH MAGAZINE

<https://pendeenoutreach.blogspot.co.uk/>

ON COMPUTER, SMARTPHONE, OR TABLET.

600 PAPER COPIES ARE DELIVERED TO THE CENTRE OF PENDEEN, THE SPAR IN PENDEEN AND THE NEWSAGENTS IN ST JUST

PLEASE CONTACT A COMMITTEE MEMBER IF YOU WOULD LIKE MORE INFORMATION

Pendeen WI

Here we are 2024, A Very Happy New Year from Pendeen WI.

January saw our first meeting of the year, the evening was well enjoyed by all that attended we had a very interesting talk from Connie Morris about Marine Biology along with the life studies of our oceans and sciences behind it all. This is a great start to our themes for 2024 as once again we start to prepare for our entry in the WI Royal Cornwall Show competition, this year is based around a marine theme.

We didn't hold our regular community fair in January, but we will be back as usual on February 3rd from 10am-1pm, with our usual stall holders as well as some new ones. We are pleased to announce that we will also have a fishmonger joining our community fair! We will also be continuing to donate the proceeds from our raffle to local causes, your support at the fair is always welcome and very much appreciated.

Pendeen WI has a varied programme lined up for 2024, and we would love to welcome new members at our monthly meetings, some of our topics for the coming months include talks and demonstrations from the Guide Dogs Association, Castaway rope works and a comedy evening as we celebrate our 105th birthday celebration in April. Over the years the WI has had an image that only women over certain age can attend along with the Jam and Jerusalem image, so as a myth buster to these images portrayed, we would welcome any ladies to pop along and see just what we do do.

Alongside our monthly meetings we also have fun days out from Gin and Wine Tasting, a weekly swimming group and evening trips out. A group of members recently travelled to see the panto in Plymouth, while another attended the Lights at Trengwainton Gardens.

Also in 2024 we will support a few of our members who are working on the return of The Pendeen Horticultural & Produce Show, this is likely to be held late September. Anyone who has any interest or information of previous shows and whereabouts of trophies or you'd like to sponsor a trophy please get in touch via email at dellatr20@live.co.uk. More details to follow over the next few weeks and months.

Anyone wishing to have a stall at our Community Fair please email- PendeenWI@gmail.com

Centre Snooker News:

Here is the latest Colin May Memorial Shield winner Nigel Semmens with runner up Ryan Prowse. Sign-up for competitions at the Snooker Club now - Contact Barry on 07870 933014.

Geevor Update

We hope that the new year has started well for you and your loved ones.

2024 has certainly started brilliantly for Pendeen Community Heritage (PCH) and Geevor.

On 9th January after a year of complex negotiations PCH signed a ninety-nine year lease with Cornwall Council to manage Geevor. This is a game-changer for PCH.

For the first time in over twenty years of managing Geevor we will have the security of tenure at Geevor that will allow us to apply for large-scale external funding to help us undertake major projects that are part of our ambitious vision for the future of the site.

The lease also gives us unprecedented autonomy that will enable us to make decisions about Geevor without needing the permission of Cornwall Council.

Under the terms of the new lease we will also be able to use local trades people to carry out maintenance work on site rather than having to use outside contractors chosen by Cornwall Council. And we can let parts of the site to suitable organisations to develop income that can be used to conserve Geevor and fund our education work.

It is the beginning of a new era at Geevor and we are grateful to Cornwall Council for the money



that has been spent on maintenance and conservation works on the site over the past two years which has helped to secure the long-term future of Geevor.

Hopefully, you were one of more than two hundred and sixty people who attended our 'day with Santa' on Sunday 10th December. This will become an annual event at Geevor as it was a huge success and was incredibly well supported and appreciated by the local community.

We would like to thank all those who helped make the day such a success including Pendeen Silver Band, Funny Faces Cornwall, West Cornwall Flowers, Balloonatic South West, Mole Valley, and Morrisons.

But this was not the only amazing Christmas event at Geevor. We also hosted our traditional Pendeen Primary School Christmas Carol Concert which is always a highlight of our year. This time the pupils had the pleasure of performing 'Cornwall, my home' in front of the person who wrote this iconic song, Harry Glasson.

Our new lease means that we will now be able to run more events and activities for the local community. We also have lots of buildings and spaces that may be ideal for events you are planning, from film shows to meetings, birthday parties to concerts. If you would like to see if Geevor would be the perfect venue for any event you may be organising please call us on 01736 788662 and ask for Mike or Jack.

In the next issue of 'Outreach' we hope to be able to share more exciting news about Geevor, we just need a little longer to confirm all the details.

As ever we would like to thank our staff and volunteers for their hard work and dedication and express our gratitude to the local community for its continued support for PCH and Geevor. JS

Highs and lows for Pendeen Rovers heading into 2024



As ever the Christmas and New Year period has proved a mixed affair for both teams, weather effected, with unexpected wins with unpredictable defeats.

After The Firsts strong performance away to Hayle in mid-November we faced Perranwell First at home. From the whistle it became obvious that Perranwell are a well drilled outfit and 10 minutes in they took a deserved lead then doubled it at 30 minutes. Just before the break Pendeen were handed a lifeline with a bizarre bouncing ball dropped into the net behind Perranwell's keeper. Halftime 1-2. Pendeen came out fighting in the second half totally dominating possession and chances. Football can be a very frustrating game at times and this was certainly the case as the second half wore on. 50/50 balls and last-ditch tackles all seemed to land in Perranwell's favour. No more goals second half, a game Pendeen could and should have got a result from wasn't to be as we were left ruing wasted chances.

At the end of November we were on the road to St Blazey for the Intermediate Cup. St Blazey dominated early on, bombarding Pendeen's goal, but Owen Prowse's impressive saves kept them at bay. In the 26th minute, Tristan Prowse's trademark header gave Pendeen the lead and Pendeen secured a second goal with Alex Ralph calmly converting a penalty. Halftime 0-2. Pendeen's fortunes were to change when sub Jordan Burr received a second yellow, reducing us down to ten. Blazey capitalized, scoring three goals in a 20 minute blitz, turning the game on its head. Despite a late corner for Pendeen, Blazey's resulting counterattack sealed our fate 4-2 at the whistle.

First game of December and a Tracy Banfield Cup clash against Millbrook Reserves at Borlase Park. The game started evenly, a goalkeeping error gifted Tristan an easy tap-in, giving Pendeen a 1-0 lead at halftime. The second half took a turn as freezing rain and wind battered the pitch. Millbrook adapted well, scoring two goals. In the 75th minute, amidst the muddy goalmouth, Nick Barber's bicycle kick levelled the score. However, Millbrook swiftly regained the lead, securing a 3-2 victory. With fading light and relentless rain, avoiding extra time was a relief for all involved. With the cup games done for the season time to focus back on the league.

Facing Mousehole at home was a standout fixture especially after a credible 4-2 defeat away at TrungleParc earlier in the season, this was a challenging 'progress check'. The first half unfolded as a stodgy affair with neither side in clear control. Mousehole's attempts at a slick passing game were hindered by Glen Carew's well- ..

ctd Pendeen Rovers marshalled defending and a heavy pitch. Timely interceptions and commendable glove work from Tristan, standing in for brother Owen, kept the game goalless at halftime. The second half mirrored the first, with Mousehole struggling to execute their pass-and-move strategy. As a spectator you just got the feeling that one goal would be enough to snatch victory. The breakthrough came on the 70th minute when Alex Ralph capitalized on a loose ball, propelling Pendeen ahead. Judging by the players' celebrations it felt like a decisive moment. Three minutes later, Pendeen solidified their lead with a clinical finish from Danny Earl. The hard-fought and well-deserved victory against one of the League's top teams. To quote the late John Motson - 'The crazy gang has beaten the culture club!'

This win gave the whole team a boost on the road to Perranwell, and this time two second half goals by Ben Chapman and Alex Ralph and a clean sheet for Tristan, still standing in for Owen, gave us another solid league win.

The poor winter weather conditions forced the abandonment of our away game at Porthleven and the postponement of our away game to Wendron. Our next game was Hayle at home, on the back of a huge away win back in November at Trevassack Park. A minute's silence was held in memory of Andy Trezise, son of President David Trezise who sadly passed away in early January.

The game kicked off at pace, both teams spurning chances leading to a goalless score at the halftime whistle. The second half started in much the same vein. It wasn't until the 73rd minute when the Hayle goalie came out to meet the advancing Alex Ralph face on, only for Alex to calmly collect a quality pass and put the ball past him into the back of the net. The lead was unfortunately short lived when minutes later a powerful strike on the Pendeen goal deflected in for an own goal. A point a piece was probably a fair result from the match. Sean Sweeny and Matt Howes will be happy with where the First Team is heading.

The Reserves have also had a mixed bag of results over the last couple of months. With emphatic wins, 9-6 over Perranporth, only to get knocked out of the Junior Cup 5-2 by St Erme. In mid-November our 4-2 win at home over Storm FC was only to be met with a 6-1 defeat away to them the following weekend. After a solid two all draw in the league game against local rivals St. Just we lost to them 5-2 in the Percy Stephens Cup in mid-December.

However, a strong 5-0 win in early January over Frogpool & Cusgarne, sitting in the upper half of the table, looked an improvement in performance. But only a week later we could only manage to draw with Constantine. Justin and Stuart will want more out of their team with stronger and more consistent performances in the second half of the season to stay in touch with the top two positions in Division Four.

Provisional February fixtures are shown below, please go to ***pendeenrovers.com*** or ***fulltime.thefa.com*** for confirmation of all fixtures:

ST. PIRAN LEAGUE PREMIER DIVISION (WEST) -

FIRST TEAM February 2024

Sat 03 3pm Pendeen Rovers
v Mullion Reserves *home*

Sat 10 3pm Illogan RBL
v Pendeen Rovers *away*

Sat 17 3pm Helston Athletic Dev 1
v Pendeen Rovers *away*

Sat 24 3pm Pendeen Rovers
v St Just *home*

ST. PIRAN LEAGUE DIVISION 4 (WEST) -

RESERVE TEAM

Sat 10 3pm Pendeen Rovers
v Penryn Athletic Res *home*

Sat 17 3pm Dropship Reserves
v Pendeen Rovers *home*

Sat 24 12pm St Just Reserves
v Pendeen Rovers *away*

Matt Buckhurst Secretary, Pendeen Rovers Club **Tel: 07872 059990**
mattbuckhurst@gmail.com
www.pendeenrovers.com

**COFFEE AND CAKE AT
THE CENTRE OF PENDEEN**

**with sale of
pre loved clothes
for all occasions!**



**Meet and
make friends!**

**Saturday 27th January &
Saturday 24th February**

10AM-12PM




NCI Cape Cornwall

December and January have been quiet months from the Watch at Cape Cornwall. Storms Elin, Fergus, Gerritt and Henk blew in through December and January, some rattled the milk bottles, many passed West Penwith unnoticed.

Footpath Walkers During one of these storms (Force 8 gale) our Watchkeeper noticed walkers venturing off the beaten and well marked track along a particularly perilous part of Cape Cornwall; advisory words and gestures placed them back on the path. The grass isn't always greener and our advice will always be to take care and stay on marked paths.

Presentation Evening In early December NCI Cape Cornwall held our annual Presentation Evening; slightly different from previous years, we had a pleasant evening at the Church Rooms with partners. The refreshments were delicious and provided by Alison Grose - thank you Alison; and a big thank you to Carolyn for the organising - superb. 5-Year Awards went to: Graham Oakley, Mark Shaw, Jeremy Spanton and Graham Tucker; 10-Year Awards went to: Philip Oldfield and Mike Hoad; 15-Year Award went to Don Jenkin; and a 20-year Award went to Elsie Ash.

Well done to all for your amazing service to NCI Cape Cornwall. Special Awards went to: Jennifer Tuson for carrying out the most A Watch Duty Officer posts; Julie Waters for the most watches in 2023 - excellent; Graham Tucker for Academic Achievement (top dog on our annual assessment exam); Hugh Thomas for his outstanding efforts in maintaining the Watch; and finally to Graham Oakley for his diligent work in making sure NCI Cape Cornwall complies with H & S. Well done to all.

Voluntary Donations NCI Cape Cornwall would like to thank all who have made donations to help our Station continue; all NCI Cape Cornwall Watchkeepers are volunteers and the monies raised with the upkeep and running of NCI Cape Cornwall, your continued efforts are gratefully received - thank you to all.

Did you know? As a warning to mariners and protecting the West Penwith and Isles of Scilly coastline we have 7 Lighthouses and 1 Light-vessel. Not included in this are the many Markers and Buoys. The Lighthouses are: Pendeen, Tater Du, Longships, Wolf Rock, Round Island, Peninnis and Bishop Rock;

the Light-vessel being: Seven Stones. They are all monitored and maintained by Trinity House and are now all unmanned and automated.

How many times do they flash? They all have set arcs and timings, e.g. on a chart you will see for Bishop Rock Fl (2)15s44m20M, which means 2 flashes every 15 seconds, the light is 44 metres above Chart Datum and the range of the light is 20 nautical miles; for Longships you will see Fl(2)WR10s35m15/11M, which means 2 white and red flashes every 10 seconds, the light is 35 metres above Chart Datum and the range of the lights are 15 and 11 nautical miles.

We are always looking for volunteer Watchkeepers at NCI Cape Cornwall, if you are interested (no previous experience required - all training is provided); or you would like to make a donation for our continued running, please contact our Station Manager *Richard Saynor* at email: richard.saynor@nci.org.uk or phone: 01736 786761.

St Just in Penwith Men's Shed

Our new premises are still undergoing transformation from redundant farm building to community workshop. Benches have been constructed and are being installed, and one bay has been lime washed, which has considerably brightened up the interior. A rest room has been designed and will be constructed over the coming weeks. Once again our thanks go to the St Just resident who kindly donated kitchen units, work tops and sink. Most importantly, a composting toilet and its surrounding wooden structure have been purchased, and a base is being laid. This project was partly funded by a grant from St Just Town Council, for which we are particularly grateful.

Finally, by the time you read this, we will have held a general meeting at The Fountain Inn, Newbridge, (Thank you, Tracey) and outcomes of this will be published next month.

We are always grateful for donations of tools or equipment, and we thank those who have kindly already donated. WE NEED MORE MEMBERS, so if you're interested please contact us: Email: mensshedo5@gmail.com

Tel: 01736 787229

Facebook: *St Just In Penwith Men's Shed*

The Kitchen Cat



Well here we are in January 2024 after what must have been one of the wettest and darkest Christmases I can remember. It was so nice to see some crisper and sunnier weather in early January and scraping the ice from the car was a real novelty and reminded me of my previous life in Yorkshire.

Towards the end of 2023 I was asked about providing recipes for meals for one and given that a large percentage of households are now single occupant, I have obliged. Of course it goes without saying that the following recipes can all be multiplied as necessary and frozen in batches or used to feed more people.

I cannot praise lentils highly enough. They are cheap, nutritious and cook in very little time. Red lentils do not even require soaking.

Some time ago I gave a recipe for a vegetarian cottage pie using a red lentil sauce and I am giving the sauce again as it has a variety of uses and can be adapted with different veg as necessary. This sauce is perfect for making in a larger batch and freezing into one portion containers (eg old cream cheese/margarine tubs). It can be served over pasta, or with mashed or creamed potatoes, rice or other grains.

Red Lentil Sauce (makes four portions)

Ingredients

1. 225g [8oz] red lentils - rinsed to remove dust - also check for small pieces of grit
2. 1 large onion and any other veg you fancy. Choose from: chopped peppers, sliced mushrooms, celery, leeks, or carrots; diced sweet potato, aubergine, courgette, or potato.
3. 1 can chopped tomatoes or half a packet of passata
4. 1 stock cube, (veg or meat as you choose)
5. Seasoning can also be varied. Choose from dried herbs or chilli flakes/cayenne pepper, or even a mix of Indian spices (cumin, coriander, fenugreek etc).

Method

1. In a large pan fry (sweat) the chopped onion, garlic, and any other chopped veg you are using.
2. Add the washed red lentils and stir around for a minute or so
3. Add the tomatoes and rinse the can out

4. Fill with water (or water and wine) and add that to the pan.
5. Add seasoning as required.
6. Cover and simmer until lentils and any other veg are cooked and the mixture has thickened but do not let it stick and add a little more liquid if necessary. If it is to be used as a sauce for pasta it can be slightly looser or more liquid can be added when it is going to be used.

Quick prawn and mushroom curry (*adapted from a Madhur Jaffrey recipe*). This will feed one and is a quick and easy recipe.

Ingredients

1. Half a 250g pack of uncooked peeled prawns (freeze the rest for another time) or use half a pack of pre-frozen
2. Four med. mushrooms washed and sliced
3. ¼ tsp ground black mustard seed
4. ¼ tsp turmeric powder
5. 2 teaspoons tomato paste or passata
6. ½" piece of fresh ginger - finely chopped
7. 2 cloves garlic crushed
8. Chilli powder or cayenne pepper to taste
9. A little water - about 2tsp
10. 1 tsp lemon juice
11. Ground black pepper to taste
12. Salt (optional)
13. Chopped fresh coriander to garnish (*optional*)
14. Oil for shallow frying

Method

1. In a cup, combine the crushed mustard seeds, turmeric, tomato paste, and water
2. Heat oil in pan and when hot put in the garlic and ginger. Stir for literally 10 seconds then add the mushrooms
3. Stir until they start to release their juices
4. Add the prawns and keep stirring until prawns go pink.
5. Add the mustard seed paste
6. Turn heat to low and keep stirring
7. Add the salt if using, black pepper and lemon juice.
8. Fry for another 2mins then turn off heat.
9. Before serving sprinkle over fresh chopped coriander (*optional*); then Serve with boiled rice into which a few frozen peas have been added when it is almost cooked.

Pasta carbonara *(one serving)*

Of course vegetarian/vegan bacon and egg can be substituted or the bacon entirely omitted and a large portobello mushroom used instead.

Ingredients

- 1 egg
- 1 tblspn grated Parmesan cheese plus a little more to garnish
- Salt & ground black pepper to taste
- 2 rashers of organic smoked streaky bacon *(optional)* or mushroom sliced
- 50g (2oz) dried spaghetti - or more depending on appetite
- 1 crushed clove of garlic
- Freshly chopped parsley *(optional)*
- Oil for cooking

Method

- In a small bowl whisk up the egg, salt and pepper and 1 tablespoon of the Parmesan cheese
- Fry bacon until crisp (or mushroom until soft) in oil then set aside (if using bacon drain it on a piece of paper towel)
- Bring a pan of water to the boil and add the spaghetti
- Cook until al dente - tender but still with a slight 'bite'. Drain and keep pasta water
- Return frying pan to heat and add the garlic, cook for a few seconds - do not let it go brown
- Add the hot pasta to the frying pan and stir around for about 30 seconds
- Add the mushrooms or bacon and continue to stir
- Add a little of the pasta water to the pan stirring all the time
- When the pan has stopped sizzling slowly add the egg and cheese mix whisking quickly until the egg thickens but is not scrambled.
- Thin out with a little more of the pasta water if necessary
- Garnish with parsley if using

Soup and omelettes are also perfect for solo eating and the following is an omelette I often do for my other half and myself by doubling the ingredients. The mozzarella cheese makes it beautifully gooey!

Cheese and herb omelette *(one serving)*

Ingredients

- 2/3 eggs depending on appetite and the size of the eggs
- Oil or butter for frying
- 60g [2oz] grated mozzarella cheese - or cheddar/anything else you prefer
- Salt and pepper
- ½ teaspoon mixed dried herbs
- A splash of cold water



Method

- Whisk eggs with salt, pepper, herbs and the splash of water
- Heat an omelette or frying pan and add the oil or butter. Butter should sizzle but not do not let it burn
- Pour in the egg mix and leave it for a few seconds to set. Gently lift the edges so the liquid runs into the pan and the entire omelette cooks. Keep doing this until the whole omelette is set.
- Sprinkle over the grated cheese. Leave for a few seconds then carefully fold the omelette in half.
- Serve immediately with cooked veg or a simple salad and some crusty bread.

For **puddings** I would suggest crumbles and pies which can be made individually and served: but if on my own, I usually prefer fresh fruit sometimes made into a very basic fruit salad with a dollop of organic Greek yoghurt.



Another quick pud is Greek yoghurt with a little honey stirred into it with some additional chopped "ready to eat" apricots and a few chopped hazel or walnuts.

St Just Library

Market Street , St Just TR19 7HX

Telephone: 0300 1234 111

Website www.cornwall.gov.uk/library
Full details on the Friends of St Just Library

Opening hours

Monday	closed
Tuesday	9:30am to 5pm
Wednesday	9:30am to 1:30pm
Thursday	9:30am to 5pm
Friday	CLOSED
Saturday	10am to 1pm

Morvah Schoolhouse Gallery & Café

Belated Happy New Year

After a busy January spring cleaning we open on Thursday 1st February with our Studio Sale in the Gallery.

Opening times for February are Thursdays to Sundays inclusive - 11am to 3:30pm.

As usual the Café serves delicious home cooked food: and finishes serving food at 3pm.

Website: www.morvah.com Email: info@morvah.com

Phone: 01736 787808

Morvah Schoolhouse, Morvah TR20 8YT

Artist on the Wall

Maureen Kennedy	Penzance painter
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In the Loo

Ted Hughes	Pendeen painter
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Percy Grower's GROWING INEXPERIENCE

Suggestions can be made for jobs we should be tackling this month, February, but it is the weather that has the final say and for gardening to be successful has to be obeyed. I certainly don't want to waste my time getting cold and wet to no avail and can't recommend that you do either.

The wet, cold January weather won't last for ever, we'll just have to work faster and longer hours when the sun comes out and dries and warms the soil. Meanwhile dream of 2024's perfect winter garden. I think a small selection of hardy, wind tolerant, evergreen shrubs would be an improvement on beaten down crocosmia 'Lucifer' alone. Chosen for colour and leaf form, I might pick variegated *ilex x altaclerensis* 'Golden King', which has broad, not too spiny leaves fringed with bright gold.

The pretty *Euonymus fortune* cultivars, such as the creamy-white 'Emerald Gaiety' or yellow 'Emerald 'n Gold', are great for small spaces, growing tidily to 3ft. Beg cuttings from friends: though this isn't the speedy option it is the most economical. My favourite is 'Mahonia media Charity', a larger, more open shrub with scented yellow flowers.

It's official: green spaces are good for you and nature has such a life-enhancing effect on us that some researchers have likened it. to a vitamin - vitamin G (green) that our bodies need to function well, and recommend that we take a daily dose. And listen to this - while living in 'grey' areas is damaging to our health, exposure to green brings numerous benefits. Research has found that every 10% increase in people's exposure to green space translates into an improvement in health equivalent to being 5 years younger! A prescription of gardening or walking in nature can be more beneficial in

treating some disorders, such as high blood pressure and mood disorders, than conventional medicines.

So we are just waiting for the temperature to rise a little and dry out the soil, and removing weeds and seed bed preparation can begin.

Seek out those cloches from the back of the shed and use them in a row to warm up the soil. A row of early carrots can then be sown. Unfortunately deeper soil than in my veg. plot is needed. I have proved that the result will be inedible stunted forked roots. There is a form of carrot known as stump rooted which may be more successful in stony soils.

As the weather improves through February sow early crops of peas and broad beans, shallots, garlic and Jerusalem artichokes. When shallots are planted, the watching wild birds will enjoy the annual sport of pulling them up so draw a little soil over the sets to anchor them. Repeat daily.

The recent cold spell may have killed the slugs.

Wishing you a good start to 2024

Percy ©Percy Grower



Alban Arthan * Morgane the Druid

Once upon a time at Imbolc

Morgane the Druid

Somewhere out at the edge,

The night is turning

And the waves of darkness

Begin to brighten the shores of dawn

John O Donohue

If you are one of the brave souls who fling themselves into the ice cold waves at Senen on Christmas Day, or rock climb at Bosigran above the roaring Atlantic, or deliberately steps out of your cosy car, having a cuppa, to be blasted by the wild pale green South Westerly wind from the Brisons ... you know that feeling I'm about to talk about! It's a sensation like a high tide of light surging into our bodies, stirring our depths, our very souls; it is what druids would term Awen, an excited gasp of inspiration.

February 1st heralds the moment that nature becomes exhilarated, the darkness of the Caileach Wise Old Woman of Winter is departing and the first trickles of melting light stir the Maiden Goddess from her dreams beneath a blanket of frost.

Tales of sighting the first trembling Snowdrops are heard in Boscaswell Stores and there is a ripple of happy chatter on the top deck of the Pendeen Tinner at catching sight of the yellow coated daffodil pickers in the fields off North Road - this is the feeling that I am talking about ; a luminosity that the human race has been experiencing for thousands of years, at this very same moment and once upon a time we called the celebration Imbolc and today Candlemas.

May our eyes have the kindness and reverence of candlelight J.O Donohue

This gentle holy festival sleepwalks by us these days but once upon a time it was marked by rituals surrounding candles and the ocean. Unabashedly feminine, the festival focused on the Goddess Bridget of Fire and Water where her blessing of light born from her womb was represented by eight

lighted candles placed in a bowl of seawater. This is a beautiful reminder that women carry within them an actual ocean, which responds to the rhythms of the moon and tides, a womb where new life is created in both physical and spiritual manifestations.

In our landscape Fogous, like the one at Lower Boscaswell, were believed by some to be representations of the womb, a place where women gathered in privacy at menstruation and Maidens transforming into womanhood were blessed at starting their first moon cycle.

Women who had given birth to their first child used to attend church holding a lighted candle throughout the service and maidens in the village would make Bridie Dolls from wheatsheaves, lay on a feast of all the foods that remained from the winter store and invite in friends and neighbours to share.

This was later merged into the lunar shaped Pancake and the start of the cleansing rituals of Lent. Lighting candles as intercessions in church is a rite familiar to us, as is the placing of candles on a birthday cake; this has origins way back to Celtic Imbolc where the circular cake represented the moon and the candles moonlight.

As a druid I am fascinated with Full Moon Birthdays partly because my mother was born at a full moon on Midsummer Eve - they are a rare event in any lifetime and some people may have no birthdays that land on a full moon whilst others may have several; of my 6 full moon birthdays the next one this year will be my last one on Earth! I shall party!

When you blow out a candle, where does the light go?

Blowing out a candle in Druidry is a form of prayer where we send a wave of love and peace out over the Earth and a beautiful by-gone Candlemass tradition involved churchgoers carrying back home, in a lantern, the loving flame from the Feb 1st Candle on the Altar ; wouldn't it be wondrous to start that again?

Once Upon a time ... Water was honoured and sacred. Water was protected. Water was celebrated (Seren)

The Goddess Brigid as the guardian of the waters was honoured at Imbolc by pilgrimaging sunwise around the local well and its holy water carried home to cleanse the hearth and animals. If you have ever been on one of Rory Te' Tigo's wonderful Well Walks around St Just and Cot Valley you will be aware of how magical our local relationship was with our village wells.

During the 1960's they were blocked up and water piped to our homes and with that perhaps the loss of an ancient Cornish relationship with the mysticism of water. I was intrigued to find an old metal water pump at the end of my cottage garden and curiosity got me digging; sure enough I began to unearth an old well.

It reminded me of St Bernadette searching in the soil for the waters at Lourdes, what I uncovered as I dug though were little glass perfume bottles, broken tea cups, willow pattern plates, clay tobacco pipes and bizarrely a whole pile of crisp packets! How long had they been down there? The brand was Murphy's Crisps manufactured in Humberside by Sooner Foods.

I got all this information off the packets themselves as they were totally un-decayed which was shocking when my sleuthing revealed the age of the litter was 1985. In my mind's eye I could see past villager folk gathered at this well, having a smoke, sharing news, eating crisps ha ha, perhaps dropping in amulets and offerings to the Goddess or St Bridget.

Interestingly these once communal places were where the now negative term Gossip originated. God-Sip, as it was originally, was God Talk and particularly between the midwives of the community sharing expertise and joyful news of a birth.

It was also used to denote a God Parent at a baptism around the church font or a naming ceremony at the village well.

Somewhere and somehow this heavenly chit chat by women was corrupted! Once

upon a time ... Women were honoured and sacred. Women were protected. Women were celebrated ...

May you be able to fall into the Ocean Rhythm, Unfolding evermore until you become one crest of a wave, Rising into wild form, whose beauty will show in the graceful sweep of its home breaking
J.O Donohue

Hiking across the boggy Bartinney Nature Reserve to Carn Euny at New Year I saw a Queen Bee, a butterfly and a shimmering sphere of toad spawn amidst the gossamer spider veils.

Atop the Carn, surrounded on all sides by an azure sea, it was like West Penwith was the unborn child in the Atlantic Ocean womb of the Goddess, everywhere quickening with potential new life and the waters about to break.

Last Imbolc I was anointed with my Druid name, Morgane, not of the Fae but rather from the ancient Celtic origin which means "Sea Born"

Once upon a time we were all born from the sea and today... we still are. Every woman is a Goddess.

"Wave after wave, each mightier than the last, Till last a ninth one, gathering half the deep, And full of voices, slowly rose and plunged...And down the wave and in the flame was born a naked babe".

Tennyson

If you are interested in your Full Moon Birthdays go to: Moongiant.com.

Copies of Rory Te' Tigo's **Well Walks book** can be purchased in The Dog and Rabbit Café St Just

Parallel minds

Sparkling mind to a galaxy
damaged brain to a black hole
creative painting to a nebula
rain man to a pulsating quasar
god to a white hole
humans to stardust
you can see where we come from
the cosmos

A New Year is Under Way, so What is on the Horizon?

There are a couple of Cornwall Council matters to pick up and then I'll update you with Town Council news, including car parks; the facts.

Cornwall Council has begun upgrading street lights with new LED fittings; I think most in our Parish have been upgraded. This project is to deliver the following;

Help Cornwall Council progress towards being Carbon Neutral Cornwall by 2030;

The old stock was reaching end of life and there is a worldwide component shortage for maintaining them; and

With the surge in energy costs, there will be a cost saving on energy bills.

£15.5 million is being invested over a three-year period to convert all Cornwall's street-lights to LED. The Council currently spends £1.6 million a year on energy use for street-lights, by converting to LED it is anticipated they will use around 65% less energy; a saving of £0.6 million a year (as at October 2020). If energy prices continue to rise as predicted, the saving will be even greater.

Council Tax will not be reduced as a result of this replacement programme as yearly there are increasing pressures on the Council's funding. Converting to LED lights is one of 'spend to save' measures.

In the past shields have been installed where light glare has been an issue for residents. Cornwall Council believes the new lanterns will reduce the need for these because the light source is set into the body of the lantern rather than protruding. The lanterns have more LEDs but have a low running current to make them more comfortable to the human eye. Officers advise that if light glare is an issue one month after installation, contact them using the 'Report a problem with a street light' link on the Council's website.

Subject to safety assessments, there are also plans to turn off street lights between midnight and 5am in most places. If you are worried, evidence is that opportunistic crime reduces as potential thieves cannot see in your vehicle or that a window has been left open. The turn off will not be applied at key junctions or where road users safety would be compromised. If you are regularly out after midnight, now might be the time to get a luminous vest and a

torch!

The new waste and recycling service is gradually being rolled out throughout Cornwall. West Cornwall is the third area to change so hopefully problems will be ironed out before the scheme reaches us. Before any changes, all households will receive an information leaflet, basically explaining that your current recycling bags and glass box will stay the same but you will get a new, smaller than Penwith days wheeled bin and 2 food waste caddies – a small one to go in your kitchen and a larger one for outside and for collection purposes. Food waste will be collected weekly and recycling and general waste will be alternate weeks. For those subscribing to the garden waste service there will be no change.

There have been speculations and rumours regarding the white lining in our car parks and the height restriction barrier at the entrance of the St Just main car park. There are no secret plans, it is just that since we took over responsibility for the car parks (and toilets) last March, we have been struggling to increase capacity and get enforcement in place against those not using our car parks appropriately.

The Pendeen car park and the parking area in St Just, where the recycling bins used to be, have never had white bay lines so people park the best they can. Our hope is that with the introduction of bay lines, more vehicles might be able to safely use the areas. We thank users of the Pendeen car park for leaving the area free of vehicles to allow this work to be done.

As I write, getting the bay lines re-established in the main car park and putting bay lines in the old recycling area has proved challenging. Despite signage and notes on vehicles, neither car park was empty enough to be completed. We are working with contractors to find ways of achieving this aspect of maintenance and I hope when you read this, our mission has been accomplished.

Turning to the height restriction barrier in St Just, this is the only means available to the Town Council to stop over sized vehicles using the car park when not supposed to. As they park in the car park they restrict its capacity because they usually spill over into adjacent bays. It has only been in place a short time and

already many have noticed that they can get a choice of spaces rather than driving around and around hoping someone will leave. Some will say, "The town will lose out if campervans cannot stop off in the town to use our shops." For those stopping to shop, they can park in the old recycling area but they should not camp overnight; we have very good camping and caravan sites for that purpose! To help this, we would ask those with vehicles which can drive under the barrier (2.1 metres height) to park in the main car park.

The car parks and toilets are funded by council tax paid by local residents, to service and keep them clean as well as repairs. St Just Town Council does not get any funding from local Business rates and of course people visiting our town pay nothing, but local businesses welcome their trade. Some council tax paying residents, with no vehicles or who would walk if shopping locally, are questioning why they should pay; but others park completely free. Most residents though, as shown when we held a public meeting many years ago, prefer them to be free at the point of use to keep our town thriving.

There have been some informal conversations between councillors on whether funding our car parks and toilets through local residents is fair, but there are no plans to change this. If a

future council wanted to consider charging at our car parks, through some kind of pay and display scheme, the Parking Order (this legally sets the rules) would have to be altered. There is a legal consultation process to do this so, no decision of that nature could be taken without a public consultation showing that is the way local residents want things to change; it could be discussed at a Council meeting but no decision, beyond consulting the public, could realistically be made.

I will continue as Mayor until our AGM in May. Whilst I am happy to do the full 4 year term as Mayor, given that I do not intend to seek re-election to the Town Council, members may feel it is better that someone else learns the ropes whilst a lot of experience is around the table. There will be readers relieved to hear I do not plan to continue, others might be disappointed in me 'giving up'. For the latter group, I have been involved in local politics since November 2007 when I joined the Town Council at a by-election. I will receive my state pension in 2024 so I think it is time for younger folk to be involved in deciding the future of our wonderful Parish. I'm happy to talk with anyone wondering whether or not to stand, especially anyone under 40!

Sue James

KEEPING IN TOUCH

Email: cllrsuejames@gmail.com Phone: 07745116049

Website: www.suejames.org for more info.

You can sign up to receive my regular Newsletter

Facebook: 'Like' Councillor Sue James Page

Twitter (now called X): @SueCllrsuejames

Requests For Mayor/ Deputy Mayor to Attend Events:

email Town Council at info@stjust.org

Town Council Website: www.stjust.org

Pendeen Surgery Information

Our current hours are:

Monday 8:30am-5pm

Tuesday 8am—5pm :

Thursday 8:30am—5pm

COVID jabs. Please ring 119 (NHS) to make arrangements for further information

Mobile Library

Thursdays

- o **1st February**
- o **29th February**
- o **28th March**

Pendeen North Inn : 13:45-14:05

Newmill : 14:25 - 14:45



NOTICE FOR ALL CONTRIBUTORS:

The **LATEST TIME** for contributions to be accepted is 3pm on the advertised date whether deposited at the Centre of Pendeen or emailed direct.

IMPORTANT INFORMATION: we need a **NAME** and **PHONE NUMBER. IMPORTANT PLUS** an **ADDRESS** if we do not already have that information.

Another Year

Another year has passed; for some a very sad one with the passing of loved ones.

As we go into 2024, the Middle East is in turmoil with the Israeli/Palestine situation escalating wider. Russia and Ukraine still fighting, with no end in sight as with Syria and many African Countries.

Unfortunately, children form the majority of the casualties in these conflicts.

Recently, on radio 4, I heard a truly inspiring interview with a trauma surgeon. He was a volunteer associated with the Sir David Knott foundation. These NHS surgeons give up their holidays to volunteer their services to war-torn situations where their skills are gratefully received by the victims of war and natural disasters.

The surgeon being interviewed was working in a hospital in Gaza. The hospital originally comprised 140 beds, but at that time there were over 900 patients. On the day of interview he had performed 21 operations. One, a young boy, who had lost his whole family, mother, father and six siblings in a bomb blast had a leg amputated, so not only the trauma of injury but the mental scars of family loss.

The David Knott foundation also trains foreign nationals in NHS hospitals to be able to return to their own countries to work in trauma situations. These doctors are truly amazing, they work with very little equipment in hazardous conditions, they are the first to arrive after natural disasters and continuing war situations. Their skills are unequalled; they train others to be equally skilled.

These are the heroes and heroines who should be mentioned in the New Years Honours list, not some chief executive or even worse some of the MPs and their advisers honoured for favours rendered.

Talking of which, the government must start talking to the hospital doctors, and settle the pay dispute. Yes, they do deserve more remuneration and consideration for the hours they work but most of all, some will be the future trauma consultants and specialists who could be the future volunteers saving lives where ever the next war or natural disaster occurs. They could also be saving lives in the NHS with the

expertise acquired in these situations. In this election year we must all put pressure on the government to get the Health Service working again. The ministers would like us to turn against these doctors and blame them for failures in the NHS, whereas the blame rest firmly on parliament's shoulders for the underfunding and mismanagement of this service. No good saying "No point in voting, no one does anything". Every eligible person must vote, shout at them loud and clear, if you want my vote, get out and earn it.

The Greatest Miscarriage of Justice in UK legal history!

I am sure most of you watched the moving real life drama on ITV 'Mr. Bates verses the Post Office'. At least 900 livelihoods and futures destroyed by faults in the Post Office Horizon computer system followed by the cover up, lies and clever lawyers to make innocent, good people take the blame for the Horizon faults and Post Office management's incompetence and lies. Ministers and some of the judiciary must also take their share of blame for not listening to the 730 sub post office personnel; as the major share holders the ministers are responsible for the Post Office.

Many of the 730 sub Post Masters were convicted of theft and some served prison sentences. The stress caused suicides and attempted suicides, mental and physical illnesses. Many bankruptcies, homes lost, futures and reputations destroyed.

But one man, Alan Bates, would not give up; twenty years he fought for justice, not just for himself, but for every other sub Post Master under investigation for theft.

The Post Office chief executive Paula Vennells, continued to insist there was no problem with Horizon; the problem was the 700 incompetent dishonest sub Post Office owners. Gradually Alan Bates, with the help of Lord Arbuthnot, the former MP of one of the sub Postmistresses, helped present this case to Parliament .

Although it was widely known that many sub postmen and women had been prosecuted for theft and some served prison sentences, it took a real life drama to demonstrate the reality of the destruction of the lives and reputations

of the 730 innocent victims to resonate with the public and galvanise the government into action. The lies and deceit of the Chief Executive and her staff and lack of support from government ministers led to the prosecution and conviction for so many for theft.

As one sub Post mistress said " I haven't had the money, so who has?"

Since the drama 'Mr. Bates verses the Post Office' was shown on ITV, there has been a huge outcry from the public seeking redress for these people. The sure way for the government to focus their full attention on an issue is a public outcry against them. especially with an election looming.

Who was rewarded in the Honours List? Not Alan Bates, not the computer technician whistle blower, who risked his future by testifying in court that Horizon was the problem, but Paula Vennells! Such awards demean and debase the honours system for the real heroes and heroines in our community.

Without this low budget TV play, where incidentally the excellent cast unanimously agreed to reduced wages, there would not have been this public outcry at injustice on a mammoth scale. Government would still be sitting with the lid firmly in place on this Pandora's Box. Now it is lifted, who knows where it will take the inquiry? I'm sure, computers and phones are even now being hastily cleaned, while some will mysteriously disappear as will notebooks and diaries relating to the last 20 years of this Post Office scandal.

Ms Vennells has now handed her award back after the public outcry against this misjudged award, but what about the £millions severance pay and bonuses plus pension.

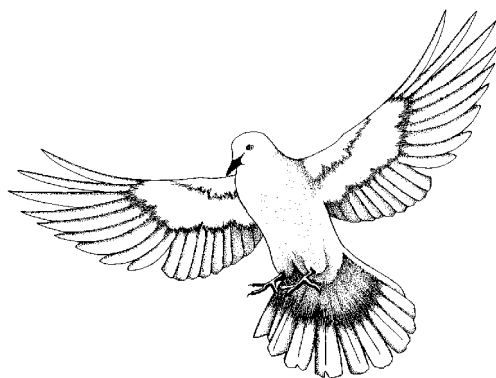
What about all the bonuses paid to the shareholders from the money stolen from the postmasters. Fujitsu must also pay back the vast profits it made with Horizon to cover the £multimillion compensation. It shouldn't fall on the taxpayer to meet the bill. The government must chase all those who profited from this monumental scandal?

Ian Hislop and his reporters were certainly asking these questions right from the start, but then Private Eye is not a fashionable newspaper for the general public.

Questions must be asked of our MPs. Why has the government given Fujitsu another £19 million contract to oversee our flood defences?

Why has the government allowed this miscarriage of justice drift on for over 20 years and still not resolved it?

Why hasn't the doctors' dispute been settled? Does the government intend to protect the NHS and Social Care in UK or is this their route to privatisation of the Health Service? Why do the CEOs and hospital managers need £400,000 plus bonuses to live on but the highly trained and skilled hospital doctors only need £14 an hour plus long unsocial hours. Now is the time to shout these questions loud and clear to the government. Sort it, pay health workers a fair wage and work structure commiserate with their expertise and experience. Get the NHS working again! *RE*



Off season

St Just-in-Penwith

In the square,
pubs are dark, the deli's boarded up,
even the chippie's closed
'til March. The signs in the gift shop
fading and dog-eared, opening times
tipped sideways,
edging closer to the floor
on a failing sucker. The café
offers cakes by email,
outside the post-office, the queue
shuffles for gossip - two, four, six, eight
metres apart. Seagulls eyeball
the almost empty bins,
their beaks clamped shut.

Millie Light

First published in Shooter Literary Magazine

Money for Nothing

Most days I skim down the TV lists to see if there's anything interesting, and possibly worth watching. But my attention has to be caught by the headline, in the same way as I try to label my Articles – to grab the attention, to make you think there may be something worth reading! [Sorry if I get it wrong]. Animals? Yes .. Politics? No chance! Religion? depends. Four in a bed? What?

So “Money for Nothing” on a Tuesday? Surely has to be a load of old rubbish! I wasn't even going to switch it on. Till one day I started to watch, purely by accident.

And guess what – it's the perfect title: because it IS about a load of old rubbish, the “Nothing” of the title. Believe it or not, the Presenter visits a Recycling Centre. She watches people throwing stuff into the bins. Things they don't want any more, some broken or in pieces. But she looks at their potential for transformation or new life, and chooses three items. Two are sent to a craftsman or woman who can see the piece's potential, and she enjoys working on the third herself. The crafters are paid for their time and materials – “a labourer is worthy of his [or her] hire”

Once transformed a piece is sold and the excess money given back to the surprised person it came from. Finally, many of the previous owners donate at least part of their money to a local charity. Money for nothing? Yes, but that load of old rubbish becomes perhaps a life changer for someone. So I watch now. Sometimes I do wonder who on earth would buy the new piece. But there is usually someone. Now I look round at my own 40 years of old brown furniture and think if only I had had the guts to paint it like rainbows, or with animals or flowers drawn all over. Mind you, when I was younger I was tie-dying all my clothes and even one of my clergy blouses! And sometimes when I see what the crafters have achieved I am blown away by the vibrant colours or materials they have used. And sometimes I even yell “I want it!”

Today I suddenly thought it's just like our own lives. Early hopes may give way over the years to tough times, with illness and loss causing so much sadness and suffering. Old lives are passing away. Yet it can also surprisingly be the prime time for new life, in ourselves, in what we think and feel

and reach out to.

And at this time of the year we see that spirit breaking out in all Nature, even my 7-year-old cat is rushing round like a spring lamb, knocking things off all the tables, attacking my toes under the bedclothes again, and 'treading' everything fluffy in sight. A vague remembrance of when he was a kitten. And I saw a little primrose peeping out in the garden. Just one, and even looking in our own families, so many members have been born over the years in the lambing season!

Then I was thinking about life itself. It's so easy to get depressed in the winter and spring months. To look back and get sad. Remembering difficult times: opportunities missed, loved ones gone, life has achieved so little, and you've nothing interesting ahead. Particularly if you're over 80! But seeing the items on that TV programme mended, and transformed in very imaginative and useful ways, made me think that perhaps it is never too late for us, [or me], to make a new start.

But how? This is mine at present. Through a grandson about to go into something new and perhaps exciting I've started to think deeply about others in the family over the years who have been on the same path. And I'm writing down some of their stories to interest him. But through this I am starting to break the chains which bound me to my own past.

Above all I am feeling closer to my father: more appreciative of his gifts, and of his attempts to keep the spirit of life flowing through many difficult times and relationships.

But each one of us has to find our pathways. Seeing what is, but also seeing the potential, whatever it might be. It could be very exciting. So above all, I pray that each one of us may learn how to walk forward, holding within us that spirit of hope, no matter our age, our health or our circumstances. It is also the hope of autumn and winter – that spring may burst out in us in all its fullness.

Love and Blessings, xxx
Rev. Barbara Prowse



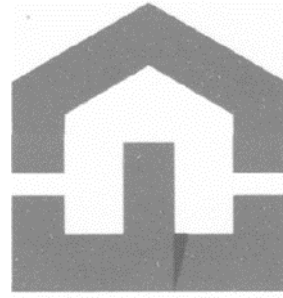
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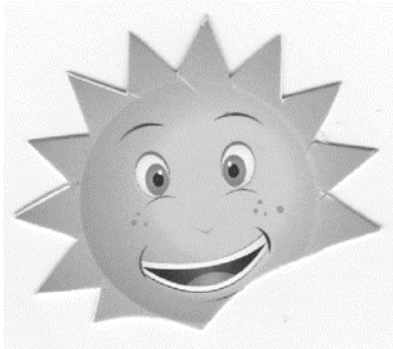
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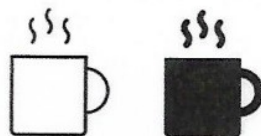
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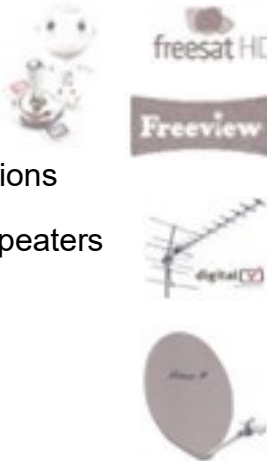
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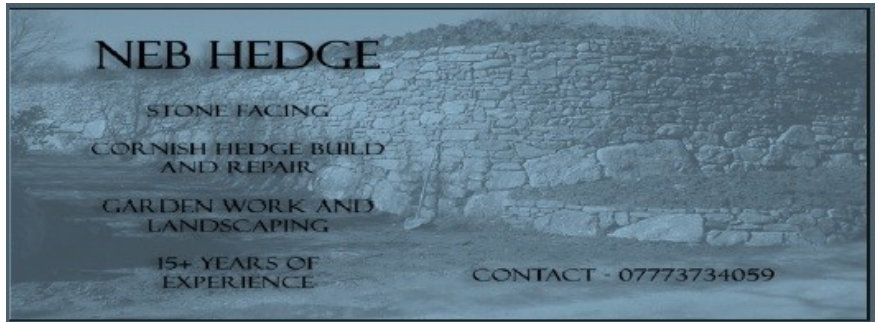
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