

THE PARISH PUMP



July 2022
Edition 488



The Newsletter for the Parish of St Ives



Volunteers Keith Richards and Ruth Hicks in front of the apple tree that was planted outside Millennium House to commemorate the Queen's Platinum Jubilee. The tree is part of the nationwide Queen's Green Canopy initiative.

Disclaimer

The articles appearing in this magazine do not necessarily reflect the views of the Parish Council nor of the Parish Pump Editor.

Parish Councillors Telephone List

Alan Moss (chair)	01579 362064	Ivor Vaughan (vice-chair)	07979 934604
James Bruce	07411 192645	Marlene Carr	01579 362919
Martin Corney	01579 382450	Sandra Doe	01579 363096
Rosemary Farley	01579 384810	Nigel Gisby	01579 363096
Ron Greenhough	01579 363096	Tony Hodson	07973 536964
Nigel Libby	07968 891814	Paul Mann	01579 363757
Craig Vaughnley	01579 364083		

Meetings of St Ive Parish Council

Meetings are now being held on the 2nd Monday of the month except August and December when no meetings are held. Please see the Parish Council website for meeting dates, agendas and minutes.

<http://st-ive-parishcouncil.gov.uk/minutes-agendas/>



Devon & Cornwall Police
Building safer communities together

 **101**

Minicom 18001 101

Police Community Neighbourhood Office

Your Community Support Officer is PCSO Steve Edser 30173.

email: CIOSNBMLLST@devonandcornwall.pnn.police.uk

To report a crime call 101 or go to www.devon-cornwall.police.uk

In an emergency call 999

Contact details for St. Ive Parish Council and for Millennium House

Address for correspondence: Millennium House, Century Square, Pensilva PL14 5NF

General Parish matters should be raised initially with the Parish Clerk, Jenny Hoskin, who will present them to the Parish Council.

Telephone: 01579 363096, email: stiveparish@btconnect.com

For accounts matters for the Parish and for Millennium House contact John Body, Finance Officer: 01579 362102, email: millenniumhouseadmin@btconnect.com

Millennium House enquiries and reservations: 01579 363096

email: millenniumhouse@btconnect.com.

On the web: Millennium House Website: www.cornwallvenue.com

Parish website: st-ive-parishcouncil.gov.uk Facebook: facebook.com/stiveparishcouncil

PARISH PUMP ADVERTISING COSTS

The prices for advertising in the Parish Pump are as follows:

The below prices include VAT at 20%:

Quarter page: £10:00 per month or £100:00 for 12 months.

Half Page: £20:00 per month or £200:00 for 12 months.

Full Page: £33:00 per month or £330:00 for 12 months.

Parish Pump Information and Contact Details

To contact the editor please email: parishpump@btconnect.com
or phone the Parish office: **01579 363096**.

Hardcopy submissions by post or by hand to the Parish office, Millennium House, or Millennium House reception.

Softcopy submissions: By email to the editor in MS Word, MS Publisher, pdf, Tiff or jpeg. Please use A4 pages and minimum 16 point font as the Pump is initially produced in A4 size and reduced to an A5 booklet at the printing stage. If in doubt please contact the editor.

Bargain Corner free ads by email to the editor or drop off at the Parish Office.

Deadline for the Parish Pump is STRICTLY 15th of every month

From the Editor

There is an important meeting at St Ive this month, to discuss a surveyor's report that has recently been received on the condition of St Ive Village Hall. The village hall committee is keen to discuss options with all interested parties. If you care about the St Ive Village Hall you should definitely try to be there. There is a notice about it all on page 6.

With electricity prices rising, James Bruce's article, about how much power your household devices are using while on standby, comes at a good time. You can find it on the middle pages (25-28) of this issue. You can check for yourself whether your devices are "vampires", but you'll need a watt-meter. These are pretty cheap to buy, but if you don't fancy buying one, the Parish of St Ive Community Resilience Group can lend you one!

posicrp@gmail.com or call James on 07411 192645. If you already have a watt-meter that you would be prepared to lend to your neighbours, then let the group know and they can act as a go-between in case anyone near you should ask to borrow one.

Keep well - Joe

St Ive Village Hall		
Gardening Club	1st Monday monthly 7:30pm	01579 382762
St Ive Snooker Club	Monday & Thursday 7:00pm	01579 382315 R Bunkum
Yoga	Tues 4:30-6.00 & 7:00-8:30pm	07947 785554
Post Office	Wednesday 10:30 - 11:30 am	
Coffee Morning	Wednesday 10:30 - 12:00	
Art Group	Fridays 11:00am - 4:00pm	07772 639942
Social Evening	Fridays from 7:30pm	01579 384810 Rosemary
St Ive Village Hall is available for hire, £5.00 per hour. Includes use of the kitchen & electric (except wall heaters which are on a £1 coin meter). Ring Amanda Eveson on 01579 388782		

Chairman's Report July 2022

I hope everyone enjoyed the Jubilee weekend's activities at Millennium House. I'd like to thank the Jubilee Committee, who have been meeting every month since last November, and the Parish Council for their support and bearing the costs.

The weather obviously caused us a problem and we had to change our plans and quickly bring everything inside. Millennium House staff and volunteers worked through the weekend to ensure it was a success.

It proves the value of Millennium House as an asset to the Parish. It's so important to secure its future, but we need help. If you can spare some time during the day or evening, please contact Millennium House; you may have just retired and be looking to volunteer.

Our community transport has been successful over the months too, helping those who need transport to hospital or doctors, but we do need more help during the holiday period. Its astonishing how many need our help, again, if you can spare time to help, please contact us. A contribution towards fuel costs is available.

Our PCSO, Steve Edser and I will be at the Coffee Shop on Friday 15th July 09.30 – 11-30 for any issues you may have. Come and have a chat.

Finally, the hedgehogs are moving around the Parish at the moment; unfortunately I've already seen one fatality, please take care.

Stay safe

Alan Moss - Parish Chair.

Opening times for the Mel Bar at Millennium House

Tuesdays	5 -11 pm but only when the Function Room is in use.	
Thursdays	5pm -11 pm	Last orders
Fridays	5pm -11 pm	always half an
Saturdays	5pm -11 pm	hour before
Sundays	12 noon -11 pm	closing.

Opening times may change depending on footfall.

St. Ive Village Hall and Institute - Structural Survey

The St. Ive Village Hall Committee would like to invite everyone to a meeting at the St Ive Village Hall to hear and to talk about where we go following the receipt of an independent surveyor's report.

Date: Monday 18th July 7.30pm

There will be tea, coffee and cake so please come along and join us. We need the opinions and input from the village to guide us in making decisions.

Any enquiries to Rosemary Farley on 01579 384810.

SHARE Recycling for charity project.

We accept all **soft tubes & pots** from personal care creams, gels, lotions, ointments, including all suntan and after care, all moisturisers, lip balms and lips sticks. Roll On & Stick deodorants. Remove as much product as possible, if you cut open the tube that's OK. These are sent to **TERRACYCLE** to be processed into garden furniture and raise funds for **Kicks Count Charity**.



The Recycling Project Trailer will be in Liskeard Cattle Market Fri. July 8th 1:30 – 2:30pm and Pensilva at 2:55 by St Johns.

Medicine Blister Packs

Can now be returned to our local

Superdrug 

including the Launceston store.

So this is coming OFF our list. With the extra space we'll now be collecting washed and dried **plastic bottle tops** and plastic Chinese **takeaway containers** for Devon Contract Waste charities.

If you would like to see our set up and help with boxing items or being involved in any way, or have any questions please contact us. email SHARE@south-hill.co.uk or text/phone Ali 07305 044049. Thank You for your continued support and to our amazing volunteers.

www.south-hill.co.uk/charity-recycling



Parish Council - Parks and Open Spaces - Martin Corney



I've been elected as Chair of the Parks and Open Spaces Committee on the Parish Council for the coming year, and there are a couple of points we, the committee, would like know your opinion about.

Weeds or Wild Flowers?

There are lots of wild plants growing from the gaps in the pavements, particularly around Pensilva. Some people think these should be cleared back to stark concrete. Others think that a few small flowers do no harm and are appreciated by them and the insects. What do you think?

Obviously any trip hazards need to be cleared, and anything growing from our properties over the pavement is our responsibility to clear. But there are areas bordering the road that are technically the responsibility of Cornwall Council. Cormac strim back some areas such as on Higher Road, but not everywhere. If extra work is needed we are looking to recruit volunteers to work under proper supervision and with appropriate equipment. Do you want to join a team of volunteers?

St Ive Noticeboards?

The Parish Council noticeboard at St Ive Church End has lost it's door and the one at Keason is unused. These used to be used to publicise council meeting agendas, but haven't for a long time as just the St Ive Village Hall noticeboard is used, so we are planning on removing them and just keeping one at the St Ive Village Hall. The noticeboards inside and outside Millennium House will be unaffected. Have you ever read notices on the now unused noticeboards?

South Hill Piecemakers are having an Open Day

on August 13th from 10am to 4pm at South Hill Parish Hall in Golberdon.

There will be a display of members' work, from cushions through to quilts. We are happy to teach beginners and inspire you to increase your knowledge on the different techniques used in our craft. Come and have a cup of tea and some cake, we would love to see you.

We meet each month on the 1st & 3rd Monday evening, 7.30-10pm, (except Bank Holidays) and 2nd & 4th Tuesday afternoon, 1.30-4pm, plus a regular full day one Saturday a month.

Contact Elaine 01579 383505 or elaineruthbrewer@hotmail.co.uk

PENSILVA WI JUNE REPORT

What do you do when the Jubilee festivities have passed? Well Pensilva WI knew what to do, have another Jubilee party of course (picture below). Everybody dressed in their best 'garden party' outfits and the fascinators came out of hibernation. A rousing rendition of the National Anthem kicked off proceedings, followed by the usual WI feast. A game or two and a Royal quiz were enjoyed and everybody agreed it was a lovely social evening, whilst at the same time celebrating the Queen's 70th Jubilee.

Birthdays this month were Kay Price and Alison Willis, who each received a lovely card and posy.


Competition winners. Flower of the month 1st Frances Tucker, 2nd Irene Elliott, 3rd Mary Yates. 'A decorated hat' 1st Sharon Mercer, 2nd Alison Willis, 3rd Jenny Rendle.

July meeting to be held on Wednesday 13th July at 7.15pm in Millennium House. With us will be Matt and Shelley from Roly's fudge.



Pensilva Film Club

Unusually I find myself quite unable to easily review this month's film – "The Father". Anthony Hopkins' performance as "Anthony", an 80-something year-old gentleman living with progressive dementia was, undoubtedly, outstanding and, it has to be said, quite often unnerving and tragic. I found myself feeling quite confused at times until I realised that I was, in fact, experiencing life as Anthony would have found it – which was the whole aim of the film. Overall this made for a more profound impact and although I'm not sure I would say that "I enjoyed" the movie I am still very glad to have seen it.



**Pensilva Film Club (Part of C-Fylm, Creative Kernow)
Presents: At Millennium House, Pensilva
The Duke
22nd July at 7pm for 7:30 start.**

July's offering on 22 July is "The Duke" starring Jim Broadbent and Helen Mirren. Kempton Buntin (Jim B) is a pensioner who is fiercely campaigning for free TV licences for senior citizens and plans a daring robbery to make this happen. Come and find out what happens!

Doors open at 7pm for a 7.30 start. The charge for C-fylm members is just £3 with £6 for new members which includes membership for one year. As usual the Mel Bar will be open both before and after the showing.

Pensilva Film Club - In association with C-fylm, part of Creative Kernow

COMMUNITY SPEED WATCH

Community Speed Watch aims to encourage safe driving, to reduce accidents.

The Liskeard CSW Group operates at a number of sites in South East Cornwall, including at two locations on the A390 in St Ive, and at two locations on Foredown.

Inspections are currently being carried out to establish safe sites in Pensilva.

To cover the additional sites, and to increase the frequency of observations at other sites, there is a need for additional team members.

Full details of how Community Speed Watch operates can be found at:

<https://www.communityspeedwatch.org>

Registration is simple, and there is online theory training. Following successful completion of the online training, new members will be contacted to take part in equipment training then practical activity (speed monitoring).

Each activity lasts no more than two hours, including travel to site, setting up equipment, team briefing, observation for one hour, taking equipment down, with team debrief, and agreement on next activity date and time.

Teams are made up of a minimum of two members (ideally three, and no more than four).

This is an opportunity for individuals living in Pensilva and St Ive to contribute to the safety of the community.

COMMUNITY SPEED WATCH

Supporting Guiding & Scouting Activities in Pensilva 200 CLUB Draw Results for May 2022

1st No. 133 Mr J Bicarregui	2nd No. 78 Mr M Green	3rd No. 95 Mr N Libby
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Thank you for your support

Ever tried...
Ladies Walking Netball?

Come along to Millennium House, Pensilva

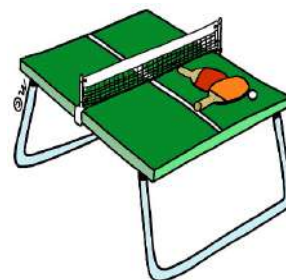


Thursdays
4.00pm - 5.00pm

£2 per session

For further info contact rosemaryfarley@gmail.com
or Tel. No. 01579 384810

ST. IVE COMMUNITY SOCIAL EVENING



VILLAGE HALL
FRIDAY NIGHTS 7.30PM



The members of The Together Project want to send out a huge 'Thank You' to everyone who got involved in our stand at the Jubilee celebrations. It was wonderfully reassuring to hear people's hopes and ideas for our parish's future. We are collating all of the feedback and will be using the information to help inform the project's plans for the future.

We also want to thank all of our volunteers that took time out of their days to help make this event happen, without their time, dedication and optimism, this project would not be possible.

Here are some of the photos from our Jubilee stand:



**Find us at Pensilva Preschool
Funday. Millenium House Field,
Saturday 13th August.
Instagram: togetherproject2022
Facebook: The Together Project**



**To get involved in any
way, big or small, call
07768 130520 or email
posicrp@gmail.com**



continued

The main themes to emerge from the Jubilee stand were:

- ♦ a desire for more local food
- ♦ reduce food waste, plastic packaging and food miles
- ♦ grow food in ways that supports biodiversity
- ♦ allotments, communal growing spaces, garden share
- ♦ gardening buddies to support and learn how to grow
- ♦ children's growing group
- ♦ seed, plant and produce swap
- ♦ learn skills in preserving food, improving soil, composting
- ♦ grow local, pay growers not supermarkets



Fathers Day Picnic

On Sunday 19th June we held our Father's Day Big Picnic and activity day at St Ive Community Garden. Around 25 adults and children participated in running and attending the event. The meadow was looking glorious even if there was not much sunshine!

We had bee hotel making, seed planting and pot decorating and a children's art display. We also asked people 'what would you like to see, hear, taste, feel, smell and learn in the community garden?' All this will feed into the design of the garden moving forward. A big thank you to everyone who took part.

The pictures on this page were all taken at the Fathers Day Picnic.

THE BEE HOUSE HOTEL



St Ive Community Garden work day: Compost-making Masterclass, plus how to build a compost bay. Come and learn how to make your own compost and save money! On Saturday July 23rd - watch Facebook and Instagram for more details.

TWELVE YEARS OF WILDLIFE WATCHING IN THE PARISH OF ST. IVE

Since moving to the Parish at the end of 2009, I have been photographing and recording the wildlife which I see at my home on the edge of Pensilva on a daily basis. This month I am going a little out of my comfort zone. Insects are not an area where I have much knowledge, but I do take photos, and have an interesting sequence of this month's subject...

THE SOUTHERN HAWKER DRAGONFLY.

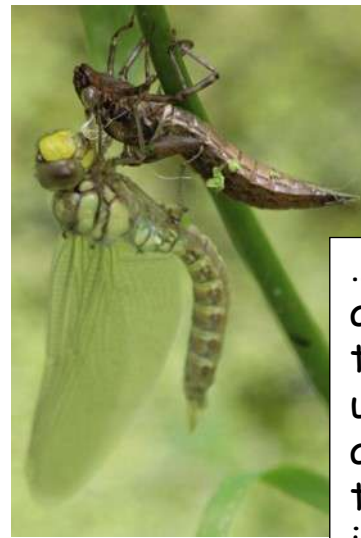


Dragonflies are one of the oldest creatures on earth, pre dating the dinosaurs by some margin. Prehistoric dragonflies could have wingspans to match an eagle! You may be pleased that the wing span of hawkers (our largest dragonfly group) can reach a mere 11cm and their body length 7cm. The male is dark with bright green and blue markings and the female has similar green and brown markings. It is an unusually inquisitive insect which may turn to look at you! They can be seen on the wing from May to October when the weather is warm enough.

Most adult southern hawkers will live for about six weeks. During this time they are fierce predators, hunting flying insects like gnats and mosquitos, often well away from any pond. Their main function in this stage of their life is to breed. You can see them coupled together over water and will sometimes stay coupled as the female lays her eggs on vegetation and mosses at the water's edge. Unusually for dragonflies, the Southern Hawker also lays in damp rotten wood near water. One to two weeks later the egg will hatch revealing the larval form and continue to live under water as a nymph for up to four years. Like the adult, it is a fearsome hunter eating small tadpoles, aquatic insects and small fish. It will shed its skin several times as it grows, before eventually emerging as an adult when the weather warms up in the spring. The story of this transformation is told in the following photos taken in one day in 2014.

SOUTHERN HAWKER DRAGONFLY EMERGING FROM NYMPH CASING.

The Nymph emerges from the water and climbs onto a plant stem. The adult form then sheds this skin and as it emerges from the thorax...



...the new adult turns to face upwards and starts to 'pump' up its wings with fluid. Its colours start to intensify until...



...it opens its wings for the first time.



It then proceeds to climb up away from the nymph skin. It continues until it is as high as the plant will still take its weight. It then waits there until it is ready to take its first flight. These photos are actually a compilation of two southern hawkers which emerged on the same day. The second to emerge from the water left that evening, while the one which started first stayed until the following morning.

Look on the stems and under the leaves of pond plants. You may well see the empty dragonfly nymph skins still attached and if you are really lucky, you may see an adult emerging.

HAPPY WILDLIFE WATCHING! HILARY



St Ive & District Gardening Club Report - June 2022

On Mon. 6th June we visited
a garden of a different kind at

Tor Garden Plants, Brentor.



The first thing I noticed was the uninterrupted view from the gateway of the stunning Brentor Church.

We were greeted by Emma, now owner of the Tor Garden Plants. She explained that the previous owners retired 5 years ago but haven't gone far as they live next door. Emma acknowledged that despite her own wealth of experience working for the National Trust, the previous owners provided a vast amount of specialist knowledge. The name has also changed: the gardens were "Rowden Gardens" for 30 years. The name lives on as the Rowden Irises are still bred there.

I said this was a different garden & it was in that it is a water garden. There are 12 ponds, filled only by rain water, which you would think isn't a problem in this part of the world, but sometimes there are issues in dry spells. The plants here are water & moisture loving, happiest in wet soil and some even in water. The water garden is quite spectacular, tall irises poking up, looking to the sky in a variety of colours, sizes & styles. Then there are the small plants, holding their own, some in bright vibrant colours, some in unusual shapes & some competing with the irises in height.

Emma explained they do not use artificial pest control, in fact they don't even use organic pest control, they employ chickens and ducks. The pay is a good home, food & water. Both parties are happy with the agreement. There are no bugs or diseases: insects are controlled by the ducks & chickens.

The gardens are a working nursery, planting seeds, breeding their own irises & harvesting direct from the ponds. There was a large variety of plants to purchase, which many of us did.

The refreshments included a homemade coffee & walnut cake which was delicious. Emma was more than happy to chat, answer questions & share her knowledge.

I have included photos. If you are reading this in black & white I encourage you to go online (if you have access) to see the iris in the top right. It's simply beautiful!

Next visit: Monday 4th July, Garden at Gardens Cottage, St Blazey. Leaving St Ive park at 6:40pm. Entry £5, refreshments £5. Plants for sale. You are welcome to join us and you don't have to join the club to go on a visit. New members are very welcome.

MILLENNIUM HOUSE

COMMUNITY CENTRE, AND DYNAMIC EVENT
VENUE IN THE HEART OF EAST CORNWALL



Conferencing

We have four meeting rooms for all your corporate needs.



Function Room

For parties, discos, or just larger events; with adjoining kitchen and bar.

Our Facilities

Sports Hall

For sports or larger events requiring a stage, the sports hall is our biggest venue.



Coffee Shop

Providing tea, coffee and cake. And for something stronger, there's the Mel, a licensed bar.



Enquire today:
01579 363096

www.millenniumhouse.org.uk
PRINCESS ROAD, PENSILVA, PL14 5NF

What Do We Do?

From wedding to wakes, kids or adults, corporate or community, we can host and cater your event. If you have an idea that's not covered here, get in touch and see if we're the right venue for you.

We're also home to:

- ✓ The Mel bar
- ✓ All Being Well Fitness Centre
- ✓ Post Office
- ✓ Sunflower Park kids playground
- ✓ Extensive playing fields
- ✓ Community Library

Millennium House Community Transport

Do you need transport to and from the doctor or hospital?

Millennium House Community Transport's aim is to connect local communities and reduce social isolation.



If you need transport to Hospital, doctors or vaccination and have mobility issues, or are unable to drive to your appointment, please contact Millennium House on:

01579 362919 or 01579 363096 and we will try to help.

To volunteer as a driver please call Millennium House on **01579 363096**.

A photograph of a dirt path winding through a forest. The ground is covered with a dense carpet of purple bluebells. Tall trees with green foliage line the path. The image is framed with a purple border.

christian aid

**St John's Church
Bluebell
Walk**

£400 was raised
Thank you

Christian Aid
We believe in life before death

Millennium House Coffee Shop Opening Hours

We are open Tuesdays, Wednesdays and Fridays, 9am to 1pm
(to coincide with Post Office days).

Our intention is to open more days and for more hours as soon as Covid regulations allow.

Covid precautions are in place at all times, providing a safe environment for our customers.

All Being Well

We are still open for three mornings a week. A maximum of six members can now attend at one time.

Opening hours:

Monday, Wednesday and Saturday, 9am to 1pm.

Maximum six members at a time for each of three slots within each session: 9:00 to 10:20, 10:20 to 11:40 and 11:40 to 13:00

Prior booking is essential

To book yourself in or for any enquiries, call in at the gym or telephone on **01579 363890**, during the opening hours listed above.

22 years working in our local community to improve health, fitness and well being.

Badminton has restarted at Millennium House

Come and join our relaxed and friendly group.

Mon & Tue 7:30 - 9:30pm

For further info phone Nigel or Carol on 01579 363594 or 07885 798370



Tamar Area Prostate Support (TAPS)



DON'T IGNORE THE SIGNS

- A need to urinate frequently especially at night
- Difficulty in starting to pee
- Weak flow
- Feeling that your bladder has not emptied fully

If you would like to know more about us please contact one of the steering group listed below or email tapsinfo555@gmail.com

**Come and join us on the first Tuesday of the Month
10.00 at the Compton Park Engine House Callington
for a friendly chat and a coffee.**



Paul Mansell 01822 832179 - Harry Lawson 01579 383258

John Stewart 01822 833343 - Stephen Williams 07735 389883

Albert Doidge – 01822 832471

***Prostate Cancer UK is a registered charity in England and Wales (1005541)
and in Scotland (SC039332). Registered company 02653887.***

PENSILVA VILLAGE HALL

We are now open and back in business!

Anyone wishing to book the hall for meetings, birthday parties or fundraisers, please contact Peter or Jackie Browning on **01579 363212** or email **peterpensilva@gmail.com**

Please note that as well as hall rent there is a coin meter for



MOBILE LIBRARY



The County Mobile Library visits our area every four weeks, always on a Friday. You can now browse the shelves again, but you can still pre-order books if you prefer.

Next visits: **July 29, Aug 26, Sep 23, Oct 21, Nov 18, Dec 16.**

Stops at The Victoria Inn, Pensilva from 10.25 to 10.45am; and Quethiock bus stop from 11.00 to 11.20am.



Struggling with Sight Loss?

iSight Cornwall offers practical help to people living with sight loss in Cornwall including:

Low Vision: Advice for low vision aids

Assistive Technology: Advice on products

Benefits Advice: Assistance to claim entitlements

Equipment Demonstration: Advice on gadgets

Social Clubs & Activities: Links to clubs & activities in the county

For more details Telephone 01872 261110 or visit

www.isightcornwall.org.uk

Vampire Devices Are Real, and How Much Power You're Wasting Will Shock You

BY JAMES BRUCE (PARISH OF ST IVE RESILIENCE PROJECT) - ORIGINALLY PUBLISHED ON MAKEUSEOF.COM, REPRINTED WITH PERMISSION

Stop me if you've heard this one: a TV in standby mode uses hundreds of pounds worth of electricity a year to keep that LED on. And it's not just your TV—there are devices all over your home literally burning the notes in your pocket simply by being left on. They're electrical vampires!

Well, that sounds quite scary. But how bad is the problem really? Today we're going to measure some household devices on standby and finally answer the question of whether or not "vampire devices" are really a problem.

Spoiler: unfortunately, they very much can be, but it varies a lot. How much are you willing to pay for convenience, and what compromises can you make?

Are Vampire Devices Real? What Is a Vampire Device?

When we talk about "standby mode," we're referring to appliances and devices ready for you to perform some function on demand. This covers things like pressing the power button on your TV remote, placing your phone on a Qi charger, or being able to wirelessly print whenever you want. The actual power usage when the device is in use will be higher, but that's an intentional usage that we won't be covering.

We want to know only about power being wasted when we're not using something.



Of course, devices will use some power when they're in standby mode—that little red LED isn't powered by fairy dust. The question is whether it's a significant amount or not. In most cases, it's not just an LED. A smart speaker has billions of electrons flowing around every second, listening for your wake word just so it can finally answer the question, "How many grams is one cup of flour?"

But whether that uses a significant amount of energy is subjective. Could you be bothered to unplug a device if it saved you a whole pound per year? How about ten pounds, or a hundred?

It's also worth noting that the answer has changed over time. When the concept of standby modes first came around, circuits were inefficient and did in fact use an awful lot of power to do mostly nothing. Energy was cheap and plentiful. But as new regulations were introduced, electrical components were miniaturised, and their power requirements went down. A TV bought in 2022 is completely different from one bought in 1990. Circuits today are incredibly efficient.

In this article, I measure a number of household appliances, electrical, and smart home devices—but you should confirm your own numbers with a low-cost watt-meter.

Before we delve into some real-world numbers, though, we should learn a little about how electricity is measured.

What Is a Kilowatt-Hour, and How Do You Calculate the Cost?

We're going to use kilowatt-hour (or kWh) as a common measurement because that's how you pay your bill. One kilowatt-hour—also known as one unit of electricity—is the total amount of power that a device using 1kW of power will consume if left on for an hour-long period. Most people pay a set rate per kilowatt-hour (per unit) that they consume.

In the UK, we're currently paying around 30 pence per unit on a standard variable rate tariff, and prices may rise again soon.

In real terms, a small space heater might be rated at 2kW. That means if we left it on for one hour, that space heater alone would have used two kilowatt-hours of power (2kWh). Or, in other words, two units of electricity. At a rate of 30 pence per unit, it cost us 60 pence to run that for an hour!

Most electrical devices are not measured in kilowatts, however, but in watts (W). 1000 watts (W) is 1 kilowatt (kW), so you can just divide the power in watts by 1000 to get the number of kilowatts.

For instance, a laptop might use 65W when in use, or 0.065kW. Multiply that by the number of hours it's on to get a unit consumption, or kWh. If you used that

laptop for eight hours a day, every day of the year, it would cost: 8 (hours) x 0.065 (kW) x 365 (days) x 0.30 (£ unit cost) = £57.

Standby Power Usage

Here are my results of a selection of home devices I measured, in order of usage (standby / annual units):

- **Microwave oven:** <1W (too low to measure)
- **3-in-1 USB and Qi Charging Station:** 0.7W / 6.2kWh
- **Google Home Mini** (smart speaker): 1.3W / 11.5kWh
- **Wireless printer** (HP Envy 5640, sleep mode): 1.5W / 13.3kWh
- **Makita battery charger:** 1.7W / 15kWh
- **Chromecast TV dongle:** 2.5W / 22kWh
- **Govee smart LED striplights:** 2.8W / 25kWh
- **Google Nest Hub** (smart speaker with display): 3W / 26.6kWh
- **50-inch Philips Ambilight TV:** 14W / 125kWh

The TV standby usage shocked me but could be due to additional smart circuitry for the Ambilight, built-in Google TV, or Wi-Fi connectivity. Whatever the reason, it's completely unjustifiable. Most TVs should use around 3W on standby, so the key



takeaway is to measure for yourself. I'll be unplugging that immediately.

I've also listed just above just one of the ten or so smart Wi-Fi-connected LEDs lights that I have plugged in around the home. Taken in isolation, 2.8W isn't a lot. But it all adds up. With ten of these plugged in, I'm paying about £80 a year to power them when they're not even turned on! That's a convenience I think I could do without. And how many random phone chargers do you have plugged in all the time?

Next, let's look at devices that aren't necessarily on standby, but are generally on all the time to perform some function. These are things I would personally never consider turning off, but it's important to know how much power they do actually use.

- **Philips Hue smart plug:** too low to measure (<1W)
- **Philips Hue hub:** 1.4W / 12.4kWh
- **Wi-Fi Access Point (Unifi UAC-AP-Pro):** 5W / 44kWh
- **MacBook Pro, screen off:** 12W / 106.5 kWh
- **Internet router (4G):** 15W / 133kWh
- **My complete desktop** (M1 Mac Mini, 27-inch monitor in standby, SONOS Play:5, and various external peripherals): 30W / 266kWh
- **4-bay Synology DS920+ NAS:** 30W / 266kWh
- **CCTV recorder and 4 PoE cameras:** 33W / 292kWh
- **Internet Router** (Starlink, Wi-Fi disabled): ~30-65W / 266-576kWh

Here we can see even more interesting data. I had no idea that Starlink used so much power, though it makes sense given it's

literally beaming a signal to space and back. I'm impressed that my office desktop is so efficient, though. Even with the monitor on, it still only uses 65W to power everything. That's a convenience I'm more than happy to pay for, as I regularly dip in and out of writing and web browsing every day. Having to turn it on and off would kill my productivity.

To put this all in context, boiling an 8-cup 3.2kW-rated kettle uses 0.17kWh each time. Once a day, that adds up to 62kWh annually. You probably have more than one cup of coffee a day, of course.

What Can You Do? Will Smart Plugs Help?

I'm going to avoid the obvious answer of "just unplug stuff" because it's both patronising and hypocritical when I can't be bothered to physically pull a plug out either. But there are some smarter ways of doing this.



If you have a number of devices sitting on standby for most of the day, it might be worth putting a smart plug on an extension lead to power them all. The idea sounded absurd when I first heard about it: use a smart device that itself uses power to turn off some other smart devices so they don't waste power!

But as I found, a typical smart plug will use less than 1W of power when idle. So if you have a total of 10W from an entertainment system in standby, switching it to power on with a smart plug when needed will save you at least 90% of that power usage. Bear in mind that not all smart plugs are the same.

I use Philips Hue, which runs on a separate Zigbee mesh network. Anything based on Wi-Fi will use a little more. There are other ways a smart plug can help you save energy, too.

Our TV and smart lighting in the bedroom, for instance, will benefit immensely from a smart plug. Since we only watch TV in the evenings, I'll compromise by putting it on a schedule as well as maintaining some level of smart control. From 9pm, the TV and smart lighting will be ready to use as normal and automatically turn off at midnight. That cuts down on power usage by almost 85%, even when we account for the smart plug itself.

Another option is to use a low-cost mechanical timer plug. I've now created a "charging station" shelf with various battery charging devices plugged in (power tools, AA-batteries, cameras, etc). The timer activates only overnight from 12:30-4:30pm when our power cost drops to 7 pence. So rather than keeping this multitude of chargers on standby all the time for convenience, we can plug in the batteries that are empty and then wait until the following morning to collect them. No messing around with plugs is needed, and it's rare not to have any batteries spare anyway.

So, How Much of a Problem Are Vampire Devices Then?

If I add up all the smart lighting, TV, chargers, and other things in standby mode, it comes to about 20% of our total resting power usage (that is, the lowest the house will use without us actively doing anything).

Realistically, I could live without most of those devices being on all the time without too much inconvenience. It won't save me thousands of pounds on the annual bill, but it might save a hundred or two. If you're less concerned with cost savings and more about your environmental impact, other smart home devices can help reduce your carbon footprint.

What I found by investigating my own multitude of devices was that there's an enormous variation in power usage and efficiency—even among modern devices. My entire work desktop setup uses around 65W—and that's when I'm actively using it. Most of the time, it uses 30W with the screen off, and the convenience of being able to access my work quickly is something I'm more than happy to pay for.

Our TV, on the other hand, uses 15W to do absolutely nothing. And we don't even watch that much TV.

What a waste!

So, the answer to the question of whether "vampire devices" are real is: **it depends.**

Modern smart devices sip power when not in use. But if you have a house full of them, that quickly adds up to a torrent of wasted power. Check your own usage, and you may be surprised.

T. Tribute

K. Kids and

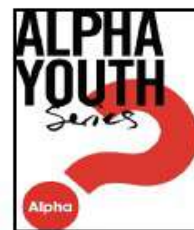
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Services for July 2022

Sun 3rd July	3 pm	Mrs Fiona Budd
Sun 10th July	3 pm	Mrs Helen Burke
Sun 17th July	11.15am 3pm	United Service at St Ive Church Green Shoots United Service at Bealbury MC led by Mr Julian Langston
Sun 24th July	3 pm	Rev Iris Brat with Communion
Sun 31st July	3pm	Mrs Bernard Melling

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 Sunday 10th 11.00 am Café Church Geoff Cox & Carol Morse
 Sunday 17th *No service at St John's, please come to:*
 11.00 am Circuit service at St Neot Methodist Church
 or 11.00 am St Ive Parish Church
 Sunday 24th 11.00 am Mrs Ros O'Connell
 5.00 pm Food for Thought
 Sunday 31st *No service at St John's, please come to:*
 10.30 am Cluster service at St Cleer Parish Church
Thursdays 10.00 am Morning Prayer Fellowship

JULY EVENTS Please see posters on other pages for full details

Friday 8th 3.00 pm Strawberry Tea
 Sunday 10th 3.45 - 5.00 pm Tea Time Church for children & families
 Wednesday 20th 3.00 - 5.00 pm Good Grief Café
 Tuesday 26th 2.00 - 4.00 pm Knit & Natter
 Thursday 28th 2.00 - 4.00 pm Memory Café

For further details of the services and events at St John's, or if you know of any illness or need in the village, please call Geoff, 362698 or Frances, 363718

Bargain Corner Free Ads up to £50

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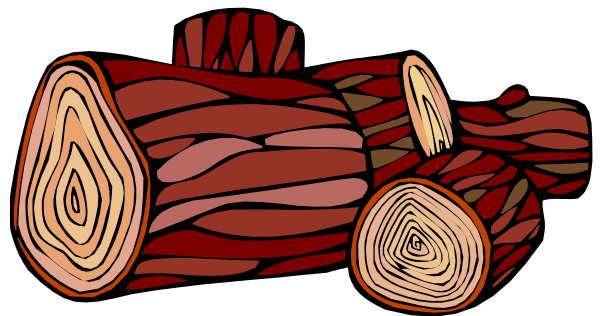
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Pensilva & St Ive Post Office Service

Pensilva: Through the coffee shop on the 1st floor of Millennium House

Tuesdays: 9am to 1pm.

Wednesdays: 9am to 12 noon.

Fridays: 9am to 12 noon

**The Millennium House
coffee shop is also open on
these mornings.**

.....
St Ive: At St Ive Village Hall

Wednesdays: 10:30 to 11:30am

**Coincides with the St Ive
Village Hall Coffee Morning**

Saint Ive Parish tree-planting survey

Please let us know about any trees that you plant within the Parish. We will include them in our own survey and we will notify the Forest for Cornwall on your behalf, if appropriate.

email posicrp@gmail.com or message us on Facebook

www.facebook.com/posicrp or phone 01579 364016.

Pictures very welcome.

