





DISCLAIMER

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

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Rosemary Farley	01579 384810	Martin Corney	01579 382450
Tony Hodson	079 7353 6964	Nigel Libby	079 6889 1814
Paul Mann (vice chair)	01579 363757	Patricia Steer	01579 363096
Ivor Vaughan	079 7993 4604	Craig Vaughley	01579 364083
James Bruce	074 1119 2645	Steve Willis (chairman)	01579 363096

Your Cornwall Councillor is Phil Seeva - 07746 815302 cllr.phil.seeva@cornwall.gov.uk

Meetings of St Ive Parish Council

Meetings are usually held on the second Monday of every month, except August and December when no meeting is held. Please see the website or notice board for meeting dates, agendas, and minutes.

https://st-ive-parishcouncil.gov.uk/minutes-agendas/



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 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 01579 363096, email: stiveparish@btconnect.com

For finance matters for the Parish and Millennium House, contact 01579 362102, email: millenniumhouseadmin@btconnect.com

Millennium House enquiries and reservations to Vanessa 01579 363096 email: ness.mhouse@gmail.com

Parish Pump Submissions

Via email only to stiveparishpump@gmail.com

The deadline for submissions is the 18th of the month. Please email your text submissions directly in the email body, and attach any images. Full, half, or quarter page poster designs can be sent as JPG, PNG, or PDF files.

Advertising Costs

Please note that all advertising must be paid for prior to publication.

Two months free when purchasing for a year, and the cost can be spread over quarterly payments.

Quarter page: £10 per month, or £100 for 12 months Half page: £20 per month, or £200 for 12 months Full page: £33 per month, or £330 for 12 months

(All prices are inclusive of VAT)

Letter from The Editor Poo Fairy

Hello there, dear people!
Yes, I've borrowed this space–
I've hijacked poor James
the Editor's place.

"But who are you?" you ask, With a squint and a frown-I'm the Poo Fairy, darlings, I clean up your town.

You've heard of me, surely,
That sparkly wee sprite,
Who flutters through
hedgerows
By day and by night.

When your pup does a squat And you "don't see" the mess, I appear with a shovel And deal with the stress.

"Oh, she's magic!" you whisper,
"She loves it! She's glad!
She's thrilled to pick up
What my spaniel just had!"

But no, dear sweet humans, This story's not true.

> I don't exist. But your dog's poo? It do.

I am imaginary.
Made up. A myth.
A tale you've invented
To dodge dealing with... whiff.

Still, the poo piles growon the verges, the track. There are turds in the gateway and logs down the back.

And the bags! Oh, the bags!

In the trees! On the trail! Like grotesque plastic bunting Blown in on the gale.

They dangle like trophies,
Half-hearted, half-wrappedAs if saying "I tried,"
But then couldn't be… bothered.

So listen up closely,
Let's make this quite clear:
If your dog has a poop, then
YOU clean the rear.

Not your gran, not your kid, Not the bloke from the shop– Not me with my wings and my glittery mop.

Just bring a small baggie, Do your duty with pride. Then use a real bin– Don't hang it outside!

I may not be real,
But the mess is. It's true.
And it's spoiling the walks
For the rest of us too.

So I'll flap off once more
To the land of not-there,
Where the lawns are all spotless
And the feet are all bare.

Where the robins sing sweetly
And flyways are clear,
And the dogs all behave,
And the owners... sincere.

With love and a sigh,

~ The Poo Fairy ~

(Not real. But disappointed.)

Chairman's Column

It hardly seems possible but I have been writing these monthly "jottings" for a full year now since becoming Chairman of the Parish Council. I can start by letting you know some good news: the other day, my predecessor Cllr Alan Moss received a phone call from none other than John, our Finance Officer! You will recall my telling you last month of the very bad accident that John had had. He is making progress although has quite a way to go yet; but progress is progress and we send him every good wish on his road to full recovery.

By the time you read this, the local elections will have taken place—as far as the Parish Council is concerned, things stay pretty much the same. There is however, one vacancy to fill following the standing down of one of our previous councillors. Should anyone fancy filling this position, they can contact our Clerk, Jenny Hoskin whose contact details are at the front of "The Pump". It is an interesting role which will get you involved in all aspects of village life. You will be made most welcome and your contribution will be valued. One Monday evening per month is all the time it takes so.....any takers?

Staying with the Parish Council leads me to tell you of an event later in the month. On Monday May 19th we shall be holding our Annual Parish Meeting in Millennium House at 7pm. This is an opportunity for you to meet the councillors and hear what they've been up to as well as hearing from local groups who will speak on their particular endeavours. As I write this, I do not have confirmation of exactly who the groups will be but if last year is anything to go by, it could be a very enjoyable evening so please, come along!!

Now we're fast approaching the summer, this will inevitably lead to more traffic. A lot of these visitors do not know our roads as well as we do so let's assume they'll do something crazy whilst we're out and about. In other words....take care!!

See you next time

Millennium House

Hi Parish Pump Readers! May I start by wishing you a wonderful month ahead! I hope you all enjoyed your Easter holidays and thank you to all who attended our hunt along with the Easter Bunny showing up too!

This May at Millennium House we have ...

Thursday 1st - Polling Station from 7am to 10pm. "Somewhere inside of all of us is the power to change the world." Roald Dahl. Also, join Tammy and her Baby & Toddler group every Thursday from 9.15am to 11.15am during term time. Laura Louise Yoga is here every Thursday from 10am to 11am. Please book at millenniumhouse.org.uk/yoga. The ladies of Walking Netball are here every Thursday from 4pm to 5pm. £2 to keep active while having a really good laugh! Ron is ready on the mat at Aikido weekly from 7.30pm.

Friday 2nd - find your inner artist with Penmill Art Group from 10am weekly. Hayley will be ready at Slimming World from 5.30pm weekly. Join us for our third "Crime Evening Series on the Moors" with M2 Catering covering up a scene in the kitchen! For more info or to book visit Eventbrite and search Crime Evening Series or call 01579 363 096 and book with Vanessa. £34 per ticket.

Saturday 3rd - join Slimming World with Hayley at either 8am or 9.30am weekly.

Sunday 4th - Market Day! 11am to 2pm. Come along and support the local traders and have a bite to eat while having a chat and something to drink! Free entry and parking too!

Monday 5th - join Laura Louise Yoga weekly from 5pm. Don't forget to book using same link as Thursdays. Pensilva Badminton Club welcomes you weekly from 7.30pm.

Tuesday 6th - Clare (O1579382341) welcomes you to join Singing for Wellbeing weekly from 10am to 11am. Sue (susanne.daniel@btconnect.com) welcomes you to join the Westernairs musical instrument group weekly from 7.30pm. Or you can swing it out with Pensilva Badminton from 7.30pm.

Wednesday 7th - join Sing & Sign with Natalie (nataliecole@singandsign.co.uk) weekly during term time. Age groups from 0 to 30 months. Join James (gymcatch.com/app/provider/8638) at Boxercise every Wednesday. Book from 6pm for the Family Class or 7pm for the Adults Class!

Thursday 8th - get your dancing shoes on for Pensilva Folk Dance from 7pm to 9pm every 2nd &

4th Thursday of the month.

Wednesday 14th - join Pensilva W.I. from 7pm.

Friday 16th - come along for a musical evening with a performance from Polperro Fishermans and Keltique Ladies Choir, followed by The Wreckers! Doors open at 6.15pm and the evening starts at 7pm! £10 on the door per person. There will also be an amazing raffle too! This is all in aid of The Chestnut Appeal. Pasties and drinks available too!

Saturday 17th - Zumba Dance Party in aid of Cornwall Air Ambulance! 10am let's get dancing! Followed by raffle, refreshments and cake! For more info call 07484157706. Let's continue to dance away with DJ Emma Berry from Ember Entertainment. Rock Party starts at 8pm. Adults £5 on the door, under 18's £1. Get your most rocking outfit on and come along for an evening of fun!

Wednesday 21st - Colleen & Ruth are Bingo ready for all you over 18 Bingo dabbers! Eyes down at 7.30pm.

Wednesday 28th - Abi & Natalie from M2 Catering present Greek BBQ Night for this month's meal! Doors open 5.30pm with meal served from 6pm. £20 per person. Please book by Friday 23rd May 2025 with Vanessa (01579 363 096).

Friday 30th - Film Club will be showing "A Complete Unknown". Doors open at 7pm and film starts at 7.30pm.

Next month Market Day will be on Sunday 1st June 2025! Don't miss it! But there will be no Market Day in July due to Carnival.

Pensilva Carnival is fast approaching! Carnival Day is on Saturday 19th July 2025! Do you have a nomination for Carnival King and Carnival Queen? Please email your nominations to Vanessa (ness. mhouse@gmail.com) with your nominations name, age and why you are nominating them! Also if you are interested in having a stall at Carnival please get in contact quick!

Just to keep you all in the loop, your thoughts, prayers and positive vibes are working as John continues to mend and I'm happy to share he has woken up from his snooze! Please keep John in your thoughts, prayers and positive vibes as he continues his road to recovery!

Have a marvellous May

Vanessa

Notices

ST IVE WEEKLY POST OFFICE

Unfortunately, the St Ive Village Hall weekly Post Office will be closed due to government cuts. The last opening day will be the 25th June 2025.



Millennium House post office remains open with the hours listed on the back of the pump.

NOTICE OF ANNUAL PARISH MEETING

The annual Parish Meeting on Monday 19th May 2025 at 7pm in Millennium House will be an opportunity for the community to hear from and question the Parish Council about past and future actions.

Pensilva and St Ive Food Hub at Rivendale, School Road, Pensilva PL14 5PG

The idea of the food hub is to serve as a bridge between supermarkets and the local community, redistributing surplus food that might otherwise go to waste.

Every Wednesday morning from 8.00 am until 5.00 pm the hub is open and food can be collected from the above address.

Donations for food are always welcome and will go towards purchasing more food for the following week. A pink bin will be placed by the wooden box on the driveway. If you have any surplus in-date food and would like to make a donation, please place it here. If you are donating homemade cakes, please list the ingredients used.

If anyone is experiencing financial hardship or would like benefit advice, we can take referrals and signpost you to the local Food Bank in Liskeard.

If you know anyone who is vulnerable, or needs support in the Pensilva and St Ive area, please contact Janey Bryson on **078 0866 3749**. Thank you

Gorfenna Community

Gorfenna Community has been busy in the period leading up to the Easter break.

Everyone designed and decorated an egg cup and there were lots of delicious recipes created in the kitchen, which we all enjoyed eating together.

We also welcomed new staff to our team, as well as some new animals to add to our menagerie...





Millennium House Community Coffee Shop



Open Tuesdays, Wednesdays, and Fridays; 9am to 1pm (the Post Office is open until 11:30am on these days).

We, the volunteers, opened the Coffee Shop in 2017 with the hope of giving something back to the community. The atmosphere is relaxed, making it an ideal place to enjoy meeting up with friends for a cuppa and a chat. A warm welcome is assured. We would like to say a huge "Thank You" for your continued support.

Pensilva WI Meeting Report

Following the business meeting including future events taking place over the next couple of months, Craig Lang from the Devon & Cornwall Cyber Crime Unit came to give us some extremely helpful information to keep us safe from cyber crime.

We were told that there are five major mistakes people make when online, these are:

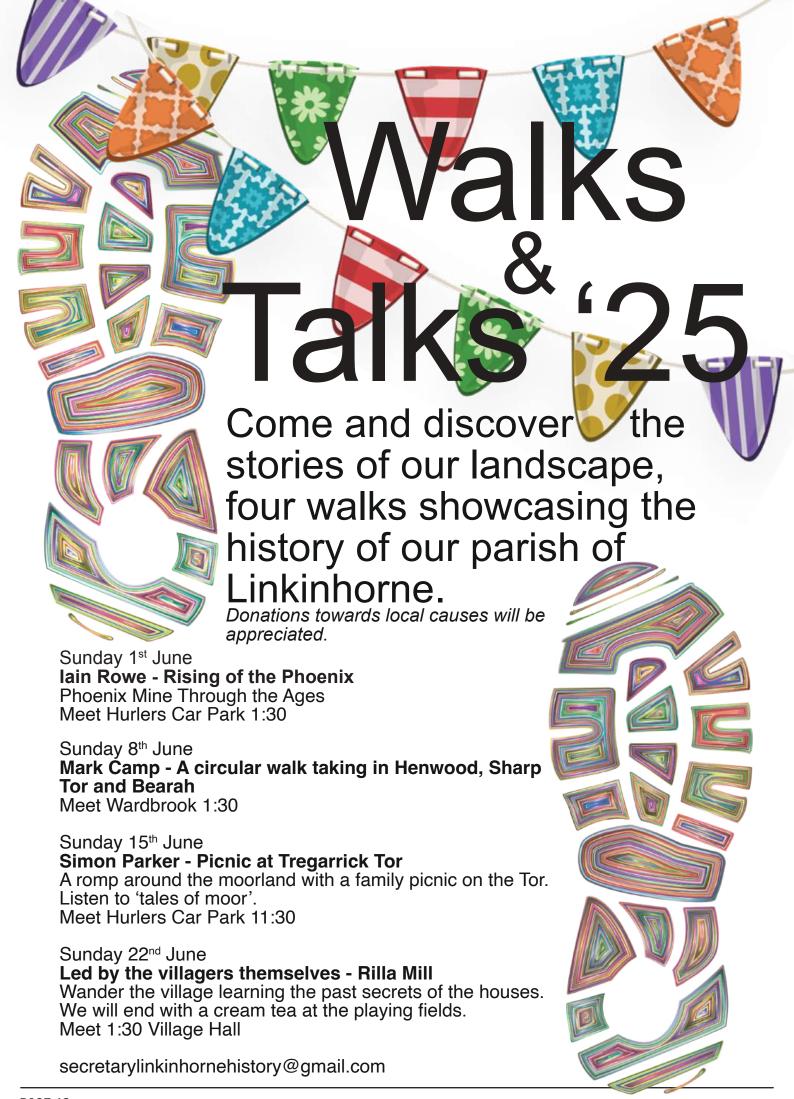
- Having a weak password: He advised that you use a form of three random words together, then add numbers, symbols and uppercase letters, for example 19fisHboaTtuliP95!!
- Not having antivirus: It seems most systems have anti-malware already built in, but also consider installing extra antivirus.
- Not updating software: Always update your software as soon as you're prompted to ensure it remains safe and secure.
- Not backing up data: Make copies of things that are important to you to keep them safe.
- Clicking on links and attachments: You wouldn't let a stranger into your home. Why let them onto your computer? Emails you receive may contain attachments or links to click on, don't click on links unless you can verify where they came from. If in doubt call the sender to check it's genuine.

Finally, if you are a victim of cyber crime or fraud, Action Fraud is the UK's national reporting centre. You can report online at **actionfraud.police.uk** or telephone on **0300 123 2040**.

April competition winners were: Flower of the month 1st Jean Hoare, 2nd Sue Turpin, 3rd Verna Dawe. A hand-made lavender bag: 1st Alison Willis, 2nd Verna Dawe.

Next meeting Wednesday 14th May 7.15pm in Millennium House, which will be the AGM and Birthday social evening with a bring & share supper. Competitions: Flower of the month and 'my most treasured possession'.





Millennium House Community Transport

Do You Require Transport for an appointment, shopping or any other?

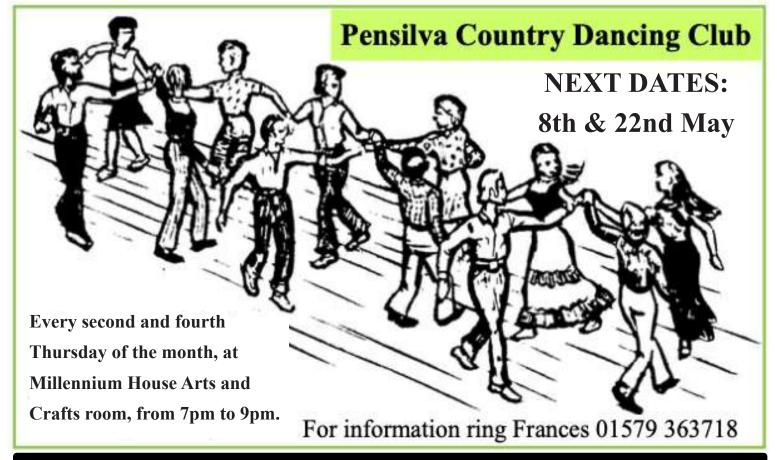
Our Parish has a number of volunteer drivers who have agreed to help those who do not have transport, by using their own vehicles to help those in need.

Our aim is to connect local communities and reduce social isolation. We do need more volunteer drivers to cope with the demand. If your retired and would like to volunteer please contact us.

or if you require transport to Hospital; Doctors, Vaccination etc, and have mobility issues and are unable to drive to your appointment. The more volunteers we have the less frequent we'll be called upon.

Please contact Marlene on 01579 362919 or 07896 994947 and we will endeavour to help.





Badminton at Millennium House

Monday and Tuesday at 5 - 7:30pm - Informal badminton. £10 per hour per court.

Call 01579 363 096

Mondays and Tuesday from 7:30 - 9:30pm - Pensilva Badminton Club - ±5 per person. Contact Richard 07925 642 938 or Nigel 01579 936594

Wednesday 5 - 10pm - Informal badminton. £10 per hour per court.

Please bring your own rackets and shuttles, or you can rent some for a small charge.

WEDNESDAY CLUB, PENSILVA

Meeting in the village hall every 3rd Wednesday of the month. Entry £2.50 which includes raffle and refreshments, 2-4pm. Last month we raised £110 for Cornwall air ambulance - thank you!.

May 21st - Laura, talking about energy efficiency.

June 18th - Tabletop sale, all welcome!

Everyone Welcome. For further information please contact:

Cherry Woodhouse (Chairperson) 01579 363674

Jane Hall (Secretary) 01579 363379

polperro fishermen's choir

plas /

keltique

FOLLOWED BY

THE WRECKERS

FRIDAY 16TH MAY

AT MILLENNIUM HOUSE, Pensilva.
Tickets £10 on the door. Doors open 6:15PM,
STARTS 7PM.

IN AID OF THE CHESTNUT APPEAL.

RAFFLE, AND PASTIES AVAILABLE



Featuring local sellers, craft stalls, indoor carboot, baked treats, and live plants.
Refreshments available and bar!

£5 per table



PENSILVA MARKET DAY

FIRST SUNDAY OF THE MONTH; NEXT MARKET DAY IS...

4TH MAY

SELLERS FROM 10am; BUYERS 11am-2pm

Call Vanessa on 01579 363096 or email ness.mhouse@gmail.com to book your table or other enquiries

Fancy something spicy for lunch instead of the usual pasty? Hui will be selling Kimchee Noodles (and jars of homemade Kimchee and chilli oil if you want more!)

PRINCESS ROAD, PL14 5NF

St. Ive Village Hall, The Cross PL14 3LZ

HALL HIRE

£5 an hour

Includes use of the kitchen and electric (except wall heaters, which are on a £1 coin meter)

For bookings ring Amanda Eveson

Or 07703393070

Regular Group and Activity Timetable

Gardening Club	1 st Monday monthly	01579 382762
	7.30pm	
St. Ive Snooker	Mondays and	01579 382315
Club	Thursdays 7pm	R. Bunkum
Mobile Post Office	Wednesday	
	10.30am – 11.30am	
Coffee Morning	Wednesday	
	10.30am – 12	

Fit and Flow	Monday	Jayne
Barre, Yoga	Evenings	07597383171
and Pilate	6pm to 8pm	Facebook@jemfitnessliskeard
	$(2^{nd}, 3^{rd} \text{ and } 4^{th})$	Instagram jemfitnes_
	Mondays)	, , ,

Methodist Sunday	Check timetable in	Kathryn or Keith
Service	Parish Pump for	Mutton
	services	01579 382334



St. Ive Village Hall
The Cross, St. Ive
PL14 3LZ

1st Monday of the month 7.30pm

New members welcome Email: stivegardeningclub@gmail.com

COFFEE MORNING AND POST OFFICE



Every Wednesday Morning 10.30 until 12md Tea/Coffee and cake £2 St. Ive Village Hall PL14 3LZ

Snooker Club



Monday and Thursday Evenings
Contact Ray Bunkum: 01579 382315



CLARE 01579 382341



Pensilva Community Association and C-Fylm Present



FRIDAY, MAY 30th
DOORS OPEN 7PM, FILM STARTS 7:30PM

A COMPLETE UNKNOWN £4 for C-Fylm members

Non-members can join on the door for £6, which includes your first film.



In the early 1960s, 19-year-old Bob Dylan arrives in New York with his guitar and revolutionary talent, destined to change the course of American music. Forming his most intimate relationships during his rise to fame, he grows restless with the folk movement, making a controversial choice that reverberates worldwide.

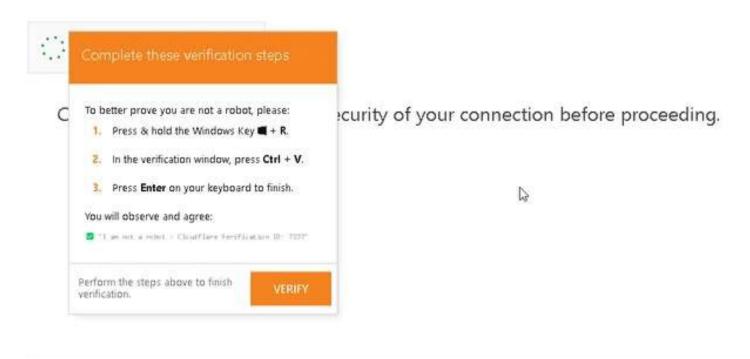
Biography / drama / music 2 hours 21 minutes. SCAN FOR TRAILER ---->



Scam Alert

One more step

Verify you are human by completing the action below.



Ray ID: 1113/15/111115/11

Performance & security by Cloudflare

A new scam is doing the rounds that you ought to know about, because it's awfully convincing (see the screenshot above). You might have come across a bot check or "Captcha" screen before, usually from a company called Cloudflare. They're a legit company that protects millions of websites around the world from malicious bots, and sometimes, they just need to check you're human with a simple tickbox; or Google might ask you to "click the traffic lights" or some other inane simple task. That's all fine.

But in this new scam-a fake Cloudflare screen-you'll be asked to perform a more complex verification step involving some keyboard shortcuts. The scam will open up a "run application" pop up box, have you paste in some obfuscated code that it's already copied to your clipboard, then run it. While the end of the code will usually look quite normal, the bit before it surreptitiously installs backdoor software to your PC, which can then steal all your sensitive information including banking access.

How to protect yourself? You should never paste unknown commands into the Windows run dialog box. Learn the shortcuts that would do this, so you know what to avoid! Windows + R is going to open a run dialog. **You probably never need to do that.** CTRL + V is the shortcut to paste (CTRL + C is copy), which you might use often. So just remember to never paste random things that websites tell you to do, because it's very easy for them to inject malicious code into your clipboard.

James

TREGOVENEK

The Community garden opens with a sunny start!

As the world gets crazier by the day - we need community to come together in a garden full of vegetables, herbs, flowers, worms, healthy soil, love & laughter (oh yes, and cake of course!)...

That's exactly what happened when Tregovenek's new community garden officially opened its beautiful wooden, hand-crafted gates for the first time on Sunday 6th April.

Over 165 visitors of all ages enjoyed the spectacular spring bloom, sitting in the central circle surrounded by vegetables, herbs, and flowers. The upcycled and reclaimed features, such as the old shed, greenhouse, children's play area, pallet furniture, and vibrant hand-painted signage added to the friendly, buzzing atmosphere. The accessible compost loo was a sight to behold!

After the lighting of the Children's Fire (to remind us that this work is for the future generations), people spent time wandering the stalls, following the garden trail, wanging



wellies, painting pebbles of hope, adding to the tree of wishes, swapping seeds & buying plants, browsing the jumble sale, making mud pies and learning about sensory herbs, worms and compost loos!

Visitors reported feeling 'a sense of well-being and hope for the future', 'joy at seeing people contributing to a better world' and 'loving the time and space to connect, all free, inclusive and welcoming'.

The event raised over £700 to help plant more seeds of hope, some of which will go towards helping Pensilva Primary School set up their own growing area and worm farm.

A HUGE thank you to:

- ALL of the amazing volunteers who donated their time to make cakes, run stalls and give talks.
- ALL of the phenomenal volunteers who have worked tirelessly to build this beautiful garden
- Tamar Organics for donating squash and pumpkin seeds
- The Friends of Stara Woods CIO for donating chestnut to make the gates
- Caradon Stone for donating stone to build the circle
- Charley from Holdfast for donating the compost loo design
- Tamar Grow Local, Trevallick's Farm shop & Tea room and The Story of Emily for donating generous raffle prizes
- Liskeard Hive for donating seeds to swap
- Community Treasure Chest CIC Chest for donating paints, food & sale items
- St Cleer Parish Council & Cornwall Council for supporting the building of the garden
- Pensilva Women's Institute for donating cakes
- EVERYONE who donated to Tregovenek's crowdfunder last year.
- EVERYONE who came to the opening

The garden is now open, from dawn until dusk daily, please visit! It will be maintained through weekly volunteer sessions. Under 18s must bring an adult. To keep food safe and children carefree, we request that dogs be tied in the designated area behind the compost loo. The community garden is smoke-free and the fire pit can only be used during organised events.

As well as growing food, the aims are for the garden to be a space for various gatherings, ranging from celebrations and meetings, to workshops focused on skills for sustainable living.

If you would like to stay updated about future events, please subscribe to Tregovenek's newsletter through **www.tregovenek.org.uk**. You can also follow us on facebook and instagram.

Fancy getting involved? Tregovenek runs weekly volunteer sessions on Fridays. Please email outreach@tregovenek.org.uk to register your interest.

NEIGHBOURHOOD NE DEVELOPMENT PLAN FOR ST IVE & PENSILVA PARISH CONTINUA PARISH PARISH CONTINUA PARISH PARISH CONTINUA PARISH PARISH PARISH PARISH PARISH PARISH PARISH PARISH PARISH PARIS

What is the Design Guide?

As part of the Neighbourhood Development Plan we have had a Design Guide compiled by AECOM. This document has been produced to inform new residential (only) development proposed in the St Ive & Pensilva Neighbourhood Area. It presents a summary of the key characteristics which make this a special place to live and visit, and this information is used to inform specific Design Codes and Guidelines which promote sustainable

development, and guide best practice. The approach set out is supported by the National Planning Policy Framework (NPPF), which encourages local authorities to consider using design codes, to help deliver high quality outcomes for new development. It is important however, that guidance finds the balance between promoting and reinforcing local distinctiveness and allowing for innovation and originality.

The Design Code will be a valuable tool for securing context-driven, high quality development in the Neighbourhood Area. It will be used in different ways by different Agencies in the planning and development process. For the Parish Council it will be used as a guide when developing neighbourhood planning policy and commenting on planning applications, ensuring that the Design Code is followed.

As we have been working on the Neighbourhood Development Plan and engaging with the community, we have found that for most people it is important that any new building adequately reflects the character and history of the area. For example, the retention and restoration of Cornish hedges and using Cornish slate and or Granite within any modern construction. The Design Code is a really interesting document which also contains a great deal of history of the local area. You may even spot some pictures of properties you may recognise!

You can take a look at the Design Code in full by going to our dedicated website: www.plan4stive.co.uk



St Ive & District Gardening Club Report

On Monday 7th April we had our first visit of the year to Tamar Valley Garden Nursery. Despite being near us, very few of our members knew there was a nursery here.

When we arrived, the gates were opened for us to park by Mark Newman, the owner of Tamar Valley Garden Nursery. We gathered around as Mark welcomed us and gave us an introductory talk on how the nursery started. We were all surprised to hear that the area started as a zoo way back in the 60s. A zoo near Gunnislake – now it seems very strange. The building at the front, which now lives as a farm shop and a café, was the home to the reptiles when the zoo was in existence.

Five years ago, Mark was having some personal issues and a walk led him to a chance meeting with the previous owners. The two started talking and the previous owner said to Mark he felt it was time he hung up his gardening tools, but he would like it if the nursery could continue. Mark, himself, was a keen giant vegetable grower who enjoyed entering competitions. Mark was at a point in his life where he would be out of work, and a new challenge could be something to help with his personal issues too. So, he decided to use his skills in production management to run his own business. He bought the nursery and began learning about plants - growing something else instead of giant vegetables.

As we stood nestled in the Tamar Valley, the sun setting with the sound of a woodpecker nearby, Mark continued to tell us how this is very much a work in progress. He sees it as his business, his responsibility, and wants to complete the hard work himself. His family are very supportive and help him out when needed. He has a vision; he wants to create a place to support the local community as well. The farm shop stocks local produce. Mark likes to support small, local businesses by providing their goods to the local community. The café currently serves drinks and homemade cakes.

As we walked up the path, we came to an area which Mark said has been inspired by New Zealand. Immediately we could see the Gunnera Manicata plants, the pale tan of the slabs and pebbles winding between garden tables and benches; a serene place to enjoy a drink and homemade cake.

Looking further up, there is an area which is currently being developed with the help of a local charity. While Mark likes to do it all himself, he also sees how nature can help in the recovery of mental health issues. Mark is hoping the area will be a tranquil space when it is finished.

Walking into the next area, Mark explains this section will be developed soon – his vision is for it to be an English country garden showcasing the plants and shrubs. Following this, Mark would like a propagating area and a giant vegetable growing area so he can return to growing and entering competitions again.

This garden nursery is home to a very determined and hardworking person who has a very clear idea of where his business is going. His belief in giving back to the local community and supporting them is second to none.

If you would like to visit this brilliant place, the address is:

Tamar Valley Garden Nursery

Calstock Road, Gunnislake, PL18 9AA

Next visit:

Monday 12th May

East Down Barn, Menheniot

Meet at St Ive Park car park to leave at 6:30pm

£5 pp

Car share 50p

FIFTEEN + 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, my thoughts have turned to the life returning to our pond and one of its residents...





The newt above was spotted outside the pond in 2016. Last year we regularly saw up to 30 newts most days in late spring and early summer. Over the years I have believed that the newts in our pond were palmate newts, though was aware that they are so similar to smooth (or common) newts that I might be mistaken. The two identifying characteristics for palmate newts are a throat clear of spots and the males back feet in the breeding season, which acquire black webbing (which gives them their name). This year for the first time I have managed to verify both. While clearing blanket weed recently, I took the opportunity to put an accidentally caught newt in a jam jar with pond

water so that I could see its throat before returning it to the pond. There were no spots. This photo of a male palmate was taken while untangling a newt from the blanket weed and returning it to the pond and clearly shows a black webbed back foot (circled). Palmates are also the smallest of our three native newt species.

Palmate newts can breed in ponds, puddles and lake edges, but have a preference for shallow soft water pools in acidic soils, so explaining their tendency to be found on upland heathland and moorland and



wooded areas. They also prefer ponds and ditches which do not support fishes. As they live much of the year outside ponds, a local undisturbed habitat beyond the pond is also important. They will remain at their breeding pond from about February/March to

June/July, when they will return to land. In November they will hibernate in damp places such as log piles, stone walls and among tree roots. Juveniles may remain in the pond until the following year.

We often see pairs of newts in spring, following each other around the pond in what



seems to be a mating ritual. The female lays her eggs wrapped up in aquatic plant leaves, so it is not as easy to see as frog or toad spawn. This year in early April, we saw large numbers of newt tadpoles on the surface of the water for the first time, as well as adults and juveniles like the one to the left.

Palmate newt diet is varied, including zooplankton and freshwater shrimps. When on land, they feed on a wide range of invertebrates which they catch using a sticky patch on their tongues. The photo below was taken last summer when an insect (possibly a butterfly) fell into the pond. I'm not sure how well this photo will come out in black and white, but at least half a dozen individuals were swarming around in something of a feeding frenzy!



Newts also eat frog spawn and tadpoles. This can lead to a boom and bust relationship between them. Numbers of frogs decrease when there are many newts taking their young, as a result, newts with less spawn and fewer tadpoles to eat do less well so decreasing in number and allowing frogs numbers to recover. We have noticed this in our own pond, though the cause here is confused as frogs in the local area have also been affected by a disease outbreak.

Newts are fascinating, to watch, so do look out for them if you are lucky enough to have a pond, or check out any ponds when out for a walk.

HAPPY WILDLIFE WATCHING

Hilarv

Update on Aid for Ukraine

On the 5th of April I was sent a text by the team to say 9 children had been killed by a Russian missile on a playground in Kriviy Rih. The youngest was just 3 years old and the eldest 17. As you can imagine, my heart sank. What a tragic waste of life; it is heartbreaking to think what the families of these children are going through.

On a brighter note, this month we have raised date an incredible £850. thanks to the many generous items that you donated have and which have been sold. The total raised now so far this year is £1,500.

The team have also been busy fundraising this

month and held a Ukrainian Folk Club Fundraiser. The evening was full of music, warmth and laughter and the event raised £1,200. They also held a quiz night and raised a further £300 to go into the kitty. To put this into perspective £400 will fuel a vehicle one way to the western border of Ukraine.



I am proud to say that Nightingales have recently just purchased their 11th vehicle which will soon be driven to Ukraine packed with medical and humanitarian aid. They are still pursuing the idea of a minibus to transport the elderly and disabled to hospital but this is on hold for the time being due to paperwork difficulties.

As a group we are promoting the message that we need high spec medical aid and donations, ensuring that we can buy the very specific medical equipment needed to save lives on the front line. Therefore, if you would like to make a donation, please go to https://gofund.me/bfe0368f.

If you would like to donate a long wheel base 4x4 vehicle, please email nightingalesuk@gmail.com.

The need for unused and in date medication is as great as ever. If you have any medication that you no longer need or use, please consider

donating it to Ukraine. All identification labels are removed and medication is checked by medical staff, prior to transportation.

Once again, a big thank you for all the various donations that you have so generously given. The work that the team are committed too, could and would not happen without your generosity and kindness. It takes many people to move the Nightingales wheel and I cannot thank enough your for generous contributions. There is a pink dustbin by the wooden box on the drive, outside my house where you can place your unwanted/donated items. For those of you who don't know where I live, our house is Rivendale located next to the Pensilva Medical Centre. If you would like me to collect any items, please contact me on Mobile **07808663749**.

As my own children enjoy a peaceful Easter, I am reminded that even with all the troubles we have in our own country, we can enjoy our



freedom. "When the power of love overcomes the love of power, the world will know peace" God bless.

Any Over the Counter Medicines and Unused In date Medication with the Exception of Controlled Drugs

- Paracetamol
- Ibuprofen
- Immodium/Dioralyte
- Decongestant Nasal Sprays
- Vicks/Strepsils
- Disinfectants
- Antihistamines e.g. Piriton, Loratadine, Cetirizine

Nightingales UK are currently asking for donations of the following aid supplies:

Equipment

- Collars
- Dressings/Bandages
- Splints
- Syringes
- Crutches
- Eye Wash/Eye Dressings
- Wheelchairs
- Inhalers
- Walking Frames
- Blood Pressure Monitors
- Gauze
- Blood Sugar Testing Kits
- Plasters
- Dressings for Burns/Burns Gel
- Wound Closure Steri-Strips
- Sutures
- Procedure Packs
- First Aid Kits
- Blood Sugar Testing Kits
- Scissors
- Syringes
- Feeding Tubes
- High calorie Ensure drinks

Aid to Support the Paramedics Providing Front Line Response

- Waterproof boots and Winter Jackets
- Torches
- Power banks to charge phones etc
- Metal Detectors

Humanitarian Aid:

- Childrens Nappies
- Baby foods/wet wipes
- Childrens Mixtures i.e. Calpol/Cough medicines
- Infant formula (6 months)
- Childrens Purees (Vegetable, fruit, meat)
- Childrens/Adults Hygiene Shampoo, Soaps, toothpaste, toothbrushes
- Feeding Bottles
- Dummies/teething rings
- Adult incontinence pads
- Disposable Nappies
- Adult Shampoo, Soap, Toothpaste, Toothbrushes
- Washing powder
- Washing up liquid
- Toilet paper
- Sanitary Pads
- Tin Canned Food (Vegetable, Meat, Fruit)
- Cereals, Pasta, sugar, Tea and Coffee



St John's Mission Church

Refreshments served before and after services

Services for May 2025

Sunday 4th 11.00 am Morning Worship

Sunday 11th 11.00 am Holy Communion

Sunday 18th 11.00 am Morning Worship

Sunday 25th 11.00 am Morning Worship

Thursdays 10.00 am Morning Prayer Fellowship

MAY EVENTS Please see posters for full details

Thursday 1st 12.00 to 1.30 pm Baked Potato & Pudding Lunch

Tuesday 6th 6.30 pm Bluebell Walk from Penharget Cottage, PL14 5RJ

Wednesday 14th 2.00 - 4.00 pm Kowetha

Sunday 18th 3.45 pm Tea Time Church for children & their families

Thursday 22nd 2.00 - 4.00 pm Memory Café

Tuesday 27th 2.00 - 4.00 pm Stitch, Knit & Natter

For further details or if you know of any illness or need in the village, please call Geoff, 362698 or Frances, 363718 Please put prayer requests in the box. St John's is open daily 10.00 am - 4.00 pm for personal prayer & reflection.



Princess Road Pensilva PL14 5NF

The Tribute Benefice

Contact for Baptisms & Marriages
Reverend Li Selman 07790 272714

revliselman@icloud.com



Church Wardens
Geoff & Carolyn Cox
07475 920142



Teatime Church









For children and their families Playing Games

Singing and Praying Together

Charina a Dibla Charac

Sharing a Bible Story

Sunday 18th May
3.45 pm
St John's Mission Church
Pensilva

Eating Tea

For more information contact: Rev Li Selman revliselman@icloud.com



PENSILVA MEMORY CAFE

If you have memory problems or you are a carer for somebody who does, come and join us at St John's Mission Church for a cuppa and some cake.

We'd love to seeyou and hope that you will enjoy yourself.

Guest Speakers

Activities

Quizzes

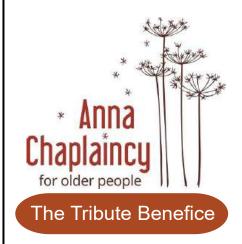
Games

2.00 to 4.00 pm Thursday 22nd May

Contact Geoff on 07475 920142



Kowetha







A place to drop in



chat and eat cake





St John's Mission Church
Pensilva

2.00 - 4.00 pm

Wednesday 14th May

The 2nd Wednesday of the month



Contact: Geoff Cox 07475 920142

gefferys1963@gmail.com





Tuesday 6th May Leaving from Penharget Cottage Pensilva PL14 5RJ at 6.30 pm



Pasty Supper

Bring & Buy Raffle



BAKED POTATO & PUDDING Lunch









St John's Mission Church Pensilva



Thursday 1st May 12.00 to 1.30 pm

BRING & BUY STALL

Donations in aid of church work in our community

St Ive Church

May 4th Morning Service 11:15am In Church

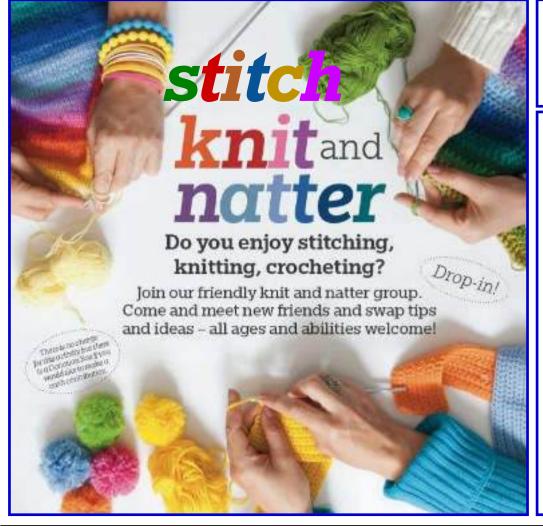
May 11th Chapel Service 10:30am In village Hall

May 18th Holy Communion 11:15am In Church

May 25th Chapel Service 10:30am In Village Hall

Upcoming Events

Burraton Boys in Concert With a Pasty Supper June 28th 7pm Entry by Donation



Tuesday 27th May

St John's Mission Church Pensilva

on the last Tuesday of the month

2.00

to

4.00 pm

Contact Kathleen 01579 363686

Unity Methodist Church

Sunday 4th May - United Service at St



Ive Parish Church 11.15 am. 6pm Service at Unity Bealbury - Helen Burke

Sunday 11th May - United Service at St Ive Village Hall - Shane Sandford - Webb; 6pm Service at Unity Bealbury - Rev Janet Park.

Sunday 18th May - United Service at St Ive Parish Church 11.15am; 6pm Easter offering dedication Service at Tamar Valley MC.

Sunday 25th May - United Service at St Ive Village Hall 10.30am - Rev Stuart Reed with Communion; 6pm Service at Unity Bealbury - Rev Stuart Reed with Communion.

The Chattermakers craft group will meet during the month at St Ive Village Hall on alternate Thursdays at 7.30 pm. For details of when please contact Kathryn on 01579 382334

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

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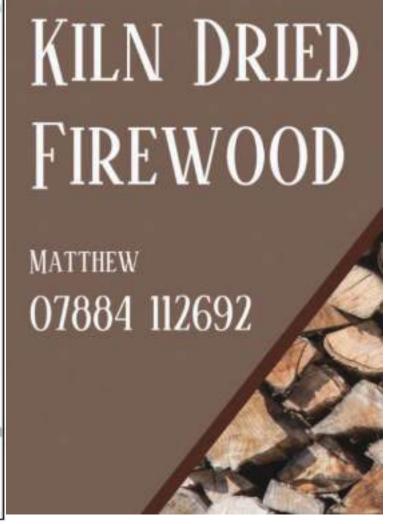
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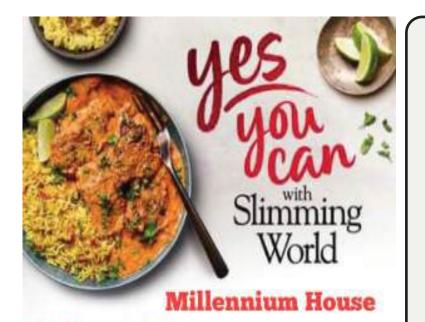
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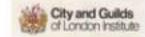
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13th August
18th August
18th August
18th August
19th July
19th Eliot Estate with Kernow Mill
19th Estate with Kernow M

2nd September Paradise Park, Hayle

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21st - 25th Sept Herefordshire & Worcestershire

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Wednesdays: 9 to 11:30am

Fridays: 9 to 11:30am

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