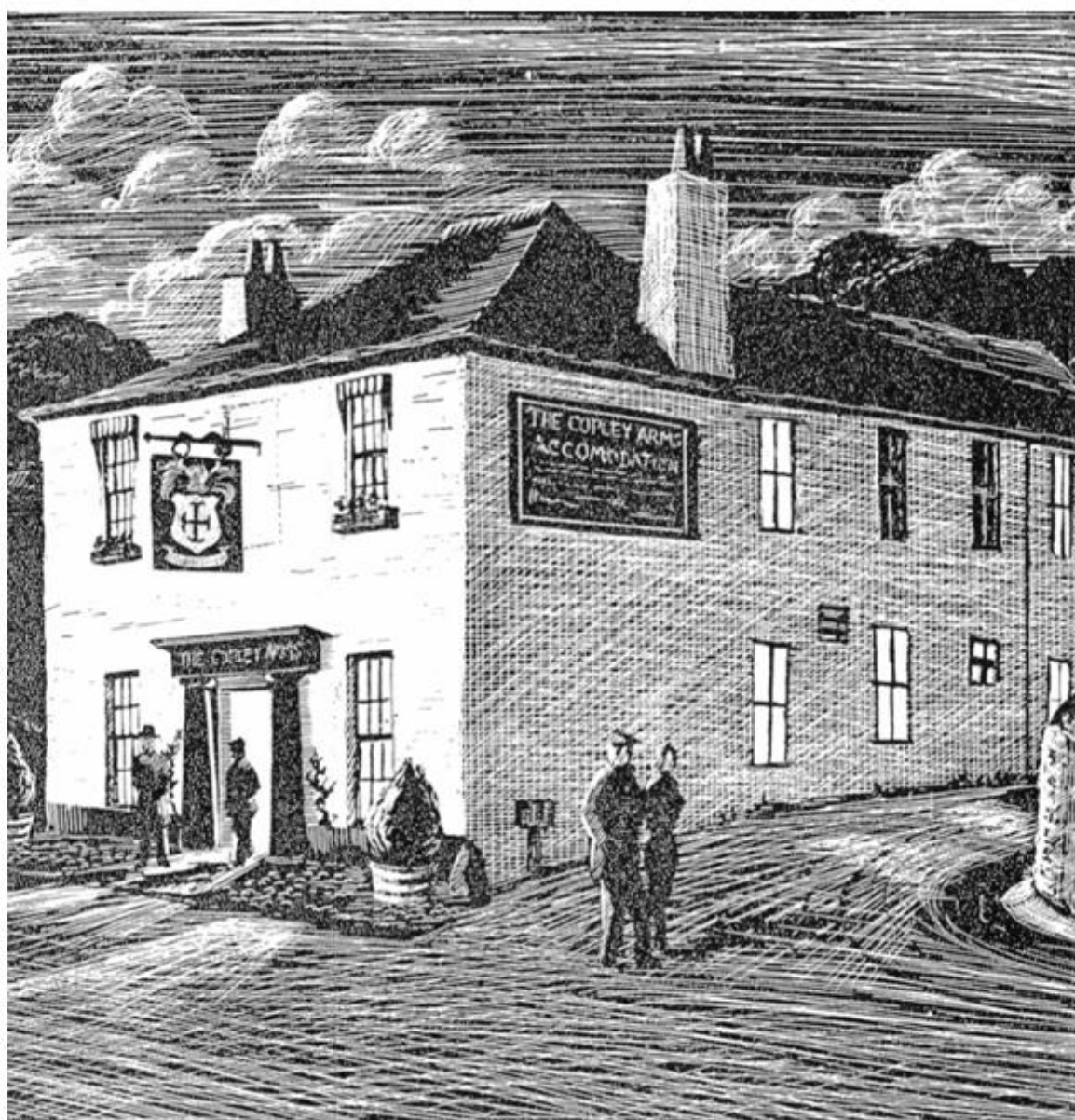


OUTLOOK



**News and Views from
around the Parish**

April 2017 Issue 270

Please note that the opinions expressed within this publication are not those of the Parish Church, Editors or anyone other than the authors of the articles.

Useful Contacts

Editorial Team: email: morvaeditors@outlook.com

Hayley Moore (240298) Colin & Lesley Brettell (240624)

Val Olver (240439) Mike & Maggie Willmott (240218)

Priest-in-Charge Revd. Philip Sharp 263070

Curate Rev'd Joachim Foot 07481479901
jpwoffoot@outlook.com

Church Wardens Mike Willmott 240218

Val Olver 240439

PCC Secretary Maggie Willmott 240218

Safeguarding Officer for Children

& Vulnerable Adults Val Olver 240439

Bell Tower Captain Robin Tamblyn 262772

County Councillor Jim Candy 250376

Parish Council Chair Kim Spencer 240685

holidays@wringworthy.co.uk

Parish Clerk Lynne Sutton 01579 326152

morvalparish@aol.com

Morval Estate Office John Kitson 241111

Widegates Hall } Caroline Pengelly

Reading Room } carolinejpengelly@sky.com 240952

Nomansland Village Hall Kate Humphreys 240661

Widegates Garden Club Marie Bersey 240478

Morval Action Group Tracy Chudleigh 240704

Trenode School & Toddlers 240235

Liskeard Community Hospital 01579 335600

NHS Direct (24 hour service) 111

Police (Non Urgent Calls) 101

Neighbourhood Team Leader: Sergeant Jo Williams 101

PCSO for Morval & Widegates: Steve Cocks 101 or 01503 266173

Dog Watch Steve Cocks or 0300 1234 212

Morval Parish website www.morvalwidegates.weebly.com

Trenode School website www.trenode.cornwall.sch.uk

Viridor (report smells that may be associated with the landfill site) 01579 343006

Neighbourhood Watch: M Barber (240309) M Tamblyn (240267)

K Burt (240545) B Reynolds (240520)

Editorial

Last month's cover has generated quite a bit of interest and comment, so in next month's issue we will endeavour to give a summary of all the information regarding the cross at the top of Hessenford Hill, opposite the Shortacross cottages at the southern end of Widegates. Should you have any further comments, please call or email us (see Useful Contacts of page 2).

The 'by-line' for Outlook magazine, since its inception in 1991, has always been as a vehicle for news and views from around the parish. In additions to articles written or suggested by our readers, we are thinking of creating a Letters page.

Paper copies of letters for consideration can be given to any of the Outlook editorial team, or can be sent to:

Outlook magazine, Menhay, Morval, Looe, Cornwall, PL13 1PR.

Electronic letters should be emailed to morvaeditors@outlook.com

As with any other magazine, we may need to edit or shorten letters for space reasons, but will endeavour to retain the key points and underlying intent of each letter.

A message from Rev'd Joachim Foot

The lengthening of the days brings some light relief as winter begins to lose its grip. The trees are beginning to blossom and the daffodils are out. Spring is a joyful time of year, when the natural world is reborn before our eyes. Going outside no longer seems like the fools errand it once did.

It is at this time of year that the Church looks beyond the fasting of Lent to the festival of Easter, a time when we remember the death and resurrection of Jesus. It is a very holy time of year in the Christian calendar. The new life of the land around us reminds us of the new life we have in Jesus if we choose to follow him. St Wenna's is always open to visitors. We meet at 11 every Sunday** of the year, and you are always welcome to join us.

(** except if there is a 5th Sunday in a month, when we combine with the Looe churches of St Martin's and St Nicholas for a United Benefice service at 10.30, which moves around the three churches)

Diary dates

March

(WRR = Widegates Reading Room)

Fri 31: Bingo, eyes down 7.30pm WRR

April

Tue 4: Bridge Club 10:15am WRR (& next 9 Tuesdays):

Tue 4: Hessenford WI 7pm WRR

Fri 7: Quiz Night 7.30pm WRR

Tue 11: Handicraft 7pm WRR

Fri 14: Coffee Morning and Easter Egg Hunt 10am, 47 Morview Rd

Fri 14: Good Friday Meditation 2pm St Wenna's Church

Sat 15: Aunt Sally friendly match and barbecue 3pm

Thu 27: Handicraft 7pm WRR

Fri 28: Bingo, eyes down 7.30pm WRR

Sat 29: Jacket Potato Lunch WRR

May

Tue 2: Hessenford WI 7pm WRR

Sat 6: Garden Club Plant Sale 10am WRR

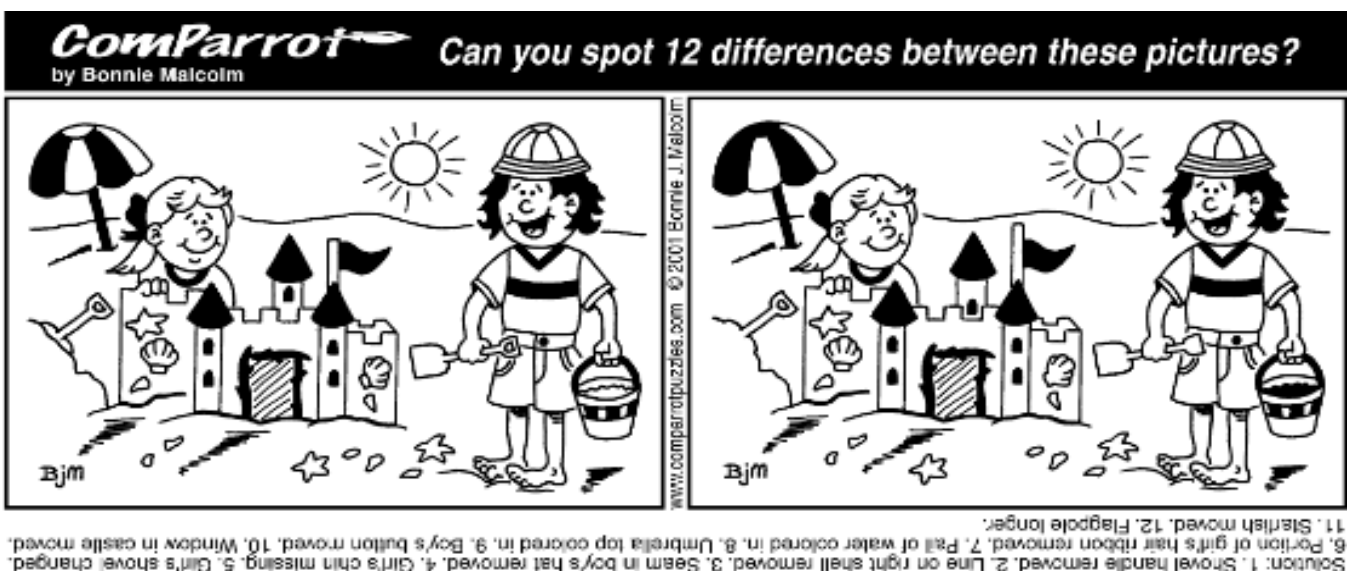
Tue 9: Handicraft 7pm WRR

Thu 11: Flower Arranging, 7pm WRR (Weekly 'til the end of June)

Fri 26: Bingo, eyes down 7.30pm WRR

Everyone is welcome at any of the above events.

For the young(er) at heart



Church Services at St Wenna's

APRIL 2017

Date 2nd April 11am
5th of Lent
Service Eucharist
Reader Mary Howes
Sides person Anne Rice

Date 9th April 11am
Palm Sunday
Service Family
Reader Victoria Kitson
Sides person Children

Date 14th April 2pm
Good Friday
Service Meditation

Date 16th April 11am
Easter Day
Service Eucharist
Reader Bridget MacArthur
Sides persons Church Wardens

Date 23rd April 11am
2nd of Easter
Service Morning Prayer
Reader Hayley Moore
Sides person Ann Williams

30th April 10-30am
Joint Benefice service
St Martins Looe

MAY 2017

Date 7th May 11am
4th of Easter
Service Eucharist
Reader Linda Harrison
Sides person Mary Howes

May 14th 11am
5th of Easter
Service Family
Reader Sarah Cawrse
Sides Person Children

Date 21st May 11am
6th of Easter
Service Eucharist
Reader Brian Young
Sides person Hayley Moore

Date 28th May 11am
7th of Easter
Service Morning Prayer
Reader M. Willmott
Sides person Val Olver

FLOWER ROTA
April 15th - May 6th Lilies
May 13th Julia Tamblyn
May 20th Tracey Chudleigh
May 27th Carolyn Burgoyne

News from Morval Parish Council

The Council has been made aware of incidents involving fly-tipping within the parish which it understands are being investigated by Cornwall Council. Please do pass on to the Police or to Cornwall Council any details of vehicles that you might see involved in incidents of fly-tipping.

Confirmation has been received from English Heritage that Morval's War Memorial has been granted Grade 11 Listed Building status. This has come about because the War Memorials Trust was asked for 100 potential Memorials that could be considered for listing as part of remembering World War 1. As the Parish Council had in the past few years submitted grant applications to the Trust, Morval's Memorial was fresh in its mind and it was included for consideration. The Council did object to it being listed on the grounds of potential future financial impacts to the Parish but it has been reassured that this should not be the case.

The bus shelter at Nomansland on the Bindown Stores side of the toad has been erected and offers some shelter from the weather to members of the public using it. In addition, the bus stop on the opposite side of the road now has its flag and bus timetable attached and feedback indicates that it is being used as hoped.

Morval Parish Council

Morval Area Play and Community Group (MAP)

MAP continues to work towards getting a play area for the children of Widegates and the surrounding Parish. We have had lots of discussions with lots of people about where to site the park and how best it should be run and funded.

Our Children's Committee held a competition to design a logo, pictured here, which was won by **Caity Walke**.

Congratulations to her!



We held a Film afternoon at which was great fun and raised over £100. Thank you to all who came along and to Grace Community Church for providing the Venue.

We will be holding a cake sale and 'Guess the name of the Bunny' stall at Marie Bersey's Garden Club Easter Egg Hunt and Coffee Morning, on Good Friday, 14th April, 10 til 12 - more details in the Garden Club article. There will also be Egg hunting for children with chocolate prizes, refreshment and a raffle. Please come along for a lovely morning.

If you have any questions or comments or would like to help us please email us at morvalareaplaypark@yahoo.co.uk or call me on 01503 240845.

Victoria Kitson

Morval Aunt Sally to re-start at Easter!

Following the success of the Aunt Sally game last year, a new longer season is planned for 2017, starting with a friendly match and barbecue on Easter Saturday, 15 April at 3pm.

Everyone is welcome. If you haven't played before, we'll be delighted to see you. No-one achieved great skills during last year's short season, so come and have a go. There could be some bright new talent out there to show us all how it's done!

For safety's sake, it's best not to bring small children along, as there are flying hard objects involved. Your dogs are welcome, but must be kept on leads.

Do come and see what it's all about. The playing area is at the entrance to the old school drive, opposite Leyland Lodge cottages and close to the War Memorial. Parking is plentiful.

After the Easter opening, we hope to play weekly on Wednesday evenings from 7pm. Weather permitting of course!

For more information, contact

Steve or Jenny Bailey on 01503 240506

Country Remedies – Herbs – Part 2

By Peter Cawthorne of *Widegates*

In last month's Outlook, Peter introduced us to the history of herbs, including medicinal uses of Garlic, Rosemary and St John's Wort. He continues...

Dandelion – Effective as a diuretic known locally as pee-a-bed. It is also known as the 'Devils milk pail' from the milky juice in its stems; this was an old remedy for wards and pimples.

In Ireland it is known as 'Heart-fever grass' and used against swooning and passions of the heart. The leaves are much valued, for in May, the Italians and Portuguese women and children harvest this to use in salads and it is treated as a delicacy. The French also prize dandelion and eat the leaves and roots. It has been said to be useful in treating Arthritis to disperse acid deposits in the joints. It is known as a blood purifier, tonic and laxative to help in liver and kidney complaints (also used in conjunction with nettles). It is used to make Dandelion tea, coffee and wine and even beer!

Sage – A member of the mint family or 'Sawge' as it was called in the Middle Ages, was grown for many purposes, 'falling sickness' (epilepsy), palsy, stitch, cramp and plague. Used in baths, gargles and the bitings of serpents. Sage tea was commonly drunk before today's teas. Sage leaves boiled and added to vinegar, honey and rose petals was a 19th century recipe for throat troubles. It was also said to cure headaches, coughs, colds and fevers. With onions, sage makes a good health giving soup and also a stuffing for meats. It attracts bees to the garden and is an essential for the herb garden. In the olden days, sage was waved around the house to purify the atmosphere from evil spirits and drive away ghosts.

Nettles – An ancient prescription from Roman Britain runs, 'Take nettles, seeth them in oil, smear and rub all over the body therewith and cold will depart away.' The Romans found England a very cold place after Italy; it is thought they brought the seeds over with them.

St Patrick blessed this unloved plant for its services to man and beast, for the nettle has many uses. The poet, Thomas Campbell wrote in the 19th century,

'I have slept in nettle-sheets and I have dined off a nettle-table-cloth.' Nettle cloth is more durable than any other linen, (the stalks

are used for making cloth). As late as World War 1, nettle fibre was used to make Army clothing. Ropes, sail-cloth, sacking and the twine for nets were also made from the basic nettle fibres for the fishing fleets.

In the 17th century nettle porridge was a common dish in England, and a good cook was able to make seven different dishes from nettle tops. Nettle beer was a pleasant country drink combined with dandelions, goosegrass, ginger, brown sugar and yeast, taken as a remedy for gout and rheumatic pains, or simply for pleasure!

John Wesley was preacher and herbalist and in his book gives the following recipe. 'Boil nettles till soft, ferment with the liquor, and then apply the herbs as a poultice. I have known this cure of sciatica for forty- five years standing.'

Culpepper said, 'This is an herb Mars claims dominion over you. You know Mars is hot and dry, and over winter is cold and moist. Then you may know well the reason why nettle-tops eaten in the spring consume the phlegmatic superfluities in the body of man that the coldness and moistness of winter hath left behind'. He advised the taking of roots or leaves boiled, or the juice of either with honey and sugar for wheezing, shortness of breath, sore throats and inflammation of all kinds. Seeds are good for the treatment of gravel and stones and is still used today

Nettles were commonly used as a hair tonic and conditioner, and nettle tea is also made for the treatment of haemorrhoids.

ADVANCE ANNOUNCEMENT - Morval and Widegates Charity Fête and Dog Show July 2017

Morval and Widegates Charity Country Fête will be held this year on Sunday 16th July in the grounds of Metherell Gard offices - the Old School, Morval, by kind permission of Mr James Kitson.

Proceeds this year will go equally to the British Heart Foundation and Liskeard Echo Centre.

Please see next month's Outlook for more information.

If you would like to book a stall site, or offer help please call

:Karen Pengelly 01503 262772 or Jenny Bailey 01503 240506

Widegates Garden Club

February meeting consisted of a slide show about John Mann's woodland garden and plants that will happily grow under trees. He has a lovely garden near Launceston and brought a box of blooms that he had picked from his garden that morning. John's garden is full of unusual and some rare plants and we were surprised how many plants will grow in a wooded area.

Good Friday 14th April 10 am Coffee Morning with hot-cross buns and an Easter egg hunt at Marie's house 47 Morview Road.

Flower arranging classes start 4th May in the hall, 7pm, tutor Sue Aunger. Anyone interested could you let Marie know 240478

Sunday 16th July Garden Club Parish Fête for charity, details later.

Gardens are looking beautiful at the moment, some that are well worth a visit are Caerhayes Castle Garden near Mevagissey, Tregreham Garden near St Austell, Mount Edgecombe also all the NT gardens especially Cotehele and Lanhydrock because it has been so mild everything is flowering so early, why not take the dog and have a colourful walk?

Hessenford WI

March was our AGM when the officers were re-elected. Marie Bersey secretary 240478.

May meeting is Kerry Woodcock on Wills and Probate.

June - Herbs and Spices- History, Lore and Magic.

We meet on the first Tuesday of the month at 7pm in Widegates Village Hall, you are welcome to join us.

Easter Lilies in St Wenna's

A reminder for anyone wishing to donate to the Easter Lilies this year. The display won't be as artistic as usual as Sue Aunger will be incapacitated and Marie Bersey has her hands full. We wish them very best wishes for speedy recoveries. I will be attempting to make as good an effort as I can, but if there is anyone out there who would like to help please let me know as I would be very grateful for some expert input. Anyone who wishes to donate to remember a loved one I am collecting. Many Thanks Val Olver 01503 240439

Trenode C of E VA School

Spring has definitely arrived at Trenode. Our school grounds are looking beautiful. We are looking forward to working in our super edible garden again as the days warm up.

We are keen that the children begin to understand more about the world we live in. Class Two led an excellent assembly where they sang their own song about Fairtrade and read out their own very persuasive texts about the subject. They displayed a real sense of responsibility and understanding of the topic. Thank you to Mrs Willmott for following this with her annual Fairtrade Cafe.

Trenode's Got Talent competition as usual attracted a wide range of talents, which were enjoyed very much by an appreciative audience. Our winning act was Lowenna who showcased her ice skating talents, which she accompanied herself on the keyboard. Bryony was our star in the Infant category with her excellent trampolining and Talitha won the Junior category with her brilliant poetry recital. Well done everyone! Special thanks to Sheila Brock, Jess Pengelly and Sandra Fairhall for being our judges.

On the sporting front the children remain very active and have participated in a wide range of lessons and competitions. A group of children have participated in the South East Cornwall Cross Country league and some children have been involved in the local netball league. Year 5 have also had the opportunity to earn their Level 2 Bikeability Award. Keeping fit and healthy is very important to us. Next term we look forward to all of the children developing their swimming skills, as well as enjoying athletics on our amazing field.

We are coming to the end of our latest building project. We have created some much needed additional space for teaching and learning by extending our staffroom. The builders have worked really hard and the work should be finished on time. A mild and fairly dry winter has helped with this as well.

As we come to the end of the Spring Term we will celebrate with our usual Easter Creative Day, with Easter Eggs provided by the

PTFA. The hardworking PTFA have also organised an Easter Disco for the children, which I am sure they will really enjoy.

We continue to run Treasures@Trenode on a Tuesday morning from 9.30 until 11.00am in the School Hall. We would like to welcome any families with pre school aged children that wish to come along. The children can play and be creative and the adults can enjoy a chat. The fee of £1.50 per family covers the cost refreshments for both adults and children. All welcome! Do come along and join us!

To find out more about what is happening at school go online and find us at: www.trenode.cornwall.sch.uk. Visits for prospective families are also very welcome by appointment, please call us on 01503 240235 to arrange a time.

Mrs Lindsay. Headteacher

Support Shelterbox through Lent

Lent started on Ash Wednesday (1st March) and continues until Easter Day (16th April). It is the time of preparation for Easter when Christians remember Jesus being alone in the wilderness, and many people give something up as an exercise in self control.

For the past several years, St Wenna's church members have organised soup lunches during Lent to raise money for a charity. This year, for a change, we are inviting people to give up small things during Lent and donate the money they would have spent. This might be 60p for a bar of chocolate, £1 for a newspaper, the cost of a pint of beer, or anything that you can do without. Between us, we can probably raise quite a lot.

If you would like to take part, please bring your donations, however large or small, to services at church, or pass them to a church member. Whatever has been raised by Easter will be donated to Shelterbox. Thank you.

THE COPLEY ARMS

HESSENFORD • NR LOOE • CORNWALL • PL11 3HJ

*18th Century Inn
by the River*



Family-run pub &
restaurant under the
same management
for 16 years

April events for your diary

Wednesday 5th April—OPEN MIC NIGHT

Sunday 9th April—Spring Craft & Gift Fair ~3.30-5.30pm

Friday 14th April—LIVE MUSIC ~ Hooded Horse
(with Mike Jelly & Kris Dollimore) In the bar from 9pm

Friday 21st April—LIVE MUSIC ~ Natural Harmony
(Duo ~ 60's, 70's 80's) In the main restaurant from 9pm

TEL 01503 240209 E: copleyarms@gmail.com

RESERVE THIS SPACE ADVERTISE IN "OUTLOOK"

CIRCULATED TO RESIDENTS WITHIN MORVAL PARISH

Prices Annually (Per 10 issues)

Half Page 12 cm x 8.7 cm = £70.00

Quarter Page 5.8 cm x 8.7 cm = £40.00

Eighth Page 5.8 cm x 4.2 cm = £35.00

3 & 6 month adverts available on request

01503 240624



ANNIE'S CUTTING CORNER

OPEN

Monday 9-15 to 6pm

Tuesday Morning 9-30 to 1-30 Friday 9-15 to 6pm

Where are we? At the side of Tredinnick Farm Shop

Tele: 01503 240 955

MIKE KENSHOLE ELECTRICAL

01503 240675

07778 524592

**12 MORVIEW ROAD,
WIDEGATES, LOOE,
CORNWALL. PL13 1QE**

MIKE@KENSHOLEELECTRIC.CO.UK
WWW.KENSHOLEELECTRIC.CO.UK



All types of



Domestic & Commercial Work

Additional sockets & Lighting;
PAT Testing;

Heating & Ventilation;

Landlord safety checks

Camping & Caravan Parks



**David Ellis BVSc. MRCVS
Veterinary Surgeon**

**4c. Heathlands Road
Liskeard
PL14 4DH**

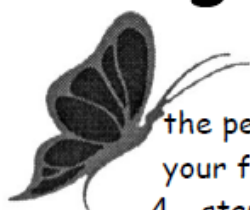
**Phone 01579 342 602
Fax 01579 349568**

Email: davidellis@pensiplate.freemove.co.uk

Surgery Hours:-

**Mon-Fri
9.00 – 10.00am &
5.00 – 6.00pm
Sat
9.00 – 10.00am**

Wringworthy Cottages



the perfect choice for when
your family and friends visit

4 - star cottages, open all year

www.wringworthy.co.uk email: holidays@wringworthy.co.uk

Wringworthy Cottages, Morval, Looe, Cornwall, PL13 1PR

tel. 01503 240685 fax. 01503 240830

resident owners: MICHAEL & KIM SPENCER

HILLTOP MOTOR SERVICES

Astwood Developments, Widegates

MOTs, Servicing, Mechanical repairs and Welding

Car collection & drop off service available

Call Paul Lloyd for a quotation on

01503 240910

Metherell Gard

Chartered Accountants and Registered Auditors

With over 80 years experience Metherell Gard offer confidential and up to date Accountancy and Taxation services specialising in small to medium-sized businesses and individuals. Whether you are a Sole Trader, Partnership, Limited Company, Club or Association we are client focussed and our range of services covers all aspects of accountancy from Business Start Up advice through to Tax Planning.

We pride ourselves in being reliable and approachable. As one of our valued clients, we will provide you with total commitment offering guidance and support to accompany our comprehensive range of services.

Metherell Gard, Morval, Looe, Cornwall, PL13 1PN

t:01503 240940 f: 01503 240950

e: enquiries@metherellgard.co.uk

more electrical

01503 240298

moorelectricallooe.co.uk



- Domestic Installations
- Commercial and Agricultural
- Industrial
- Repairs and Rewires
- Portable Appliance Testing
- Electrical Condition Reports
- Fire Alarms and Emergency Lighting
- All work guaranteed and certificated
- Serving the Community since 1990

Tel. 01503 240298
Mobile: 07881 940068

Menhay, Morval, Looe, Cornwall PL13 1PR

GIVE YOUR CHILD A BRIGHTER FUTURE!

Professional, affordable
tuition in Maths and English

~ FREE ASSESSMENT ~

01579 340400

BFM HOUSE, The Parade, Liskeard
carolgowing@aol.com www.egtuition.com

