



TaWRA

# 1 May 2009 Newsletter

## Trevone & Windmill Residents' Association

### TaWRA open forum

On Wednesday 17<sup>th</sup> June at 7.00pm TaWRA will be hosting an open forum for the village. Coffee will be available and you can come along with any ideas you have for the village. (Grateful thanks to the Village Hall Committee for their support.)

The TaWRA Committee meets regularly to discuss village issues all of which you can read about in the minutes which are posted up inside and outside the Village Hall, at the village store, the WI, and the Well Parc and also on our Noticeboard at:

<http://tawrablog.blogspot.com>. Over 60 people

now receive their newsletters online. If you would like to subscribe in this way, please contact Jane Myles with your email details (*see email address on page 2 of this newsletter*). Remember to check out the website regularly for news and photos!

### Big Breakfast

Come along to the Big Breakfast in the Village Hall on June 14<sup>th</sup> from 9.30 to 11.30. This is an inspired



fund-raising idea (proceeds to the Village Hall) which comes from the Hall Committee – great idea for those on their way to the beach or coming out of church! And cheap at £4.00!

### Neighbourhood Watch

Although this is not an area of high crime, the village is short of a few more Neighbourhood Watch street coordinators. They are the eyes and ears of the police and also of the public in this community. They may be asked to action messages or warnings from the Community Police. Stan Burgess has been our main rep. in the village and will be more than willing to expand on what the role involves if you are interested. Application forms are available from Stan (520-164) and from the Village Store. The roads still needing volunteer coordinators are: Parkenhead Lane, Dobbin Lane,

Upper Dobbin Lane, Dobbin Road, Atlantic Terrace and West View.

### FUNDING APPEAL TO COVER TaWRA COSTS

The new TaWRA Committee for 2009/10 is planning to continue with the regular Newsletter and website, and to host public events. There are a number of associated administrative costs involved in enabling the month-to-month running of TaWRA, and money is required both for administration and costly insurance until March 2010, especially as we no longer have this paid by Padstow Town Council. If you love Trevone and Windmill and appreciate the work that TaWRA undertakes, we would be most grateful for your donations. No contribution is too small (or too big)! Help us to help to the village by sending a donation to Carole Webb, TaWRA Treasurer, Trevone Bay Lodge, Upper Dobbin Close, Trevone, Padstow, PL28 8QS.

### Trevone's hero on two wheels

On 24<sup>th</sup> June John Bullingham is beginning his epic 500-mile



cycle ride from Trevone to Birmingham and back again. He is hoping to complete the journey in four days and is aiming to raise a lot of money for Cancer Research by doing this. Friends and family are joining him for the occasional

mile. Please support him – and the charity – by pledging money either in the Village Store, the village hall, or the Well Parc and also online at [www.justgiving.com/johnbullingham](http://www.justgiving.com/johnbullingham) You can also contact John directly on 520-114. We

hope to hear more about the challenge in this newsletter when he returns safely. Good luck, John! For more about cycling in Trevone, see 'Simple Pleasures' on page 3 of this Newsletter.

## Brightening up the village

Christine Hartles would love some help tidying up the village hedgerows and planting a few bulbs here and there. If you would like to help make Trevone more beautiful and if you have a few hours to spare, please contact her on 521-580.

## Introducing 'Simple Pleasures'

We all love life in Trevone because it allows us to enjoy very simple pleasures. Even something as mundane as walking the dog can be breath-taking because we live in such a stunning loca-

<i>Surfing</i>	<i>Doing pilates</i>
<i>Walking</i>	<i>Being a dog walker</i>
<i>Sculpting</i>	<i>Playing bridge</i>
<i>Belonging to the youth club</i>	<i>Taking photos</i>
<i>Painting</i>	<i>Owning a vintage car</i>
<i>Playing bowls</i>	<i>Playing euchre</i>
<i>Being a young kid</i>	<i>Being a councillor</i>
<i>Being in the book club</i>	<i>Playing billiards</i>
<i>Cooking</i>	<i>Running a B&amp;B</i>
<i>Film night</i>	<i>Doing 'Coastwatch'</i>
<i>Swimming</i>	<i>Running the village shop</i>
<i>Bird watching</i>	<i>Throwing pots</i>
<i>Playing canasta</i>	<i>Running the village pub</i>
<i>Playing cricket</i>	<i>Keeping chickens and ducks</i>
<i>Gardening</i>	<i>Playing darts</i>
<i>Rowing</i>	<i>Belonging to the TaWRA committee</i>
<i>Charity fund-raising</i>	<i>Being a teenager</i>
<i>Going to church</i>	<i>Being a grandparent</i>
<i>Sailing</i>	<i>Cycling</i>
<i>Board paddling</i>	<i>Music making</i>
<i>Playing croquet</i>	<i>Coffee mornings</i>
<i>Belonging to the WI</i>	<i>Quilting</i>
<i>Doing embroidery</i>	<i>Life-guarding</i>
<i>Fishing</i>	<i>Being a 'First Responder'</i>
<i>Quiz nights</i>	<i>Kayaking</i>
<i>Line dancing</i>	
<i>Going for a drink</i>	
<i>Growing potatoes</i>	
<i>Going to the beach</i>	
<i>Parties</i>	
<i>Bringing up a baby</i>	

tion. Most dog owners, for example, have got fascinating (and sometimes hair-raising) anecdotes from their canine adventures on the coast path and surrounding fields. I am hoping to get as many people as possible to talk about what they enjoy here and share some of

## Bird watching and hedgerow walk

On **Tuesday 16<sup>th</sup> June at 9.30 am** Tricia Davies will be leading a walk starting at the car park next to Madrips Cafe. All welcome, especially if you know about birds and want to share your expertise – bring binoculars! Even if we only see one seagull, it will be fun tramping along in a gang and making new pals.

the reasons why indulging in these simple pleasures is special in Trevone. You will see from the list that some are very ordinary indeed – what's interesting is hearing people talk about them.

In subsequent issues of the Newsletter there will be a **Funny you should mention that...** section where you can respond and add your own contributions. If you have a few more suggestions for the list or if you would like to contribute either by chatting in person or on the phone or in writing, please contact me, Jane Myles on 520-615 or by email at [jane@myles5700.fsnet.co.uk](mailto:jane@myles5700.fsnet.co.uk)

## SIMPLE PLEASURES

### PART 1

### Bird watching

I adore bird watching and Trevone is a paradise for sea birds. There's a kittiwake colony on Marble Rocks, plus guillemots and razor-bills, not to mention herring gulls, and black backed gulls, and there are ravens and peregrine falcons nesting in the area too. Trevone is a stronghold for corn buntings. The corn bunting is known as 'the fat bird of the barley' but they are in severe decline in the UK. They're stout, dumpy birds with a thick bill a wheezy rattle of a call that dies at the end. You can spot them because they dangle their

legs when they fly. We've had a few rare birds here too, such as the gyre falcon which brought hundreds of bird watchers in Trevone a year or so ago. All birds breed for life – except for mal-



lards who are rather 'naughty'. Fatality is the only reason pairs are split up. The bigger the bird - for example, the swan - the more likely it is to live a long time and swans make very devoted couples. I would love to help people share my passion for birds and lead some 'bird watching and hedgerow' walks if anyone is interested [*The first bird walk is on June 16<sup>th</sup>, Meet at 9.30 in the car park. Bring binoculars and food. Tel: 520-195*] [*Tricia Davies*]

## Keeping chickens and ducks

I grew up on a pig farm and we had ducks, chickens, pheasants and a goose. When we came here I hankered after keeping chickens for seven years and then the patch in the field opposite the house turned out to be a perfect place once the builders had left, so instead of reinstating it as a field I began to indulge my passion. My three Warrens are rescue birds but I bought the others. Rhode Island Reds are good for meat and Warrens and Lowmans are good for eggs. I will be taking delivery of some turkeys this July which I hope to fatten up for Christmas. The chickens lay about 6-7 eggs a day but should be laying more. The ducks lay one a day each but only for a short period. I sell the eggs from home. The chickens are fed on poultry corn every day and I give them water and turn the straw. However, most of the time I just love watching them. It's magic how stress relieving just standing here, looking over the fence and

listening to the waves in the distance crashing on the beach can be. Of course there can be hazards such as when one evening I was an hour late putting them away for the night. I glimpsed a shadow rush behind the coop and went back to the house for a torch. I then found Peking (one of the most beautiful ducks) had been savagely attacked, and also three of my Khaki Campbells were lying motionless as well. Jemima survived the fox's attack, thank goodness! Eighteen months later, another of my Muscovy ducks got taken from her nest of 15 eggs by a mink. Most of the birds I keep are just for eggs – and for my own pleasure – but we did have an early hatch of one duckling which my daughter Tamar christened 'Yum-Yum' because we were planning to eat her. [Vegetarians look away now!] Maybe it would be a mistake to christen the turkeys... but 'Cranberry' would be quite a good name! [*Jo Olivey*]

## Cycling

Cycling is a fairly new passion of mine. I started about five years ago when I was recovering from having a golf ball hit me in the leg. A friend suggested cycling along the Camel Trail. I adored it and started cycling regularly. It's 40 miles along the Camel Trail if, like me, you do the whole Trail from Trevone to Wenford Bridge and back to Trevone again. My other favourite route takes me up past Trevoze Golf Club to St Eval and back down to Padstow where I usually pick up a pasty. I then cycle back to Trevone via Crugmeer. I did a cycling holiday in Cuba last year but that was quite gentle – only about 20 miles a day. Cuba is a complete time warp place, and difficult in some ways – you couldn't leave anything on the beach and go swimming, for example, otherwise you would come out and find nothing there. The cycling possibilities around Trevone are a bit limited because of the hills and the traffic, especially the buses. Porthmissen hill is beyond me. I've been lucky so far but I've come off the bike once or twice but that was purely my own fault. What I do is nothing compared with John Bullingham's marathon ride. [*Tricia Davies*]

Thinking about my charity cycling journey from Trevone to Birmingham means the A38 and for me this evokes lots of memories of childhood before the motorways were built. I took up cycling because I got fed up with waiting for people to be free to do other sports with me. Cycling is for independent people. The only problem is the weather; wind is a killer. I average about 100

miles a week on my bike. Cornwall is not really conducive to cycling; in fact without the Camel Trail, cycling around here would be hopeless. When I first came to Cornwall to live I cycled all the way from Birmingham with all my stuff in panniers – it was like

pulling a caravan it was all so heavy! Like Trisha, I regard Porthmissen as a monster. I remember one time when the children were small and I had Faye on the back of the bike and Grace on the front and I got to the top of Porthmissen and Grace's little voice said, "Dad, why have you just started breathing?"

*[John Bullingham]*

## Growing potatoes

"The vegetables you buy in the shops and supermarkets these days don't taste like they used to". How often you hear this said! But is it true - or just an example of nostalgia prompted by a jaded palate? I for one think it is true, and have started an experiment to see if I can recover the flavour of the Jersey Royal new potato as I remember it. I was born and raised in Jersey, and so the special flavour of its new potatoes is something I grew up with, perhaps underrating it just because it was so familiar. But the modern (and expensive!) Jersey Royal lacks flavour, and there are very obvious differences between the modern agricultural practice in Jersey and what I saw 50 years ago. Now, all early crop

potatoes are forced under acres of plastic sheeting, and I see no sign of the use of seaweed as a compost, which was common practice back then.

All around the island were ricks of drying seaweed, like the old-style hayricks, the shape of a traditional beehive and about 12 feet high. The *vraic* (pronounced "wrack", and with a common derivation) was gathered and either spread di-

rectly onto the land in the autumn at about 40 tons per acre (20 lbs per square yard), or stacked in ricks and left to dry and rot down before later spreading it at about one-third of that rate.

The preferred seaweed for this is a variety

that grows on the rocks at the low-tide region, called *fucus serratus*, commonly known as black wrack or serrated wrack. It is common all around the south-west coast, and there is an abundant supply on Rocky Bay at low tide. I have carried up about 200 lbs of it to supply a small raised bed in which I have planted International Kidney seed potatoes (that's what Jersey Royals are). Alongside I have another bed, identical but with no seaweed. I can see why they've stopped gathering the *vraic* in Jersey – it is very hard work!

Soon I shall have a tasting with the two crops to see if I can tell the difference. Ron Olivey tells me that he remembers when he was a boy the wrack being gathered and used in the same way here in Trevone. The literature on this use of seaweed suggests that potatoes grown in this way are more resistant to scab disease and a virus responsible for leaf curl. It is also claimed that the use of black wrack as a fertiliser introduces components that make the Jersey cattle small-boned, and more resistant to a number of bovine diseases.

*[Richard Griffiths]*



Spike enjoys the new bench