

ST. TEATH TIMEPIECE

DECEMBER 2019

EDITORIAL

ISSUE 311

Traditionally this is where I wish you all a merry Christmas - more of that later, but first I am asking for your help.

As you draw the curtains, turn up the heat and watch 'Strictly' on Saturday, Dec 7th, three intrepid ladies will be spending the night 'sleeping rough'. Why? Kerri, Justine and Vicki are sleeping out to gain some insight into the plight of the homeless.

While we are enjoying the festive season, people will be sleeping in doorways with nowhere to go, braving the weather conditions, with little prospect of a better future. For them it will not be a happy new year. What better time than Christmas to offer them some comforts to show that we do care? You can find out how you can help on Page 3. There are details of things you can donate. It isn't all about money, although donations will, of course, be very welcome. Please look at the items needed for the care packages, all essentials needed by the homeless. Take your gifts to Churchtown Cafe and Kerri, Justine and Vicki will make sure these reach the people who need them so desperately.

You know the saying: 'There's no such thing as a free lunch'? Well, there is! You can enjoy a free traditional Christmas lunch in the church hall on Sunday, December 15th. Your donations will go to the homeless appeal. Again see Page 4 for details.

Back to the Christmas message. Very special Christmas wishes and thank you - to Barry and his staff in the White Hart and to our rector, Angela and readers, Claire and Sue. They will all be working over the holiday, although providing very different Christmas cheer! A very happy Christmas to our own overworked Kevin and to Lynne and the girls in the Post Office Stores and of course to Kerri and the cafe girls. They all manage to look pleased to see us, however tired they may be - so a big thank-you to you all.

Finally a Merry Christmas and very Happy New Year from me and the TIMEPIECE team, who put up with my ramblings and to you, our loyal readers. We wish you all a very happy and peaceful 2020.

*Can you recognise this well-known Mary and Joseph from Christmas 1963?
Answer on Page 24*



FROM OUR COUNTY COUNCILLOR

As I write this, I have just finished two public consultations on the proposal to create a new parish for Delabole, so that each village is represented by their own Parish Council. Unfortunately, the weather was unfavourable on both days which affected attendance.

However, it is not too late to submit your views to me, in time for our Full Council in December which will consider recommendations from across the County to take forward.

There are obvious benefits to having two parish councils, in that the money raised in each village through the Council Tax precept will be spent only in that village and decided on only by representatives of that village. Currently the Parish Council reflects the overall population of both villages with two thirds of the precept being raised in Delabole who are consequently represented by 8 of the 12 councillors.

From my conversation to date with residents from both villages the main counter argument seems to be a strong emotional attachment to a deep and long co-operation between the villages working together for the good of the whole parish. This I can fully understand, but I would highlight that both villages have changed and grown substantially over the last couple of decades and the current Parish Council are now representing almost as many residents as Camelford Town Council, who meet every fortnight and employ full time staff.

I should stress that your decision should not be based on any current issues you may or may not have with the Parish Council. This is about the future and whether two Parish Councils would be more efficient and effective and able to serve each village.

One of the main concerns I hear from both villages is around over-development. I believe one of the reasons that developers are currently attracted to our villages is that the Cornwall Council Home-choice database, (which identifies how many people with a strong connection to the parish are currently seeking affordable housing), is based on the whole parish. If Delabole were a separate parish this number could be broken down between the villages and would make larger developments less likely to attract planning permission.

Please contact me if you have a view either way on this issue or would like to discuss the matter in greater depth. You can register your opinion by phone, email, text, Facebook or by completing the form below and handing it in at the Shop in either village.

Name:

First line of address:

I support / do not support the proposal to create a new Parish for Delabole so that each village may have its own Parish Council.

Dominic Fairman – Cornwall Councillor

07939 122303 - dominic.fairman@cornwallcouncillors.org.uk

MERLIN MS THERAPY CENTRE

Christmas Cards are now available priced at £3.25p. for 10
Call Lorraine on 01208 850 650

Also on sale at St.Teath Church Christmas Fayre
and at the Carol Singalong in the Church .

HOMELESS AT CHRISTMAS

Homelessness is a growing problem, not just in the UK as a whole, but right here in our community. Three local ladies have become so concerned about the plight of these people that, in order to raise awareness, they have decided to spend a night sleeping rough themselves on Saturday 7th December. Kerri, Justine and Vicki Burden each have their own reasons for wanting to do this. Read on to see why:

Kerri:- Living in a small community like ours, where there are always family and friends to look out for you, it's easy to forget how hard life can be for some people. It was the film *A Street Cat Named Bob* that opened my eyes. I always buy the *Big Issue* when in town but I had never fully understood what it means to be homeless. I feel very lucky to have the things I have and if I can do one small thing that may help somebody, why wouldn't I?

Vicki:- It was while the kids and I were out exploring Newquay one quiet Saturday morning that we saw a chap in a sleeping bag in a shop doorway. The kids looked at me, didn't say a word and we kept on walking. It was when we were back in the car that the questions came: "What was he doing there? Why was he there? Where were his family? Wasn't he cold? Where does he eat" and many more questions I couldn't answer. The one question that stuck was, "Can we help him?" My first thought was, 'No, not on our own.' But then I thought that, with the help of the community and by getting together to raise awareness, maybe we could make a small difference in these people's lives.

Justine:- One of the main reasons I want to do this sleep is my realisation that circumstances beyond your control can render you homeless and you may not have the power or mental strength to do anything about it. When I was at college in Derby, I remember seeing a very well-dressed man living on the streets and not being able to understand why. Eventually I discovered that he had had a crisis after his wife died and he no longer wished to live at home. He had been a doctor but had given it all up because he had lost the woman he loved. There are countless reasons why people end up homeless and it isn't up to us to judge how or why, we just need to be kind and help if we can.

How you can help:

This is a list of essential items which are always needed by the homeless. You can donate any individual items that will help make up a care package; or you can donate a complete care package; or you can donate money online at <https://www.crowdfunder.co.uk/rough-sleep-challenge>. Or you can give any other items that you think may be helpful to a homeless person. Please drop any of this off at Churchtown Cafe.

Sleeping bags	Hats
Blankets	Scarves
Coats	Gloves
Shoes	Warm clothes

St Teath people have an enviable record for coming to the aid of people in need and for giving generously to all good causes. Let's share our good fortune and make Kerri, Justine and Vicki's brave challenge truly worthwhile.

None of these needs to be new, we just ask that it is clean and in good condition. Thank you very much everyone!

Continued on next page

A COMPLETE CARE PACKAGE CONSISTS OF:

Socks (warm & hardwearing)
 Thermos bottle for hot & cold drinks
 Snacks (cereal bars etc)
 Underwear
 Hygiene/sanitary items
 Warm hat & gloves
 Travel toothbrush & paste
 Deodorant Lip balm
 Wet wipes Tissues
 Travel First Aid kit
 Blister pads
 Comb/hairbrush
 Hand lotion
 Waterproof poncho
 Shaving kit
 Torch
 Towels (quick-drying travel)

Items to be inside suitable bag -
 backpack, canvas or nylon bag.

CHRISTMAS LUNCH

St Teath Church Hall

**SUN 15th DECEMBER
 12.30pm**

A free lunch!

Donations for the homeless.

BOOKING ESSENTIAL

**At the cafe
 or call 01208 850479**

A39 CAMELFORD BY-PASS

Cornwall Council are bidding for funding from the Dept of Transport to deliver the long awaited Camelford bypass. Earlier in the year the bypass was nominated for funding consideration from the Government's Major Road Network (MRN) investment plan. This provides the best opportunity in over a decade to deliver this vital link for North Cornwall. In July the Council submitted a plan to the Dept of Transport showing a likely scheme cost of £42.4m and Cornwall Council agreed to contribute circa £6.5m. The Council awaits a commitment from Government.

The bypass will 'unblock' the A39 and remove the congestion from Camelford, improve air quality and provide a catalyst for improving Camelford town centre and the local economy in the area. Cormac have developed a bypass solution, the preferred route alignment has been established and will be shown at public exhibitions at the end of November. To find out more about the scheme and to see the plans, please come to meet the design team on the dates and venues below:

Friday 29 November – 12 noon to 9pm, Main Hall, Camelford Hall, PL32 9QX

Saturday 30 November – 10am-2pm, Main Hall, Camelford Hall, PL32 9QX

Tuesday 3 December – 11am to 8pm, St John's Church, Delabole, PL33 9AA

Your support is vital in procuring funding. You will also have an opportunity to influence the design by providing comments that will be taken into account by the design team. To find out more please visit the scheme webpage at www.cornwall.gov.uk/a39camelford



CHRISTMAS MESSAGES

LYNNE and ALL THE STAFF at ST TEATH POST OFFICE STORES would like to wish everyone a Merry Christmas and a Happy New Year! Thank you for your extra support this year - it is much appreciated.

LORRAINE and DAVID thank everyone for their continued support of the Merlin Centre and wish you all a Joyful Christmas and a Happy, Healthy New Year.

JANE P, our Hon Editor, sends her best wishes for a peaceful, happy Christmas to all her family and friends.

Yuletide blessings and a very Happy Christmas and New Year to all our friends and neighbours in Rosewater and the village. Love from FRANKIE & ADRIAN.

PEARL & BONZO send their very Best Wishes for a Merry Christmas and a Happy and Healthy New Year to everyone in St Teath and around.

I would like to wish all my friends and neighbours, a very Merry Christmas, and a Happy New Year. I won't be sending Xmas cards again this year, because I will be sending donations to Battersea dogs home and the Donkey Sanctuary. Christmas wishes TRICIA.

The BANKS FAMILY in Dubai wish everyone in St Teath a very Happy Christmas and look forward to coming back to Cornwall - once the winter's over!

The St TEATH COMMUNITY SPEEDWATCH TEAM send their best wishes to one and all for a very Happy Christmas and a safe New Year.

DICK and HAZEL would like to wish all at Rosewater a very Happy Xmas and a Healthy New Year. We will not be giving cards this year xx

To all our friends and neighbours we send Season's Greetings and Happiness and Good Health in the coming year - from JANET & GORDON

GINA and CLIFF wish all their friends in the village and surrounding areas a Merry Christmas and A Happy and Healthy 2020.

Wishing everyone a very happy Christmas and a healthy and happy New Year, love and best wishes to you all. TRACY and CHRIS

ANNE & ZORAN wish all friends and neighbours in St Teath a joyful Christmas and a happy, healthy New Year.

The COMMUNITY CENTRE COMMITTEE would like to wish everyone a very Happy Christmas and a happy New Year. Thank you all for continuing to support the Centre.

JEANNETTE and TERRY of Rosewater Park will not be sending Christmas Cards this year, the money will be going to Charity, but would like to wish our neighbours and friends in the Village a Merry Christmas and a Happy New Year.

ST TEATH PARISH COUNCIL

Report of meeting held 5th November 2019

COUNCILLORS: Delabole – Cllrs. Gary Ellis, Gerald Heard, Pete Homans, Chris Keat, John Richards, Lance Rose, Andrew Stacey, Nev Turner. **St Teath** – Roger Lyle (Chairman), Tracey Kingdon (Vice Chairman), Darren French, Will Kitto. **Information and contact details** for the Parish Council can be found on the website www.stteathparishcouncil.gov.uk or ring me, Jenny Hoskin (Parish Clerk) on 01208 72789.

Delabole Park – Following an article in the Delabole Slate last month expressing concerns about the park, the council's response is that the trees in the park need to be managed and if they are deemed unsafe or deteriorating beyond recovery the Council will make a decision to have them maintained or removed. Regarding the old BMX track I can confirm this was not a purpose built tarmac structure but was the result of materials being deposited on the land when exaction work was being carried out to build the housing development off Penmead. This was an arrangement with a previous council and I do not know the details. However, I understand the site was not safe so it was either closed or remained unused and became a wildlife habitat area. We now have a new group of young parents keen to provide a facility for the older children, who are working hard to create a new concrete built skate park for their recreation and would welcome any support available

Delabole Millennium Clock – We are now awaiting the refurbishment of the clock and hope this will be completed by the end of the year. Since there are only two or three companies in the country that specialise in these clocks, it has taken some time for them to come, establish what needs to be done, provide a report and programme the work. Once the work is completed an annual servicing schedule will be carried out in conjunction with the engineers' visits to Cornwall.

Cornwall Council Governance Review – Some parishioners attended the recent consultation event organised by Cornwall Councillor Dominic Fairman . We now await the decision by the Cornwall Council Governance Review Panel as to their recommendations for the future of St Teath along with other parishes in the county. These recommendations will be published and if the option of dividing the parish in two is chosen, a public referendum or consultation event will be held. If you have any queries at this stage please do not hesitate to get in touch. Further information on the Governance Review can be seen on the Cornwall Council website: <https://www.cornwall.gov.uk/council-and-democracy/elections/community-governance-reviews/information-about-stage-2-of-the-community-governance-review>

Christmas Lights - By the time this report is printed our Christmas lights will be on display in both villages. Well done to our dedicated teams of volunteers who work so hard to make this happen and bring so much joy not only to our parishioners but everyone who passes by. There are months of planning that go into something like this and we are privileged to have these people within our communities who make this happen; and the same goes for the carnival and other events throughout the year. This just leaves me on behalf the Parish Council, to send all our parishioners Seasons Greetings for a very Happy Christmas and Best Wishes for 2020.

NEXT MEETING: 7.00pm Tuesday 3rd December in St Teath Community Centre

ST TEATH SCHOOL REPORT

Another busy month at school! We have enjoyed a half-term break, when the weather was fortunately rather lovely. A distant memory now! Back in school, Sycamore class had a super day with Reg Payne, creating Christmas decorations to adorn our Eden Project Christmas tree. The decorations were inspired by the memories of some of the villagers, with a clockwork theme coming to the fore. The school is incredibly lucky to be selected to decorate one of Eden's trees, as many schools across the county apply to participate! The children will then go to Eden to decorate their tree for the big lights switch-on celebration.

On a similar theme, all of the children in school created a pinecone decoration to decorate our own village tree. The resources for the decorations were kindly donated by the lights committee, and hopefully will survive the battering of some of our winter weather!

Willow class had a fabulous morning at Bodmin Fire station, as a part of their Great Fire of London topic. The children had a wild time, exploring the engines and squirting one another with the hose! Never a dull moment in Willow, they also visited Bodmin recycling centre. The children learnt what happens to all of the recycling once it is collected from our homes and how it is reused to make new products.

All of the children enjoyed a fabulous assembly by Camelford Band. Five of the band members entertained the children, then many of them participated in a whole-school practice session! Music to our ears!!! Thank you to all of the band members who gave up their time to entertain the children.

May I take this opportunity to say a huge THANK YOU to Emily Grey and her band of wonderful helpers for organising the Big Breakfast on Sunday 27th October. This fundraising event was well supported and raised a staggering £300, which will go towards the school's drive for quality reading materials. The school is aiming to develop its reading resources and has already purchased over £7000 worth of lovely new books. These were part funded by The Foyle Foundation, which gave the school a grant for £3000. With future fundraising events, we are hoping to buy even more books so that every band of reading book is improved.

With Christmas just around the corner, rehearsals for our two Christmas plays have begun in earnest. Silent Night and A King is Born will be performed during the second week of December, and promise to bring some well-needed sparkle to these somewhat dark days!

Paul Howard
Acting Head teacher

ST TEATH COMMUNITY BUS NEWS

A replacement for our current bus has now been ordered. The main features of the new bus are to our specification so for example it will be equipped with a low design step, some space at the rear for shopping and a number of driver aids. The current regulations mean that only drivers with D1 licences can drive our present bus so after careful thought we will be using a smaller 15-seater LITE Peugeot minibus. This ensures that the weight including passengers will be legal for drivers who hold a car licence. In addition, running costs will be much less.

Unfortunately, these new models have a twenty-week delivery period, but this does mean that we have time to sell the current bus privately which is showing a mileage of 57000. The price we have been advised on is £7500 or near offers. If anyone is interested or knows of anyone who may be interested then get in touch with Bob Fox. Obviously the purchase will not be complete until our new bus is in place. But if you are interested please don't wait until it's too late.

Of course, none of this could have happened without all the wonderful people who have donated time and/or money to raising funds. The latest of these is of course that wonderful lady Pearl Pluess who organised a huge Bingo session back in October. This raised the incredible sum of £1,032.50p. So thank you to all who came, all who donated prizes, everyone who helped, particularly Roger, Tracy and Lynn and Lorraine and Marion. But above all a huge **THANK YOU PEARL**



ST TEATH PRESCHOOL

The children, staff and committee would like to thank every member of the community that has in any way, helped to support our village pre-school, it has been an amazing year and the fundraising we have achieved due to your kindness and generosity is amazing. The children benefit so much from us being able to provide them with new and exciting resources so from us all. Thank-you.

The children have enjoyed a trip to the Eden project ice-skating, such a lovely trip that we have done for the last 2 years. The children get to enjoy some time on the ice and then discover and explore the Eden project which always have fun and interesting things to see. We were also due to attend a forest school session, but unfortunately due to the bad weather and flooding we have been unable to attempt the trip thus far but we are hopeful that we will be able to rebook, when the weather becomes a bit drier.

Our stay and play session has restarted and is being really well attended, Thank-you to everyone who attends making it a success. It runs every Wednesday 9:15-11am term time only.

If you would like your child to start at St Teath pre-school now is the time to give us a call to get the paperwork. We offer funding for 2, 3 and 4 year olds and we also offer the extended 30 hour funding.

Everyone at St Teath pre-school would like to wish you a very merry Christmas and a prosperous new year.

St Teath Art

The new art club meets every Thursday afternoon in the Community Centre at 2 p.m. It has proved to be a highly successful idea, with anything up to 12 members attending. Our skills range from beginners to highly competent artists with every method of art represented.

It is a self-help group in which everyone is prepared to either ask or give advice. As a result, our group of beginners has already produced some outstanding work, as have others in the group.

If you are interested, or have even just thought about getting into painting, we are having an open afternoon on Thursday 19th December in the Community Centre starting at 2 p.m. The idea is for people to come and chat, to see the kind of work done and perhaps have a quick introduction to painting. You never know, there might even be a few mince pies available!

ST TEATH CALENDAR 2020

It's unique! It's stunning! It's in the best possible taste - and in aid of the new Village Bus. The St Teath calendar with photos of members of various village groups and societies, all in their birthday suits, is on sale now in Churchtown cafe, the White Hart and the Post Office. Not to be missed!



November's meeting saw members busily painting ceramic decorations of all kinds, under the patient guidance of Heather Hunt. Heather had travelled from far-off Fowey in atrocious weather to persuade us that '*Getting Arty makes you Happy*'. Even the most reluctant members were tempted to have a go, as Heather convinced us that the least artistic among us would nevertheless be able to achieve a creditable result. And so it proved. Some, it has to be said, were more successful than others, but Heather gamely took them all back to her studio to be fired in her kiln and returned in due course to their proud creators.

With members restored by tea and delicious scones and eclairs, President Lynne then thanked the ladies of the *Knit and Natter Group* who had produced the beautiful wreath of knitted and crocheted poppies for Remembrance Sunday, and also the beautiful swathe of poppies around the pulpit in the church.. Jan Winter reported that in celebration of the WI's centenary 100 daffodil bulbs had been planted around each of the St Teath Jubilee Memorial stones at each end of the village. A Beach Clean had also taken place at Polzeath and was an event which would be repeated in the Spring.

Lynne announced that the next meeting would be the Christmas Party on 11th December which would include entertainment by Kevin Hargrave and a 'Secret Santa' where all members were asked to bring a wrapped present (with a maximum value of £5). Food - and drink - would be provided. The competition was for a handmade Christmas decoration.

Competition results:

Flower of the month: 1) Marion 2) Lorraine

Favourite mug: 1) Lorraine 2) Marion 3) Christine 4) Lyndsey

Goodbye from the Gardening Club



On 22nd October, we called a special meeting to decide the future of the club.

On the day TEN people turned up, including the Treasurer, myself and Gina. It is impractical to continue with this number, so the decision was taken to wind up the club after more than 30 years.

The constitution requires that if this happens, any funds remaining should be donated to charity. After some discussion among those present, we decided to donate the funds to five village organisations that can be used by anyone — namely, the Village Bus, the Village Lights, the TIMEPIECE, the Community Centre and the Church Hall.

These organisations will each receive about £250.

It is with great sadness that, as the last Chairman, I have to say this is THE END.

Cliff Swettenham

FIREWORKS!

We wish to pre-inform our friends and good neighbours in St Teath village that as part of a birthday celebration we will be holding a private firework display around **20:30 on Boxing Day evening.**

Thank you for your continued understanding.
(Name & address supplied.)

Mon 2 nd December	TRURO	9.30am	Fri 3 rd January	WADEBRIDGE	9.30am
Fri 6 th December	WADEBRIDGE	9.30am	Mon 6 th January	TRURO	9.30am
Mon 9 th December	TRURO	9.30am	Fri 10 th January	WADEBRIDGE	9.30am
Fri 13 th December	WADEBRIDGE	9.30am	Mon 13 th January	TRURO	9.30am
Mon 16 th December	TRURO	9.30am	Fri 17 th January	WADEBRIDGE	9.30am
Fri 20 th December	WADEBRIDGE	9.30am	Mon 20 th January	TRURO	9.30am
Mon 23 rd December	TRURO	9.30am	Friday 24 th January	WADEBRIDGE	9.30am
Fri 27 th December	NO SERVICE		Mon 27 th January	TRURO	9.30am
Mon 30 th December	TRURO	9.30am	Friday 31 st January	WADEBRIDGE	9.30a

COMMUNITY BUS TIMES AND NEWS

PLEASE NOTE – Pre-booking is advised on the December trips to Truro. Please contact Mandy Woods on 01208 851346 to book your seat.

Please continue to contact Di Cox to book the bus. You can reach her on 01208 850983.

We are pleased to announce a Special Trip to the Seal Sanctuary in Gweek on Tuesday 28th January 2020. The Bus will depart from the White Hart at 9.30 am and leave from the Seal Sanctuary at 2.30 pm. The cost of the trip will be £16 (this includes entry). To book your place on this trip call Mandy Woods on 01208 851346

Please remember that the bus cannot accommodate bulky items: this applies to all items carried by all passengers. It is essential, for safety's sake that the doors to the rear of the bus are kept clear at all times. We ask that you do not put our drivers in a difficult position by attempting to carry unsuitable items on the bus. Thank you for your understanding.

We respectfully ask **all** passengers to queue for our Community Bus at the bus stop outside the White Hart. Please do not wait next to the bus in the car park.

The bus is available for private hire by local organisations and private individuals but we respectfully remind anyone hiring the bus that they are responsible for settling the cost of any penalties incurred during their period of hire. Please note: to hire the bus the driver must have a D1 permission to drive on his/her licence. The bus is **not** available for hire to commercial organisations. For any bus enquiries other than bookings, please phone Mandy Woods on 01208 851346.

Any passengers on the regular Friday run wishing to visit Tesco, Aldi or Wadebridge Library, please let the driver know when you get on the bus in St Teath and he or she will ensure you are dropped off as close to them as possible.

Our status as a Registered Charity requires us to make our accounts available for inspection to the community we serve. If you would like to make arrangements to view the accounts please contact Mandy Woods on 01208 851346.



in-

St Teath Village Pantomime: The Sleeping Beauty

Tickets will be on sale from 1st February for the performances on Friday 21st February at 7.30 p.m. and Saturday 22nd at 2.30 p.m. and 7.30 p.m. These will be £6 for adults and £3 for children aged 10 or under.

As always, numbers are limited so make sure you book early.

Tickets can be obtained from Anne Perisic by ringing 01208 850522 or Lorraine Jasper on 01208 850650.

THANKS

A MESSAGE FROM LYNNE

It has been a year since we lost Steve so suddenly (November 26th) and I would like to thank family, friends, staff and the community for all the help and support they have given me this year. I couldn't have carried the shop on without this and I hope to continue to have it in the years to come. Thank you all so much.

Lynne, the whole village is so grateful to you and your staff for continuing to provide our community with such wonderful service throughout this unimaginably difficult time. St Teath still misses Steve terribly, but your strength and determination have won everyone's respect and admiration. Thank you! ED

WADEBRIDGE FOOD BANK

Thank you so much to everyone who gave so generously to the Harvest Festival collection for Wadebridge Food Bank. The food was delivered on the following day, and was very gratefully received. I should also like to thank all those who leave their gifts of food throughout the whole year - it is always delivered to the food bank as quickly as possible and means so much to those who need our help and support.

KAREN

THE VILLAGE LIGHTS COMMITTEE

would like to thank everyone who attended the annual fundraising quiz in the White Hart in October, monies raised go towards this year's display.

Sue & Graham Rush have been very busy painting beautiful pebbles that have been on sale in the cafe, all proceeds for the Christmas lights. Thank you very much to you both.

GET WELL WISHES

We send our best wishes for a speedy recovery to STELLA SIMPSON following her recent operation.

ST TEATH CHRISTMAS LIGHTS

We are holding the **best decorated house competition** again this year. To be judged between **18th - 21st Dec** with the winner being announced in Churchtown cafe on Sunday 22nd Dec. Get festooning everyone !

ST TEATH COMMUNITY CENTRE

We will be holding a **FUN FRIDAY EVENING** on **Friday 31st January 2020**. Please look out for the Posters with further details

A Methodist Minister's View

Christmas and the preparation for celebrating it is a landmark time in our calendar year as we share in the round of pre-Christmas events such as carol services, organisational celebrations and our personal preparations. However, Christmas 2019 will be unique to our experience in that, in the midst of our 'pre-Christmas' round, we will be sharing in a general election and all that goes with it.

I am writing this article in early November, but already the electioneering is under way, and some would say it has been since our new Prime Minister took up his post. The political parties are drawing up their manifestos, making known to us their intentions (I hesitate to use the word 'promises') and making their comments about their opponents. Some of these comments we would take issue with if they were made in our school or workplace. It seems to me that the denigrating of opponents in election campaigns is much worse than it used to be, or have I got rose-coloured spectacles?

As I was thinking along these lines, the words of one of our shortest Christmas carols came to mind:

Love came down at Christmas,
Love all lovely, Love divine;
Love was born at Christmas,
Star and angels gave the sign.

These words were penned originally as a poem by Christina Rossetti, which was published in a collection of her poems in 1885. It was first used as a hymn in 1907. One of her other poems written in the 1870s, which became a hymn in 1906, is perhaps better known: *In the Bleak Midwinter*. Christina Rossetti was the daughter of an Italian refugee who became a professor of Italian at a London university in the mid-1800s.

The times may seem bleak to us, but we need to allow ourselves to be encouraged with the Christmas message of love. The Angel announced to the shepherds on a Bethlehem hillside at that first Christmas that this message was 'good news of great joy for all people' and was joined by other angels saying that it was a message 'of peace'.

Amongst all that you experience this Christmastide, we hope that you will discover afresh that 'love, joy and peace' promised for all of us.

Have a joyous Christmas and New Year,

Bryan and Sue Ede

P.S. Why not join us in celebrating the Christmas message in a Carol Concert with the Tintagel Orpheus Male Voice Choir at Delabole Methodist Church on Sunday 15th December at 7.30 p.m. A collection will be taken for the Children's Hospice South West.

St Michael's Church Wadebridge
Mass; Sunday 8.30 am & Friday 9.30 am

St Paul The Apostle RC Church Tintagel
Sunday Mass at Tintagel will be 5.30p.m.

What sits at the bottom of the sea and twitches?
- A nervous wreck

What does Charles Dickens keep in his spice rack? - The best of thymes, the worst of thymes

A turtle is crossing the road when he's mugged by two snails. When the police show up, they ask him what happened. The shaken turtle replies, "I don't know. It all happened so fast."

PAUSE FOR THOUGHT

13



Why being kind could help you live longer - so read the title of an intriguing feature I spotted on the BBC news website this week. Scientists in America are studying the biology, the psychology and the effects on health of positive social interactions.

They define kindness as *'the thoughts, feelings and beliefs associated with actions intending to benefit others, where benefiting others is an end in itself, not a means to an end'*. Unkindness, on the other hand, is *'intolerant beliefs and the lack of valuation of others' welfare'*.

Living with people who treat you, at best, with disregard or a lack of concern, and, at worst, with open hostility, is bad for you. It shortens your life, quite literally," they say. "Conversely, both receiving kindness from others and providing kindness, are the antithesis of this toxic stress situation. And they're good for you. Engaging in kindness, contemplating how you can be kind to others, lowers blood pressure. It has therapeutic benefits. There are distinct benefits for treating depression and anxiety.' And furthermore, it's catching, the more we see and receive kindness, the more we are likely to act kindly too.

Well, how about that! Jesus was right all along when he said, *"Do to others as you would like them to do to you."* And the Apostle Paul, who encourages us to *"Clothe yourselves with compassion, kindness, humility, meekness, and patience"*

The article includes some suggestions: start truly listening to others; answer rudeness with kindness; include someone who is on the sidelines and so on.

This Christmas & New Year, let's practise kindness to all we come into contact with. I've written before about 'playing at angels' or doing Random Acts of Kindness - secret little gifts or kindness to those who are not expecting it - what better time to try this out?

And I pray you and your loved ones will share a lovely Christmas and all the very best to you and our community in 2020!

Rector, Angela

CHURCH SERVICES FOR DECEMBER AND JANUARY

SUNDAY 1 st	DECEMBER	11 am CHORAL COMMUNION 5 pm CHRISTINGLE SERVICE
SUNDAY 8 th	DECEMBER	11 am MORNING PRAYER
SUNDAY 15 th	DECEMBER	11 am CHORAL COMMUNION 4 pm NINE LESSONS & CAROLS
SUNDAY 22 nd	DECEMBER	11 am MORNING PRAYER
TUESDAY 24 th	DECEMBER	5pm CRIB SERVICE MIDNIGHT MASS
SUNDAY 29 th	DECEMBER	11 am BENEFICE COMMUNION
SUNDAY 5 th	JANUARY	11 am CHORAL COMMUNION
SUNDAY 12 th	JANUARY	11 am MORNING PRAYER
SUNDAY 19 th	JANUARY	11am SERVICE OF CHRISTIAN UNITY
SUNDAY 26 th	JANUARY	11 am MORNING PRAYER

ST TEATH CHURCH HALL

Rupert Down (Chairman)	01208 852039
Lon Evans (Treasurer)	01840 212400
Eileen Treby	01208 369684
Jean Nicholls	01208 850594
David Jasper	01208 850650
Anne Blewett	07778 422717

**For church hall bookings please contact
Lon Evans on 01840 212400.**

[In the event of Lon being unavailable, please contact Rupert Down on 01208 852039]

Camel-Allen Cluster of Churches

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PRAYER and QUIET REFLECTION
Where? St. Teath Church
When? Wednesdays at 10.00 am
ALL ARE WELCOME**

EVENTS AT ST ENDELLION

Sunday 1 December, 3pm

The Portorius String quartet

The Quartet formed at the Guildhall School of Music and Drama in 2017. They will perform string quartets by Haydn, Mozart and Beethoven. £8.00 to include tea and cake

Saturday 4 January, 7.30pm.

The Chris Treglown Foundation presents:- Sure on this Shining Night

An evening of beautiful music to welcome in the New Year, performed by winners of the Chris Treglown Fund. Tickets £10.

Sunday 19 January, 3pm.

Wells Cathedral School Showcase concert

Three outstanding young music students from the school showcase their talents in this Sunday afternoon concert that has become a regular feature of the Endelienta calendar. Tickets £8 to include tea and cake.

Friday 24 January, 7.30pm.

Ninebarrow

The multi award-winning folk duo's captivating take on the folk tradition combines breathtaking vocal harmonies and melodies in songs and stories inspired by the landscape and traditions of the British isles. Tickets £10. Tickets from www.endelienta.org.uk or 07787 944935. Accompanied under 16s free to most events.

TINTAGEL ORPHEUS MALE VOICE CHOIR

Our busy year ends with three Christmas Concerts.

Sunday, 1st December, 7.30pm, Tintagel Methodist Church.

Sunday, 15th December, 7.30pm, Delabole Methodist Church

Saturday, 21st December we are at Camelot Castle Hotel for the annual Christmas Concert. Ticket only admission. Tickets sold out.

The new year is a good time to join as the choir will be learning new material for the coming season. No auditions, you don't have to read music, we have a great conductor who helps us to learn each piece. There will be a friendly, welcoming atmosphere any Tuesday evening at 7pm in the school room of Tintagel Methodist Church. We need more voices, it would be such a shame if our local male voice choir were to disappear for lack of members!

May we wish all our friends and loyal supporters a very Happy Christmas and New Year. Thank you for all the support you have given to your local male voice choir in 2019. We look forward to seeing you all again in 2020

Further information can be had by ringing our Chairman, Bob Metters, on 01840 213736 or our Secretary, John Sadler, on 01840 212583.

Camelford Spiritualist Church

Did you know there is a Spiritualist Church in Camelford? We are located in Camelford Hall, Clease Meadows and hold services every Sunday at 6.30 pm. We have a visiting medium every week and our services are light and friendly, afterwards we have tea/coffee and a chat if you wish to stay. Everyone is welcome.

Look for us on Facebook for upcoming events and visiting Mediums.

For further information please visit

St Teath Community Centre Association

Chairman
Secretary
Treasurer

Kevin Hargrave
Lynne Beavis
Sue Hargrave

**For Bookings please contact
Sue on 01208 850002**

Across

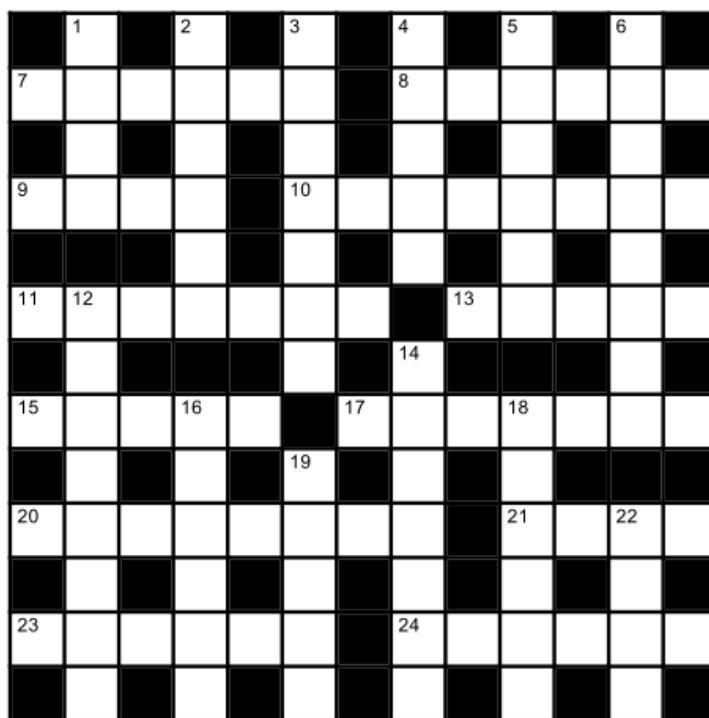
- 7 Potassium with urgent start to stay in country (6)
- 8 Functional America rebuilds collapsed flue (6)
- 9 Say 'Hello' after hiding bread (4)
- 10 Means of escape provided by lithium cat (8)
- 11 Live longer than description of tenth wicket (7)
- 13 Big band music used by skilled bowlers (5)
- 15 Severe funding reduction in hospital department (5)
- 17 His mops tidied false argument (7)
- 20 Scottish celebration sees pig and man say yes (8)
- 21 Openers can always prove skills gained representing one's country (4)
- 23 Lay aside within catfish. elvers and hake (6)
- 24 I tuned disorderly football team (6)

Down

- 1 Starters eaten using really old currency (4)

- 2 Angry reprimand when crying with lopped treetop (6)
- 3 Fashion designer covered in modesty - listed in directory (7)
- 4 Polishes very loudly in bus (5)
- 5 Shout like Big Ben with a cry of pain (6)
- 6 Sequin in concoction of tropical medicines (8)
- 12 Hot, bothered, intervening in uncle strip (8)
- 14 Punch dog with pitcher for traditional vessel (4,3)
- 16 I let my confusion be punctual (6)
- 18 Frantic

- organisation of French and chic (6)
- 19 The beginning of exotic tones (5)
- 22 Mope around words of Auden (4)



Ladies, fancy a fun afternoon of
BELLY DANCING

On

Saturday 8th February 2020 @ 2pm - 4pm in the Church Hall, St Teath.

Cost will be £10 pp for the 2 hours.

The amount raised will be shared between the Pre-school and the Community Centre minus the cost of the hall of course.

contact no: Frankie 01208 851933
or email jumpinghare7@gmail.com.

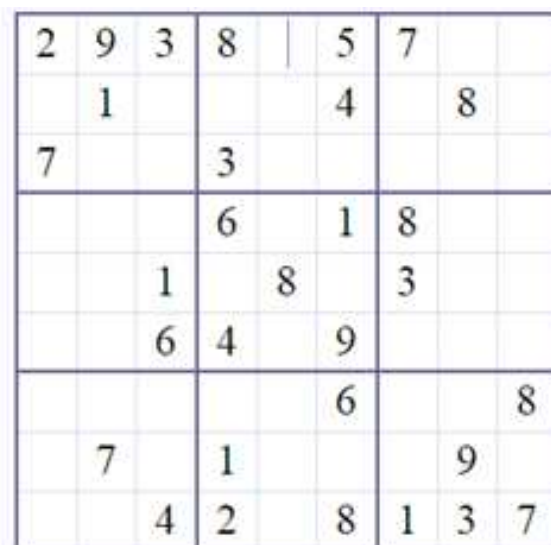
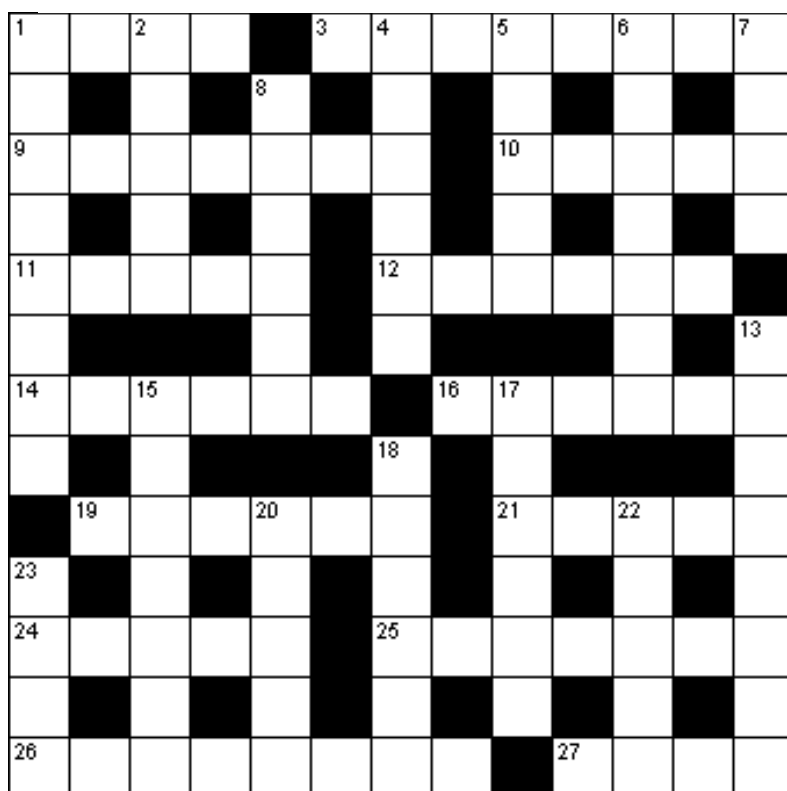
Full Poster coming in February Issue

Across

- 1 Stinging insect (4)
- 3 Appraised (8)
- 9 Fishing vessel (7)
- 10 Stately, splendid (5)
- 11 Additional (5)
- 12 Leisurely walk (6)
- 14 Dam-building animal (6)
- 16 Farm livestock (6)
- 19 Send into exile (6)
- 21 Voracious fish (5)
- 24 Jousting weapon (5)
- 25 Spanish wine cocktail (7)
- 26 Height, elevation (8)
- 27 A smaller amount (4)

Down

- 1 Yorkshire racecourse (8)
- 2 Scarcely sufficient (5)
- 4 Accentuate (6)
- 5 "Enigma Variations" composer (5)
- 6 Brilliant red (7)
- 7 Extinct bird (4)
- 8 Gratify (6)
- 13 Monday to Friday (8)
- 15 Opposed (7)
- 17 Missing (6)
- 18 Pursued (6)
- 20 That is (Latin) (2,3)
- 22 Assent (5)
- 23 Parasitic insect (4)



Don't forget you can find back issues of
TIMEPIECE on the Village Website.
www.stteath.co.uk

You can also advertise your event there too.

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Christmas and the New Year
until Friday 3rd January apart from Christmas Day,
Boxing Day and New Year's Day

We will then be closed until Friday 14th February
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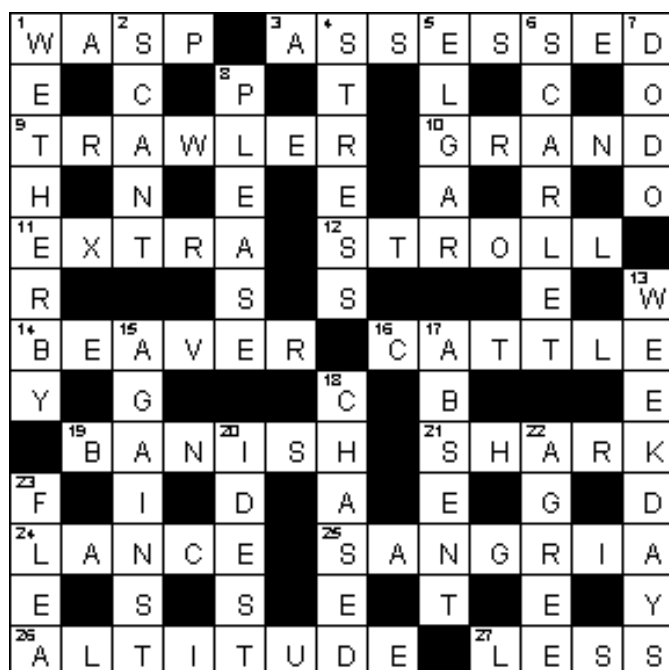
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Christmas Fayre

Saturday 7th December
The Church Hall.
10 - 12 noon

Mince Pies, Cake, biscuits,
tea and coffee
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Something for
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Burns Night
Sat 25th January
7pm St Teath
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**NINE
LESSONS
AND
CAROLS**

**ON SUNDAY
15th December**

**AT THE
CHURCH
At 4pm**

All welcome





DECEMBER BIRTHDAYS



2nd - Birthday Greetings to SYLVIA with lots of love from family and friends in the village.

7th - Wishing EILEEN a very Happy Birthday from all her friends in St Teath and beyond.

8th - A very Happy Birthday to St Teath's Brilliant Butcher, KEVIN from all his grateful customers and friends .

9th - Best Wishes for a wonderful Birthday to CHRIS with lots of love from all her friends and neighbours.

11th - Wishing KAREN Many Happy Returns of the day and thanking you for all your kindness, from all your friends in St Teath.

23rd - Happy Birthday to GILL RENDLE with love from the Ladies who Lunch and all your friends in the village.

31st - Wishing BARBARA a very Happy Birthday with love from all your friends in the WI and the village.

JANUARY BIRTHDAYS

6th - Happy Birthday, JEAN NICHOLLS! Love and best wishes from family and friends.

9th - All good wishes to HEATHER for a Happy Birthday and a healthy year to follow, from all your old friends in St Teath.

Crossword and Sudoku Solutions.

ACROSS	DOWN
7. Kuwait	1. euro
8. useful	2. earful
9. loaf	3. stylist
10. lifeline	4. Buffs
11. outlast	5. Bellow
13. swing	6. quinine
15. acute	12. unclad
17. sophism	14. Toby jug
20. Hogmanay	16. timely
21. caps	18. hectic
23. shelve	22. poem
24. united	

2	9	3	8	6	5	7	1	4
6	1	5	9	7	4	2	8	3
7	4	8	3	1	2	9	5	6
9	5	7	6	3	1	8	4	2
4	2	1	5	8	7	3	6	9
3	8	6	4	2	9	5	7	1
1	3	9	7	5	6	4	2	8
8	7	2	1	4	3	6	9	5
5	6	4	2	9	8	1	3	7

Did you recognise Joseph and Mary in the photograph on the front page?
It was of course Mr & Mrs. St Teath - David and Lorraine Jasper!!

St. Teath Christmas Services



Sunday 1st December

5 pm Christingle Service

Saturday 7th December

10am Christmas Fayre

Friday 13th December

7 pm Carol Singing in Church

Sunday 15th December

4 pm Nine Lessons & Carols

Tuesday 24th December

5 pm Crib Service

Midnight Mass

POLLY'S VILLAGE DIARY

EVERY MONDAY	YIN YOGA & RELAXATION	10.30—Noon	Community Centre
EVERY MONDAY	DJEMBE DRUMMERS	7pm - 9pm	Community Centre
EVERY MONDAY	SEQUENCE DANCING	7.30pm	Church Hall
EVERY TUESDAY	COFFEE MORNING	10.30am - mid-day	Community Centre
EVERY TUESDAY	PILATES (Booking Essential)	9.30am - 10.30am	Church Hall
ALTERNATE TUESDAY	LINE DANCING ALL DANCERS	7.30pm - 9.30pm	Church Hall
EVERY WEDNESDAY	PILATES (Booking Essential)	6.30pm - 8.45pm	Church Hall
EVERY THURSDAY	BADMINTON CLUB	8.30pm	Church Hall
EVERY THURSDAY	ART GROUP	2.00pm - 4.30pm	Community Centre
2nd WEDNESDAY	WOMEN'S INSTITUTE	7.30pm	Community Centre
4th WEDNESDAY	CRAFTIN' COMPANY	9.30am - 12 noon	Community Centre

EVENTS IN DECEMBER

TUES	3rd	11am - 8.00 pm	A39 Camelford Bypass Public Exhibition , St John's Church Delabole
TUES	3rd	7.00pm	Parish Council Meeting in the Community Centre
SAT	7th	10.00am - 12.00pm	Christmas Fayre in the Church Hall
TUES	10th	10.30am - Noon	Coffee, Sausage Rolls, Mince Pies and Annual Christmas Hamper Raffle in the Community Centre
SUN	15th	12.30pm	Christmas Lunch in aid of the Homeless Appeal in the Church Hall
WEDS	18th	Annual Best Decorated House Competition	
SAT	21st		
SUN	22nd		Winner of Best Decorated House Competition Announced in ChurchTown Cafe
			EVENTS IN JANUARY
SAT	25th	7.00pm	Burns Night Celebration in the Church Hall
TUES	28th	9.30am	Community Bus Trip to the Seal Sanctuary at Gweek
FRI	31st	7.30pm	FUN FRIDAY in the Community Centre

INFORMATION: This is an independent newsletter, compiled, published, printed and distributed free to households in the **WARD OF ST TEATH ONLY**, by the St Teath Timepiece Committee. The views published in the newsletter are not necessarily those of the Committee. The Committee reserve the right to alter/refuse any material submitted for publication.

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