

# *The Granite Towers*

*A Community Magazine for  
Lanlivery and Luxulyan*



*June & July 2025*

## EDITORIAL



### *Greetings to one and all*

Unfortunately, I was interned over the New Year but can report that the hospital performed admirably again across all areas. Although nil-by-mouth for the first few days, I was allowed to dine later in my stay and must say that the food was exceptionally good, with staff going the distance to

meet my needs! Well done Treliske!

Well, the swallows returned on cue. However, of late as I've been a bit crook (as they say down under), I have relied on my dog-walker for news of further nature developments; I am reliably informed that the cuckoo has returned to the Lowertown Moor/Bokiddick Downs area. Good to be reminded that nature can transcend Trump tariffs and the many wars in the world. Having said that, we seem to have lost some residents from this area in the last few years - Greenfinch, Goldcrest and Skylark to name a few. *[Letters to the Ed with any updates on this subject always welcome.]*

The other local event has been the sink hole which opened in the Creusa to Gunwen road. This was due to erosion from a stream running underneath and in order to be remedied, will clearly need a "proper" engineering job from the Council at some stage. However, some entertainment can be had watching the occasional "non-believer" motorist remove the "Road Closed" sign and attempt the journey but then hitting a barrier some 300 yards along this winding road. At least it tests their uphill reversing skills. 'Twill be interesting in the summer if the tourists try this.

*The views of the editor are always personal and not necessarily those of the Granite Towers and committee.*

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### ADVERTISING

**Please note our advertising costs and new contact details, as shown in the box on page 5**

#### LUXULYAN VILLAGE HALL BOOKING AGENT

Chris Thomas tel: 01726 850618  
email: printmasterchris@sky.com

#### BOOKING FOR LUXULYAN MEMORIAL INSTITUTE

To book the Institute, £10 per session:  
Contact Luxulyan Parish Council Clerk by telephone or email: Mrs Christine Wilson, 01208 831283, clerk@luxulyanpc.co.uk

As those with solar panels can testify, in contrast with the grey cloudy spring of 2024, the sun has definitely come out to play this year. Even those sans solar have a chance to participate in free midday energy if they are with certain suppliers, due to the machinations of the electricity forward market. Will this weather stay for the next season I wonder? It has been said that, spring being a tough act to follow, God created summer. More tangible perhaps is a quote from Horace Walpole who said, "The way to ensure summer in England is to have it framed and glazed in a comfortable room"!

What about the smells and sounds that may evoke memories of summer holidays past for us? For me, growing up in inland suburbia, walks along the local canal into the countryside, perfumed from the adjacent fields, but interspersed with the smell of stagnant water, and occasional whiffs of tobacco smoke, father being encouraged to smoke his pipe to drive off the insects. And the sounds? For some it may be the sound of willow on leather, but for me it has to be the jingle of the ice cream van.

Let me say personal thanks to those who helped to clear away tables after the quiz at the Village Hall in May; this was much appreciated.

Finally – a note to all parents reminding you to encourage your children to enter the Story-Writing competition – see page 3 – as the closing date has been extended to 1<sup>st</sup> September. Don't forget – there are two age-range groups.

*Arrivederci*

*Robin*

### LANLIVERY OVER 60s

The Over 60s meet for lunch at The Crown in Lanlivery every 2<sup>nd</sup> Thursday in the month. You are most welcome to join us. £1 will buy you a raffle ticket, you pay for your own food and drinks. There is a somewhat chaotic quiz, lots of laughter and good fun. For more information call Peggy on 07879 883 083.

June's lunch is on Thursday 12th.

July's lunch is on Thursday 10th.

*Peggy*

Please send copy for the next edition of "THE GRANITE TOWERS"

**AUGUST SEPTEMBER 2025 EDITION** to the editor,  
by **JULY 10 2025**.

**EMAIL ADDRESS for Granite Towers copy:**

**[granitetowersluxlan@gmail.com](mailto:granitetowersluxlan@gmail.com)** Photos for front or back page to Ellen McConnell **[ellen.mcconnell@hotmail.co.uk](mailto:ellen.mcconnell@hotmail.co.uk)**

**See page 10 for all deadline dates.**

## VIEW FROM THE SURGERY

This time I thought I would concentrate on a topic and have chosen one we have a lot of enquiries about and causes several long-term health problems and that is obesity and weight management.

We use a ratio of a person's height to weight called the Body Mass Index and it is calculated by dividing a person's weight by their height multiplied by itself, weight /height x height, and this results in a score often between 15 and 50 where 20-24.9 is healthy and over 30 is classed as clinically obese. It is not a perfect system but is repeatable and easy to advise on. The term clinically obese means a ratio and weight which may have a detrimental effect on your health in the long term. These effects can be wide ranging from increased osteoarthritis, heart disease and strokes and diabetes. Obesity is increasing with about 30% of adults over 25 being classed as clinically obese and this has increased from about 15% in the early 1990s.

The causes of obesity are not simple and can be several acting at the same time. It is not usually as simple as eating too much of the wrong type of food. There can be issues in your early years and genetic factor that can affect your weight, there can be medical conditions that can cause weight gain, and some medications can affect your weight. Your mental health can also play a role. So just telling someone to lose weight by just eating less doesn't normally work.

So how do we help people to lose weight.

Healthy eating does play a role with portion sizes of healthy food and the NHS Eatwell Guide talks about the portions of different food types and avoiding foods high in fats, salt and sugars. There are multiple different diets advising they can help with weight management, including the ones by the late Dr Michael Moseley that showed good results in reducing the risks of developing diabetes.

Weight Watcher and Slimming World have a role in encouraging people to lose weight and the group support helps. We have the team at Par Track that can help and support people to eat healthy and increase their exercise levels to help them lose weight. The NHS has a programme called the NHS Digital Weight Management Programme for people with high BMIs and diabetes or hypertension to help them manage their weight and improve their health.

Now we come to medication and other options. There have been several attempts to find medication that can help with weight loss, but few have hit the news and have had the popularity of the current options. However, on the NHS we can recommend Orlistat, which helps by reducing the absorption of the fats in your diet, this has strict weight loss targets attached to it. Then there is bariatric (weight loss) surgery for those people whose BMI is over 40. The surgery can be very successful but does need long term monitoring and is not an easy option. I do not recommend a flight to Turkey or wherever it is the cheapest to get the operation after a recommendation on Facebook or Instagram.

Finally, the injection therapies of Ozempic and Mounjaro, these are not currently available for solely weight management purposes on the NHS in Cornwall. The government have allowed the NHS several years to develop the services required for this. The medication is available for people with diabetes to help with the control of their blood sugars. They are available through private clinics and online pharmacies and recently the government put extra safety checks on the provision of the medication by private providers as there had been reports of people who were not overweight or over 18 being issued with the medication. The injections are powerful medication and there have been many reports of admission to hospital due to their side effects. Used correctly with support they can be very effective. The provision of this medication locally is being developed with clinic protocols being planned, and how and where the clinics will be held.

So, if you are worried about your weight then please consider your options, they don't all need you to go your doctor, but the doctors and nurses will advise and support you in your plans.

Take care of yourselves

*Andy Haywood*

\* \* \* \* \*

## STORY-WRITING COMPETITION

The Granite Towers committee is running a story-writing competition open to all children in Key Stage 2 (7–11-year-olds), who either attend Luxulyan, Lanlivery or Red Moor schools, or who are resident in the parishes.

### Entry Rules

Any subject

Handwritten, typed or email

Maximum 600 words

**REVISED CLOSING DATE: Monday 1 September 2025**

Each entry must include the following information:

Full name

Age as of 1 June 2025

Home Address

School of the participant

Permission to publish under your own name, or otherwise anonymously

Email entries should be sent to [stachoral@gmail.com](mailto:stachoral@gmail.com)

Non-email entries may be submitted via the schools or at Lanlivery Church and Luxulyan village shop. Please ensure that each such entry is in a sealed envelope, addressed to "Granite Towers story-writing competition"

The judges' decision will be final

Please ensure you keep a copy of any non-email submission as entries will not be returned.

A prize of a £20 gift voucher will be awarded to each of two age groups: 7-9 and 9-11 years old.

The winning entries will be published in subsequent editions of Granite Towers. The committee reserves the right to publish any of the entries at a later date.

# Luxulyan Feast Week 13th - 19th July 2025

## Sunday 13th July

### **Feast Week Fury at Thunder Park Airsoft 1pm-5pm**

£10 Per Player, Players 12+ Under 18's Need signed parental permission.

Due to limited space please pre-register with Barbara at Thunder Park

**CONTACT [barbarafahey68@gmail.com](mailto:barbarafahey68@gmail.com)**

### **Pig Racing at The Village Pub 8pm-Late**

Fast-paced spectacle where adorable motorized piglets zoom down a track, place bets on your favorite & bag a prize on the winner.

## Monday 14th July

### **Beetle Drive at The Village Hall 6pm-7.30pm**

A beetle drive is a high-energy, laugh-filled race against the dice, where players frantically battle to be the first to build their bug, one wild roll at a time!

£1 Per Player

Refreshments will be available at all of the events, please bring cash, CASH IS KING !

### **Richard's Famous PUB QUIZ at The Village Pub 8pm-Late**

Teams of 5 £10 Per Team

Please pre-register with The Village Pub as there are limited spaces available.

## Tuesday 15th July

### **Inflatable Fun at The Village Hall & Field 6pm-9pm**

Assault course and other outdoor fun bring an action-packed adventure of bouncing, sliding, and scrambling through epic challenges that spark nonstop laughter and friendly competition in the fresh air.

£1 Entry Per Person

## Wednesday 16th July

### **Choir & Cream Teas at Luxulyan Church 2pm-3pm**

Enjoy a delightful afternoon of heavenly harmonies and delicious cream teas in a charming countryside setting.

### **Netball at Luxulyan School 6pm-7.30pm**

Step onto the court for competitive games of netball as local teams challenge the reigning champions — the formidable "Luxulyan School Team"

£10 Per Team (Unisex)

Please pre-register as there are limited team spaces available.

## Thursday 17th July

### **Line Dancing at The Village Hall 6pm-8.30pm**

Kick up your heels and join the fun of line dancing — an easy-to-learn, high-energy group activity full of music, rhythm, and community spirit.

£5 Entry Per Person

### **Raffle Draw at The Village Pub 8.30pm (Ish)**

## Friday 18th July

### **Brian's BINGO at The Village Hall 6pm-7.30pm**

### **Skittles at The Village Pub 8pm-Late**

Team of 4 £10 Per Team.

## Saturday 19th July

### **Fete & Dog Show at Luxulyan School 10am-12pm**

### **Luxulyan Carnival 4pm Onwards**

Parade through The Village followed by prize giving for best floats & costumes at The Village playing field.

### **The Great Ball Race - Directly after Carnival awards**

Downhill plastic ball race released at Beswetherick (Bottom of St Cyriac)

### **Feast week concludes with food & entertainment at The Village Pub**

## COMMUNITY USE OF LANLIVERY CHURCH

### **Meeting Room**

Thomas Bullock Trust, Feast and Rally Committees - no charge

Other organisations £20.00 per session (times as below for whole church)

Heating £15 per session if used. All bookings, including those above for which there is no charge, are to pay and must give advanced notice to enable the heating to be programmed.

### **Whole Church**

The day divided into 3 sessions, £50.00 per session and includes use of the kitchen if required. Heating £25.00 if used.

The session before the booking available at no charge to enable set up.

1. Morning to 13.00
2. Afternoon 13.00 - 18.00
3. Evening 1800 – 2300

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## MEMORIAL INSTITUTE PLANT SWAP AND COFFEE MORNINGS

Plant Swap season has started again now on the first Saturday of the month. Come and enjoy a cup of tea or coffee and bacon butty, cake and some company and possibly find a plant you would like, either as a swap for yours, or to purchase for a modest amount. The Institute will be open from 10am on Saturdays 7<sup>th</sup> June & 5<sup>th</sup> July.

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## GARDEN OPEN DAY

Thursday 17<sup>th</sup> July 2025 10am - 3pm  
Come and look around my garden! At Trebant Cottage, Lanlivery PL30 5BT Coffee Morning/Afternoon Tea And a selection of cakes

\*\*\*\*\*

**“If I had my way,  
I'd remove January  
from the calendar  
altogether and  
have an extra  
July instead.”**

ROALD DAHL

## OLE GRAMPA - JORDAN GILBERT

You never just planted you mastered the land,  
Measured each furrow with a weathered hand.  
You can read the winds and knew the whispers of soil,

The rain spoke in patterns, the sun set the stage,  
Not one drop was wasted, not one root misplaced,  
Every harvest a lesson in patience and grace.

Precision to you, was no strange name,  
It wasn't a habit, it was the love for the game.  
Not content with good enough, only in pursuit of mastery, it's  
not about  
being fussy, it's about being the best it can possibly be.

I never asked the secrets you held,  
The ones in the earth, the stories you'd tell.  
And now, as I stand where your footsteps remain,  
I start my own journey, though never the same.

Like you, I will listen, I will measure and weigh,  
I will learn how the land has something to say  
And though I was late to your wisdom and trade,  
I'll carry your lessons in the choices I've made.

You planted with patience, with care, with control,  
And now, if you guide me, I'll take up the role.  
Through barrels and fields, through stills and through grain,  
our passions  
collide but the cocktail the same,  
I'll honour your craft in my own sacred way.

So promise me this, as I carry your brand,  
Stay close in the soil, keep hold of my hand.  
For the land still remembers, the roots still run deep, as I  
lovingly tend to your land, they trust and attach to me.

For it all began, when you were just a boy,  
With tiny mustard seeds and a simple joy.  
The first steps you took were measured and true,  
And now, Grampa, those seeds live on in what I do.

## ADVERTISING

Please contact Jim Cleare on 01726 850553

[jim.cleare@  
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*Ideally, 1/4 page submissions should fit into a  
four to the page format  
13.5 cm height x 9.5 cm width.*

**Note we do not construct adverts;  
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form.**

**PLEASE NOTE OUR PRICES AS FOLLOWS  
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**Large adverts—1/4 of a page—£45**

**Small adverts—1/8 of a page—£25**

## LUXULYAN OVER FIFTIES

Luxulyan Over 50s is a club that meets on first and third Wednesdays every month for a modestly priced lunch and friendship at the King's Arms, Luxulyan at **12noon for 12.15. Please note later time.**

Members are phoned or e-mailed a few days in advance to select from a choice of two, their main and sweet courses so that delays are kept to a minimum. If you have any suggestions for something different on the menu, please let Tracy know, bearing in mind that our meals are produced to a budget.

Subs are £2 per year, and a raffle is held at each meeting which helps with the cost of the Christmas meal. New members are welcome, so please telephone Val on 01726 850045 for details.

## CHAIR YOGA IN LUXULYAN

Now available at Luxulyan Village Hall are sessions for Chair Yoga led by Tracy. Sessions are from 10 am to 11 am on Fridays, cost is £8 per session. No need to book, just come along and join in. Tracy is a great teacher and will be sympathetic to your aches and pains – to a certain extent anyway!

## LANLIVERY FEAST WEEK ROUND UP

Lanlivery Feast Week started with the Well Dressing, the Feast Sunday service followed by wine and refreshments in the Church. The weather during the whole week has been beautiful. Not a drop of rain in sight, and all activities and events have been well supported.

Rounders on Monday was won by "The Lanlivery Wallies" 15 rounders, captain Lewis  
Runners up were "The Lanlivery Slicks" with 5 rounders, captain Isaac Easton.

Football on Tuesday was won by "The Invincibles" 6, team captain Isaac Easton.

Runners up were "Lanlivery Non Losers". 3, team captain Lewis.  
The Duck Race Winners were:

1st Martin (Ringing).

=2nd Rosemary Truscott and Jack Gouch.

=3rd. Kaiden Duke and Winnie Robwell. 3rd. Blake Challis.

Games Night in the Crown Winners were Winners:

Why-Aye, and Polcan/Puddle

The Quiz in the Crown compiled by Christine Longdon.

1st Universally Challenged 97 (won by a tie break). 2nd. Six of the Best 97. 3rd. The Globe Trotters 94.

The Produce Show

Produce. 1st. Lorraine from Puddle. 2nd. Mary Pollard

Floral. 1st. Ross Morcom, 2nd. Cath Haley

Cookery. 1st. Rachel Morcom, 2nd. Lorraine from Puddle

Handicraft. 1st. Michelle Rault. 2nd. Lorraine from Puddle

Most Points in Show. Lorraine from Puddle.

"Scarecrows ". Won by Becky at Chark Farm.

This year there were many more events in the Playing Field after the flora dance during the Saturday afternoon with side shows and team games.

The winning team was Polcan/Puddle.

**Cath Haley**

**SALLY KINGTON**

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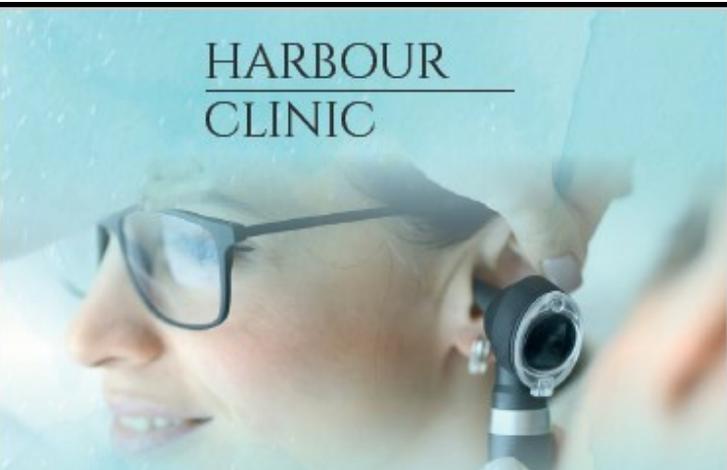
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## LUXULYAN 100 YEARS AGO

Transcribed from the original text in Western Morning News and Cornish Guardian

**WMN. 29 June 1925:** To let, two furnished bedrooms and sitting room, board optional – Nicholls, Hotel, Luxulyan.

**CG. 5 June 1925:** The Late Mrs R Higman. Great sympathy is felt in the neighbourhood with Mr Robt Higman of Horras, in the death of his wife after a very brief illness. Deceased was very much respected in the neighbourhood. She was very interested in the United Methodist Church at Tremodrett.

The funeral on Monday was largely attended by sympathetic friends and neighbours. The interment took place at Roche cemetery, the Rev J Tarplee officiating. -----

HIGMAN. May 29<sup>th</sup> at Horras, Luxulyan, Eva Ann, dearly loved wife of Robert Higman, aged 58 years "a bitter blow".

**CG. 12 June 1925:** Rosemelling Wesleyan Chapel. the anniversary was held on Sunday May 31<sup>st</sup> when appropriate sermons were preached to large congregations by Mr Lawson Cock from Ebenezer. Special singing was rendered by the choir, children and friends. On the following Thursday the children paraded the neighbourhood, headed by the Stenalees Silver Band. They returned to a field kindly lent by Mr WH Algar, where they partook of tea. A public tea was presided over by Mrs Joliffe and the Misses K Algar, E Phillips and Hodge, J Dyer and N Tregonning. -----

**CG. 19 June:** In connection with Bridges United Methodist Church, the Sunday School anniversary took place on Sunday. Services were conducted throughout the day by the Rev Job of St Austell. In the afternoon a service of song entitled 'Twinkling Stars' was rendered by the choir to a crowded congregation. The annual treat takes place on the 24<sup>th</sup> (Feast Wednesday).

**CG. 26 June:** Luxulyan Feast. Luxulyan Feast Week opened on Sunday when the Lord Bishop of Truro preached in the parish church at matins and the vicar, Rev CF Jones, at evensong. The choir with Mrs Wyman at the organ rendered with conspicuous ability special celebration music.

Lockingate Ebenezer UM Church celebrated their anniversary and were favoured with large congregations. After the church services an open air concert was given in the vicarage grounds on behalf of the Robartes Memorial Institute and was patronised by hundreds of people from the neighbouring district. A bright and excellently rendered programme of music was contributed by the Bugle Silver Band under the conductorship of Mr Adamson, the Roche Male Quartette and Mr Gilbert, baritone, Stenalees.

The vicar as chairman of the Institute committee expressed thanks to the assembly for their assistance to a cause which provides for the social care of the young men of the parish.

The Feast is being continued throughout the week and the annual Sunday School functions will be held.

**CG. 26 June 1925:** Miss ME Trudgeon of Cross Luxulyan left on Friday last on the Empress of France for Detroit, Michigan.

**CG. 10 July 1925:** The Late Mr S Rashleigh. The death took place on June 24<sup>th</sup> in a Winchester nursing home of Mr Spencer R Rashleigh, second son of the late Sir Colman Battie Rashleigh Bart of Prideaux at the age of 49. The funeral took place on Saturday week, the service held in St Johns Church Winchester where the vicar Rev PR Wickham officiated.

**CG. 17 July 1925:** The Bridges UMFC choir had their annual outing on Saturday last. Numbering about forty the party left at 7am and proceeded by car-a-banc to Torquay where a very pleasant time was spent.

**CG. 31 July 1925:** Leasehold Property for Sale, situate at Carne Cross Luxulyan. Messrs Button & Mutton are instructed to offer for sale at the Institute, Luxulyan on the 25<sup>th</sup> day of August at 4pm, the following very attractive Leasehold Property comprising:

Lot 1. All those two semi-detached cottages each containing four rooms with garden now in the occupation of Mrs Hambly & Mr Burley.

Lot 2. All that desirable cottage with a large and productive garden together with a meadow adjoining containing about 1 ½ acres, the whole now being in the occupation of Mr Richard Burt.

Lot 3. All those two cottages with gardens now in the occupation of Mr Trudgeon and Mr L Carthew.

Lot 4. All those two cottages with gardens now in the occupation of Mr Carter and Mr Trethewey.

Lot 5. All those productive fields being ordnance numbers 2053, 2054, 2082, 2083, 2086 and 2088, with a large shed the whole now being in the occupation of Mr Husband.

The Property is offered for sale subject to a Lease dated 9<sup>th</sup> day of May 1904, for a term of 60 years, computed from the 25<sup>th</sup> day of December 1903, and subject to a yearly rent of £1.15s. payable to the Rt Hon Viscount Clifden.

**CG. 31 July 1925:** Nursing Association. Baby Show and Fete. Favoured with fine weather the Luxulyan District Nursing Association held a baby show, jumble sale, etc on Thursday 23<sup>rd</sup> inst. By kind permission of Rev CF Jones the beautiful grounds of the vicarage were lent for the occasion, and a large number of people were present. There were 24 babies entered for the competition and the judges were Miss Riden and her assistant from the County Nursing Association. -----

In the evening a dance was held in the Schoolroom, the building being packed. The gross proceeds from the various sources amounted to over £25, and great credit is due to those who worked so hard for the success of the effort.

*Compiled by Hazel Harradence*



slimming-friendly meatballs

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**Tuesdays**

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**Wednesdays**

**ST BLAZEY**

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4pm, 5.30pm or 7pm  
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**CREAM TEA AFTERNOON**



**Saturday 26<sup>th</sup> July 2pm-4pm** Ivy Cottage, Luxulyan  
Proceeds to Luxulyan Church





# Luxulyan School

Embracing community, shaping futures

## News from Luxulyan School

### Breakfast Club Pilot

Luxulyan School are proud to be one of the 750 primary schools taking part in the government's Early Adopter Breakfast Club pilot. Free, 30 minute breakfast clubs are now available every morning for children in Reception to Year 6 – helping to support families and ensure every child starts the day with what they need to thrive. Thank you to our fantastic staff and families for supporting this.

Nathan Cooper (head teacher) and some of the children met with the local MP, Anna Gelderd, who came to see the school breakfast club in action and we also had a visit from BBC Spotlight – maybe you saw us on the news!

### London Marathon

Well done to Georgie Soper (one of our teaching assistants) who completed her first marathon in London raising nearly £4000 for the Children's Hospice South West.

### Carnglaze Cavern Trip

Sycamore Class (Years 3 and 4) had a wonderful opportunity to visit Carnglaze Caverns for a creative workshop as part of a poetry festival they are involved in. They now have to write and learn their own class poem before returning to the caverns later in the summer to perform it.

Oll an gwella/all the best from everyone at Luxulyan School.

*Compiled by Rachel Allison  
Ash Class Teacher*



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## Cheese and Wine Evening with Guest Speaker George Kestell



Saturday 28 June 6.30 pm  
at the Village Hall  
Luxulyan.  
Entrance Ticket £5  
Plants for Sale

Wine and Soft Drinks available to purchase, nibbles included.

Luxulyan Environment Green Glebe Space (LEGGS)  
is celebrating its Third Anniversary!

Our speaker, George Kestell, can trace his horticultural pedigree through at least five generations of Cornish gardeners, fruit growers, or plantsmen so it's no surprise that he has been planting things since the age of four. He will give an interesting and entertaining talk on plants for wildlife.

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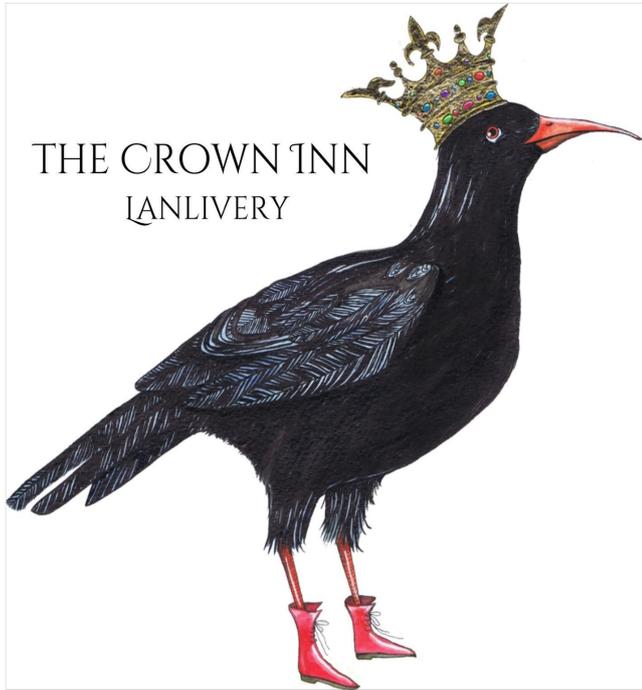
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## A GUIDE TO THE DEADLINE DATES FOR COPY FOR THIS MAGAZINE

Deadline dates are generally the **10th of the month preceding publication of the edition.**

Editions are April/May; June/July; August/September; October/November; December/January; February/March;

**THUS:**

May 10 for JUNE/JULY edition

July 10 for AUG/SEPT edition

Sept 10 for OCT/NOV edition

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## NEWS FROM MEADOW BARNs



It arrived at last! The final celebration event of our mining and climate change education project, which we had been approved to deliver for the University of Exeter. Here, hopefully, you can pick out the central figure at Eden Project on March 14th – Perran Moon, MP, standing close to the new Chair of Cornwall's Mining and Geo-Resources Alliance. CMGA link is <https://cmga.org.uk>, if you want to discover more. In the next row, behind the Chairman's head, you can just pick out the big ears of our Cornish Mining Teddy Bear mascot, in his rugby shirt!

### What next?

This moment could easily have felt like a cliff-edge, looking into an abyss of nothingness as the funding switched off.

Happily, that is not the case. The product we trialled is now available, as a course of 6 sessions of activities, for families or other small groups who have an interest to become approved 'Climate Ambassadors', taking knowledge back to their own community. In a nutshell, the content is

- Rocks of Cornwall & Metals Make Money
- Black Tin, Streams and Smelting
- Ancient Iron, Foundries, Wheels and old Mills
- Dickens .. on Digging Deeper, for Copper and Coal (Social Justice)
- A Fresh Start for Mining – Taking Care of Nature
- New Metals for a Digital Age and Storing Power

With this list of 6 in place, it became obvious that the first available course should be weekly, during the long school holiday, and hopefully this will be offered by a small number of suitable local partners, who already have access to - or can create afresh - their own Geology Gardens and /or Forest School areas.



### Details of Summer Courses

We are seeking help from sponsors to keep charges low, so we can't publish exact dates and times yet. But discussions are going well so far, across Mid-Cornwall, particularly for St Blazey, Bodmin South, Caradon Mining District and potentially one more centre near Newquay.

If any school or organisation in Lanlivery or Luxulyan is interested in becoming a partner, the ideal plan (after an introductory training session) would be to offer Session 1 in June or July, then

go for 2) 3) and 4) through the autumn and Christmas, leaving the Fresh Start sessions for next spring. We are offering use of Meadow Barns facilities by approved groups, if needed.



*Self-explanatory summing up of the end of project Tea Party!*



Lane near Trethevey. I really like Cow Parsley but also, have to say, I do not dislike Hog Weed!



Red Robin (photinia) Clematis, Boston Ivy, Honeysuckle and at the right side, new rhubarb, tomatoes and French beans with a branch from our Australian Acacia bush. The freezer Waste project is in tandem with St Blazey Old Foundry.



A special little patch of clover, on one of my wildflower banks.

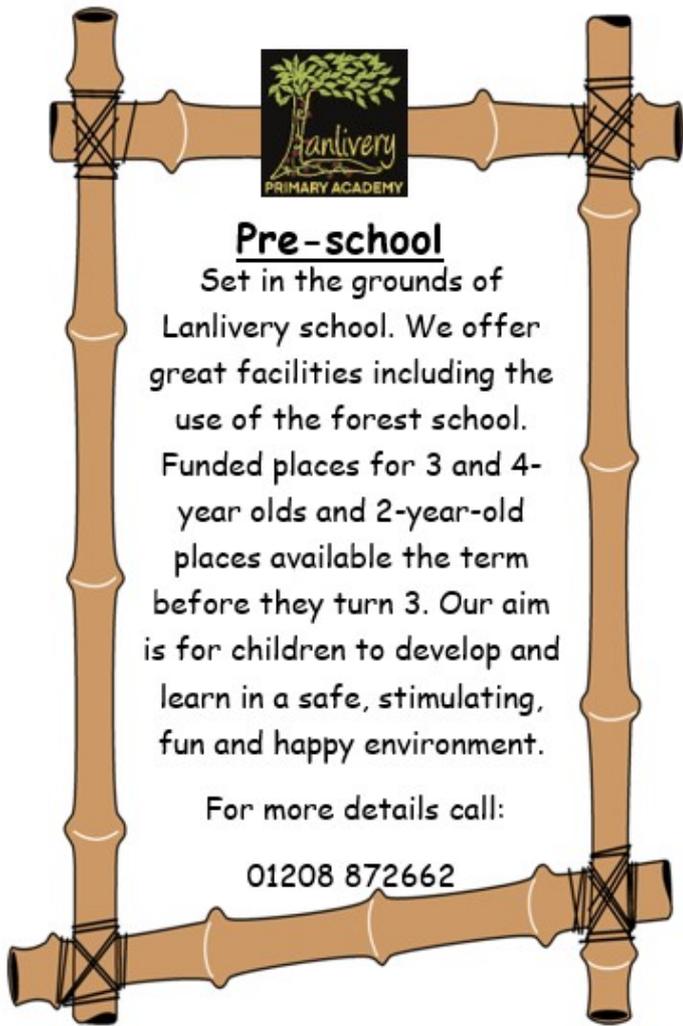


New foliage on the beech avenue, tramway route to Colcerrow quarry.

### Final Note

After 4 years of researching and releasing online a Green Fridays blog each week, for anyone who wanted to read, the decision has been taken to stop offering our knowledge so freely. Instead, there is now a monthly Newsletter for approved groups and partners. The expectation is that they will contribute by supplying content of their own, and/or making a donation. If you would like to see the first example Newsletter, please send an email to [enquiry@themeadowbarns.co.uk](mailto:enquiry@themeadowbarns.co.uk).

**Caroline Stephenson**



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New people are always welcome. Please join us at any of our club 'roll-up' sessions. Come as you are and please bring clean flat soled shoes (no heels) to protect our mats.

Roll-ups run on Wednesday and Friday evenings at Luxulyan Village Hall.

If you would like to know more please contact, Pat, our Secretary at

T: 07980 861229

E: [luxulyansmbc@gmail.com](mailto:luxulyansmbc@gmail.com)



## THE RED MOOR SCHOOL



### Red Moor School

Red Moor has once again been a hive of activity with the students learning lots and really throwing themselves into everything that we do. We had a fantastic May Day where the students sang and danced around the May Pole and we celebrated V E Day and the importance of this day on its 80<sup>th</sup> anniversary.

The summer term has also seen the return of the much-loved kayaking and paddle boarding, whether its launching from the beach at Pentewan or the slipway in Golant our students love being out on the water, and so do our specialist instructors and TA's alike!

As well as celebrations and water sports we have also been fortunate enough to have a number of students enjoying work experience with our local RSPCA branch in St Columb. This opportunity has given them a great insight into the world of work and many skills that will stay with them forever.

June and July can be a really busy time in a school, it's a long half term and students are completing GCSE's and exams but we are really looking forward to the run up to the summer holidays, where we will be enjoying sports day, inviting the student's families in for our amazing Summer Fete and Grand BBQ and enjoying some lovely outdoor time on our Summer Camps. All before we break up for everyone to enjoy some well-deserved R & R – lets just hope for some good weather!

*Compiled by Kerrie Rawlings, RMS Admin Team*

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when I lose  
something...  
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it in a safe place.**

## A LOVING TRIBUTE TO TIM TURNER, PREPARED BY HIS FAMILY

Thank you for coming to join us today to celebrate the life of Tim, also affectionately known as Dad, Grandpa, Great Grandpa, Little Timmy and Timmy Tittle Mouse!

In 1975 Dad, Mum, five children, dogs and cats left our farm in Surrey and moved to Cornwall. We made Stoneybridge Cottage, near Tywardreath, our new home, where Dad and Mum created a small market garden. Dad also purchased a fishing boat and a pleasure speed boat, both of which he operated out of Fowey harbour. Stoneybridge was a beautiful cottage with a small stream beside it. Dad was thrilled when a family of otters befriended us. He would bring back fish scraps for them and whistle to them to come for their tea. As animal and wildlife lovers, it was no real surprise when Dad came upstairs late one evening with an orphaned fox cub. We named him Fernando and reared him like a puppy.

Dad and Mum always knew they wanted a farm again. So, in 1977, we moved to Lower Roselath along with our menagerie of animals. Here they began to build up a new dairy herd after purchasing some local Jersey cows. It was no easy task and so to make ends meet Dad worked for a farm contractor and also found time to work at the Crown Inn where he could turn his hand to anything from changing beer barrels to building a new entrance porch. He was multi-talented and everything he designed and built was done with military precision.

Animals were always a huge part of Dad's life from taking pride in breeding a strong healthy herd of cows, to sitting at the table and sharing his morning toast with "Tickle" the cat and the remainder of his porridge to the dogs. One March morning a beautiful jersey heifer calf was born and, as it was Lucy's birthday, he carried the calf upstairs and presented her with her birthday present.

While working tirelessly to grow a viable dairy farm, Dad and Mum had the vision to create a wildlife haven by digging a pond. This was spring fed with crystal clear water and quickly became a very special place for family, friends and the ever-growing number of grandchildren. Apart from attracting an abundance of wildlife, including frogs, newts and kingfishers, it was wonderful for swimming. We all had the privilege of enjoying picnics by the water, catching tadpoles and boarding Dad's wonderful raft. Many of the children in the village, (*mine included*) were welcomed to come and enjoy it. After school on a hot summer's day children, accompanied by various dogs, would come up to jump in, cool off and have the best fun. This delighted Dad. He too would swim in the pond and sometimes pop on a wetsuit to pull some weeds. Then Dad built The Boathouse by the pond which became a special bolthole for himself and Mum. This was their dream summer home which they came to adore.

Dad has been a dedicated churchwarden here in Lanlivery for the best part of five decades. His faith was strong and he would never miss a service. Every Sunday morning, whilst milking the cows, he could be heard singing hymns at the top of his voice along with the Sunday service on the radio. His commitment to the church was enormous and supported it in any way he could. He was also a member of the Vintage Rally committee and tractor section secretary until 2024.

When Dad retired from the daily running of the dairy farm, he could concentrate on his other passion, growing vegetables, salads and fruits. For this he would become legendary, supplying the church congregation and dominating feast week produce classes. His tomato crops were sensational and in the last few years he would take his surplus produce to Colwith farm shop to sell. Needless to say, they soon sold out!

Serious vegetable growing also meant serious weather watching. Every day in his diary he would record the maximum and minimum temperature and any daily rainfall. He was always keen to spot the first swallow which meant spring was finally upon us.

Dad's most recent project was supplying juicy blackcurrants and working with Grandson Jordan to produce the exclusive Aval Dor Blackcurrant liqueur. He was so excited to be involved in the process from the very beginning and can be seen proudly bottling the finished product in a photograph on the back of the service sheet.

It goes without saying, Dad was always extremely proud of all his Grandchildren and Great Grandchildren. He had a wicked sense of humour and a wonderful roaring laugh. Every family birthday or celebration he would lead the singing and finish with the loudest hip hip hooray on the planet! He would greet the younger members of the family with "Alright kid" and fondly called us Kaff, Russ, Cheeks, Lucy girl, Joa and also Auntie Nina.

We would now like to thank you Dad for all the love, laughter and enormous knowledge you have brought into all our lives. We will always love you and miss you. So, for now, Good night and God bless.

\*\*\*\*\*



### *The Friends of Luxulyan Valley*

Why not join us and support the conservation of this World Heritage and Wildlife area on your doorstep? Membership details are on our website

[www.luxulyanvalley.co.uk](http://www.luxulyanvalley.co.uk)

or contact Robin Stephenson

(Chair) on 01726 852109 or Claire Eich (Membership Secretary) on 01726 850781

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## SUMMER FUN FACTS

Did you know June used to be the 4th month of the year? Before Julius Caesar came to power, the calendar year only had 10 months.



The birth flowers of June are honeysuckle and roses. Both of these flowers are symbols of all things relating to love, desire, generosity, and affection. If you were born in June, then there's a good chance you'll be a bit of a hopeless romantic!

On July 5, 1946, the world's first bikini was unveiled in the famous Piscine Molitor swimming pool in Paris.

On July 25, 1909, Louis Bleriot



became the first man to fly an aircraft from one country to another successfully. He took off from the coast of France and landed across the channel near Dover, England.

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When a man says he'll do anything for a woman, he means fight bad guys and kill dragons, not vacuum or wash dishes

Sometimes I like to mess with my husband and hide his stuff where he can't find it. Like I put his shoes in the shoe closet, his jacket on the hanger and his keys on the key hook.

This morning, I accidentally changed the GPS Voice to "Male." Now it just says, "It's around here somewhere. Keep driving."

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## A PIECE OF TIME

The confrontation, when it came, was worse than George had anticipated. He didn't accuse her directly, but she took it as an accusation.

'I didn't steal your stupid watch,' she said. 'Why would I want some old watch that doesn't even work?'

'It was my grandfather's,' George said. 'It's practically an antique.'

'There you are then. Time you got a new one. Better still, get a mobile phone. That's better than a watch, and you can use it for other things as well.'

George sighed. He should have known better than to expect her to understand the significance of something that had the provenance of his grandfather's watch. What was she? Twenty, twenty-one? A quarter of the age of the watch. What did she know of war, of walking the streets looking for work, ending up in the mines like his grandfather had? Nothing, and he accepted that. He wouldn't want any young person to have, or even understand, the life his grandfather had lived. What he couldn't accept was her blatant refusal to care about anything that he cared about. When she'd been upset about losing an earring, he'd spent half-an-hour searching until he'd found it.

'All right,' he said now, 'Can you at least tell me the last time you saw it?'

'How do I know? Honestly, I don't why I stay here with a dinosaur like you.'

With an angry glare at George, she stalked out of the room.

George watched her go, wondering what his son saw in such a sullen girl. He'd always liked the name Milly, but now it conjured up a prematurely aged person whose forehead was already creased with frown lines. Milly's cup, George knew, was only ever half-empty. George would have welcomed any girl of James' choice, had she'd shown the slightest respect for him and appreciation for what he'd provided for her.

He glanced at the wall calendar. Only fifteen days and James would be home from university. When he was, George would have it out with him. He couldn't stand another term with her in the house. When James was there things seemed better, if only on the surface. Milly was more amenable. She flattered James, told him how clever he was, how he deserved a brighter future, how grateful she was to him for putting a roof over her head. When, George wondered, had his roof suddenly become James' property?

George had overheard some of their conversations, heard Milly's insidious remarks, subtly turning James' point of view to hers, poisoning his mind against him.

'Honestly James, your dad's so... I don't know. It's all right for him, but we can't afford a place of our own. He should help more. I mean, he doesn't need this place to himself, does he?'

George imagined them in a conspiracy to oust him from the house. No, he told himself, James wouldn't do that. James had never been easily led, but Milly seemed to be able to make him agree to anything. Of course, she was the first girl he'd met after his mother had died. Did that make a difference? Was he looking for a mother substitute? George pitied anyone who had a mother like Milly.

When his wife had died George had been devastated. It was James who had given him a reason to live. They'd survived that terrible time together, but since James had brought Milly home, pleaded with him to let her stay because she was an orphan, had lost her job and her flat and had nowhere else to go, things had changed. The situation which was meant to be temporary seemed to have become permanent.

It was the following day when Milly marched up to him and placed the watch on the arm of his chair. 'There,' she said. 'It was under the bureau. You must have knocked it or dropped it the last time you had it.'

George knew hadn't either knocked or dropped it. He'd replaced it in the bureau, where he'd kept it for years, and he hadn't taken it out again since.

'Thank you,' he said, deciding not to press the issue.

'A fuss over nothing,' Milly muttered, and George could almost hear her telling James that he'd mislaid the watch and blamed her.

When he was alone he held the watch in his hand and gazed at it. To him, it was more than a timepiece, it was a piece of time. He remembered his father giving it to him when his grandfather had died. He hoped to pass it on to James when the time was right, but if James stayed with Milly would it ever be the right time? He worried about the watch, but he worried about his son more. Milly's pernicious insinuations might make him lose James forever. He was tempted to tell her to leave, but he could lose James just as easily by doing that.

That weekend, when Milly had gone to see James at his university, George savoured a quiet few days on his own. His normally happy anticipation of James' homecoming was dampened by thoughts of what Milly might be saying to James now. What seeds was she planting in his mind?

On the Sunday before Milly's expected return, he answered the phone to hear James's voice. His stomach clenched, fear flooding through him.

'Hi Dad,' James said, sounding as apprehensive as George felt.

'Hello, son. Everything all right?'

'Not really.'

This is it, George thought. He's not coming home. She's persuaded him to go off somewhere with her.

'It's Milly,' James went on. 'She's not coming back.'

There was a pause while George processed this. 'What? *She's* not coming back?'

'No. I've found out some things about her I didn't like. For a start she's not an orphan. Her parents live in Birmingham, and she's got a sister who's got her own flat. And she told me things about you that I didn't believe. She's a compulsive liar, Dad. We had a row and she's gone to her sister's. I said I'd send her things on.'

All the things George longed to say – thank goodness, you've done the right thing, you're better off without her – remained unsaid.

'I'm sorry,' he said instead.

'I'm not. Bye Dad. See you next week.'

Heart racing, George went to the bureau and opened it. The watch was still there, still safe. He loved that watch, but he'd have given it up in a trice to know his son was safe.

And by the sound of it, he was.

# A&A

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## SKYLARKS: MEETING GOD IN NATURE



.Skylarks meet at the LEGGS project on an ad hoc basis. In April we met on Holy Saturday to enjoy an Easter Egg hunt and to make Easter Gardens to take home to explore the Easter story for ourselves. We used materials freely found in the rewilding project. As Easter was late this year there was plenty of opportunities to explore the lush spring growth and listen to the birds!

Skylarks is not just for children; it is for all ages. It is not Bible bashing but gives opportunities to explore spiritual ideas through being in nature and related crafts. No previous experience of religious knowledge is assumed but asking the big questions of life are encouraged! No-one knows all the answers, but we explore together! Children are much better at asking the big questions! So far we've had 'Why are some birds larger than others?', 'Why do deer try to kill the apple trees?' and 'Why do nettles sting?'

We have no planned dates for our next sessions but look out for details on Facebook and by poster towards the end of June and we plan to have a mid-week barbecue during August! All are welcome to just turn up (children need to be accompanied by an adult please!) but if you would like further information, please contact Shelley on 07761798220.

*Shelley Porter*

\* \* \* \* \*



## PLAY BOWLS at Lostwithiel



Lostwithiel Bowling Club, established 1926, is a friendly and inclusive bowls club which welcomes players of all ages and abilities. No matter whether you are a seasoned bowler or are just starting out, and regardless of whether you are ultra-competitive or merely seeking some gentle exercise in a welcoming environment, Lostwithiel Bowling Club will offer you the warmest of warm welcomes.

This year we are offering taster days on 3/4/24 May from 11:00 to 16:00 and on 26 May from 14:00 to 18:00, after which every 2nd and 4th Friday of the month will feature an open evening (from 18:00) to which all are invited.

For further information, please visit our web site at [lwbc.uk](http://lwbc.uk), or telephone our Club Secretary (Penny Philp) on 01208 731 168.



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## FRIENDS OF LUXULYAN VALLEY (FOLV)

The valley has been looking verdant over the last few weeks, and we have been enjoying the bluebells and other spring flowers. However, we do need some rain, which may have come by the time this printed.

We had our AGM in March followed by a talk about Cornwall Wildlife Trust about its origins and its many volunteering opportunities. Our events programme has been finalised and published and includes a good mix of events.

Jenny, the ranger for the valley is leaving at the end of June. We wish her the very best for the future. Her last volunteer day will be on 27<sup>th</sup> June.

We had a very interesting talk on butterflies and what makes good habitats/plants etc for them. Nine people had a tour of the Tamar Bridge in May going right down to the bottom of the stanchions.

Please look at our website or facebook page for forthcoming events which include a walk following Charlestown Leat, a nature walk and sampling of the river and talk by Cornwall Wildlife Trust about the Tor to Shore project.

We have an event every month, a free quarterly newsletter where you see detailed write ups If you are not already members of FOLV and are interested in joining please contact [folvmembership@gmail.com](mailto:folvmembership@gmail.com)

**Robin Stephenson**

\* \* \* \* \*

### EMAIL FROM OXFORD



What a warm start to the summer we've had! It's been lovely for getting out and about, however I can't help feeling somewhat concerned that I'm having to water the garden already. The lawn (if you can call it that) is already turning crispy brown and sandy in patches - think the sand dunes of Par beach! Hopefully we'll have had a bit of rain by the time you read this, not that I'd wish it to be torrential or all-consuming, but a bit of soft drizzle to gradually give things a bit of a soak for a day or two would be a relief.

A benefit of the good weather has been a fabulous display of blossom in all forms; trees, bulbs and shrubs especially. The activity of slugs and snails has also been limited, though the ones that do brave the warmth have been successfully raiding my seedlings regularly.

I enjoy watching Monty Don on Gardeners World on a Friday night, in one episode he mentioned about embracing the plants that suit your environment rather than trying to make something fit, just because you like it. It makes a lot of sense, so with this in mind I've been trying to grow plants that don't mind the dry, sandy soil type that I have here. It's very much a work in progress, but the lavender and sage seem happy enough. I also find I am able to grow poppies well, or I should say they like to self-seed freely here. Since they are easy to care for and look gorgeous, I'm happy to let them do their thing.

Weeds always seem to manage better in drier conditions, at least for a while. It's helpful therefore that some of them are edible. I do enjoy a spot of foraging, especially when it is right on my doorstep. I am fairly dubious about a lot of

them, though there are a few that I'm curious to try and utilise. The most obvious is the stinging nettle - I'm quite certain that my grandmother used to cook these up and serve as 'greens' regularly when I was small. Dandelion is also a very well-known one, a friend remembers eating dandelion flower sandwiches when he was a kid. However, I'm not keen on using the ones in my garden, mostly due to the high number of cats who like to 'use' the space! A plant that has popped up in the past couple of years and seems to be making a home for itself in my borders is garlic mustard. It has a pretty white flower, and apparently the leaves can be eaten in salads.

For the unknown plants I find, I tend to turn to the internet, however it's important to check, and double check, the search engines' results as they often get it very wrong. This is something that applies to any internet search on any subject; take the results with a good pinch of salt until proven otherwise. And when foraging, only utilise the plants you are very certain of as there are some real nasty ones out there if you were to get it wrong. If in doubt, leave it alone.

The good weather and blossom remind me of my Wedding day, now two years ago. Where has that time gone! One thing that people think of when it comes around to anniversaries is looking for the traditional meanings or items to celebrate the particular number of years achieved. This made me curious about who started this process. It turns out that certain anniversaries have been marked in some way since ancient Greek and Roman times. The association of silver and gold has been documented since the 1500's. However, the current form is more a product of early 20<sup>th</sup> century marketing by the Jewellers' of America when they expanded their gift list to include one for every year, up to the 25<sup>th</sup>, then every five years afterwards. There is now a 'modern' list and a gemstone list too to choose from. And so, traditions are created!

Apparently, my options this year are: cotton, china or garnet... maybe I'll get us a new tea towel?! Though we have been talking about updating our ever-decreasing set of plates so maybe it's a good excuse to make it a reality. Regardless of what tradition dictates, we'll invariably be enjoying some family time and perhaps looking back over the photos which I'm finally getting around to organising. I am Cornish, and we like to do things dreckly don't we! Two years is pretty good going I reckon.

Wishing you all a fabulous summer, until next time.

**Katy x**

## ST. PINNOCK WI

meet every 2nd Tuesday of the month  
from 2.15 -4p.m. at  
**East Taphouse Community Hall.**

We are a very friendly group and you would be made most welcome.  
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Just turn up or email  
[eileenawilliams44@gmail.com](mailto:eileenawilliams44@gmail.com)

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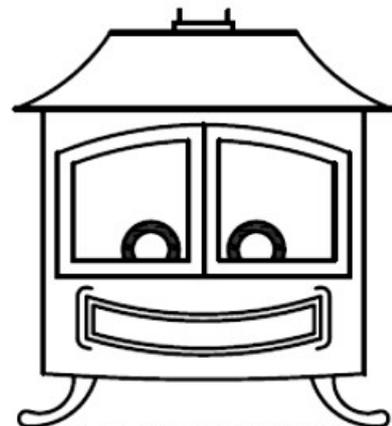
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## ENVIRONMENT COLUMN

### Luxulyan Environment Green Glebe Space

Time flies when you are having fun! LEGGS will be three years old on 1 July 2025! We are celebrating with a cheese and wine evening and an entertaining talk by the gardener from Radio Cornwall, George Kestell, who will talk on plants for wildlife. This will take place in the comfort of Luxulyan Village Hall. Watch out for further details nearer the time and in this issue of the Granite Towers.

At the end of April, we held a plant and bake sale which raised £187 towards our rent and lease renewal of £1000, due at the end of June. Thank you to everyone who supported us; it is much appreciated. As I write, we are frantically getting ready for our plant stall at the Clay plant fayre at Roche where we hope to raise a few more £s.

We've been enjoying remarkably dry and sunny weather this spring, after a very wet February! The growth has been lush down at LEGGS, and we have worked hard to clear the area ready to dig the pond out. We are just waiting for our mini digger to do the hard work!

The new hedgerows planted last autumn are showing signs of good growth, which is great to see, and the new apple trees are finally coming into leaf. We are looking forward to seeing the wildflowers and yellow rattle sown last autumn later this month. There is always something to see and to do! We hope to clear some of the brambles (but not all as they are a valuable habitat for the wide variety of birds that we have) and improve the pathways with new wood chips at the next few volunteer mornings and continue to nurture the other habitats in our 1.6 acres. New volunteers are always welcome to do what they can and any time you can offer is gratefully received. We know a wide range of people of all ages are enjoying visiting our little piece of heaven; if you haven't visited, please feel free to do so.

I'm often asked why I am so passionate about this little piece of land that I don't own – I've given it some thought! I love it – I love the peace and quiet, the wildlife, working on small tasks which give me a sense of accomplishment; it is something tangible to leave to the next generation. It is lovely to see the school children enjoying working on the site and putting their mark on it. It is the sense of contributing to tackling climate change if only in a small way and ultimately enabling access to nature for those who need it for their mental health. It is also good for me to give back something to the community I live in! For those who do use it, we would be interested in hearing your feedback – either directly to any of the team or through the Granite Towers.

Shelley Porter, Secretary  
Ros Hayward, Chair  
Bob Hatton, Treasurer  
Jill Bolt, Committee Member

Next volunteer mornings, 10-1 pm:  
Saturday 14 June  
Saturday 12 July

**Shelley Porter**  
**famporter58@gmail.com 07761798220**

\* \* \* \* \*

### LANLIVERY VINTAGE RALLY AND COUNTRY FAIR – 2025

The Vintage Rally and Country Fair committee are working hard to prepare for the Rally on 13<sup>th</sup> and 14<sup>th</sup> September 2025. We still need volunteers both to help on the weekend and also to join the committee.

We need a treasurer - this is not a very onerous job, the Rally does meet once a month in the church (not usually from October to January) but it is not necessary to be present at every meeting. Most of the banking activity takes place from August to January. The treasurer would have assistance, particularly at the Rally weekend.

Also needed is a gate supervisor - co-ordinating the volunteer slots on the two entrance gates and someone to oversee the parking volunteers.

If you feel you can help, please contact Phil Longhurst on 07733 095060

Many thanks

**Jenny**  
**OBHO Lanlivery Vintage Rally and Country Fair Committee**

### FRIENDS OF LUXULYAN VALLEY – DIARY DATES

Sunday 8 June – 10.30am  
**Charlestown Leat walk**

We will take the Saints Way to Cam Bridges where the Charlestown Leat originated in the 1790's. There we will review its evolution and follow its path to the Viaduct and beyond through upper Trevanney wood, returning via the Saints Way.

Meet outside Luxulyan Memorial Institute PL30 5EB

Saturday 21 June 2.00pm – 3.00pm  
**Valley flora and fauna activity for families, with CWT**

Meeting place to be advised  
Booking essential [hollystephy@hotmail.com](mailto:hollystephy@hotmail.com).

Wednesday 16th July 2025, 7:30pm to 9:00pm  
Luxulyan Village Hall

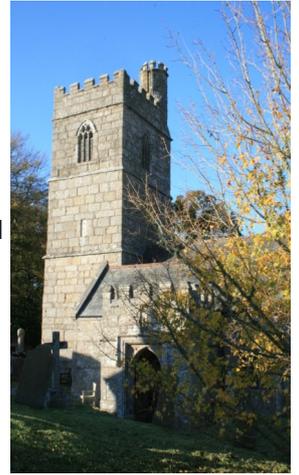
**Tor to Shore talk by CWT**

Gwen Maggs has kindly agreed to give us a talk about Cornwall Wildlife Trust's major project Tor to Shore, which covers the area from Helman Tor to Par Beach including the Luxulyan Valley.

## FROM CHURCH



As you are reading this, I shall be convalescing having had an operation. For some, it is small and certainly compared to Rosey, our daughter, it is nothing. With other bolts in other parts of my body, I am weary of having yet another alien item planted within. I understand my own limitations, and my own body is not as strong as it used to be. Understanding our physical bodies is the first step in recognising the fragility of the whole self. Mentally, society is very much more aware of the frailty of mental health. How close we all are from not being able to control our mood, our focus, our hopes and desires. We are all one moment away, and anything, either with or without of our control can damage us leading us into the dark despair of depression.



Spiritually too we can become ill. Losing our focus on the wider world, the widest concept of life, the universe and how we see ourselves within it. Some of us get grandiose and too big for our boots, like the young driver speeding through Trethurgy who when asked to slow down by a pedestrian, got out of his car and began hurling abuse in defence of his dangerous driving and breaking of the law. Others of us, actually adopt the reverse, and fail to see our own value in life; comparing ourselves negatively to others who we perceive as more successful, or more worthy or more something.

We need to look after our whole selves, for we are whole people. We need to take time for ourselves whilst ensuring we make time for others. For in accepting others into our lives we can reinforce all the positives about ourselves that sometimes we can forget. That is why friendships are vital. Honest and consistent friendships which can have the difficult conversations from a place of integrity and honesty. To give and receive in friendship is a crucial step to looking after ourselves. So if you are struggling in whatever way, focus your time on someone else who needs you, it will bring the best out of you.

**Chris the vicar**

## FROM CHAPEL



.Dear friends

It's a small world. We've probably all said it. Cornish folk sometimes say if one person is kicked, everyone says "Ouch!" Of course, I'm not advocating that we actually test this theory in practice, but this ever so slight exaggeration suggests just how close our human relationships are.

This experience of being connected to others underlies the "six degrees of separation" principle. It has been shown that it is possible to trace links through as little as six human relationships. It has happened to me.

One Saturday a group of people gathered in my parents-in-law's front room.

Relationship 1 - Nephew from Manchester made a pop-in visit on the way back from playing with a band at the Newquay Surf Life festival.

Relationship 2- Nephew from Manchester also came with another band member friend

Relationship 3 - Other band member friend came with his girlfriend who had attended the university of Bristol

Coincidentally at the same time, our daughter and son-in-law arrived from Bristol to stay in Cornwall for the weekend with our new baby granddaughter.

Relationship 4 – Girlfriend had been taught by our son-in-law at the university

Relationship 5 – Son-in-law is married to our daughter

Relationship 6 – Daughter is a cousin to our nephew.

We'd come full circle in the links between the relationships. It is a small world.

The so-called six degrees of separation are really connections. These are the close and everyday relationships which feed into human life for everyone. These close and everyday relationships have deep and lasting influence on human life, for better or sometimes, sadly, for worse.

We are all connected simply by being members of the human race. The Bible describes this as all people bearing the image of God. John Donne famously wrote "No Man is an Island." When we feel the joy of the birth of a new baby, or the marriage of a couple in love, all are mysteriously raised up. When we feel the "Ouch" of sadness, sickness, or personal trauma, all are mysteriously brought low. It follows that while we may have little choice into which circle of relationships we are gathered, we may actually have a significant choice in how we live within them.

After all, it really is a small world.

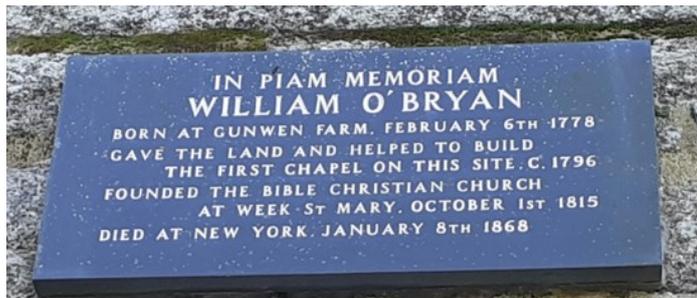
Every blessing

**Revd Iris Bray**  
**Gunwen with Stenalees Methodist Church**



## NEWS FROM GUNWEN

We celebrated St Patrick's Day on Sunday March 16<sup>th</sup> with hymns, readings and prayers that had a Celtic connection. Garry Tregidga led the service and all the members of the congregation played their part.



The Coffee Morning on April 10<sup>th</sup> raised £387 for chapel funds and was enjoyed by all who attended.

The Easter Sunday was conducted by Jo-Anne Petzing and was also the 156<sup>th</sup> Anniversary of the current chapel building. The first place of worship at Gunwen must be one of the earliest sites of a Methodist Church in Cornwall as the first chapel, in 1796, was built on land donated by William Bryant, later O'Bryan of Gunwen Farm who was the founder of the Bible Christians. A little bit of Heaven under the shadow of Helman Tor!

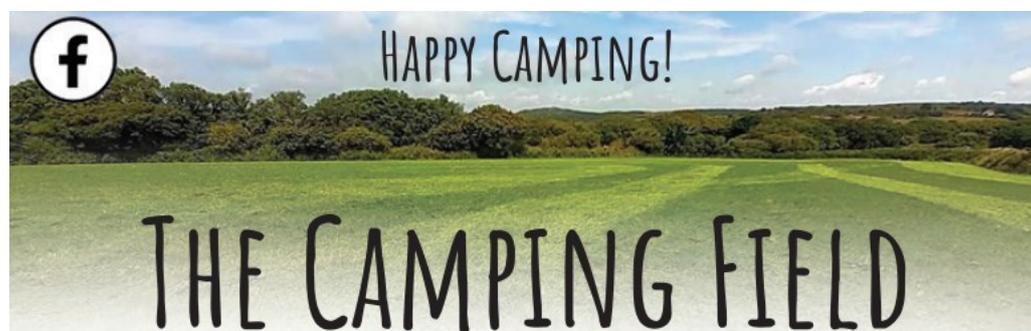
Future events:

There will be a Celtic Service on June 29<sup>th</sup> at 2.30pm which will be led by Rev Paul Benney.

For more information about all of our services and other events please see the St Austell Methodist Circuit website or contact Keith Truscott on 01208 75532.

Best wishes from all at Gunwen Chapel

*Judy Uden*



The Camping Field offers guests a scenic back-to-basics site set in the peaceful countryside just outside of Bodmin. Boasting outstanding views onto Helman Tor; a scenic nature reserve managed by the Cornwall Wildlife Trust. There are spacious unallocated grass pitches without electricity set in a wild meadow, each pitch takes up to four people and accepts tents, caravans, motorhomes & campervans. The newly installed shower facilities offer guests hot showers.

We do have electric hook-ups available, and barbecues are allowed.

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## WE NEED YOUR SUPPORT

The Granite Towers committee would like to express their thanks and gratitude to everyone who contributes to each edition of the magazine, whether as an advertiser or content contributor. Without each and every one of you there would not be a magazine. There is no charge made to receive a copy of the magazine each edition and the committee all give their time for free.

However, we cannot solely rely on those who advertise to cover the printing costs, which is our only outgoing each edition. If you wish to donate, please contact Ellen McConnell for Lanlivery or Jim Cleare for Luxulyan or advertising, or alternatively if you wish, you can donate directly in the Granite Towers bank account:

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The Granite Towers

Sort code: 20-74-20

Account no: 40020052

Thank you again for your continued support.

**Granite Towers  
Committee**

# Lanlivery Church News and Services

## Lanlivery Services

During the Benefice's time in transition there may be changes to services. We will endeavour to keep to our 9.30 schedule.

Worship will be available online via the Benefice of the Lostwithiel Parishes Facebook page and on YouTube. Please check pew notes, social media and the notice boards.

### June 2025

#### 1<sup>st</sup>, Easter 7

9.30 Morning Prayer

#### 8<sup>th</sup>, Pentecost

9.30 Morning Prayer

#### 15<sup>th</sup>, Trinity Sunday

9.30 Morning Prayer

#### 22<sup>nd</sup>, Trinity 1

9.30 Eucharist

#### 29<sup>th</sup>, Trinity 2

10.30 Benefice Service at Boconnoc

### July

#### 6<sup>th</sup>, Trinity 3

9.30 Morning Prayer

#### 13<sup>th</sup>, Trinity 4

9.30 Morning Prayer (tbc)

#### 20<sup>th</sup>, Easter 5

9.30 Morning Prayer

#### 27<sup>th</sup>, Easter 6

9.30 Eucharist

**Years' Mind** remembering the anniversaries:

#### June

Elizabeth Lucy Marshll  
Irene Mary Ford  
Olive Marjorie Hepworth  
Jean Winifred Goodman  
Mary Ruth Clayton  
Joan Voyce  
Glynn Riddle  
Kathleen Matthews  
Rita Littleton

#### July

Alec Clement Court  
William Howard Roberts  
Hilda Irene Court  
Ernest Albert Charles Gay  
Barbara Helen Wherry  
Glenys Eleanor Josephine Meakin



## From the Registers

Funeral and Burial in the churchyard:  
On 20<sup>th</sup> March, Timothy John Turner, Churchwarden and exemplary Christian who lived his faith. May he Rest in Peace and Rise in Glory.

## Transition

While we are without a rector in the Benefice, if you require help or information, please contact the Church Office (details below) or Ellen who may be able to point you in the right direction!

Be assured that work is in hand, with the assistance of the Archdeacon, Rural Dean and Diocese, to appoint a new incumbent. Applications close soon and then shortlisting and interviews will take place. Please pray for a suitable candidate to be chosen and for them to accept!

## Pleas for help!

The church website has not been updated for some time since we had to change to Word Press. I am not proficient enough to do this without help. Is there anyone who would give some time to help me make the site a useful resource? Please contact me at [lanlivery@gmail.co.uk](mailto:lanlivery@gmail.co.uk). In hope, thank you. Ellen

Would you like to do a little gardening to keep the small memorial garden in the churchyard in good order? It's mostly shrubs which need to be kept in check. Contact via the email above to volunteer. Thanks.

## Contact details for Lanlivery Church

[www.lanliverychurch.org.uk](http://www.lanliverychurch.org.uk)  
[lanlivery@gmail.com](mailto:lanlivery@gmail.com)

Find us on Facebook: St Brevita, Lanlivery Parish Church

**Rector:** Vacant

Associate Priest: Revd Sheila Bawden

**Churchwarden**

Ellen McConnell: **01208 543491 (note new number)** [ellen.mcconnell@hotmail.co.uk](mailto:ellen.mcconnell@hotmail.co.uk)

**Church Office:** Monday to Wednesday,  
0900-1200  
01208 872232

# LUXULYAN CHURCH NEWS

## CHURCH ACTIVITIES

### SOUP & SWEET IN LUXULYAN CHURCH



Soup & Sweet is usually provided on the first Sunday of each month at 11:45 am. There is no need to attend the church service preceding this. The next dates are 1st June and 6th July 2025.

\*\*\*\*\*

### PRAYER WALKS

Luxulyan church organises a prayer walk in the parish once a month. If you would like to join us or have a particular person or place that you would like us to pray about please contact Shelley on:

[famporter58@gmail.com](mailto:famporter58@gmail.com)  
or 07761 798220

\*\*\*\*\*

### ST AUSTELL FOOD BANK – helping local people in crisis

We are happy to receive donations for the food bank at any time. Don't forget to include toiletries as well as staples such as tinned tomatoes, tinned fruit, soups, and treats (chocolates etc). Toilet rolls also very welcome!

These can be left in the marked box just inside the church.

\*\*\*\*\*

### SUMMER CREAM TEAS

Served in church on **SUNDAYS** during school summer holidays 3—5pm. commencing 27th July.



\*\*\*\*\*

### CREAM TEA AFTERNOON

**Saturday 26<sup>th</sup> July 2pm-4pm**  
Ivy Cottage, Luxulyan  
Proceeds to Luxulyan Church

## Luxulyan Church Services

Below is a draft. Note that some of our services may change. Please check notice boards, the website and social media for the latest update!

### Sunday 1<sup>st</sup> June

11 am Parish Praise

Don McQuillen-Wright

### Sunday 8<sup>th</sup> June

11 am Sung Eucharist

Rev Barry Browning

### Sunday 15<sup>th</sup> June

11 am Sung Eucharist

Rev Chris McQuillen-Wright

### Sunday 22<sup>nd</sup> June

11 am Sung Eucharist

Rev Chris McQuillen-Wright

### Sunday 29<sup>th</sup> June

10 am Combined at St Denys

### Sunday 6<sup>th</sup> July

11 am Parish Praise

Local Worship Leaders

### Sunday 13<sup>th</sup> July

11 am Sung Eucharist

Rev Barry Browning

### Sunday 20<sup>th</sup> July

11 am Sung Eucharist

Rev Chris McQuillen-Wright

### Sunday 27<sup>th</sup> July

11 am Sung Eucharist

Rev Chris McQuillen-Wright

## CONTACT DETAILS FOR LUXULYAN CHURCH

Website: [www.achurchnearyou.com/church/2490/](http://www.achurchnearyou.com/church/2490/)

### Priest:

Rev. Chris McQuillen-Wright 01726 460041

[chrismcquillenwright@me.com](mailto:chrismcquillenwright@me.com)

(Day off—Friday)

### Churchwardens:

Robin Burley

01208 831145

[rabkol@aol.com](mailto:rabkol@aol.com)

Jim Cleare

01726 850553

[Jim.cleare@btinternet.com](mailto:Jim.cleare@btinternet.com)

\*\*\*\*\*

### SKYLARKS

We have no planned dates for our next sessions but look out for details on Facebook and by poster towards the end of June and we plan to have a mid-week barbecue during August!

All are welcome to just turn up (children need to be accompanied by an adult please!) but if you would like further information please contact Shelley on 07761798220.

# COUNTRY DIARY

10th MARCH 2025

I hear the first hesitant notes of a chiffchaff above the stream. Along Bullfinch Lane I encounter a queen bumble bee seeking a nest site in the mossy bank. No doubt our paths will cross many times as spring unfolds.

16th MARCH

As I work in the garden, I become aware of a hen blackbird urgently gathering nesting material nearby. I continue quietly allowing her to pursue her important task undisturbed.



21st MARCH

Showers with a wind that sets the daffodils in motion.

24th MARCH

A missel thrush sings above Willow Wood proclaiming his chosen territory. A female siskin appears on the seed dispenser.

25th MARCH

Lady Day. A wren sings ear-splittingly loudly down by the lower ponds as on previous days. Around him the male willow catkins

are resplendent, bedecked in golden pollen. The sudden 'laughter' of a green woodpecker rings out in the distance.

1st APRIL

Today the power of nature is palpable. Its energy thrusts the bluebell leaves through the carpets of winter's dead foliage and pushes the hazel leaflets out of their protective bud cases to open in the warmth of the strengthening sunlight.



2nd APRIL

News reported this morning confirms my records that 2024 was a bad year for butterflies. However, I am pleasantly surprised, when later, as I approach the flower garden, I see a male and female orange tip fluttering together above the honesty blooms. Here they find a welcome source of nectar and then in the rich blue flowers of the green alkanet.

3rd APRIL

I hear a few brief trickles of song from a blackcap as I watch a male brimstone butterfly 'sail' across the garden. A little later I find a speckled wood resting on a leaf.



8th APRIL

The newly risen sun lends an ethereal beauty to the blackthorn blossom above POND TWO. As I pause here a goldcrest suddenly perches on a branch close to my face. I watch in wonder as it flits amongst the lichen and blossom, seeking insects, quite unaware of my presence. Eventually it flies off leaving me standing in awe.



11th APRIL

The RSPB reports an 85% decline in the average numbers of starlings in gardens since 1979. My observations over the same period would certainly concur with this. The lone speckled wood has now found a mate and they dance together around my head as I plant out my foxgloves.

16th APRIL

The rushing stream has swept away the vast 'fleet' of fallen willow catkins.



20th APRIL

Easter Day. After a brief absence the song thrush returns to sing triumphantly in Willow Wood. A bumble bee forages deep in the voluminous petals of a sunlit tulip.



25th APRIL

I am surprised to discover that the yellow flag irises have already begun to flower!

27th APRIL

At 10.30.am I hear the cuckoo calling towards Kerrow, again this afternoon below Treskilling Downs and then again early evening just beyond the stream.

28th APRIL

A good number of sticklebacks are very active in POND THREE. It would seem that the males are staking out their territories with some rather aggressive behaviour!

30th APRIL

Warm and bright. I hear the first fledgling blackbird of the spring calling demandingly for food in the rhododendron on Rowan Bank.

## 1st Call Septic Tanks

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Steve Tonkin



Lanlivery and Luxulyan  
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NO VAT on Domestic/Household services.

For further information or to talk to us about your septic tank or cesspit requirements with no obligation, please phone 07816 597246

# COUNTRY DIARY

5th MAY

Cooler today at only 13°C. All the trees, apart from the poplars, are now in full leaf and suddenly the old apple tree in the hen run is clothed in blossom. Already it seems that the blackbirds' songs are becoming more fragmented.



6th MAY

The sweet, heady fragrance of the bluebells greets me as I stroll along Bullfinch Lane where the Willow seeds now drift aimlessly on the softly stirring breeze.

6th JUNE 2005

I hear a family of nuthatches calling to each other beyond the stream. They are probably those that recently fledged from the nest box along the camellia path.

16th JULY 2005

I stand amongst the flowers to watch a pipistrelle bat hawking erratically above me, his tiny body silhouetted against the glowing western sky while the intoxicating perfume of the honeysuckle pervades the air.



*Kathryn Hill*

\*\*\*\*\*

## LUXULYAN CHARITY COFFEE MORNINGS

At the King's Arms, Luxulyan, on the last Thursday in each month there is a Charity Coffee Morning kindly hosted by Sam and the team.

The money raised goes towards various projects around village; most recently it has given money to the school towards the expenses of the Breakfast Club as part of the Just Giving page that has been set up for raising funds and some to Adam for his Marathon bid on 23<sup>rd</sup> November. Coffee/tea, a piece of cake and a raffle ticket each cost £1.

If you can bring along a small raffle prize as well, that will be gratefully received. The next coffee mornings will be held on 26th June & 31<sup>st</sup> July.

We look forward to seeing you.

\*\*\*\*\*

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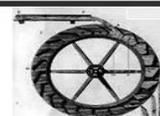
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## LUXULYAN COMMUNITY CINEMA

At Luxulyan Village Hall  
**OUR NEXT FILMS**

**Thursday 19<sup>th</sup> June  
A COMPLETE UNKNOWN**

Set in the influential New York music scene of the early 60s, A COMPLETE UNKNOWN follows 19-year-old Minnesota musician BOB DYLAN's (Timothee Chalamet) meteoric rise as a folk singer to concert halls and the top of the charts – his songs and mystique becoming a worldwide sensation – culminating in his groundbreaking electric rock and roll performance at the Newport Folk Festival in 1965.

**Thursday 17<sup>th</sup> July  
THE ALTO KNIGHTS**

The film follows two of New York's most notorious organized crime bosses, Frank Costello (De Niro) and Vito Genovese (De Niro), as they vie for control of the city's streets. Once the best of friends, petty jealousies and a series of betrayals place them on a deadly collision course that will reshape the Mafia (and America) forever.

**Film Starts 7.30pm**



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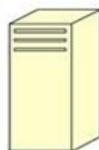


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## LADIES' KEEP FIT LUXULYAN

Ladies up to 80+ meet in the village hall on Mondays 6:00pm - 7:00pm. We run 3 terms of 12 weeks led by our expert personal trainer/fitness instructor Emma Youlden. Our activities are strenuous but adapted to the individual needs of all members, with a range of capabilities.

The fees are £30 per term or £4 for individual sessions.

If you are interested in joining the class, have a chat with Wendy Lewis, tel. 07852 112539

**Wendy Lewis**

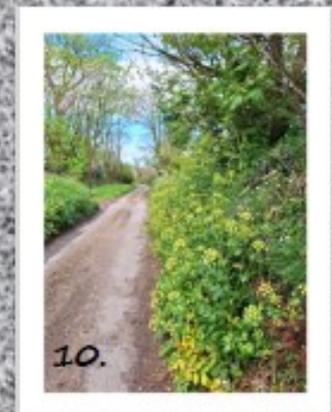
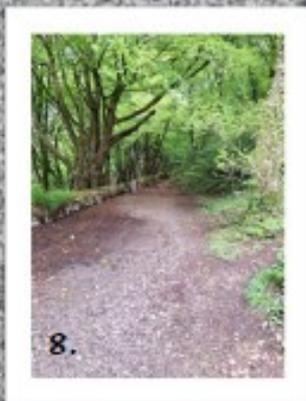
## Dates for your Diary

### JUNE 2025

Wednesdays	Luxulyan Short Mat Bowls	2.00 – 4.00pm 7.00 - 9.00pm	Luxulyan Village Hall
Fridays	Chair Yoga	10.00 – 11.00am	Luxulyan Village Hall
Fridays	Luxulyan Short Mat Bowls	7.00 - 9.00pm	Luxulyan Village Hall
Sunday 1 <sup>st</sup>	Soup and Sweet	12.00pm	Luxulyan Church
Wednesday 4 <sup>th</sup>	Luxulyan Over 50s	12.00pm	The King's Arms
Saturday 7 <sup>th</sup>	Plant Swap	10.00am	Luxulyan Memorial Institute
Sunday 8 <sup>th</sup>	FOLV – Charlestown Leat Walk	10.30am	Luxulyan Memorial Institute
Monday 9 <sup>th</sup>	Luxulyan and District Old Cornwall Society	10.30am	Gover Valley
Thursday 12 <sup>th</sup>	Lanlivery Over 60s	12.00 Noon	The Crown Inn
Saturday 14 <sup>th</sup>	LEGGS Volunteer Day	10.00am – 1.00pm	Glebeland
Wednesday 18 <sup>th</sup>	Luxulyan Over 50s	12.00 Noon	The King's Arms
Thursday 19 <sup>th</sup>	Luxulyan Community Cinema	Film starts 7.30pm	Luxulyan Village Hall
Saturday 21 <sup>st</sup>	FOLV – See page 21	2.00pm – 3.00pm	TBC
Thursday 26 <sup>th</sup>	Coffee Morning	11.00am	The King's Arms
Saturday 28 <sup>th</sup>	<b>LEGGS 3<sup>rd</sup> Anniversary Cheese &amp; Wine Evening – Luxulyan Village Hall – 6.30pm</b> <b>See page 9 for details</b>		

### JULY 2025

Wednesdays	Luxulyan Short Mat Bowls	2.00 – 4.00pm 7.00 - 9.00pm	Luxulyan Village Hall
Fridays	Chair Yoga	10.00 – 11.00am	Luxulyan Village Hall
Fridays	Luxulyan Short Mat Bowls	7.00 - 9.00pm	Luxulyan Village Hall
Wednesday 2 <sup>nd</sup>	Luxulyan Overs 50s	12.00 Noon	The King's Arms
Saturday 5 <sup>th</sup>	Plant Swap	10.00 am	Luxulyan Memorial Institute
Sunday 6 <sup>th</sup>	Soup & Sweet	12.00 Noon	Luxulyan Church
Thursday 10 <sup>th</sup>	Lanlivery Over 60s	12.00 Noon	The Crown Inn
Thursday 10 <sup>th</sup>	<b>COPY DEADLINE FOR AUGUST/SEPTEMBER 2025 GRANITE TOWERS</b>		
Saturday 12 <sup>th</sup>	LEGGS Volunteer Day	10.00am – 1.00pm	Glebeland
Sunday 13 <sup>th</sup> – Saturday 19 <sup>th</sup>	<b>LUXULYAN FEAST WEEK</b> <b>See page 4 for full details</b>		
Wednesday 16 <sup>th</sup>	Luxulyan Over 50s	12.00 Noon	The King's Arms
Wednesday 16 <sup>th</sup>	FOLV – Tor to Shore Talk	7.30pm	Luxulyan Village Hall
Thursday 17 <sup>th</sup>	Garden Open Day	10.00am – 3.00pm	Trebant Cottage, Lanlivery
Thursday 17 <sup>th</sup>	Luxulyan Community Cinema	Film Starts 7.30pm	Luxulyan Village Hall
Saturday 26 <sup>th</sup>	Cream Tea Afternoon	2.00pm – 4.00pm	Ivy Cottage, Luxulyan
Thursday 31 <sup>st</sup>	Charity Coffee Morning	11.00am	The King's Arms



1 & 2 Last meeting of Luxulyan and Lanlivery Women's Institute

3, 4 & 5 Summer photos from Kathryn Hill

6 & 7 Good Friday at Lanlivery Church (Helman Tor Pilgrimage rained off!)

8. Colcerrow Tramway approaching the Viaduct

9. "Waste Not"

10. Hogweed in lane near Trethevey