



St. John Newsletter

A Publication of the St. John Village Trust

Village Website - www.stjohnincornwall.org.uk

March 2021 (Crocus & Daffodil edition)



Editorial

Hello again.

As predicted the snowdrops have been replaced by masses of crocus and, as Kath points out, daffodils as well! The bright colours, the fine weather, the continued roll out of the vaccine and longer days all contribute to, hopefully, much improved moods and general outlook for us all.

This month Chris Morris's report brings us up to date with the progress of the Hall Building Project, both the outside foundations and interior alterations, which has continued in spite of the recent wet weather.

Kath's 'Wildlife Watch' gives us a lesson on the vast numbers of different types of Daffodil there are – I knew there were a lot, but not that many!

Del draws our attention to the upcoming County Council elections, explains how you can still have your vote and provides a link to all the details.

There will also be elections for parish councillors and there is a call for new members: maybe you would consider putting your name forward. Whether you do or not, I encourage you to click on the link ending '/agendas-and-minutes' to see some of the issues that they have recently been dealing with.

Local News on page 5 informs us of the way that Emma & Colin of the Carew Arms have expanded their takeaway menu; and for Covid safety, will deliver free to the local area which includes St John.

Finally, on the last page, I managed to feature a Pirate cartoon and a Bob Dylan quote, plus Trevor's Fantastic sunrise photo – although, sadly, no snooker...

Lets hope things keep improving! 'Til next time, keep well and safe.

Dave



St John Church



The 100 Club winners for February are:

Maureen Bryant£20

John Benger£5

Karalie Hillyer£5

This months numbers were chosen by our Refuse Collector.

Please note, this years subscriptions (still £16 for the year) are now due.

There are a few numbers available for any one who would like to join to contact Margaret or Ray on 01752822438.

Ray.



The building works have now started, which is indeed excellent news. For those that walk past the village hall on their daily exercise route you will not have been able to see too much other than a rather large mound of earth, but a lot has been happening. Unfortunately the landscaping activity has been curtailed for much of the last week due to the inclement weather, but all should be back to normal next week.



The upside of this external work pause has been that the toilet area has been demolished. In addition we have had site visits from the electrician, plumber, fire and kitchen experts, so progress is going a pace.

So far a 16 tonne grab lorry has collected 7 loads of soil (destined for a farm) and the pouring of concrete is planned for Monday!

Chris Morris
Vice-Chairman of Trustees



Note: Please could everyone be aware that the St Village Hall and grounds are out of bounds until the building works have been completed.



Wildlife Watch

Our noisy Tawny Owls are out and about looking for mates and defending their territories. The males “hoohoo” being more noticeable than the females “keewick”. If you want to encourage your wild birds there is still time to make or hang up nest boxes see rspb.org.uk, or bto.org for construction details.



Records of frogspawn arrived after last month's newsletter deadline, but there were several records at the end of January with Linda counting 39 frogs in her pond. The same date as last year. I was surprised as February proved to be so cold with many frosty nights. Thought frogs could forecast weather! As a result of the White Stork Reintroduction Project, birds in Sussex are the first to reproduce in the UK for 600 years and there are plans to release some birds this year near Bodmin! So we may need those frogs!

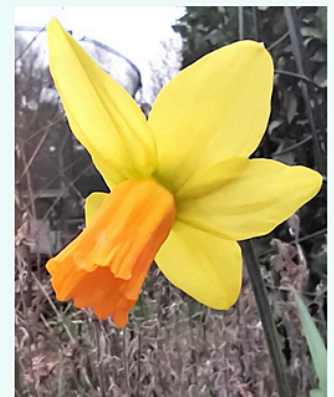


Growing Matters

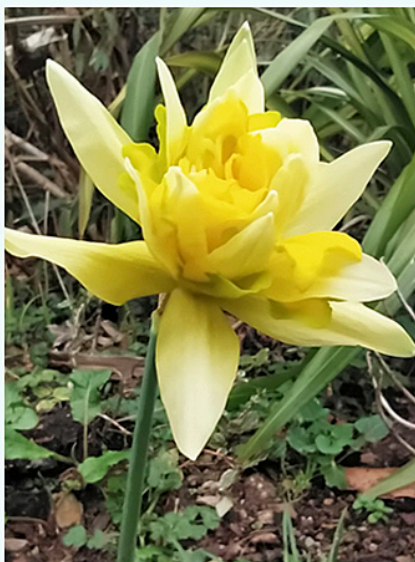
Are yours Tazettas or Triandrus? Identifying daffodils is a tricky and frustrating occupation with so many glorious examples flowering at the moment. There are now around 26,000 varieties, split into 13 divisions based on flower forms and bred from relatively few wild species, mostly found from around the Mediterranean. You can see 250 types in the Cothele collection (need to book) and 120 historic and rare varieties at Saltram.



Avalanche (tazetta)

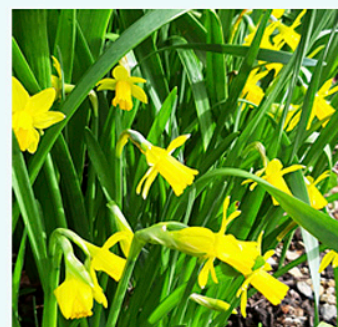


Jetfire (triandrus)



Van Sion (powderpuff)

Our only wild species is the Lent Lily (*Narcissus pseudonarcissus*) a short stemmed daffodil with paler corona. Some varieties like the Shaggy Powderpuff or Van Sion date back to 1600 and can still be found local in gardens. Some are bred to be early flowering like those at Thanks Park which are probably Rijnvelds Early Sensation

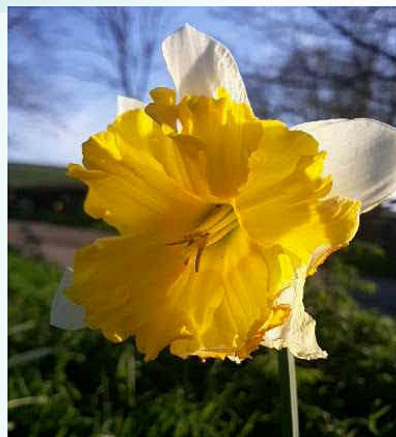


Tete a tete (most popular multiflowering miniature)

Wildlife Watch (cont.)

The “Heralds of Spring” project based at the Tamar Valley Centre is aiming to record daffodil fields and find old varieties often lurking in hedgerows, that are relics of the old flower growing industry of the Tamar Valley. Have you got a very rare Tamar Double White now believed to be lost? 90% of world’s daffodil growing industry is in the UK, 80% of which takes place in Cornwall. Sadly this figure is likely to drop. We have lost at least 3 daffodil fields locally, presumably due to lack of migrant pickers since Brexit and the fields growing 5 million stems near Penzance, are also under threat.

Safety note: all parts of a daffodil are toxic and prolonged exposure to the sap can cause a skin irritation known as daffodil itch. On a positive note, daffodils are the source of galantine used in the treatment of Alzheimers. (see related article page 6)



Golden Cache (split corona)



Pheasant Eye (N.poeticus)

What’s your Parish Council Up To?



You may be aware by now that there will be elections for County Councillors and Parish Councillors on 6th May. Owing to the ongoing construction works our village hall will not be available as a polling station, and we are awaiting details from Cornwall County as to where we will be able to vote in person, this may be in a nearby village, e.g. Antony. One alternative of course is to arrange a postal vote via CC’s website <https://www.cornwall.gov.uk/council-and-democracy/elections/different-ways-to-vote/postal-voting/>

You can register for this any time up to eleven days before the election date. You may consider this to be more convenient, as well as Corvid safe. Elections for parish councillors are open to any parishioner and, whether or not I am elected, from a personal point of view I would welcome new candidates.

Please do not imagine that St John PC compares in any way to Handsforth PC. It was a pity that particular video did a great deal of damage to the reputation of genuine community volunteers. If you want more information on applying to stand as a councillor go to

<https://www.cornwall.gov.uk/council-and-democracy/councillors-and-democracy/be-a-councillor/> or call me on 823253 or our Clerk Caroline Allen on 823449.

Please read the minutes of the last PC meeting to see what we’ve been involved with recently here <https://stjohnincornwall.org.uk/agendas-and-minutes/>

The next meeting will be held sometime in March, at Freathy Sports and Social Club from 7.30pm on Thursday 25th March.

Del.



Local News

Whilst the country has still been in lockdown we have been working hard to improve **The Carew Arms** on the inside and out. Our sign writer has finished the outside and hopefully everyone would agree it looks amazing.

We have also been working hard on the inside of the pub and have had a new log burner installed at the end of the bar.

We have started serving a breakfast menu for takeaway and are currently exploring the possibility of changing the large restaurant room into a café serving breakfast and lunches including afternoon tea when restrictions are lifted.



We have already started to take bookings for when we can reopen for outside dining on 12th April but will continue to do our takeaway menu until that point. With that in mind we are updating our takeaway menu and will continue to do specials nights such as our very popular **Pie night** on Wednesday.

We will be sure to drop around a new copy of the takeaway menu along with information on our specials nights to all the residents of St John within in the next week. If you don't receive a copy please give us a bell and we will get one to you.

We deliver roast dinners every Sunday to residents in St John so if you are struggling to get out or would just prefer to have it delivered please give us a call to place your order.

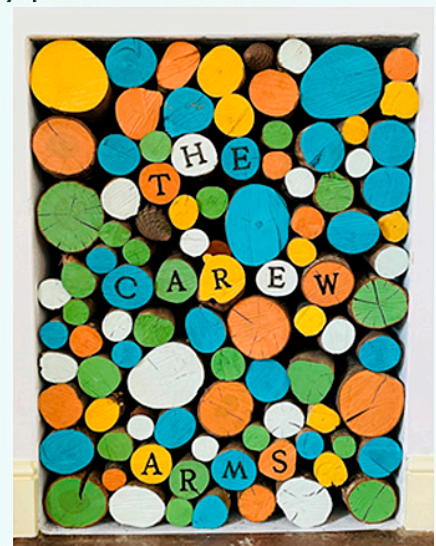
Our chef has created an absolutely amazing butternut squash dauphinoise with blue cheese and cashew nuts as our vegetarian option which I must say is one of my personal favourites!



Now we have a little bit of light at the end of the tunnel, we are very much looking forward to the continuing lifting of restrictions so that we will be able to welcome you all back in the near future.

Kind regards

Emma Smith



Good News!

..especially for all of us of a certain age!!

The young are forgetful too

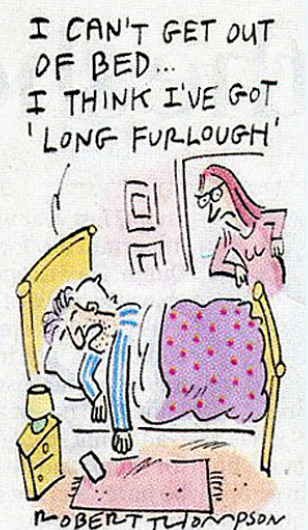
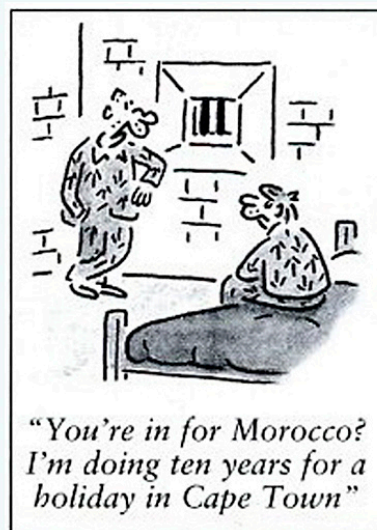
When people are in their 50s, memory lapses can seem like an alarming indicator of impending old age; but it turns out that you don't need to be old to experience senior moments, says The Times. A British study has found that men and women in their 20s often forget everything from why they went into a room to where they put their keys. Dr Laura McWhirter, a neuropsychiatrist at Edinburgh University, questioned 124 healthy adults, aged 18 to 59, about their memories. A mere 13% described their memory as excellent; almost 39% said it had deteriorated over the previous five years; 24% thought their memory was worse than that of their peers; and more than half were scared of developing dementia (with 13% "very afraid"). Half said they forget why they entered a room at least once a week, and 40% misplaced their phone at least once a week. One in five routinely struggled to find their keys, and 18% sometimes blanked on their Pin number. Crucially, such memory lapses were just as common in the younger participants as the older ones. The only difference is, when people are older, the lapses worry them. And they are unlikely to be a sign of dementia: memory lapses only really become worrying when you forget you are having them.

So there is no need to worry. The time you need to worry, you won't be worried because you will no longer be aware that your memory is poor!.....so don't worry!!

Favorite quote on this subject - "I can't even remember what it was I came here to get away from" Bob Dylan - Not Dark Yet.



Sunrise over St Johns lake one morning this last week taken by Trevor Burrows



and finally.....

Where do you take someone who has been injured in a Peek-a-Boo accident ?
To the I.C.U.