

*St Dominick*

# *PARISH NEWS*

*No 218 February 2024*

## *A Cobblers Tale*

I expect many older St Dominick residents will remember George Pring's shoe sales and repairs from Tailors shop situated close to the Victory Hall. He also travelled in his van to farms & markets selling his recommended 'Hood Bullseye' wellington boots.



Few St Dominick residents would have heard of an earlier cobbler in the village working from his home at Radland Ford. He was known locally as 'Tiny Treaise' due to his short stature or possibly due to his Christian name, Valentine. He is shown in the 1911 census aged 36 years. Many people in the early 1900's only had the one pair of shoes, so when they became 'worn out' it was a case of sit & wait whilst Tiny carried out repairs.

Tailors Shop was so called because Tailor George Rickard carried on his business at the premises in the 1930's and was helped at times by James William Hambidge a former army tailor who was my grandfather.

During the 1960's a men's barber, Stuart Williams from Calstock came regularly & cut hair in the above premises

## ***Parish Council Meeting December 2023***

This month's meeting was like a Halloween setting, it was dark, rough and wet. So, we were alright in the hall, weren't we? Well, we started off alright as Jim had put the heating on before we arrived, but due to the noise it makes he turned it off. Also, for some reason instead of us conserving the heat we had the blinds back, bare windows and the doors into the back rooms open. Maybe someone had an ulterior motive in warming up the empty back rooms and creating a spooky atmosphere but they didn't look like it.

My confession this month is that it's now the second week in January and I made these notes early in December, so my memory is a little hazy. Whilst trying to sort this lot out I realized, not for the first time, that every month is more or less the same, with a few little tweaks. One councillor did mention at the meeting that the same old subjects kept coming up and something should be done, perhaps a red pen?

The footpath at Dilleys has been reported as dangerous and washed out, two people have fallen. There was considerable discussion as to how to remedy this, the most popular being to utilise a herring bone system, but this took a bit of a knockback when it was discovered the path wasn't all original as it had been moved and ownership was unclear (as regards digging it up I suppose).

There is no real advancement on the junior football posts etc. The football club have offered to give assistance when the time comes for marking it all out etc. This discussion took ages, with no outcome.

Councillors had been instructed last month to go away and think about parking solutions. They didn't have to think about the one involving the National Trust's hedge as they had been approached and refused. The discussion ensued about how the Football club and the school are competing for parking. I must have missed the announcement that schools are opening on Saturday afternoons or was it that matches are taking place in the midweek daytime, it would make you very tired to listen to it if it had been a bit warmer.

Councillor Greene proposed taking the bushes off the top of the Parish Hall wall which separates their parking from the field and putting a gate through. Chairman to discuss with someone, can't remember who, the proposal to remove the wall had no takers last time, this is a new idea. There could be considerable cost involved apparently.

Councillor Potter was fed up again. He said the council is now maintaining seventeen pieces of equipment for children and lots of benches. Something has happened, probably age related, to the Western Power sign. It looks as if it has been run over by a tractor (not saying it has)! He thought some money should go towards the rest of the community, and if anyone has any ideas please come forward. These might be identified in the new look Neighbourhood Development Plan, (to supersede the Neighbourhood development plan we haven't got yet), which he and Councillor Cox had tried to get their heads around by attending a Council Teams meeting. When asked what they thought of it, neither one had understood a word.

Lastly the Festivities committee asked if the Council would fund the Christmas Tree in perpetuity. Councillors Greene and Brady had to leave the room as they declared an interest. The tree and its lights are funded by local businesses, but they have been used up now. After some discussion it was agreed that the Festivities Committee must ask each year for funding and will be looked on favourably. The council who have very few active members now did not want to be responsible for doing the actual physical work if the Festivities disbanded.

And that was about it.

Everyone said they would see each other in February, then two or three straggled down the road to the pub to meet again ie five minutes later.

And so it goes on.

## ***BED & BREAKFAST***

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[higherchapelfarm1@gmail.com](mailto:higherchapelfarm1@gmail.com)

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### **St Dominick Parish Church**

We welcome 2024 in the Church by continuing with the Service pattern we provided last year:

Generally, in each month, on the first Sunday there is an afternoon 'Evening Prayer' in, or beside, St Indract's Chapel by the river at Halton Quay, at 3pm, until the clocks change, then 6pm.

On the second Sunday we hold a Holy Communion at 10am.

On the fourth Tuesday – we host a midweek Holy Communion service at 9.30am.

And on the fourth Sunday we have a more relaxed Contemporary Worship service with refreshments to follow.

Everyone is welcome at any of these Services and we look forward to seeing you. Details of actual dates and times are shown in the Parish Diary.

Our Baby & Toddler group is continuing on Thursday mornings; this is informal and available for pre school age babies and children

accompanied by an adult, for all ages to socialise, with toys for the young and a drink and biscuit for everyone - at no charge.

Advent and Christmas is a time for thinking of others and St. Dominick parish came together to do this too. The Church was full for the Christingle Service and the collection of over £250 has been sent to The Children's Society; members of the congregation also gave to the homeless with £137 going to St. Petrocs. The Friends of the Church, once again, organised the Advent bags that were placed on the windowsills day by day. This year filled with toiletries (as requested) by groups, clubs and individuals - and now all sent to Callington Food Bank. The Church congregation joined the Methodist Church for a combined Carol Service followed by tea and refreshments.

In January the new Rural Dean and Strategic Lead, Rev Michael Johnson, was installed and we hope that we will see him in this area soon. The advertisement will be soon be published for the Oversight Minister for our Parish; the position is for the proposed Kit Hill Benefice which includes all but one church in our existing Tamar Valley Benefice and the Callington cluster of Churches.

In the meantime do contact the Churchwarden, Clare Lee, with any issues or questions on 01579 351381 or [clareleepcc@btinternet.com](mailto:clareleepcc@btinternet.com).

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The contact details for the Clerk to Parish Council are:

Jim Candy

Penquite Farm, Trerulefoot,

Saltash PL12 5BN

01752 852155

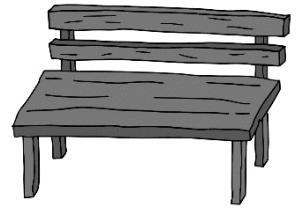
Email: [clerk@stdominicpc.org.uk](mailto:clerk@stdominicpc.org.uk)

Parish Council website: [www.stdominicpc.org.uk](http://www.stdominicpc.org.uk)

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## **Nesta's Seat - Voice Your Opinion**

You might remember last February this newsletter was reporting quite regularly the fate of Nesta's seat.



Nesta Martin ran the Post Office and shop for over forty years in the last century. At that time the village was a lot busier than now and Nesta was known to everyone, people relied on her, she was a big part of the community. When Nesta retired the village clubbed together and raised money to buy her a wooden bench for her garden and a plaque was put on it to say "Thank you" to her.

After Nesta passed away the seat was put up at the bus stop for everyone to use. Well, time took its toll and gradually the seat had to be repaired, several times. The last time it was beyond repair and so the Parish Council replaced it.

Now we have a problem.

The seat that's there is no longer technically Nesta's seat as that has died. It was brought up at Council – should the plaque be replaced? A couple of people have now asked, "Where's the plaque of Nesta's seat?"

I have conducted a straw poll of three councillors. These are the replies:

- *We voted against replacing it, as it's not Nesta's seat any more.*
- *We talked about it and we decided not to put the plaque on yet.*
- *I don't remember any decision.*
- *A councillor wanted to put a plaque on it every time a parishioner died, but they thought that was a bit much.*

So, I asked what they now thought about replacing the remembrance plaque:

1. Yes, she should be remembered, she was here running that shop for years
2. No, no one can remember her anyway. What's the point?
3. Of course, it should be replaced, the council are nit picking.

NB- Although it's in Councillor Fry's possession this is not his fault.

## ***Festivities News***

The Festivities Group would like to thank everyone involved in bringing the beautiful Christmas Tree to light up our darkness this Christmas. It was a truly special one this year, thank you Jeff Roberts for finding it. Thank you to the Community Shop who kindly bought the tree this year and to all the Parish who supported it and loved it throughout advent and Christmas.

We have some exciting news. The concept of the tree was born in 2010 and each year thereafter the Festivities Group asked businesses or individual families to sponsor (buy) the tree for the Parish. The Parish Council has been watching and has seen the event grow into a huge community event, loved by everyone and has decided that the event and a grand Christmas tree should be future proofed.

They have kindly offered to take on the financial burden of buying the tree for the Parish. We are extremely grateful and so pleased.

Fund raising by the Festivities Group will continue to make sure that all other things associated with the Tree are free. We will be buying the mince pies, Drew's cider, lights, easter eggs etc.

The Festivities Group AGM is scheduled for Monday February 5th at 7.15 in the Chapel schoolroom.

## ***Barn Dance!***

Dance away the winter blues at a Barn Dance in the Village Hall Saturday 24th February. Come in a group or on your own. Always someone to dance with!! See poster overleaf!

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KICK UP YOUR HEELS AND COME ON DOWN FOR A

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..... ON .....

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### Women who like to dance!

You might have heard it on the grapevine about the **Women Only Charity Dance Nights** held in St. Dominick Hall, run by some of us from the village – having fun and raising funds for named charities.

We have been reaching out – using our own networks – but we don't know every woman who likes to dance (or sing – there's karaoke too) in the St. Dominick area.

**SO, if you would like to receive an invitation to the next dance night – get on our email list NOW.** (*Next dance will be in March but with a limit on numbers it is always by invitation only*)

Send an email to [charitydancenight@gmail.com](mailto:charitydancenight@gmail.com) saying you want to hear about any Women Only Charity Dance Nights we run in the future – and that's it – you will get an invitation as soon as the details are finalised – then it's get booked in as fast as you can!

Ann, Carolyn, Maria & Liz





## RECYCLING FOR CHARITY project.

Keep up to date on our project by joining our Facebook group

[www.facebook.com/groups/recycling.for.charity](http://www.facebook.com/groups/recycling.for.charity)

Or visit our web page [www.south-hill.co.uk/charity-recycling](http://www.south-hill.co.uk/charity-recycling)



**Plastic sweet and cracker tubs and Milk Bottle Tops.**

**Drop off by Feb. 15<sup>th</sup>**



**Drop off at**

**Callington** Library foyer.

**Saltash** Library bin outside.

**Saltash** Scrapstore 89 Fore St.

**Greggs** at Carkeel roundabout.

The Recycling project trailer is in The Community Shop car park on **Feb. 6<sup>th</sup>** 10:25am to answer your questions and collect all items for our project.



Colgate are changing their packaging, from **Feb. 3<sup>rd</sup>** we will no longer be able to accept toothpaste tubes and boxes.

**Please drop to Callington Town Hall by Feb. 3<sup>rd</sup>**

We can still take your old toothbrushes, electric brush heads, interdental brushes, floss sticks and floss packets and all the packaging.

**Recycling for Charity can not accept:**

**Pet food pouches** can be taken to Pets at Home in Launceston and Liskeard

**NO ONE** wants **Medicine Blister packets**, put in your black bag for the council to incinerate

**Vinyl's, VHS & cassette tapes** ORIGINALS & **books** call Declutter 07540 239151 for collection

**Tetra packs, drinks cartons**, special skips at Recycling Centres at Liskeard & Launceston

**Working Laptops** contact Launceston Lions club. 0845 833 9528

**Black plastic clothes hangers**, in store at TESCO

**Asthma inhalers** TESCO Launceston have a collection bin by their pharmacy

**Disposable Razors** order an envelope from [Gillette Recycle Razor Blades | Gillette UK](http://Gillette Recycle Razor Blades | Gillette UK)

**Do not** leave these in our collection bins.

Thank you for the amazing support... we have raised over **£13,000** for charity.



## Parish Church services

Thursday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> 9.30-11.30 Toddlers Group

**Churchwarden: Mrs Clare Lee** [clareleepcc@btinternet.com](mailto:clareleepcc@btinternet.com)

## Methodist Services. Sundays.

Sunday Feb 25<sup>th</sup> – 3pm Mr Steve Wherly

The PARISH NEWS is delivered by the Friends of St Dominick Church & other volunteers.  
Additional Delivery volunteers needed, please contact  
Kate Wilkinson 01579 350407



# SAVE THE DATE

**Please see details in this magazine**



## **FEBRUARY**

Saturday 3<sup>rd</sup> - Cllr Andrew Long 11am-1pm NEW VENUE Silage Bar, Who'd Have Thought It.

Tuesday 6<sup>th</sup> - Tuesday Club Parish Hall 2.30. Celebrate our 21<sup>st</sup> Birthday! AGM followed by afternoon tea. New members welcome – just come along on the first Tuesday of each month to meet new people and listen to interesting speakers or entertainment.

Tuesday 6<sup>th</sup> – Recycling trailer 10.25am in the Parish Hall car park.

Wednesday 7<sup>th</sup> - Parish Council meeting 7pm Parish Hall.

Friday 9<sup>th</sup> - Mobile Library 11.45am.

Tuesday 13<sup>th</sup> - Hobbies 1pm-5pm in the Parish Hall just come along with something to do, or to see what others are doing.

Wednesday 14<sup>th</sup> – WI AGM

Saturday 24<sup>th</sup> - Barn Dance Parish Hall – see poster.

Tuesday 27<sup>th</sup> - Hobbies 1-5 You don't have to stay all the time.

## **MARCH**

Tuesday 5<sup>th</sup> - Tuesday Club Parish Hall 2.30pm. The speaker will be Geil Spierings who will tell you about Cornish Gouda cheese. New members welcome. Tea and biscuits!

Friday 8<sup>th</sup> - Charity Dance for all ladies – details in Parish News.

Wednesday 20<sup>th</sup> - 10.30am – 2pm Cornwall Council Waste Engagement team will be at the Parish Hall to answer queries re the new recycling arrangements.

Saturday 30<sup>th</sup> - Easter Egg Hunt – see details in the Parish News.

**St. Dominick Hand Bell Ringers** Fridays 7.30 Contact Robin Wood  
01579 350767

**Wreckers Morris Dancers** Thursday evenings meet at the Parish Hall  
New members welcome particularly musicians.

**St. Dominick Community Shop** (Village Hall car park) 01579 350841  
Open Mon-Fri 8.45-5.30. Saturday 9-5.30. Sunday 9.15-11.30

Post Office Friday 9-12pm.

Fish van and other services see shop article

**Who'd Open Mic** 7-9.30pm every 3<sup>rd</sup> Thursday with Steve Brown

**Parish Hall bookings** contact: [lornabc@talktalk.net](mailto:lornabc@talktalk.net) 01579 350776

**Items for the Diary page to:** [ourparishnews@gmail.com](mailto:ourparishnews@gmail.com) by the 15th of each month.



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## ***St Dominick Community Shop***

Happy New Year to you all! Thank you for supporting the Shop by choosing to do your Christmas shopping with us. Another busy festive season for the team with lots going on throughout the month of December. As usual, a quieter month in January as we all used up those leftovers but we were pleased to see that the sale items sold well.

Our thanks to Dorren Behennah who drew the Christmas raffle winners and congratulations to our lucky prize winners:

1<sup>st</sup> prize – hamper sponsored by Pengelly's fishmongers – Gill Bower

2<sup>nd</sup> prize - £25 of Shop gift vouchers sponsored by Burcombe Haulage – Carolyn Daw

3<sup>rd</sup> prize – bottle of prosecco & box of chocs sponsored by the Shop – Garfield Paynter

Thank you to our generous raffle prize sponsors.

Here's what's coming up in February:

Thursdays 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> - the Pengelly's fish van will be in the car park between 1.00 – 2.00pm offering a great range of fresh fish as always. Don't forget, you can order direct with Pengelly's and collect and pay when the van is here. Please call 01503 262246 by no later than 1.00pm on the day before (Wednesday). If the Looe boats cannot go out due to poor weather conditions, Pengelly's may cancel a visit. We will post on Facebook.

Tuesday 6<sup>th</sup> February – the Recycling for Charity trailer will be in the car park at 10.27am for about 10 minutes. Along with your usual recycling, you can drop off any empty sweet or biscuit tubs you may have collected over the Christmas period. These can help the charity raise funds.

Tuesday 13<sup>th</sup> February – it's pancake day! We will have everything you need in stock for your Shrove Tuesday supper.

Wednesday 14<sup>th</sup> February – we will have a range of cards and gifts in the Shop running up to Valentine's Day. There will also be the chance for the special person in your life to win a bottle of fizz and a box of chocs.

From the 1<sup>st</sup> February you will be able to drop their name into a box for the draw on the 13<sup>th</sup>.

Throughout February – keep your eyes peeled for special offers & meal deals.

January saw a change in Shop management with Serena Stevens moving into the Shop Sales Manager role following Helen Eynon leaving us at the end of December. Many congratulations to Serena. We have now advertised Serena's previous role, looking after all the Shop procedures and administration, and we very much hope by the time this Parish News lands on your doormat we will have made an appointment.

We are now in the 4<sup>th</sup> year of trading, and we continue to review and refine the variety of products we hold in the Shop. We will, of course, continue to hold a range of stock, both the value items as well as the 'high end' items and everything in between with our continued focus on quality local west country foods. However, we are keen to get an even better idea of what else you want to see in your Community Shop so we will be offering you the chance to have your say by completing a short survey during February. Watch out for further details.

### **Join the Shop team!**

**Volunteer and be part of making our Shop a success. Bring your skills, meet new people, learn something new.**

**There are all sorts of ways you can help.**

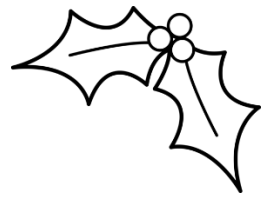
To find out more, email Hayley Edwards, Volunteer Coordinator at

[hayleye74@gmail.com](mailto:hayleye74@gmail.com)

As we look forward to 2024, we will continue to put all our efforts into making your Community Shop even better for you. We look forward to seeing you very soon.

**promoting local - supporting our community**

## **ADVENT WINDOW TRAIL COMPETITION RESULTS**



Thank You, everyone, for voting, but mainly, **Thank YOU to the wonderful Advent Window Trail designers, makers and hosts.** The weather wasn't playing fair – but the windows were glorious when you got to see them, in real life – or on the internet. They are still there to view on **St. Dominick Advent Windows** on FB – and you do not have to be on FB to see them ... just look and ignore FB pleas to join if you don't want to!

### **RESULTS**

The results from the voting were very close this year. In fact, from the voting boxes there were two windows at the top with the same number of votes – a draw!

Good thing we had an independent judge, who had reported earlier after their trip round to view all the windows in real life as well as looking at them on the fb page. This judgement was used as the tie-breaker.

In their judgement – one of these top-two came into the 'top 3' the other was in the next group of three - with honourable mentions.

In light of this - the final results are:

**Window No.12 Won the Advent Window Trail prize** (of a Sunday Lunch for two – main course only) from the Who'd Have Thought It, and **Window No. 8 came such a close second** that a small prize (from an anonymous donor) has made its way to them too!

Thanks to The Who'd Have Thought it for sponsoring a prize for this event, which they initiated during covid. St. Dominick Church would also like to thank the hosts of The Advent-Story Windows each Sunday. Thanks too, to our independent judge!



ST DOMINICK CHRISTMAS ADVENT WINDOWS JUDGE'S  
COMMENTS (our independent judge lives outside the area  
and is an artist working in multi-media)



On a night of the full moon, clouds scudding and wind-borne rain splashing in our faces, I toured the bright lights and Advent spectacle of lit windows in St Dominick.

The Advent story was accurately and delightfully depicted along the way and I was impressed by the supporting Christmassy, Pantomime-inspired supporting cast of windows.

They displayed originality and creativity in such a variety of media it was hard to pick the winners, so much effort had been made by groups and individuals.

I particularly loved the graceful, almost art deco, lines of the cut outs of Jack and the Beanstalk at No 7, even more the automata-inspired Peter Pan at No 12, and was quite taken by the ingenuity and all-round cohesion of the multi-media tableau of No 9! A\* and 10 out of 10 all three.

Others stood out; the artistry of Aladdin at No 8 and the beautiful Hansel and Gretel gingerbread house at No 21. For superb artistry and lettering a special mention for No 16.

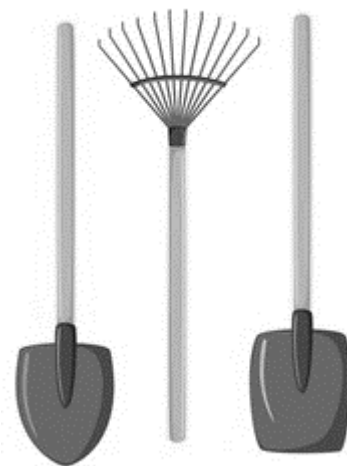
At No 15 I loved Humpty Dumpty doing 'just what it says on the tin', and the so effective minimalism at No 13, while in the huge display at No 5, Peter Pan and Tinkerbell soared into azure skies.

All the windows which I could see were delightful, some were just Christmassy rather than panto-inspired, but everyone had thoroughly entered into the spirit of joyful community and taken the time to use their inspiration, ingenuity and effort to enhance the Festive enjoyment for all. I was glad to have braved the stormy elements, grateful thanks to my driver and guide.



## Gardening Ideas

- It's time to get on top of the weeding if you can. There's lots of tidying up to do. Fallen leaves can be gathered up from obvious places, such as the path, hedgehogs could be hibernating in the deeper piles so be careful.
- The beginning of February you should still be able to prune your fruit trees and such things as gooseberry bushes and grape vines. You can do all this whilst they are dormant, before the sap begins to rise.
- Anything you gather don't forget to put it onto your compost heap.,
- Check plants such as kale and brussel sprouts for wind rock. If they have become a bit loose in the ground heel them in firmly if necessary and while you're there you can give your cabbages a dressing of lime.
- Ensure any vulnerable plants are still protected from bad weather.
- Bare rooted deciduous hedging plants should be planted now.
- Time to remember other garden maintenance. Check all your ties and stakes in established plants. Also remember to get your gardening tools sharpened and serviced now.
- We have mentioned the hedgehogs, which really should be hibernating but don't forget other wildlife, particularly the birds who love seeds and fatballs if the weather turns colder. And also don't forget to put up some nesting boxes for the springtime. Look out for frogspawn in your pond.
- Looking forward, bulbs are now starting to come through in your garden, be careful not to stand on them.
- If you have any established rhubarb plants put a pot plant over them, in the absence of a proper chimney thing, and this will give you lovely pale tender stems.
- Buy your first early potatoes and put them to chit, perhaps in an egg box.
- Check all those seeds and shallots you saved last year intending to plant this spring. Discard any rotten or disintegrating ones.



- Remember the old saying, "On Candlemas Day get your beans in the clay" (this means broad beans). Apparently a clay plant pot will do to start them off. – Candlemas Day is February 2<sup>nd</sup>.
- Lastly remember your indoor plants are drying out fast with your central heating, please don't neglect them.
- Even more lastly, please send your own gardening ideas/tips into the parish News, they will be gratefully received.

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## WI NEWS

Welcome back to all St. Dominick WI members for the start of a brand new year full of great companionship, interesting talks, fun activities and walks!

Members of St. Dominick WI met back after the Christmas break on Wednesday the 10th of January. Our speaker was Mike Haywood and the title of his presentation was 'Inequality of Women through the Ages'. We were fascinated to learn about how Women have been treated and

regarded over time. Throughout most of British history, men have totally dominated the religious, legal, economic, political, artistic, medical, social and family order. Interestingly men wrote the history! It does, however, appear that before the Norman invasion, in 1066, women had property and were valued and respected. The Normans, who were predominantly Vikings, occupied and oppressed areas from the lowlands of Scotland to the East of England. With them came fear and domination. Their influence over how Women were treated led to a loss of standing in society of women and women's rights. Mike listed many and varied examples of women's low status and subordination over time. Even when the Pilgrim Fathers sailed to America in 1620, records list all the men and not the women and children, despite there being more women and children on board the Mayflower. For 700 years all judges, juries, lawyers, court officials and law enforcers were men. For 700 years there was an all-male House of Commons and House of Lords and for over 900 years there were only male Christian Leaders. Amazingly, relatively recently before 1975, a woman had to have the permission of her husband or father before she could donate her organs. Over history once women were married, she signed over many of her rights, property and standing to her husband. Even our language puts men first through how we address envelopes and write letters: 'Mr and Mrs' and 'Dear Sir or Madam' for example, to when addressing a collection of people, men come first: 'Lords and Ladies'.

It is a profoundly complex subject that raised a lot of discussion amongst us about how women relatively recently have been treated medically and socially. This was a very thought provoking talk and discussion and I know it is a topic we will return to, continue to discuss and continue to feel passionate about.

Our next WI meeting will be held in the St. Dominick Parish Hall, from 7.30 for a 7.45 start, on the 14th February and is our Annual Meeting where we will be having a review of the year, electing Officers and Committee members, followed by fun Bingo with prizes!

Local Trader	Trade	Contact No
Shane Curnow	Simpsons Premium Dog Food & Small Animal Hydrotherapy Centre	07921 818678
Dave Apps	Chimney Sweep	07596 707617
Sam Deacon	Plumbing, Bathrooms & Kitchens	07468 566795
D.Wilkinson Antiques	Antiques & House Clearance	07974 812876
Paul Doney	Building Contractor	228698
Debbie's Care Services	Personal Care, Bathing & All Household Duties	07779 483230
Elliot's	House & Garden Clearance	350345
Fiona Wiltshire	Mobile Hairdresser	07990 587098
Jane Matthews	Gardening Services	07986 306112
Patricia Gillings	Practitioner in Holistic Massage	07585 508163
Kath Gylby	Home Help and personal care	01579 683575
Michael Grundy	Retired Solicitor - Will writer	351467
Nathan Behennah	Painting and Decorating	07955 207962
Pest Doctor	Pest Control Services	350345
Sewing Repairs	Zips, alterations, repairs etc.	07740 284889
Green Bank Apples	Tamar Valley Apple Juice Producer	350594
Trehill Farm Produce	Producers of Traditional Meat	350410
Rob Williams	Window Cleaner	384435
Hamish Petersen	Fruit Tree and Gardening Assistance	07309 499074
ShakeFitness	Personal Trainer & Fitness Class Provider	07492 887119

### ***ADVERTISING IN THE NEWSLETTER***

Please contact the Parish Clerk.

Directory of Local Traders: £18 per year (10 editions)

Box Ads: £37.50 per year and guaranteed to be included in 8 of 10 editions.

Any other advertisements: by negotiation.

Advertisements to be paid for in advance.

Advert withdrawn if payment is not made within 30 days