



A community newsletter funded by Mabe Youth and Community Project and Mabe Parish Council to provide news, share views and publicise events. Printed by Tremough Campus Services.

Community News

Will the Olympic Torch pass through Mabe?

You may wish to put Saturday 19 May 2012 in your diary - as the day when the Olympic Torch may be travelling through our parish.

The Torch, carrying the Olympic Flame, will leave Land's End on Saturday 19 May and arrive in London for the start of the Olympic Games on 27 July (having taken the long route via the rest of the UK first).

On the first day it will be passing through Helston and Falmouth, before heading for Truro.

The detailed route has not yet been announced but there is speculation that the route from Helston to Falmouth will be via the wealthy and well-connected parishes of Constantine and Mawnan Smith, rather than along the less populated main road. Sadly, this means that we are unlikely to see the Torch-bearer popping in for a pint and a pasty at the New Inn.

But the route out of Falmouth towards Truro is surely likely to be via historic Penryn – with a reasonable chance that the Torch will stop off at the only university campus in Cornwall, which just happens to be in our parish... Watch this space!

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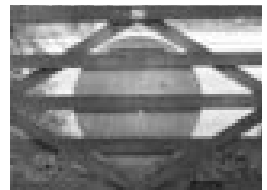
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Patrick climbs Snowdon for Shelterbox

Penryn College pupil, **Patrick Hall**, has completed an amazing feat – climbing the four “highest peaks” in the British Isles for charity – and he’s still only 12!

Patrick recently completed the climb of Snowdon – the highest peak in Wales. The climb took about seven hours in total, with conditions being “very cold, misty, gloomy, wet and windy” according to Patrick’s father, Damian.

Patrick has already climbed the highest peaks in England (Scafell Pike), Scotland (Ben Nevis) and Ireland (Carrauntoohil) and has raised



Patrick, during his climb

nearly £800 for charity.

His recent climb of Snowdon was to raise the £590 needed to buy a Shelterbox. The box is designed to provide shelter for up to 10 people caught up in a natural or manmade disaster, keeping them warm and safe until they are

re-housed. If you’d like to help Patrick reach his total, you can donate at: www.justgiving.com/Patrick-Hall2.

Would you like to climb a mountain, but can’t get to one or you’re not sure how? Damian Hall can offer help and advice. Please contact him on 07855 844598.

School celebrates 25 years on current site

Mabe School celebrated 25 years at Cunningham Park with a day-long visit from the School Governors in November.

As well as meeting the School Council, the Governors carried out different activities to gain a better understanding of school life and to make a greater contribution. Most of the activities included interviews with pupils and/or teachers, and visiting classrooms with a specific focus, such as the marking policy, the learning environment or pupil behaviour and attitudes.



The Governors were treated to an assembly about their role which used ideas generated by the children (including pictures of them - see left), and they also had lunch with staff and pupils.

Paul Hayes, the Headteacher, commented: “We took this as an opportunity to celebrate our first 25 years at this location, and to inform children about the important role that Governors play, both in guiding us and in evaluating the effectiveness of our school.”

Many congratulations to **Steve Nisbet** from the village shop, who recently married his partner, June.

Steve writes: "June and I travelled to Sri Lanka to get married. We enjoyed a tour of the island, visiting many buddhist temples, an elephant orphanage, tea plantations and many other sites of interest.

The wedding was a very colourful affair following local Sri Lankan traditions. We were made to feel very welcome and thoroughly enjoyed our special day."



Proposal to build 98 dwellings off Treliiever Road

November's Parish Council meeting included a presentation by Justin Dodge of CSA Architects, outlining proposals to develop the area of land behind Treliiever Road (by the A39 by-pass).

Acting on behalf of Westcountry Land Enterprises, Mr Dodge told councillors that the development would involve the construction of 98 dwellings and 160 parking spaces. 40 of the dwellings would be "affordable housing" (20 for rent and 20 for sale), with preference given to applicants who could demonstrate a local connection. The other 58 dwellings would be sold at market value.

Westcountry Land Enterprises has yet to submit a formal planning

application but has promised public consultation in the New Year. However, Mr Dodge added that he thought it likely that if planning permission were granted, the developer would make a contribution towards funding improvements to open spaces in Mabe and might well block the pedestrian route (what was Tremough Lane) from Treliiever Road across the A39.

This proposal is the most recent of a succession of proposals aimed at developing the Treliiever Road site.

What are your thoughts on developing the site and on the need for more affordable housing in the village? If you would like to make any comments on these issues, please write to Mabe Matters c/o MYCP (address on p.16) or email mabematters@aol.co.uk.

Big win for Mabe jockey

Local jockey, **Andrew Glassonbury**, has been in the news recently, having won a major race at Ascot.

Andrew, 24, who grew up in Mabe and who has parents and grandparents still living here, won the £100,000 United House Gold Cup Handicap Chase at Ascot last month in an exciting finish. This takes his professional wins to 120 in five years and his prize money (earned for the owners and trainers) to a total of over £550,000.

According to his father, Clive, Andrew's first taste of riding as a child was when, as a member of Falmouth Karate Club, he went on an outing to Bosvathick Riding Stables (between Mabe and Constantine). Andrew enjoyed the horses so much that he gave up karate, learnt to ride and was soon entering show jumping competitions before progressing to professional racing. Andrew now lives in North Devon with his brother Edward, 20, who is an apprentice jockey.

Andrew is seeking sponsorship from businesses or individuals: potential benefits include free advertising on his jodphurs and free entry to courses to watch him race. Please contact Andrew on 0781 724 0634.



Andrew Glassonbury winning at Sandown Park earlier this year

Fund-raising events

"The Coffee Morning at Glenderry in Antron Hill raised a wonderful £460 for the Phoenix Stroke Appeal. Thank you so much to all those who donated raffles prizes or cash and those who came on the day and gave so generously. Most of all a BIG thank you to my family and friends who baked or made gifts and so kindly gave up their time to be there on the day." *Anne Salomé*

"The charity quiz held at the New Inn on Sunday 30 October raised £145 for the Handstand Appeal. Many thanks to all who supported the evening." *Vanessa Ward*

The Garden Club were delighted to raise over £200 from their coffee morning with leading daffodil grower, Ron Scamp, lending his support by bringing his "bin end" bulbs for sale.

Brownie news

The Brownies have been busy working towards their Science Investigator Badge. As well as undertaking various experiments during their weekly meetings, they enjoyed a Saturday afternoon at the Maritime Museum. It was a busy weekend, as the next day eight Brownies joined the congregation for the Remembrance Day Service at St Laudus.

Growing green fingers

Children at Mabe School have been introduced to vegetable-growing following a gift of plug plants from local companies, Cornish Food Market and Rocket Gardens.

Parents and other locals contributed timber, compost and materials, and helped to dig four veg beds - one for each class.

Groups of children from across the school prepared the soil by removing stones, and then carefully planted and watered the vegetable seedlings.

The idea behind the scheme is to encourage children to get involved in growing veg and fruit, and to learn about where food comes from, as well as about seasonality and healthy eating.

Do you love gardening? Would you like to help nurture the next generation of gardeners? The school is looking for someone local to help with a gardening club – probably once a week for about half an hour during lunchtime. If you are interested, please contact Paul Hayes, the Headteacher, on 01326 372662 or email head@mabe.cornwall.sch.uk.



Has Argal sprung a leak?

Something seems to be wrong with our two reservoirs. The water in Argal is really low, with the remnants of drowned stone hedges emerging forlornly from the water. Meanwhile, neighbouring College reservoir appears to be full. No wonder that rumours have spread that Argal is leaking or that the water in College reservoir is poisonous and can't be used.

In fact, it turns out that, despite the wet summer and autumn, reservoir levels right across the South West Water region are at low levels, following an exceptionally dry spring. South West Water say that they are not worried by the situation as the reservoirs normally fill during the winter when there is more rain and fewer visitors. They can also decide to draw water from one reservoir rather than another, so having different water levels in neighbouring reservoirs is not unusual.



Low water levels at Argal, revealing the remains of Cornish hedges Photo: Colin Bolitho

I was assured that Argal is not leaking. But whether the water in College reservoir is poisonous – I haven't had an answer on that one yet!



Eden Project Half Marathon Update...

We mentioned in the last issue of Mabe Matters that **Lisa Foreman**, who lives in the village, was intending to run the Eden Project Half Marathon for the Cystic Fibrosis Trust. Here is Lisa's report on the event:

"Well, good news, I managed to complete the rather hilly course, and in a time of 2 hours, 1 minute and 24 seconds, a 9 second improvement on my previous half marathon run. Most importantly though, the sponsorship total was a brilliant £1385.00!!! I would like to say a massive thank-you to all those lovely sponsors who have been so generous."

MYCP - looking to the future

Mabe Youth & Community Project has started to review its role in the local community.

Currently the Project owns and runs the community hall, play area and skate park and, together with the school, the playing field. Members regard those as being good facilities, but feel that the Project should adapt and become relevant to a wider cross-section of Mabe people.

Committee members were asked to suggest what might be done to increase the Project's significance to local people. Among the wealth of positive suggestions were:

- Improved facilities for children and families – new equipment in the play area, camping night on the field, and a toddler group
- Scheme to provide lifts to elderly people (and for that matter anyone else) to events at the hall

- Youth club and coffee bar
- Film nights
- Grants to help people into vocational training and to start new businesses.

This won't happen all in one go, but there is a widespread feeling that, within the next 12 months, the Project should take action to improve the hall and other facilities, to widen participation and to provide support for sections of Mabe's residents for whom currently the Project means little if anything at all. The Project has a good financial base with which to implement change.

If you have views and ideas about what the Project could and should do for you and others, or if you would like to get involved, we would love to hear from you.

Richard Scrase, Chair (259861 or scraseolver@aol.com) and Jo Clarkson, Vice-Chair (340127 or highereathorne@btinternet.com)

Going up: first impressions of Penryn College

Moving up to a big secondary school can seem daunting, especially if you come from a little village school. Four Year 7s who live in Mabe describe their first impressions of Penryn College:

"The best thing about Penryn College is that you meet so many new friends. For instance, I met Cameron on the first day and didn't know him, but now he and I hang around together every break and lunchtime. All the subjects are really cool. My favourite subject is Science, but my worst is History. The scariest thing about the school is the size of it, and you are going from 120 pupils [at primary school] to 1200 pupils. Also the size of the Year 10 and 11 pupils - you go from being the oldest to the youngest." **Bill Harrison** (pictured, right)



"When you are at primary school, you are worried about loads of things about Penryn College, like getting lost, but when you get up there, it seems to shrink. In the first week you get lost but there's always someone to ask and after the first week, it seems much smaller and it's not so scary.

It's really good, there are millions of clubs. I'm in badminton, netball, hockey, drama... There's a dance club and a knitting club and a fencing club. There's even a make-up club where you have a mask and make it up to look like a monster, like special effects. Also there's loads of instruments you can learn. I'm learning the marimba.

There's a school farm but I don't know where it is yet. I think it's quite small. They have chickens and stuff.

You make heaps of new friends there. The teachers make sure that you interact with lots of new people. You can still see your old friends; you have loads of opportunities in your classes or at lunchtime or break, but you make new friends too." **Elke Diggle**



"Penryn College is so amazing; I have had loads of new opportunities such as sport clubs, new friends and a chance to learn so many new things in my lessons. I have started playing the clarinet, hockey and table tennis all since September! I am so happy to be at Penryn College and can't wait to see what will happen in the coming years." **Sarah Frost** (pictured, left)

"...Homework, homework, homework..." **Ollie Cavill** (according to his Mum!)

Mabe Diary

December 2011



(All six-digit phone numbers are 01326 unless specified.)

Sun 4 – Holy Communion

(8.30am) **and Parish Eucharist** (9.30am), Mabe Parish Church. Contact Fr John Savage, 259739.

Mon 5 – Lecture by Marie-Gabrielle Rotie. *See Tremough events, p.14.*

Tues 6 – Digital Economy Lecture. *See Tremough events, p.14.*

Tues 6 – Women’s Institute, WI Hall, 7.30pm. “Table Decorations”: talk and demonstration by Helen Johns. Contact Mary Hubber, 373390.

Wed 7 – Seminar on “Literature and the Capitalist World-Ecology”. *See Tremough events, p.14.*

Thurs 8 – Lighting of Christmas Tree, centre of the village by the shop, 6.30pm. *See Christmas events, p.10.*

Thurs 8 – Parish Council Meeting, WI Hall, 7.30pm. Agenda on Parish Notice Board. Open to the public. Contact Elinor O’Connor, 319799.

Sun 11 – Parish Eucharist, Mabe Parish Church, 9.30am. Contact Fr John Savage, 259739.

Sun 11 – Community Carol Service, Community Hall, 6pm. *See Christmas events, p.10.*

Tues 13 – Cornwall Astronomy Society, WI Hall, 7.45pm. Contact Bob Beeman, 341164.

Wed 14 – Village Communion, WI

Hall, 10.30am, followed by tea, coffee and chat. Contact Fr John Savage, 259739.

Sat 17 – Candlelight Carol Concert, Flicka Foundation. *See Christmas events, p.10.*

Sat 17 – Mabe Bowls Club, Annual Dinner, Community Hall, 7pm for 7.30pm. Contact Margaret Bryant, 373102.

Sun 18 – Parish Eucharist. *See Sun 11 for details.*

Mon 19 – Mabe Garden Club Christmas Party, Community Hall, 7pm. Contact Val Bidgood, 373984.

Sat 24 (Christmas Eve) – Midnight Mass, Mabe Parish Church. *See Christmas events, p.10.*

Sun 25 (Christmas Day) – Communion Service, Mabe Parish Church. *See Christmas events, p.10.*

Sun 25 – Christmas Day Service, Trenoweth Methodist Church. *See Christmas events, p.10.*

Thurs 29 – Charity Quiz, The New Inn, 8pm. *See p.11.*

Sat 31 (New Year’s Eve) – Party with Karaoke, The New Inn, 9pm. *See p.11.*

January 2012

Sun 1 (New Year’s Day) – Holy Communion (8.30am) **and Parish Eucharist** (9.30am), Mabe Parish Church. Contact Fr John Savage, 259739.

Tinpit Club Special

*Teen (and under) pop band, **Relentless**, headline a Tinpit Club Special at the Community Hall on **Saturday 28 January**. Drummer, Finn Hellier, is in Year 5 at Mabe School. The other band members are at Falmouth Community School. The night will raise funds for Mabe School. Doors open at 6pm with a 9pm finish. Look out for flyers for more information.*



Tues 3 – Women’s Institute, WI Hall, 7.30pm. Talk by Charles Wenmouth. All are welcome. Contact Mary Hubber, 373390.

Sun 8 – No Service at Mabe Parish Church - joining the congregation of St Gluvias Church, Penryn, at 10am.

Tues 10 – Cornwall Astronomy Society, WI Hall, 7.45pm. Contact Bob Beeman, 341164.

Wed 11 – Village Communion, WI Hall, 10.30am. *See Wed 14 December.*

Thurs 12 – Performance of Morton Feldman’s “For Christian Wolff”. *See Tremough events, p.14.*

Thurs 12 – Parish Council Meeting, WI Hall, 7.30pm. *See Thurs 8 December.*

Sat 14 – Squashbox Theatre presents “Universarama”, WI Hall. *See Stargazing events, p.13.*

Sun 15 – Parish Eucharist, Mabe Parish Church, 9.30am. Contact Fr John Savage, 259739.

Mon 16 – Blood Donor Session, Community Hall, 1.15pm to 3.30pm

and 4.45pm to 7.30pm. To book a slot, call 0300 123 2323 or visit www.blood.co.uk.

Tues 17 – talk by Dr Misha Myers and Dr Caitlin Desilvey. *See Tremough events, p.14.*

Tues 17 – Mabe Garden Club, Community Hall, 7pm. Contact Val Bidgood, 373984.

Thurs 20 – Cornwall Astronomy Society, WI Hall, 7.45pm. Contact Bob Beeman, 341164.

Thurs 20 - “Yeth an Werin” gathering for conversation in Cornish, New Inn, from 7.30pm. Turn up or see www.magakernow.org.uk for details.

Sat 21 – Stargazing talk and exhibition, WI Hall. *See p.13 for details.*

Sun 22 – Parish Eucharist. *See Sun 15 for details.*

Sat 28 – Tinpit Club Special, Community Hall, 6pm-9pm. *See top of page for details.*

Sun 29 – Parish Eucharist. *See Sun 15 for details.*

Weekly Events, p.12

Christmas and New Year in Mabe

Our village **Christmas lights** may be somewhat modest in scale, but the switching on "ceremony", which is led by George Kingston, is good fun. There's carol singing, free hot mince pies and mulled wine (kindly provided by the shop), and sweets for the children. Thursday 8 December at 6.30pm outside the shop.

The **Community Carol Service** will be held on Sunday 11 December, at 6pm in the Community Hall, to be followed by mince pies and the drawing of the Grand Christmas Raffle. There will also be a collection in aid of the Cystic Fibrosis Trust. Everyone is welcome.

The **Brownies' annual visit to Antron Manor** takes place on 15 December, when they will give gifts to the residents and sing carols. For further information, contact Jackie Williams (372863).

The Flicka Foundation is holding a **Candlelight**



Carol Concert in a barn with donkeys on Saturday 17 December at 7pm, to raise money for its work in rescuing horses and donkeys. The ticket price of £10 for adults and £6 for under 18s includes a pasty, mince pies and mulled wine. *Flicka Foundation, Penty Noweth Farm, Trenoweth Lane, Mabe.*

On Christmas Eve, there will be a **Midnight Mass Service** at Mabe Parish Church, beginning at 11pm. The Parish Church is also holding a **Christmas Day Communion Service** at 9.30am, while Trenoweth Methodist Church will be holding its **Christmas Day Service** at 10.30am in the Community Hall, Cunningham Park, with the Rev. Arthur Cowburn preaching.



A Christmas Blessing

I pray that the Holy Child of Bethlehem, who was born in a stable and laid in a manger, and for whom no place is too low or mean to enter, will come to you this Christmas time. May he dwell in your hearts and homes and fill them with his love, now and always.

And may the joy of the angels, the wonder of the shepherds, the perseverance of the wise men, the obedience of Joseph and Mary, and the peace of the Christ Child be yours this Christmas time.

On behalf of Mabe and Ponsanooth Churches, I wish you all a Happy Christmas and a blessed 2012. Martin Brown, Reader, Mabe Parish Church

Christmas and New Year at the New Inn, Mabe

Christmas menu (to 23 Dec) - 3 courses, £12.95, must pre-order.

*Christmas Eve - Live music at the New Inn with duo
"Unsung Heroes" from 8.30pm. Free entry.
Food served until 8pm.*

*Christmas Day - Bar open from 11.45am to 3.15pm.
Christmas lunch is already fully booked.
Closed in the evening.*

Boxing Day - Open from 7pm to 10.30pm. Kitchen closed.

*Thurs 29 December - Charity Quiz
for the Stroke Unit at Treliske Hospital.
8pm start, £2 per person
with lots of prizes and a raffle.*

*New Year's Eve Party with Karaoke -
Food served until 8pm.
Party from 9pm until late.*

The New Inn, Church Road, Mabe, 01326 373428



Mabe Shop and Post Office during December

Post Office Counter Extended Hours:

Open until 4 pm on Saturdays (3, 10 and 17 December)

Shop Opening Hours over the Festive Season:

Christmas Eve: open 6.30am until 7.30pm

Christmas Day: closed

Boxing Day: open 8am until 1pm

27 December: open 8am until 6pm

28 - 30 December: normal hours

New Year's Eve: open 6.30am until 7.30pm

New Year's Day: open 8.30am until 6.00pm



***Steve and all his staff would like to wish everyone
a Very Merry Christmas and a Happy New Year
and thank you for all your support over the year.***

What's On in Mabe

Aikido classes start in Mabe

A new martial arts club is running at Mabe School in the evenings (Thursdays, 7pm to 9pm). Aikido is a Japanese self-defence martial art that teaches you how to control a situation by harmonising yourself with an attacker's movement and mind. It teaches you how to defend yourself effectively without conflicts. Anyone can learn this art. It promotes awareness, agility and a peaceful mind, and improves physical and mental health. The class is aimed at adults aged 18 and over; the cost of a session is £5. If you would like more information, please call Jamie on 07720 288172 or email kokorokaidojo@gmail.com.

Weekly Events

Events held weekly in Mabe Community Hall, Cunningham Park, in Mabe WI Hall, Antron Hill and in Mabe School, Cunningham Park.

- Mon** **Short Mat Bowls Club**, Community Hall, 2pm-4pm. Contact Keith Bryant, 373102.
Mabe Keep Fit Club, WI Hall, 7pm. Contact Janet Johns, 373090.
- Tues** **Age Concern Luncheon Club**, Community Hall, 12.30pm-2pm.
Contact Joyce Price, 373187.
- Wed** **Short Mat Bowls Club**, Community Hall, 2pm-4pm. Contact Keith Bryant, 373102.
Fitness for all, Community Hall, 6.15pm-7.15pm. Contact Oriel Bennett, 01726 883523.
Zumba Exercise Class, Community Hall, 7.30pm. Contact Gill, 07817 174 114.
- Thurs** **Carpet Bowls Club**, Community Hall, 2pm-4pm. Contact Arthur Searle, 377088.
Brownies, Community Hall, 6.15pm-8pm. Contact Jackie Williams, 372863.
Aikido Class, Mabe School, 7pm-9pm. *See above for details.*
- Fri** **Short Mat Bowls Club**, Community Hall, 2pm-4pm & 7-9pm. Contact Keith Bryant, 373102.
- Sun** **Trenoweth Methodist Church**, Community Hall, 10.45am-12noon. Contact Margaret Bryant, 373102.
Mabe Parish Church (St Laudus), with St Michael's Church, Ponsanooth – please see the Diary (pp.8 & 9) for the times of services.

Stargazing again!

Last year's Stargazing events in Mabe were a huge success. BBC2 will be broadcasting its Stargazing programmes on 16, 17 and 18 January 2012, and the Cornwall Astronomy Society has activities lined up to take place that same week.



On Saturday 14 January, the Astronomy Society will be hosting Squashbox Theatre's show, "Universarama!" - an amazing puppet show which will reveal the secrets of the universe using "silly puppets, ridiculous and unnecessary props, simple household objects, and assorted fruits and vegetables!" (Suitable for adults and children aged 7+, Universarama! is the creation of Craig Johnson - a long-standing member of Cornwall's

renowned Kneehigh Theatre.) If the night is clear, there will also be telescopes in the New Inn car park.

Then the following Saturday, 21 January, there will be a Stargazing talk and exhibition in the WI Hall, with telescopes in the New Inn car park if the night is fine.

The Society is working on the details and will publicise them nearer the time. For more information on these events or on the Astronomy Society's programme for 2012, including meetings twice a month in Mabe, contact Robert Beeman, Chairman, 341164.

Picture Quiz: Where are these in Mabe?

Local photographer, Colin Bolitho, has set us a picture quiz.

Each photo is a close up of a public place in the parish of Mabe. Can you work out what and where they are? Answers on p.14.

1



2



3



4



Events at Tremough

The events listed below at Tremough Campus are open to the public and are free unless ticket prices are given. Many Tremough events are now publicised on www.tremoughcampus.com/whats-on and www.theperformance-centre.org/. Tremough Campus, Treliiever Road, TR10 9EZ.



On Monday 5 December, choreographer, performer and visual artist Marie-Gabrielle Rotie will talk about the relationship

between her training in Fine Art and Butoh, and her interest in Japanese Aesthetics and how this informs her performance work. 5.30 - 6pm, Studio B, The Performance Centre, free entry.

There are two lectures coming up in the Digital Economy: Research in Practice series. On 6 December, Professor Phil Stenton will give a talk entitled: "Fusing the physical and

the digital: the art and technology of pervasive media." (5.30pm-7pm, Lecture B, Daphne du Maurier Building.) On 17 January, Dr Misha Myers and Dr Caitlin Desilvey will talk about "Story Futurescapes: Designing landscape narrative experience with locative media." (5.30pm-7pm in the Chapel Lecture Theatre.)

University of Exeter's College of Humanities is hosting a public seminar on 7 December entitled: "Literature and the Capitalist World-Ecology", which will be given by Dr Sharae Deckard of University College Dublin. 5pm, Lecture Theatre 1, Peter Lanyon Building.

On Thursday 12 January, Will Sleath (flute) and Tim Carey (piano/celeste) are returning to UCF to perform "For Christian Wolff" by the American minimalist composer Morton Feldman. Don't miss the rare opportunity of hearing this major work from the late 20th century. 7pm, Studio L, The Performance Centre, £10 (full price) £7.50 (concession).

NOTICES

Work opportunity - I'm looking for someone to help grow a Safety Management Training and Consultancy business. I need someone who'd like to be involved with a developing business. Perhaps a good all-rounder who's looking for a rewarding challenge but unable to commit to full time work? Looking for occasional hours and able to help generally with organisation, marketing, administration and so on. Please phone Damian Hall for an informal chat on 07855 844598.

Younger people sought for band - Patrick's a drummer and would like to hear from any younger people in the area who might like to form a band. Maybe just a once a month jam session. Please phone Patrick's dad, Damian, on 07855 844598.

Answers to the picture quiz (p.13): 1. Gate on Tremough Lane (off Treliiever Road), Corner (Church Road) - "Mawman Smith 3, Helford Passage 5"

Letters

Dear Editor,

On 17 November Fal Energy had an evening at the Falmouth Poly at which speakers from Wadebridge, Ladock, Illogan and elsewhere spoke on initiatives to produce renewable energy. It was inspiring to hear of such enlightened enterprise and community spirit in Cornwall.

Where do we stand in Mabe? I have only one clue. We have tried to do our bit by putting forward plans to install solar (PV) panels on our roof. Because we are in a listed dwelling, planning consent was required, and it was referred as a matter of course to Mabe Parish Council. To our surprise the council withheld support. In a conversation with the chairman, Councillor Roger Phillips, I gather this was based on two grounds. The first was precedent: the only other such application, three or four years ago was refused, so justifying refusal of this one. The second one was that the roof could be seen from a certain point on the public footpath which runs through Antron Lane.

I would query whether in a world which is moving towards irreversible harm to the environment we shall be leaving for our children, precedent will continue for ever to be an appro-

Mabe Directory 2012

Do you run a business or service in Mabe parish?

To be included (free) in the 2012 Directory, please contact Ruth on 259861 or mabematters@aol.com

prate ground to block measures to reduce the risk. Secondly, if casual passersby espy panels on a roof, of course they might be shocked, but equally they might be moved to consider the possibility of doing the same themselves. What would common sense suggest is more probable?

I have no quarrel with the requirement that owners of listed buildings should need planning consent to install panels. And I have no quarrel with the Parish Council, they are working for the community. But I do think that in view of the fact that Britain will miss government carbon targets by increasingly wide margins over the next twenty years, the policy, and procedures, regarding solar panels should be revisited urgently.

It would be interesting to learn what initiatives are under way in Mabe to counter global warming, and how many dwellings already have solar panels.

Yours faithfully,

Russell Jones, Little Antron, Antron Lane. 01326 376 376

Help! We need your contributions...

Please send us your news, events, stories of the past or ideas relating to Mabe (civic parish) for the February/March 2012 issue, to mabematters@aol.co.uk or by post to the MYCP address on p.16. Deadline: **Monday 16 January 2012 (or soon after!)**

We all have one and only one

Over the next few issues, **Kate Jackson** will be suggesting a series of simple exercises to promote well-being

Our body - like any functional machinery - needs help and maintenance to keep it running well. When we are young, our body is invincible, then without us noticing, we start to lose capabilities. Such as standing up from the floor without using our arms for support. Or touching our toes. (Or for some, just seeing our toes.)

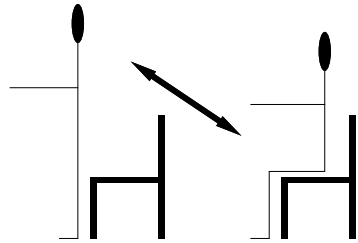
We **can** turn back the clock. A few simple moves performed each day can extend our independence by years. I am talking about exercises, not for the sake of fitness, but our well-being.

The chair squat

Training your legs to lift your body weight.

Sit on a stable dining chair:

- feet on the floor
- pointing forward
- hip width apart
- knees above ankles, not bent over toes



Raise your hands together in front of you and push down through your heels to stand.

At the top of the movement, clench your glute muscles (buttocks) and stand up tall.

Then without looking behind you (the chair is still there), lower yourself with control to the chair.

Repeat 10 times.

If this is easy use, a lower bench or ask me to teach you a free squat.

If you feel pain in any joints, do not continue. If you feel aches or a mild burning sensation in your muscles, then carry on this is the body's way of rebuilding better, stronger, muscles.

*Kate Jackson is a local level 3 personal trainer and Nordic walking instructor.
katejfitness@gmail.com, 07812141477, www.katejfitness.co.uk*

Mabe Matters is published by Mabe Youth and Community Project, Cunningham Park, Mabe Burnthouse, Cornwall, TR10 9HB. Editorial Team: Margaret Bryant, Charlotte Jones, Tessa Kingsley and Ruth Olver (Editor). Illustrations: Charlotte Jones. Distribution co-ordination: Liz Dunstan.