

# MABE MATTERS

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

## Community News

### A surprise in the post for Alf

When Alf Waddingham of Treliever Road in Mabe picked up his post on Monday (28th September) the last thing he expected was a letter from the French Ambassador in London.

On opening the letter Alf, now 92, found that the President of France has appointed him to the rank of Chevalier in the Ordre national de la Legion d'honneur - or the Legion of Honour as it is known in England.



*Alf Waddingham with his Legion of Honour medal*

The letter went on to thank Alf, who spent the war years on the troop carrier MS Prins Albert, for his involvement in the liberation of France. And with the letter was also the beautiful Legion of Honour medal (pictured overleaf).

"I never expected to receive this medal," said Alf, "but I think I'm even more proud of the letter from the Ambassador which goes on to say that we must never forget the heroes who came from Britain and the Commonwealth to begin the liberation of Europe."

Alf and his wife Dot, who have been married 72 years, returned to Mabe in Dot's native Cornwall 30 years ago. Their wedding was postponed as a result of D Day and they were forced to *cont. overleaf*

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cont. from p.1      rearrange their wedding a few weeks later when Alf was granted 48hours shore leave!

In Mabe they became founder members of the Mabe/ Primelin twinning association and remain close friends with the families of Primelin.

Until very recently they were regular visitors to France with the D-Day veterans and the twinningers as



*Legion of Honour medal*

tional skills.

well as visiting one of their daughters who now lives in France. Dot started a French class in Mabe nearly 15 years ago and is still an occasional student practising her conversational skills.

JF

## **Kernick Roundabout works to continue until February**

Roadworks which have been causing congestion on the A39 Penryn bypass will continue until the end of February next year, Cornwall Council have confirmed.

Workers are carrying out alterations at the Kernick Roundabout to create a new Toucan crossing to provide better access from Mabe to Penryn, and will continue into the new year with a break for Christmas (see *Parish Council News*, p.6).

A spokesperson for the council said the works "form part of extensive pedestrian and cycle improvements" and include the crossing which caters for both cyclists and pedestrians.

They said: "The A39 is being widened locally to accommodate the crossing and new shared use



cycle/pedestrian paths are being constructed.

"The path and crossing will

provide an important and safe link for residents in the Mabe Burnthouse community to workplace, education, leisure and shopping facilities in Penryn." 

The break in the works will run from the start of December to the New Year, which the council said will "help reduce the impact on the travelling public and local businesses during the festive period," although CORMAC will continue with off-road works.

The spokesperson added: "In the meantime, CORMAC apologises for any inconvenience caused and will continue to minimise the impact of the works where possible."



## Three tiny donkey foals saved

Three tiny donkey foals have been saved from certain death by the Flicka Foundation which is now appealing for donations to help cover the cost of caring for the animals.

A small team from Flicka jumped into action to save three very young donkey foals from a live animal market, before transporting them to safety. The confused, frightened animals were likely torn from their mothers by a dealer just hours before their rescue and experts at Flicka estimate them to be as young as ten weeks old.

Donkey foals do not naturally wean off their mother's milk until they are around six-months-old and they would continue to be emotionally dependant on her for many months to follow. The Welfare of Horses at Markets Order of 1990 makes it an offence to sell foals under four months old without their mothers.

Judy Giles, Flicka Foundation director said: "There are laws in place that are meant to prevent this from happening, but they are clearly failing - the laws badly need to be enforced. These poor little babies had sale stickers and lot numbers stuck to their backs to be sold like old cars at the market.



"They have been crying for their mothers, who they should still be suckling from, and we can only imagine the trauma and despair their mums are enduring at the loss of their infants. Pony foals that are too young also go through these sale rings and those that don't sell are usually returned to the seller to be shot."



The three foals, two girls and one boy, who have been named Darcey, Hamish and Clover, are now safe at the Flicka Foundation, but their young age means they are not out of the woods yet and they will require weeks of specialist care and attention, veterinary screening a carefully supervised diet.



*Clover, Hamish & Darcey. They really are as adorable as they look, their individual personalities are beginning to shine through. They are all doing very well, including Hamish who is quite small and underdeveloped, but he gets stronger ever day, he is still quite shy; the two little girls are considerably braver!*

## Mabe Christmas Lights

Each year at Christmas time, for as long as anyone can remember, there has been a Christmas tree lit up outside Mabe Stores. However, last year, a new group formed to spread the holiday cheer further around the village.

Once again, this year the team have organised the Mabe Christmas lights around the village, which will include a Christmas tree outside of the New Inn (donated by Westcountry Fruit and Vegetables for the second year running), as well as reindeer lights which will spread further along Antron Hill and Church Road.



Having raised over £900 from the Red Arrows BBQ and a Race Night on the 24th October, both at the New Inn, the Christmas lights in the village should hopefully be the best yet. New waterproof extension leads have been bought in order to allow for the lights to be put up along more areas of the village.

The big switch-on event will take place in the New Inn car park on Saturday, 5th December. Festivities will begin at 6pm and will include Santa, carols, turkey rolls, as well as free mulled wine and mince pies. The lights will 'go live' at 6.30pm. Organiser Sue hopes this will be a great opportunity for the community to come together and kick off the

Christmas season by meeting up with old friends, and welcoming new residents to the village. Everyone is invited, the more the merrier!



The Christmas Lights group would also like more volunteers to help with the lights, particularly taking them down after the 6th January, and also organising next year's lights and festivities. If there is enough interest, further fundraising could enable next year's Christmas lights to be up in the estates around the village in addition to the main through roads, connecting our community even more.



Community groups are encouraged to express their interest and ideas for taking part in future switch-on events as well. There is already a dedicated troop of volunteers, including Sue and Glen Reed, Anthony Hocking, Emma Phillips, Crick and Dee Simmons, Bob Alloway, James Edson, Daniel

Belt, Mike Sleeman, and special thanks to Pat Sleeman who is making the mince pies for the switch on!

This group would also like to thank Steve at Mabe Stores, Tim at the New Inn, Crick and Dee of John's Snax, Phil West of Trewfit Carpets and Councillor Richard Scrace for their support and contributions to the Christmas lights. They would also like to thank RD Johns, Bookers, R J Trevarthern,

Caterfood, St. Ives Food, Warrior Bottled Gas, Rebel Brewery, Granite Planet, Skinners Brewery, St Michaels Hotel & Spa, The New Inn, Diva Hair & Beauty for donating towards fundraising efforts throughout the year. Any further donations would be gratefully received.



If anyone is interested in hosting a reindeer in future years please contact Sue Reed on 07980 752138.

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### 300 Club winners

The latest winners of the 300 Club are:



1st prize (£50) to Mary Beattie

2nd prize (£30) to Ruth Smith

3rd prize (£10) to H. Rolling

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### Children in Need

Mabe School children raised £103 for the BBC Children in Need appeal by dressing as super-heroes for the day.



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### Quiz night a success

The MYCP Quiz Night raised £170 towards the cost of replacing the playground equipment.

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### Best ever coffee morning

The MacMillan Coffee Morning at the Community Hall raised £481, with organiser Shirley Denyer and her husband making it up to

£500, making it the best coffee morning held there so far.

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### Bags2School

A big thank you to everyone who helped raise £208 towards school funds.

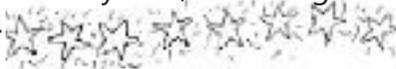


The next collection will take place in March 2016.

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### Camborne Music Festival

Mabe School pupils took part in the Camborne Music Festival in November. Congratulations to Jessica Wilkes who won first place for the descant recorder in her age group. The school choir also did really well, achieving 2nd place.



The W.I. hall in Mabe is available for hire at very reasonable rates. For more information, please contact Mrs Janet Barton on 372477.

# Parish Council News

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## Kernick Roundabout

Members of the Parish Council were dismayed to learn that the Kernick Roundabout roadworks will be put on hold during December, as some retailers have complained about the effect of the traffic delays on their businesses.



Most members felt that we have waited long enough for the work to start, and that it is imperative that it is finished as soon as possible so that pedestrians and cyclists, particularly youngsters on their way to and from school, could cross in safety.

There was reported to be no negative effect on Mabe Shop, which had not filed any complaint.

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## Kingston Way footpath

The proposed footpath from Kingston Way to the centre of the village is still the subject of much discussion. Cornwall Councillor, Peter Williams, has stepped in to help find a solution and is currently addressing concerns from residents over the exact location of the proposed

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## Playgroup in Mabe

MYCP had hoped to host a playgroup from February but unfortunately the provider has pulled

out. We are hoping for some positive news next month.

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## Traffic improvements



Budget cuts and restraints are preventing the Council from carrying out the traffic improvements which we were hoping for following the publication of the Feasibility Study in 2013. The traffic and physical environment sub-committee have nevertheless highlighted the following priorities:

- reduction of speed limits in the centre of the village to 20mph and from the village boundary to Longdowns to 40mph
- narrowing of the junction at Longdowns of Antron Hill and the A394
- average speed cameras in the village
- reversal of the 'pinch points' on Antron Hill



We are disappointed to report that at the moment none of these measures can be implemented, but would urge parishioners to write to Cornwall Council, or George Eustice MP, to try to show the strength of feeling that there is in the village to address some of these issues.

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out. If anyone is interested in starting a playgroup in the community hall please contact the administrator on 375938 or [mabeycp@gmail.co.uk](mailto:mabeycp@gmail.co.uk).



Please send details of events happening within Mabe civic parish in Feb/March to [mabematterseditor@gmail.com](mailto:mabematterseditor@gmail.com) by 20 January 2016. Venue details:

- Mabe Community Hall, Cunningham Park (375938 or [mabeypc@gmail.com](mailto:mabeypc@gmail.com))
- Mabe Community Primary School, Cunningham Park (secretary, 372662)
- Mabe Parish Church (St Laudus), Church Road, towards Higher Spargo (administrator, Rodney Holmes, 375052)
- Mabe WI Hall, Antron Hill (bookings, 372477)

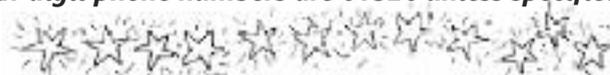
## Weekly Events

- Mon** **Short Mat Bowls Club**, Community Hall, 2-4pm. Contact Keith Bryant, 373102.  
**Cardio Box/Fitcamp Class**, WI Hall, 6.15-7.15pm. Contact Ali or Carmela, 07988 140745.  
**Mabe Keep Fit Club**, WI Hall, 7.30pm. (Waiting list)
- Tues** **Age Concern Luncheon Club**, Community Hall, 12.30-2pm. Contact Joyce Price, 373187.  
**Slimming World**, Community Hall, 5.30-7pm & 7.30-9pm. Contact Pam Mundy, 01209 204743 or 07503 945600.
- Wed** **Fitness classes**, Community Hall: HIIT, 6-6.30pm; Zumba, 6.30-7.30pm; FlexnFirm, 7.45-8.45pm. Contact Gill, 07817 174114  
**Short Mat Bowls League (winter only)**, Community Hall, 2-4pm. Contact Keith Bryant, 373102  
**Shinty**, Antron Hill/School Field, 7pm - dark. All welcome, no experience necessary. Contact Matt Mossop, 340013 or 07807 458312.
- Thurs** **Huffer Puffer Club**, a support, exercise and social group for people with COPD and their carers, 10am-12pm, Community Hall. Contact Trish, 375238 or Frances, 315998.  
**Carpet Bowls Club**, Community Hall, 2-4pm. Contact Arthur Searle, 377088.  
**Brownies**, Community Hall, 6.15-8pm. Contact Jackie Williams, 372863.  
**Mabe Football Club**, Penryn Campus MUGA, usually 7-8pm. Men, 16+, new players welcome. Contact Jack Roberts, 565409.  
**Aikido**, Japanese martial art, beginners welcome, 7-9pm, Mabe School. Contact Jamie Matthews, 375336.
- Fri** **Fitness classes**, Community Hall: FitSteps, 6-7pm; Piloxin, 7-8pm. Contact Gill, 07817 174114  
**Short Mat Bowls Club**, Community Hall, 2-4pm. Contact Keith, 373102.
- Sat** **Fitness classes**, Community Hall: HIIT, 8am-8.30am; STRETCH, 8.30am-9am. Contact Gill, 07817 174114.  
**Tutoring, coaching for exams and helping children with special needs.** Community Hall, 9am to 12pm. Contact Michael Leishman, Senior Tutor/Director, Savvy Education Ltd, <http://www.savvyeducation.co.uk>, 567443.
- Sun** **Trenoweth Methodist Church**, Community Hall, 10.45am-12pm. Contact Margaret Bryant, 373102.  
**Mabe Parish Church (St Laudus)**, with St Michael's Church, Ponsanooth – please see the Diary for the times of services.



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

# Mabe Diary



## December 2015

**Tues 1 – Women’s Institute**, WI Hall, 7.30pm. *See What’s On.*

**Tues 1 - Open Bethlehem**, 7.30pm, Performance Centre. *See What’s On.*

**Thurs 3 - Villages Christmas Lights Switch On**, 6.30pm, Post Office.

**Sat 5 - Table Top Craft Fair**, 10-2pm, Community Hall. *See What’s On.*

**Sat 5 - Mabe vs. St Day 3rds**, 2.30pm, School Field.



**Sat 5 - Villages Christmas Lights Switch On**, 6.30pm, New Inn. *See p.6.*

**Sun 6 – Holy Communion**, 8.30am and **Parish Eucharist**, 9.30am, Mabe Parish Church. Contact as on Sun 6.

**Sun 6 - Mabe Ladies vs. Bude Town Ladies**, 2.30pm, School Field.

**Tues 8 - Mabe School Christmas Fete.**

**Wed 9 - Holy Communion**, 10.30am, WI Hall. Contact as on Sun 6.



**Wed 9 - Infant Play**, 1.30pm and 6pm, Mabe School.

**Thurs 10 – Parish Council meeting**, WI Hall, 7.30pm. Agenda available on the Parish Notice Board and website ([www.mabeparish.co.uk](http://www.mabeparish.co.uk)). Open to the public. Contact Fiona Collins, 07964 735219.

**Fri 11 - Pamper Day**, 11am-1pm, Community Hall. *See What’s On.*

**Sat 12 - Mabe Reserves vs. St Agnes 3rds**, 2.30pm, School Field.

**Sat 12 - Flicka Christmas Carol Con-**

**cert**, 7pm, Flicka Foundation. *See What’s On.*

**Sun 13 – Parish Eucharist**, 9.30am, Mabe Parish Church. Contact as on Sun 6.

**Sun 15 - Mabe Ladies vs. Mouse-hole Womens**, 2.30pm, School Field.

**Sun 13 - Community Carol Concert**, 6pm, Community Hall.

**Mon 14 - Garden Club**, 7pm, Community Hall. *See What’s On.*

**Tues 15 - Christingle with Mabe School**, 6.30pm, Mabe Parish Church. Contact as on Sun 6.

**Thurs 17 – Traffic and Physical Environment Advisory Committee meeting**, WI Hall, 7.30pm. Agenda available on the Parish Notice Board and website: [www.mabeparish.co.uk](http://www.mabeparish.co.uk). Open to the public. Contact Fiona Collins, 07964 735219.



**Fri 18 - Mabe School breaks up**, 1.15pm.

**Sun 20 – Parish Eucharist**, 9.30am and **“Taize-style” service**, 6.30pm, Mabe Parish Church. Contact as on Sun 6.

**Thurs 24 - Midnight Mass**, 11pm, Mabe Parish Church. Contact as on Sun 6.

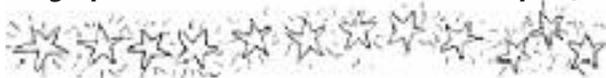
**Fri 25 - Christmas Day all-age service and bring a present to show**, 10.30am, Mabe Parish Church. Contact as on Sun 6.

**Sun 27 - Christmas Quiz Night**, 8pm, The New Inn. *See What’s On.*



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

# Mabe Diary



## January 2016

**Sat 2 – Mabe vs. St Ives Mariners,** 2.30pm, School Field.

**Sun 3 – Holy Communion,** 8.30am and **Parish Eucharist,** 9.30am, Mabe Parish Church. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052. 

**Mon 4 - Mabe School inset day**

**Tues 5 - Mabe School term starts**

**Tues 5 – Women’s Institute,** WI Hall, 7.30pm. *See What’s On.*

**Sun 10 – Epiphany Carol Service,** joint with St Michael’s followed by pot luck lunch, 11.30am. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.



**Sun 10 - Mabe Ladies vs. Illogan RBL Ladies Res,** 2.30pm, School Field.

**Wed 13 - Holy Communion,** 10.30am, WI Hall. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.

**Thurs 14 – Parish Council meeting,** WI Hall, 7.30pm. Agenda available on the Parish Notice Board and website ([www.mabeparish.co.uk](http://www.mabeparish.co.uk)). Open to the public. Contact Fiona Collins, 07964 735219.

**Thurs 14 - Garden Club Christmas Lunch,** 12pm, Wheal Dream. *See What’s On.* 

**Sat 16 - Mabe Reserves vs. Probus Reserves,** 2.30pm, School Field.

**Sun 17 – Parish Eucharist,** 9.30am, Mabe Parish Church. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.

**Mon 18 - Garden Club AGM,** 7pm, Community Hall. *See What’s On.*

**Thurs 21 – Traffic and Physical Environment Advisory Committee meeting,** WI Hall, 7.30pm. Agenda available on the Parish Notice Board and website: [www.mabeparish.co.uk](http://www.mabeparish.co.uk). Open to the public. Contact Fiona Collins, 07964 735219.

**Sun 24– Parish Eucharist,** 9.30am, Mabe Parish Church. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.

**Thu 28 - Cornwall Astronomy Society: Telescope Workshop,** 8pm, WI Hall. Contact Simon Dunkley 01326 564046.

**Sun 31– Candlemas,** joint service at St Michaels’s, 11.15am. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.



## Community Cafe

Join Rev Steve Smith every other Tuesday from 2pm in the Community Hall for tea/coffee. Everyone is welcome and the next one will be December 8.



# What's On



The December meeting of **Mabe W.I.** on Tuesday 1st December will be "Christmas Up-Cycling" with Sue Collett, something crafty to make for the festive season.

Then on Tuesday 5th January, Diane Westwood will be demonstrating Bead Craft. Both meetings begin at 7.30 p.m., and for further information please telephone Liz Young on 01326 372978.



MYCP will be hosting a fundraising **coffee morning and craft fair** on Saturday 5th December, 10am -2pm at the Mabe Community Hall. There will also be an opportunity to view a model and exciting plans for the outside area of the Community Hall.

If you would like to rent a table please contact Jackie 372863 or Wendy 378177

**Mabe Garden Club's** guest speaker on Monday 14 December at 7pm in the Community Hall will be Michael Mann talking about Varfell Farm and the National Dahlia Collection. The talk will be followed by a light supper to round out the year's programme. Visitors £2 and new members always welcome.

The **Garden Club's Christmas Lunch** will be held at Wheal Dream on Thursday 14 January at

12pm, and the **AGM** will be held on Monday 18 January at the Community Hall at 7pm. Club matters will be discussed and the 2016 Programme revealed to members.



For further information on our friendly Garden Club, please contact Sue Mitchell on 376418.

**FREE PAMPER DAY!!**  
 at Mabe Community Hall.  
 Come and relax with us and enjoy a mice pie & a glass of bubbly or a cup of tea or coffee!  
 Free mini pedis/manicures  
 Reflexology & Indian head massage & lots more!  
 Provided by Herniss Hair & Beauty  
 Friday 11 Dec 11am-1pm  
 Look forward to seeing you!

There are two events at Tremough's Performance Centre in December.

On Tuesday 1 December at 7.30pm Amnesty International present a screening of **Open Bethlehem**. The story of a homecoming to the world's most famous little town. The film spans seven momentous years in the life of Bethlehem, revealing a city of astonishing beauty and political strife under occupation.

Film director Leila Sansour left the city as a teenager thinking that Bethlehem was too small and

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

provincial. Her film is a tribute to her late father, founder of Bethlehem University, and a man regarded as a hero by his town's folk.



Tickets are free but you must book in advance:



<https://amata.ticketsolve.com/#/shows/873540118>

Then on Saturday 5 December at 7pm you can catch **Mergecology**. Merging dancers at all stages in their education or career make a truly aspirational programme of live performance that gives a depiction of the local dance ecology.



Tickets: £4, <https://amata.ticketsolve.com/#/shows/873540049>



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**Christmas Quiz Night** - Sunday, 27th December, 8pm at the New Inn. £1 per person entry.

This charity fundraising quiz will be a chance for entrants to test their general knowledge and par-

ticipate a raffle to win prizes.

The proceeds will be in aid of The Cove Macmillan Cancer Support Centre, due to open later in 2016 at Treliske, providing a safe haven for those dealing with the trauma of cancer.

The £2.8 million centre is expected to be a well-used service, as Cornwall is one of the last places in the country without a specialist cancer support and information centre. Although Macmillan are funding over half of the building cost, the rest of the money must come from local fundraising. Please come down to have fun with your friends and neighbours whilst supporting an important cause.



The popular **Flicka Foundation Christmas Carol Concert** takes place on Saturday 12 December at 7pm in the donkey barn.

The excellent and ever popular Sue & Kate 'Bedlam Bess' will be singing for us, with a short interval for mulled wine, soft drinks and mince pies (inc. in the ticket price). Hot pasties will be on sale too. We look forward to seeing you there and please remember, every penny from ticket sales goes to the donkeys and horses and for us to help more.

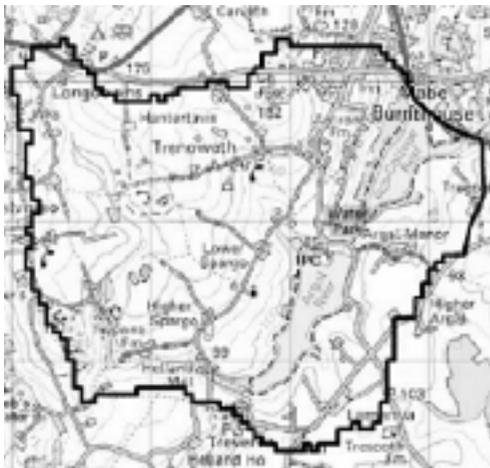
Tickets available from 373601, [info@flicka.org.uk](mailto:info@flicka.org.uk), [www.flicka-foundation.org.uk](http://www.flicka-foundation.org.uk)

# Help for farmers to improve water quality in our reservoirs

'Upstream Thinking' (UST) is a project being run by Cornwall Wildlife Trust and is funded by South West Water. Currently, there are three Cornish catchments involved with the project; Drift Reservoir near Penzance, the Upper River Cober near Helston and the Falmouth Reservoirs at Penryn.



The projects are part of South West Water's 'Upstream Thinking' initiative, where farmers can access the projects services and capital grant to help reduce the risk of soil, nutrients and pesticides entering the Argal and



*Cornwall Wildlife Trust is being funded by South West Water to work with farms and small holdings in the College and Argal Reservoir Drinking Water Catchment to promote good management and clean drinking water to benefit both farm businesses and the environment. You could be eligible for a number of free services as well as a capital grant.*

College drinking water reservoirs.

It is widely known that Argal and College reservoirs have ongoing problems for water quality, such as algal blooms, sedimentation and pesticides (e.g. metaldehyde, slug pellets), which consequently has an impact on the Water Treatment processes/costs and in turn on the drinking water quality for those that reside within the reservoir catchment areas as well as negative effects on the environment and local wildlife.

The main aim of the project is to work with local farmers and landowners, providing them with fully funded farm visits offering expert bespoke advice, support and financial aid to farms and small holders within the catchment area over the entire five year lifetime of the project.

Historically farms in the Mabe area have had very few chances to access the myriad of grants available to farms in other Cornish parishes (e.g. Catchment Sensitive Farming (CSF) grants). This project finally provides the financial assistance to help local farms to invest in their own farm infrastructure plans and to help improve water quality for the benefit of the wider community and to the benefit of wildlife and the environment.

The advisory process (e.g. farm visits/grant application/advice) is entirely confidential and the aim

is to provide bespoke advice and support to help improve each farmers own future planning for improving nutrient, soil and water management on their farm. For example, this can be through use of the project's grant pot to improve clean and dirty water management in yard areas/tracks through infrastructure capital works.

The Project also offers free soil and dung sampling. Advice can then be provided on Nutrient Management Planning; using the nutrient test results to fine tune fertiliser and dung application rates. This can often result in the farm business making considerable financial savings (e.g. through; reduced fertiliser bills, machinery wear and tear, fuel and time savings) as well as financial savings for water treatment and benefits of a cleaner healthy environment and associated benefits for wildlife and people.

In addition to improving water quality the project also aims to improve wildlife, habitat management and their connectivity in

the local area. Landowners can access a free wildlife survey provided by the Upstream Thinking ecologist. The Project team can also advise farmers on agri-environment grant schemes and support them in making successful applications, for example by helping farmers understand and complete the new application process for the new Countryside Stewardship (Mid Tier and Higher Tier Schemes).

The project also can offer access to the free 'hands-on' labour provided by our enthusiastic group of local volunteers who can carry out conservation work on farms such as scrub clearance, pond maintenance, ditch clearance, hedge laying and casting up and general habitat management.

Your farm adviser for the Falmouth Reservoirs catchment is Sean Bennett. If you are interested in booking a farm visit then please feel free to contact Sean on the telephone number 07970 268 555 or email him at: [sean.bennett@cornwallwildlifetrust.org.uk](mailto:sean.bennett@cornwallwildlifetrust.org.uk)

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## Panto tickets

Tickets for Snow White and the Seven Divas will be available from 1st February 2016 from the shop.

Performances will be on the 11th and 12th March 2016.

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## Community Hall carpark

Could anyone using the MYCP carpark make sure they do not block access to the field ramp or park immediately in front of the hall entrance to allow free access for emergency vehicles.

# Thanksgiving explained

by Liz Westhead

*Liz moved to the UK in 2007 from Rhode Island, USA, with her husband Stuart and their 2 daughters. They moved to Mabe last December. Liz says, "I really miss Thanksgiving back in the U.S. It's my favourite holiday because it's not commercialised or religious, but inclusive of everyone and celebrates what we have to be thankful for with our family. I haven't been back to the US for Thanksgiving since moving to the UK, but we always celebrate here with a proper Thanksgiving turkey dinner, usually together with some of our local American friends."*

This American holiday has its roots in England, with the early pilgrims who had travelled from Plymouth on the Mayflower ship, landing in Cape Cod, Massachusetts (not far from Falmouth, incidentally).

Their first year was extremely difficult, with many new settlers suffering from diseases spread during the journey, and further weakened during the extremely cold winters of North America.

Although the pilgrims had brought livestock and seed along with them to begin farming, many of them failed and faced

starvation. However, the Wampanoag tribe of Native Americans not only traded with the early settlers, but also taught them hunting and new cultivation methods, necessary for survival in a new environment.



*The early American settlers celebrated successful harvests with the Native Americans who helped them*

As a result, the English colonists celebrated successful harvests over a big feast each year together with the Native Americans who helped them. Turkey, maize, sweet potato, squash, cranberries, and maple syrup being the 'new world' items on the menu; they are still the hallmarks of this American holiday feast, and have now become popular for Christmas dinner back here in the 'old world.'



## Pumpkin pie recipe

1. Peel the skin and remove the seeds from a pumpkin, or any type of squash (butternut is nice), and slice roughly into 1

inch cubes (about 500 grams).

2. Melt about 3 tablespoons of butter in a large pan, and add 1 tbsp of brown sugar, 4 tbsp of maple syrup (you could also use golden syrup), 2tsp cinnamon, 1tsp nutmeg, 1tsp ground ginger.

3. Sautee the pumpkin in the buttery spice mixture until it's soft enough to mash with a fork, and refrigerate to cool.

4. Prepare the pastry: mix together 250g plain flour, 150 g butter, 1 egg, 2tbsp icing sugar, ½ tsp vanilla, ½ tsp cinnamon. Use your hands to work the dough into a ball. Wrap in cling film and refrigerate for 30 min (can leave overnight, if there's time).



5. Preheat the oven to 160C.

6. Roll out the pastry on a surface lightly dusted with icing sugar. Shape it into a greased, floured pie tin. Bake for 20 min.

7. Mash or puree the pumpkin mixture until smooth and blend in 3 eggs, lightly beaten. Pour into the pastry case and bake for 45 minutes, or until set.

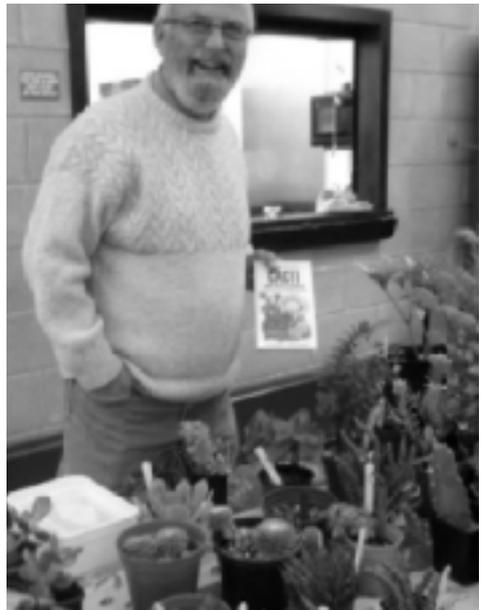
Allow to cool, and serve at room temperature with whipped cream or ice cream topping.

## Garden Club's coffee morning with the Scamps

Sadly, Ron Scamp couldn't attend Mabe Garden Club's annual coffee morning and bulb sale - but his son Adrian and his wife Sharon stepped in for him, to the delight of members.

Mabe's gardens will be full of daffs next spring!

Everyone went home with bulging bags full of 'Quality Daffodils'.



*Right: Fred learning about the cactii*

# Sport



## Mabe FC

Mabe are top of the table in the Trelawny Division 3 league, having won all their games so far this season and are 3 points ahead of the Penwith Exiles.

Results:

Nov 21: Mabe 6 - Four Lanes 1

Nov 14: Mabe 5 - St Buryan Reserves 1

Nov 7: Mabe 10 - West Cornwall Reserves 2

Oct 24: Mabe 13 - St Just Reserves 1

Oct 17: Mabe 8 - St Day 3rds 2

Oct 10: Mabe 6 - Carharrack Reserves 0

## Mabe Ladies FC

Mabe Ladies are currently 3rd in the Cornwall Womens Football League, having won 5 out of their 7 games so far. They are only 3 points behind the league leaders, Bude Town Ladies, who have a game in hand.

Results:

Nov 8: Mabe Ladies 2 - RNAS Culdrose Ladies 1

Nov 1: Mabe Ladies 6 - St Agnes Ladies 2

Oct 18: Mabe Ladies 3 - Bude Town Ladies 3

Oct 11: Mabe Ladies 6 - St Teath Ladies 0

Oct 4: Mabe Ladies 1 - Mousehole Womens 5

## Running

Congratulations to Cornwall AC's Julia Pearce of Mabe, who came third in the 35-39 age group of the Newquay 10K on the first weekend in October.

## Shinty

Mabe Shinty Club are top of the SW Shinty League Table (as of November), 2 points ahead of Mylor Cons.



*The King and Queen of Cornish Shinty?  
Well played Brendan Kelly and Mary Walsh of Mabe Shinty Club*

Mabe players helped Cornwall win the London Festival of Shinty for the first time ever, beating London 3-2, Oxford 7-0 and The North 7-0.

**Mabe Matters** is published by Mabe Youth and Community Project, Cunningham Park, Mabe Burnthouse, Cornwall, TR10 9HB. Editorial Team: Liz Dunstan, Jackie Frost, Liz Westhead, andia Cox (illustrations), Amanda Wills (editor).

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Deadline for next issue: **20 January 2016**. Please send your events, news, notices, letters etc to the address above or to [mabematterseditor@gmail.com](mailto:mabematterseditor@gmail.com).