

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



Pre-school to open in Mabe?

Mabe School governors are excited to announce plans for a much needed pre-school within the village.

Governors are currently undertaking research and investigating the demand and viability of a pre-school for Mabe which will work in partnership with the school, and offer high quality childcare for the children of our village.

As the village continues to grow with more family homes there is a need to offer childcare for families to access the free childcare entitlement for 3 and 4 year olds in a convenient location, and with close connections to the school.

Governors are making enquiries with community groups and the council and would invite feedback and registrations of interest.

Please visit the Mabe school website to complete our short questionnaire and for more information about this exciting project.



www.mabe-school.co.uk/pre-school-survey

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Your hall, your facilities, your choice!

The AGM of Mabe Youth and Community Project will be held on Thursday 2nd June at 8pm in the Community Hall.

This is open to everyone in the parish of Mabe and this year it is particularly important that the wider community are involved, as decisions regarding the footpath and the play area will be made. If you are concerned about these issues you can join *Cont. over*

cont. from *frontpage* the committee and help influence the debate.

Also, MYCP will need nominations for officers: Secretary, Treasurer, Vice-Chair, and, in particular, Chairperson, as our ex-

isting Chair is standing down after three years in the post.

If you would like any more information, please contact the present chairperson Barbara Hewett-Silk on 01326 372124.



Mabe parent in SATS protest

Mabe resident, Ruth Atkins and her children, Wilf and Meg, were amongst over 100 parents and children who protested against the SATS exams in May.

The protest was part of a 'kids strike,' which saw parents across the country taking their children out of school on the same day as they were expected to sit their year two SATs exams.

Ruth said, "Meg is doing SATs at the moment, and Mabe school do a great job of making it stress free. I used to be a year 2 teacher and have always disagreed with the testing, which is why it's so frustrating that the tests have

been brought back. Good teachers are able to assess children without tests. The world is full of people with different strengths and weaknesses. The focus on testing literacy and maths to the cost of other subjects in primary school is shortsighted. Young children need to experience learning as fun and interesting and not feel constantly judged by tests. We should be taking more time to celebrate great teachers dedicated to delivering a sound education rather than judging them through irrelevant testing. "

After protesting in Events Square, parents and children moved on to Kimberley Park, where Meg and Wilf enjoyed taking part in yoga and dance sessions.



Parents, including Ruth Atkins (left with dog), took to the streets to protest about the SATS exams

Brownies learn "The Bones"

In a possible world first, Brownies from the Falmouth area will be playing the ancient shipboard instrument "The Bones" during the town's sea shanty festival in June.

Acclaimed Dutch musician Hans Weehuisen and local shanty group Rum and Shrub will teach the youngsters to play the instruments and sing the Falmouth

Packet Shanty at the Watersports Centre on the Sunday morning of the festival, June 19. They will then give an concert at 11.30am.

Festival organiser John Warren said: "We are always looking to involve different age groups with the festival and this fits the bill perfectly. Furthermore we don't think it's been done before and that's really exciting."



Hans Weehuisen is teaching the Mabe Brownies to play "The Bones"

Divine intervention at Quiz Night

A quiz was held at the New Inn Mabe on 1st May to raise money for "The Friends of St Laudus" who are launching an appeal to replace the floor in the Bell tower which has been condemned as unsafe by our surveyor.

A most enjoyable evening was had, with the winning team being captained by our Parish Priest Steve Smith (perhaps he had divine intervention on his side!).

£141 was raised in total and a very big thank you to all who attended to help launch the appeal.



The winning team, captained by Rev. Steve Smith

Family fun day raises money for Mabe Christmas lights

A good time was had by all at a family fun day in Mabe on Good Friday.

Mabe Burnthouse Christmas lights committee held the event at the The New Inn to raise money for the village Christmas lights, and a total of £150 was raised through a tombola, lucky dip, hook-a-duck, hoopla and facepainting.

Sue Reed, a member of the committee, said: "We must have had at least 30 to 40 families there and, aside from raising money for the Christmas lights, the main point was to have a fun day for children and families to get involved."

The money raised will go towards buying more reindeer rope statue lights to join the 28 existing reindeer that already decorate the streets of the village during the festive season, and more Christmas tree lights may also be pur-

chased.

Thanks go to committee members and organisers, Karen Phillips and Emma Phillips, committee chairman, Anthony Hocking, and pub landlord, Tim Simpkins.

Source: Falmouth Packet



Many families turned out to enjoy the good weather



Sarah Pixton ran the tombola with help from Rebecca, Keira and Rhiannon



Glenn and Sue Reed, Anthony Hocking, Karen Philips, Emma Philips



Nick and Jack Pidwell

Fundraising helps raise £2104

A group of parents, who got together in the new year to fundraise for their children's school residential trip to London, would like to say a big thank you to all the residents of Mabe who helped them raise £2104 in total.

As well as 3 non-uniform days, which raised £344, the parents organised a film night for the school children (£150), a Community Big Breakfast (£402.51), a Sponsored Walk (£510), a bag pack by the children at ASDA (£211), a Quiz/Auction Night (£465.50) and arranged for the

Mr Mutsaers raised £20 by allowing children to gaffer-tape him to the hall wall, at 50p a strip.

Then the stool was whipped away to see if he was fully stuck and gave everyone a good giggle as he slowly fell off!



Class 4 teacher, Mr Mutsaers, to be gaffer-taped to the wall!



School parents worked tirelessly in the kitchen to provide breakfasts for the community. L-R: Sarah Sullivan, Sarah Pixton, Karen Philips, Ruth Atkins, Katrina Walker

New cabins open

The official opening of the new camping cabins at BF Adventure took place on 4th May 2016 by Paul Harman and Robert Stur-land.

The cabins were built following tremendous community support

and will allow residential trips to the charity all year round and have already been used by Helston Brownies.

Read more: <http://www.bfadventure.org/community-support-provides-excellent-new-accommodation/>

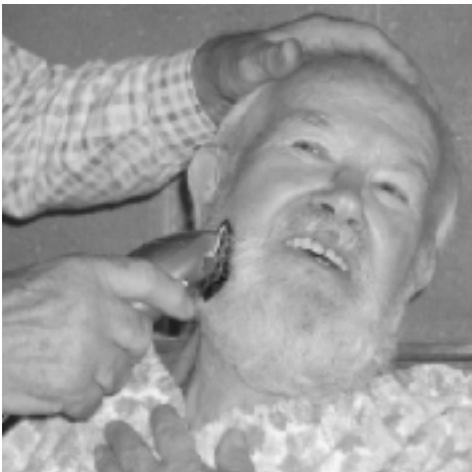


Charity beard shave-off

After just over 6 months of growing a beard for the Mabe Public Access Defibrillator Appeal, David Taylor finally had his beard shaved off in the Community Hall this May. It was followed by a cream tea all in aid of the appeal.

David, who had heart surgery some years ago, has been one of the many keen supporters within the village who have worked hard at raising funds over recent months.

In total David raised £534.60 in sponsorship, which included money raised after Lana Popperwell arranged to obtain additional donations by tying ribbons on different sections of David's beard, then selling "Dough for a Bow" to boost the funds. A collection of ladies from David's fan club, each cut off a section of his beard along with a bow.



David Wing shaves off David Taylor's beard in aid of the PAD Appeal

After collecting the final donations, David Wing undertook the final shave off. David was then given a name badge to wear for the next few days - in case no one recognised him!



The village PAD Appeal now stands at £2900, almost up to the initial target for the first Defibrillator. When the village commenced fund raising the target price was £3000 a unit, but has recently increased to £3200. This leaves the village with still a few hundred pounds to raise before the first unit can be installed. After which the aim is to obtain a second unit to cover the ever enlarging population of Mabe.

Donate to the appeal by contacting: mabepad2016@gmail.com or at:



www.justgiving.com/fundraising/mypcPADappeal



David ready to go back into the real world with his name badge

Please send details of events happening within Mabe civic parish in Aug/Sept to mabematterseditor@gmail.com by 20 July 2016. Venue details:

- Mabe Community Hall, Cunningham Park (375938 or mabeyp@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.
Nature Playgroup, Chyan Community Field, 10am-12pm term time. Contact Alice, 07576748450.
- 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** **Kernow Huffa Puffas**, a support, exercise and social group for people with COPD and their carers, 10am-12pm, Community Hall. Contact Trish, 375238 or Frances, 712047.
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; Piloxing, 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.
- 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.



Mabe Diary



June 2015

Thurs 2 - Mon 6 - Cornwall Circus Camp, Chyan Community Field. See *What's On*.



Thurs 2 - Mabe Youth & Community Project AGM, 8pm, Community Hall. See *front page*.

Sun 5 - Parish Eucharist, 9.30am, Mabe Parish Church. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.

Tues 7 - Mabe WI, 7.30pm, WI Hall.

Wed 8 - Holy Communion, 10.30am, WI Hall. Mabe Parish Church. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.

Thur 9 - Garden Club Mid-Summer

Luncheon, Wheal Dream, 12 for 12.30pm. Contact Sue Mitchell on 376418.

Thurs 9 - Parish Council meeting, WI Hall, 7.30pm. Agenda available on the Parish Notice Board and website (www.mabeparish.co.uk). Open to the public. Contact Fiona Collins, 07964 735219.

Sun 12 - Parish Eucharist and visit by Bishop Tim, 10.30am, Mabe Parish Church, followed by Pot Luck Lunch at 12.15pm at St Michael's Church. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.

Thurs 16 - Cornwall Astronomy Society, 8pm, WI Hall. Contact Simon Dunkley 01326 564046.

Sat 18 - Flicka Foundation Summer Open Day, 12-4pm, Penty Noweth Farm. See *What's On*.

Sun 19 - Parish Eucharist, 9.30am. Mabe Church. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.

Mon 20 -Garden Club outing to Trenarth, 2pm. Contact Sue Mitchell on 376418.

Mon 18 - Mabe Garden Club, 7pm, Community Hall. Contact Sue Mitchell on 376418.



Sun 19 - Early evening Concert with "Friends in Harmony", 5pm, Mabe Church. Cakes and Wine. Proceeds to Church funds. See *What's On*.

Sun 26th - Parish Eucharist, 9.30am. Mabe Church. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.

Open Water Swimming

Kernow Adventure Park are holding open water swimming sessions every Wednesday from 6-8pm and every Saturday from 9-11am. Price: £6

Experience the freedom of swimming in a 150m lake with 12m of water beneath you and 35m granite cliffs towering above. There are no tides, no rip currents, and definitely no jellyfish. There are no lanes and no chlorine, so, for the same price as pool entry, and with a cafe and bar on the beach (plus changing rooms and hot showers, naturally) you may never go to a swimming pool again!

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

Mabe Diary



July 2016

Sat 2 - Race Night, 8pm, The New Inn.



Sat 2 - Sophie Tang, 7.30pm, Kernow Adventure Park. See *What's On*.

Sun 3 - Parish Eucharist, 10.30am, Mabe Parish Church, welcome to Rev. Amanda Evans, Curate, **BBQ**, 12.15pm, St Michael's. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.

Tues 5 - Mabe WI, 7.30pm, WI Hall.

Sat 9 - Bedlam Bess Musical Evening, 7pm, Flicka Foundation. See *What's On*.

Sun 10 - Parish Eucharist, 9.30am, Mabe Parish Church. Contact Rev Steve Smith, 617628 or Rodney Holmes, 375052.



Wed 13 - Holy Communion, 10.30am, WI Hall. Mabe Parish Church. 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). Open to the public. Contact Fiona Collins, 07964 735219.

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

Fri 22 - Echoes Dance Company: All That Glisters, 7.30pm, The Performance Centre. See *What's On*.

Sun 24 - Parish Eucharist, 9.30am, Mabe Parish Church. Contact Rev

Steve Smith, 617628 or Rodney Holmes, 375052.

Sat 9 - School Fete, 11am-2pm, Mabe School. Contact Jill Thompson, 372662.



Thurs 21 - End of school term.

Thurs 21 - National Youth Dance Company: In-Nocentes, 7.30pm, The Performance Centre. See *What's On*.

Thurs 21 - Cornwall Astronomy Society, 8pm, WI Hall. Contact Simon Dunkley 01326 564046.

Fri 22 - School Inset Day.

Ye Olde Mabe

In 1870-72, John Marius Wilson's Imperial Gazetteer of England and Wales described Mabe like this:

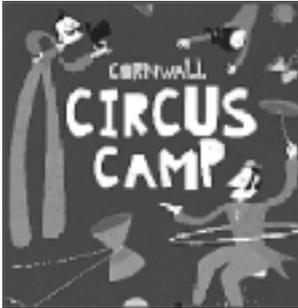
"MABE, a parish in Falmouth district, Cornwall; 2¼ miles SSW of Penrhyn r. station, and 3½ W by S of Falmouth. Post town, Falmouth. Acres, 2,569. Real property, £2,530; of which £28 are in quarries. Pop., 613. Houses, 117. The property is much subdivided. Granite is quarried. An ancient cross is at Hellind. The living is a vicarage, annexed to the Vicarage of Mylar, in the diocese of Exeter. The church is ancient, has a lofty granite tower, and was reported in 1859 as not good. There is a Wesleyan chapel."

What's On

Swamp Circus is offering a holiday with a difference at their annual **Cornwall Circus Camp** from June 2-6 at Chyan Community Field in Halvasso.

Have a go at high wire, swinging trapeze and aerial silks. Learn the arts of trick-cycling, acrobatics and juggling. Enjoy morning yoga sessions and an evening sauna by the river. Great for beginners as well as those who want to hone their skills. Be entertained in our big top, gorge yourself on local organic delicacies, then relax and unwind in our saunas and solar showers.

Tickets cost £100 for the full camp, but day passes are also available. For more details see:



www.swamp-



circus.co.uk/ events/cornwall-circus-camp/

or contact Anita on swampoffice@btinternet.com or 01326 377008.

On Saturday 18th June, 12-4pm, the Flicka Foundation are holding their annual **Summer Open Day**.

Come and meet the donkeys (and perhaps adopt one?!) and enjoy cream teas, cakes, tombola, raffle, face-painting, stalls and

much more.



Penty Noweth Farm, Trenoweth Lane, Mabe, TR10 9JB. For more information call 373601 or email info@flicka.org.uk.

Bedlam Bess, the wonderful musical duo of Kate Banfield Rickard and Sue King, will be performing at the Flicka Foundation at Penty Noweth Farm on Saturday 9th July from 7pm.



Multi-instrumentalists who perform during the Flicka Carol Concert, they will be playing anything from Celtic to Classical.

Tickets cost £5, call 373601 or email info@flicka.org.uk.

On Saturday July 2 at 7.30pm, Kernow Adventure Park will be hosting London chef **Sophie Tang** for one night only, sharing a multi-course menu of delicious 'Far Eastern-ish' food. Five courses of Thai, Vietnamese and other Far Eastern style cuisines will be created with Sophie's unique style and flare, all served up in a fantastic water-side setting.

Tickets are £30 each and available from:



www.facebook.com/events/1567226843577456/

The Academy of Music and Theatre Arts (AMATA), which we more commonly know as The Performance Centre at Tremough, has a couple of exciting dance works coming up in July.

On Friday 22 at 7.30pm, the Echoes Dance Company will perform **All That Glisters**.

In turns amusing, emotive and thought provoking, this community based company challenges what it means to be a dancer, demonstrating that everyone can dance.



Act One explores our fascination with gold - the colour and the metal, with themes that include greed, beauty, fact and fantasy, Act Two takes the Golden Ratio as its inspiration, our interconnection with each other, with nature and with the universe.

Tickets: £7/£4.50 concessions available from:



echoesdanceco.com



Then on Thursday 21 at 7.30pm, The National Youth Dance Company (NYDC) will perform a new work, **In-Nocentes**, by the critically acclaimed Sadler's Wells Associate Artist and NYDC 2015/16 Guest Artistic

Director Michael Keegan-Dolan, award-winning Founder and Artistic Director of Fabulous Beast Dance Theatre.

Set to Vivaldi's The Four Seasons, recomposed by Max Richter, In-Nocentes sees Keegan-Dolan utilise the clarity, integrity and power of 42 young dancers moving through space with a shared intention, each open to the possibility of transformation through the act of dancing. Keegan-Dolan's original approach, coupled with the dancers' raw talent, illustrates the dynamic energy that young people bring to the creation of a new work.

Tickets: £8/£5 concessions available from:



[amata.ticketsolve.com/
#/shows/873551587](http://amata.ticketsolve.com/#/shows/873551587)



Mabe Church are holding an early evening **Summer Concert** at 5pm on Sunday 19th June with Ben Salfield (lutar), Denys Stephens (lute), Friends in Harmony (local choir) and Daniel Sherman (organ).

Billed as a musical celebration of summer throughout the ages, there will tea and cakes in the interval and a retiring collection in aid of Mabe Church Bell tower.

Community Café



Come and join us for a cup of tea and a chat with your friends while you wait for your children to come out of school.

For some weeks now, during school term, a small group meet in the Community Hall every Tuesday from 2.30pm onwards. This is a social community event put on by Mabe Youth & Community Project and St Laudus Church for the mothers and fathers waiting to collect their children from school. It is a way for people in the village to get to know one another.



The community cafe meets every Tuesday during term time

At the moment we are only a small group but we want to expand it, so do come along and

give it a try. There will always be a friendly welcome for you.

Are you over 60?

Age Concern UK run a luncheon club on Tuesdays in the Community Hall from 12.30pm. If you are over 60 come along and enjoy a 2 course meal for £4.00 and spend some time in the company of some of your fellow Mabe residents. For further information contact Joyce Price on 373187.

Bags2School

Thank you to everyone who donated a bag/s this time. You helped raise £124 for the school!

New roof for Flicka

The Flicka Foundation has received a £1,250 donation Tehidy Holiday Park among other generous gifts to help rebuild a shelter damaged in storms in March. "We are thrilled to bits with this help. This will enable us to rebuild the shelter with steel girders to ensure it will hopefully not happen again."



Mabe Brownies with the Easter Eggs they collected for the charity CHICKS.

CHICKS provides free, week-long respite breaks for disadvantaged children aged between 8 - 15 living in the UK.

The Brownies donated an egg each and collected them from other community members too.

Mabe teacher runs London Marathon

Mabe School's very own Class 4 teacher, Adrian Mutsaers, ran in this year's London Marathon. This was Adrian's 13th marathon, having previously completed 8 London Marathons, 2 Edinburgh Marathons, 2 Duchy Marathons and the Cornish Marathon. There were 39,313 finishers this year and Adrian came 5,016th.

There are a number of ways of obtaining a coveted spot in the London marathon, including running for a charity, club entries or by ballot. Having previously run for charity, this year Adrian had an automatic place by running a "good for age" time last year; this means running under 3.15 if you are aged 41-47. He ran last year's marathon in 3 hours 12 minutes, but added 10 minutes to his time this year.

Adrian comments, "I was happy with my time as I injured my toe during training and was not able to train as much as I needed to for a fast time."

"I found the training harder this year and after the race vowed never to do another marathon, however, I probably will at some point. I would like to try somewhere different, maybe Berlin."

Adrian was good at running when he attended Falmouth school and was County Cham-

pion at cross country. He was a member of Cornwall AC and the Penryn based Mile High club. However, he stopped running seriously when he left school and started again in 2005 when he became a coach at Cornwall AC.



Adrian Mutsaers, Mabe School's Class 4 teacher, ran this year's London marathon

"The best part of any marathon is crossing the finish line," he says, "and the thing that makes London special is the phenomenal crowd support. My wife and oldest daughter came up to watch and spotted me at 3 different places. I was also spotted on the TV by a few people, and spotted myself when I watched the coverage when I got home."



Garden Medicine

April's meeting of Mabe Garden Club hosted Nick Bacon as Guest Speaker with a talk entitled, "Garden Medicine," which might have led members to expect the subject to be based on the medicinal qualities of plants. Any preconceptions held were quickly dispelled when Nick covered a table with an intriguing selection of items in preparation for his talk.

Having quickly and modestly outlined his horticultural background, Nick launched into what he called the 3 W's - weird, whacky and way out. His first act was to tear up a MacDonalds cup which had contained coffee to place in the bottom of a pot that he was going to fill with plants and later offer up as a raffle prize. Caffeine, he told the fascinated audience, kills snails. He also recommended putting slug pellets in the bottom of pots instead of the top as slugs and snails crawl up through the drainage holes.



A puzzling selection of items were laid out for Nick's talk

He also stated that diluted cats urine is an effective killer, and sheeps' wool or horsehair pellets are useful deterrents as is Com-

frey which, when boiled and strained, can also be used as a natural potash feed.



Comfrey can be used as a natural potash feed when boiled and strained

Moving on from the disposal of hermaphroditic molluscs, Nick discussed other garden pests - mice, cats, moles & rabbits. Apparently mice dislike minty toothpaste! Nick has tested various baits for mousetraps, including tuna fish, sweetcorn, fruit and nut chocolate and peanut butter (all of which work), and then demonstrated a couple of mouse traps.

Cats are creatures of habit but, if unsettled, won't return. They dislike strong smells and Nick recommends spraying tea bags with Deep Heat or similar to leave around which will dissuade cat visitations for 3-4 weeks. The deeply unpleasant odour produced by lion - (yes, lion!) droppings will certainly keep the cats at bay and is cleverly marketed as 'Silent Roar' at organic garden centres.

Plants that rabbits find unsuitable due to their leaf texture such as rosemary, azaleas, bay, buxus, iris, tulips, bluebells, asters and

nasturtiums were mentioned, as was a potion Nick christened 'garlic firespray' which contains garlic & chillies in the recipe and can be misted on plants. Horse-shoes are avoided by rabbits who also sidestep freshly manured soil and human hair.

A couple of mole traps were demonstrated but Nick reckons the best way of moving a mole run is to find the entrance and pour castor oil into it, although ferret pooh is just as effective.

Returning to the aforementioned custard powder. Nick has found it to be brilliant as a more effective alternative to hormone rooting powder - which degrades on exposure to air- to use on softwood cuttings and for sealing chitted potato 'eyes' before planting. He also uses it on tomato side shoots of about 3" in length before potting them. To add vital nutrients and minerals to compost bins or even as underplanting material for tomatoes and runner beans, he recommends emptying your vacuum cleaner waste for the purpose as it is an excellent natural fertiliser. For the squeamish, chopsticks can be used for picking up slugs and snails to drop into a bowl of warm soapy water for an humane 'passing', while hotel shower caps placed over seed trays can make effective propogators. A can of Guinness can be used as fertiliser for leeks and onions. To plant

seeds thinly, mix in with wallpaper paste and apply either in a syringe, an icing bag or a toothpaste tube. This approach will reduce the dangers of carrot fly, for example, as carrots become more vulnerable when being thinned out.



Unusual uses for everyday items were explained by Nick

Nick's talk contained so many hints, tips and witty asides that only a fraction of his advice can be captured in this report. As well as delivering talks, Nick is based at Trelawney Garden Centre, Wadebridge where his advice is greatly sought after. Readers will also have the opportunity to listen to Nick as he is due to be a speaker at the upcoming Royal Cornwall Show. In addition, he is in the process of writing a book which, for Mabe Garden Club members can't be published soon enough.

Meetings are held at the Community Hall and commence at 7pm. Visitors and guests are always welcome (£2 to include tea/coffee & biscuits). Contact Sue Mitchell on 01326 376418.



Sport

Football



At the time of going to press Mabe FC were in 3rd position in Trelawny Division 3, with 55 points and two games left to play.

Mabe Reserves were 7th in Trelawny Division 4, with 35 points one game left.

Mabe Ladies were in 5th position in Cornwall Womens Football League Division 1, with 23 points and one game left.

Carpets Bowls

Mabe Carpet Bowls Club, on just their 3rd season in the Camborne/ Falmouth league, won division 2 and will be promoted next season.

The main team members, minus Sue Miller, are pictured below, from left to right: Keith Bryant, David Taylor, Grosvenor Knowles



(Captain with shield), Liz Charles and Ivor Symonds. Other members also helped to fill places from time to time.



Badminton

Sarah Frost (right) from Halvasso won the badminton U17 ladies' doubles county championships with her partner, Amelia Burrell from Camborne.



Gymnastics

Lily Frost is County Gymnastics champion for her age, winning gold in the bars and gold overall in the County Championships.

Aquathon

Rebecca Triggs came 5th in the County Aquathon, which included the fastest swim time in the county for her age group. Llewin Head finished 13th. The Aquathon is a 200m swim followed by a 1500m run, and took place at the Cornwall Spring Games.



www.cornwallsportspartnership.co.uk/cornwallschoolgames

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, Candia Cox (illustrations), Amanda Wills (editor). Distribution co-ordination: Liz Dunstan.

Deadline for next issue: **20 July 2016**. Please send your events, news, notices, letters etc to the address above or to mabematterseditor@gmail.com.