



Callington News

June 2007 Issue 188

Re-opening of Launceston Road Park

On the 30th June there will be an opening of part of the newly refurbished recreation facilities at the Launceston Road/South Hill Road Recreation Field.

In the questionnaire we sent to every household last June you clearly indicated that this field, although very attractive did not have enough there to interest children and families.

Children considered the play equipment outdated and not stimulating enough.

Plans were drawn up to incorporate the features the majority wanted without spoiling the existing 'country' feel. On your list of priorities was a better toddler and junior play area, something for the teenagers, a hard ball games area, an assault/fitness course for all ages,

picnic benches and barbeque area.

As the total cost of obtaining all this was in excess of £150,000 the Town Clerk had to submit numerous grant applications. Not all have been

other equipment specifically for teenagers, an age group that is often neglected.

Results from grant applications are still awaited for the hard games area which may be installed in the autumn and the assault course will gradually be added by our groundsmen who have already spent weeks putting in footpaths and preparing level areas. As soon as they have the time they will also remove all the old equipment and landscape those areas.

So come along on the 30th. In addition to the free facilities there will be a bouncy castle, ice cream van, barbeque, music, stalls and other attractions. If anyone wants to have a stall please contact the Town Clerk's Office.

Grand Re-opening of new play equipment areas at Launceston Road on Saturday 30th June at 11.00.am

successful, but so far we have enough to proceed with the purchase of the play equipment for children and teenagers.

This equipment was chosen by the children themselves and top of the poll amongst the teens was a 6 metre high climbing tower and meeting point. The Council had to gain planning permission for this and this item alone costs £45,000. There is also

Spotlight on Recycling

Callington Town Council has adopted an environmental policy and is doing everything it can to support and promote recycling. We are all fortunate in living in a very beautiful part of the country and we all want to keep it like this for our children and our children's children.

Each one of us has a moral responsibility to try to leave behind us a world that is as good or better than what we enjoyed ourselves.

We have several features in this version of the *News*. On page 3 an allotment holder emphasises how 'green' allotments are, not just by eliminating food miles but by composting, recycling and reducing travel. The centre pages are all about recycling and there is a bargain offer on composting bins. There is also a page of information in the accompanying annual report on what you can and cannot recycle via the kerbside scheme

Lets make Callington a 'green' town. Do you still walk out of the local store with fistfuls of new carrier bags? Do you avoid the food with several layers of plastic wrappings? Are your black dustbin bags half empty on collection day? If you recycle they can be.

Although your contribution may seem small and unimportant it all adds up to a significant difference.

The copy deadline for the July issue is Friday 15th June

Please note space is limited and inclusion cannot be guaranteed, the *News* goes to print as soon as it is full. Please post or hand in copy to:- Lynda Small, The Town Clerk Callington Town Council, Town Hall, New Road, Callington, PL17 7BD, (01579 384039

or preferably E-mail clerk@callington.uk.net

The Town Clerk's Office is open 0900-1400hrs Mon-Fri. At other times an answer phone is available. Mail can be put in the letter box in front of the office if the hall is open or through the entrance door.

NEWS FROM CLUBS & GROUPS

Pool Success

Callington CC 'A' Won Pool Final

Callington CC 'A' pool team finished their season in style. Not only did they finish fourth in the pool premiere league, but they also took on Tavistock Cornish, in the supplementary cup final at the Cornish Inn in Gunnislake. The team turned up in Hawaiian skirts and shirts and the game started well with Callington CC 'A' going 4-0 up. Paul Hutchings got the winning frame to win the cup 7-4.

Alf Coakley the outgoing captain wishes the new captain Paul Williams all the best for the forthcoming summer season the team now look forward to.

Callington Town Band performed to an appreciative audience when it presented its Spring Concert at the Callington Methodist Church on April 21st. It was joined on this occasion by the Callington Gospel Choir under their Musical Director Steve Dawe who encouraged the audience and the band to sing along with the choir in some foot-tapping arrangements.

The Spring Concert is the event at which several awards are presented. The first of these went to 8 year-old Gregory Caves who was deemed to have made most progress in the Training Band. A new award, for commitment to the band by regular attendance at practices and engagements, was won, jointly, by Evie

Callington Town Band

Lightbody and Kevin McKane. Bruce Taylor, of Miller Countrywide who sponsored the band, presented the Miller Countrywide Award for improved musicianship to flugel player, Clare Blaze. Bruce also handed Paul Boase a cheque for £100 from Millers to help the band's finances following the fire at its bandroom. The Betty and David Restall Award, for the person who has contributed most to the running of the band in the last year, was presented to retiring band Chairman, Cliff McKane, by Callington Portreeve, Andrew Long.

During the evening the Training Band, which now numbers fifteen members, both children and adults, was led by its Musical Director, Lauren Rossiter, in two pieces, 'Gentle Waltz' and the

more rousing 'Highfields March'.

Anyone interested in joining the main band or the Training Band should contact Paul Boase (01579 383741). In most cases instruments can be borrowed, free of charge.

JUNK MAIL
Has anyone
successfully
discovered how to
stop all the junk
mail delivered by
the Royal Mail? If
so, please contact
the Editor as
several people
would love to
know!

Tamar Valley Male Voice Choir Celebrates it's First Year

The Tamar Valley Male Voice Choir is one year old! During its first year the choir gave 19 performances taking in both sides of the River Tamar in venues ranging in size from the Eden Project to the little chapel at Zoar, near Mary Tavy in Devon. It even appeared on Westcountry Television.

From the outset life in the choir has been hectic, preparing for performances and engaging in a round of social and fund-raising activities. For Director of Music, Rosemary Cole, it has been "an exciting challenge, full of fun and

focused teamwork" as she has taken a group of men with a very wide range of musical experience and moulded them into a choir with a repertoire full of variety and vitality. Of course, all choirs need an accompanist and TVMVC is fortunate not only to have had the support of David Crocker but also that of Elizabeth Sidebotham, both of whom are very well known in the local area.

The choir feel privileged to have Richard Stilgoe as their first President and Justin Leigh as their first Vice-President. Rev Peter

Sharpe has graciously and courageously accepted the position of Choir Chaplain.

The choir is now busily preparing for its first Grand Annual Gala Concert to be held in Callington Town Hall on Saturday, 9th June, commencing at 7.30pm. This will be an evening of great energy and excitement as the choir present some of the pieces they have learned during the year along with new material, some arranged by Rosemary Cole especially for the concert. Jackie and Ivor Lander have been booked

as the soloists for the evening but the audience can expect one or two surprise appearances. Tickets for the event are available from the Town Hall, from any choir member or from Jim Christophers on 01822 612140.

Find out more about the choir, which now rehearses on a Tuesday evening on the premises of Venton Enterprises on the Florence Road Industrial Estate in Kelly Bray, by visiting their website, www.tamarvalleymvc.co.uk or ringing Jim Christophers on 01822 612140.

What's on the allotments?

'The sun has been shining and the rain has been soaking the ground on and off, and we allotment holders are in our element. Having an allotment even makes the weather exciting! The TV programmes are not wrong. Allotments are FUN and they are GREEN. We are reducing the food miles to zero, our food is fresh and full of goodness. We swap it, share it and we enjoy ourselves while we are producing it. We get exercise, and a chat or friendly advice, or peace and solitude if we prefer that. Growing your own fruit, veg and flowers is one of the most satisfying, rewarding and therapeutic activities known to man (and woman, of course!) You can keep it simple and grow a few basic crops and save yourself the money spent on vegetables from the supermarket, or you can experiment with all manner of veggies, fruit and flowers which will now grow in our warmer climate. We are very lucky in Callington to have two good areas allocated to

allotments, one at Hays Road and the other at Launceston Road.

Allotmenters from many different walks of life enjoy the great pleasure and benefit of 'growing their own' together, and from sharing advice, plants and gossip. Going down to the allotment helps working people to shed the tensions of the daily grind, and gives retired folk a very absorbing interest outside the home.

The government is encouraging us to reduce our carbon footprint. Allotments certainly cover many of the aspects considered to be important in that department. We carry our food from ground to cooking pot. We don't landfill, instead we make compost in large quantities. We use scraps of wood and old window frames to make cold frames. We cut up old drinks bottles to protect our crops from pests and the elements: recycling is what we do! Gardening is healthy from which ever way you look at it so we probably save the NHS a small

fortune too. You can burn the calories, tone the muscles and who needs psychotherapy when you can talk to the plants...or your next door allotment holder if he or she is in a listening mood!

Great emphasis has been put on gardening, horticulture and growing your own in recent years, for so many good reasons. Why not be your own Monty Don or Carol Klein, and come and join us? You will find helpful advice if you need it, and at the end of the gardening year, a produce show in Callington Town Hall where prizes are to be won by novices as well as the experts adds to fun of being an allotmenteer.

*By a local allotment holder
Name and address supplied.*

Town Clerk's note. There is currently a waiting list for both allotments, but if enough people are prepared to put in the work, new allotments could be created at South Hill Road.

Primrose Foundation

As many of you are aware your Town Crier, Dennis Cook, sacrificed his magnificent whiskers in aid of The Primrose Foundation Breast Care Centre at Derriford Hospital. All the sponsorship monies were collected and on Saturday 24th March at The Bull's Head, cheques to the grand total of £1,254.37 were presented to Philip Stephenson, Primrose Foundation Co-ordinator, along with sponsorship collected by him the final total was £1,306.37. A very big thank you to all of those who supported Dennis helping to raise this sum.

In a letter expressing thanks from The Foundation, Philip informed Dennis that the money collected will go towards the £53,000 cost of a new machine used in theatre for breast cancer patients, which greatly reduces the time under anaesthetic and the duration of the operation. This is not only good for the patient but allows more procedures to be carried out.

Callington Autumn Show

**September 15th 2007,
Callington Town Hall.**

Interested in having fun and meeting new friends? Then why not join us at the show. We are looking for volunteers to help at the show on the Saturday. You will enjoy a delicious free lunch with a really friendly group of people. We do need your help to keep this show going. If you would like to come along please contact Joan Cook (371097 or Margaret Lawrence (383833

WANTED

More articles of general interest for the *News*. No matter what your age, if you have some interesting information please send it to the Editor [see front page].

BUS SERVICE

76 and X8 have changed to 76 and 76A

Bus times Callington/Plymouth/Callington have altered. Buses to Plymouth mostly leave at 25 minutes past the hour [10 minutes earlier]

LINE ADVERT

I wanted to thank everyone who voted for me on 3rd May. Though unsuccessful, I have and will pass on concerns and suggestions raised with me. Kate Glancy [Callington Lib-Dem Candidate for Caradon District Council]

FIRE PHOTOS STILL WANTED

Could the person who handed photos of the chapel fire at its height to the Fire Investigation Officer please contact the Town Council.

Furniture reuse with a difference!

Moving home? Got a new house? Spring Cleaning? A home does not have to cost the earth. Opening in late June, RE:SOURCE can provide you with affordable furniture and appliances or help find a good use for any of your unwanted reusable items.

RE:SOURCE is a community based, not for profit furniture and appliance reuse centre, providing people with affordable furniture, IT equipment and white goods. RE:SOURCE gives household items a second chance; making sure they are all cleaned, refurbished, safety checked and tested before being sold in our modern showroom. RE:SOURCE also provides jobs and training opportunities for local people, diverts waste from landfill, contributes to the local economy and helps to raise awareness of environmental issues.

Whether it's a sofa, cooker or a TV that you need, RE:SOURCE will provide quality products at affordable prices. RE:SOURCE will sell items that are thoroughly cleaned, inspected, tested and refurbished and all electrical items will have a warranty.

Buying from RE:SOURCE is easy. The new store will be found just off the A30 at Bodmin Business Park, Bodmin. Alternatively you will be able to buy online by visiting our website www.myresource.org.uk where you can view and select items, pay for them and arrange delivery; you can even reserve an item prior to visiting our store.

RE:SOURCE is taking donations now, so if you have any old items that are too good to throw away simply call freephone 0800 321 3356 to arrange collection, collection charges may apply.

RE:SOURCE needs volunteers in vital support roles. Whether you can spare one day a week or one hour a month, we would love your support.

PLEASE NOTE OPENING DATES



Volunteering can help you work towards qualifications, gain skills and make friends. A number of work based training opportunities also exist.

Interested and want to find out more? Then call us on 0800 321 3356 or visit our website www.myresource.org.uk or, after the 23rd June, come and visit the store.

FACTS & FIGURES

- « An average household throws, away in one year, £400 worth of food.
- « In one year, the average household throws away enough waste to fill the Albert Hall
- « If we all replaced one light bulb with a low energy bulb we would save 530,000 tones of carbon dioxide which is equivalent to taking 77,000 cars off the road
- « the energy saved by recycling 1 aluminium drink can is enough to run a television for three hours
- « Recycling just one plastic bottle saves enough energy to power a 60W lightbulb for six hours!
- « Up to 60% of the rubbish that ends up in the dustbin could be recycled.
- « The unreleased energy contained in the average dustbin each year could power a television for 5,000 hours.
- « As much as 50% of waste in the average dustbin could be composted.
- « Up to 80% of a vehicle can be recycled.



Lets get rid of plastic carrier bags!

Natural jute bags, large and small, are available at the Town Hall for only £2.50 each [cost price]. The small ones hold the equivalent of one carrier bag and the large ones hold up to four.

Show you care about the environment

GO SHOPPING WITH A JUTE BAG



RECYCLING BAGS

For Caradon Kerbside Recycling are now available from the Town Hall.

RECYCLING COLLECTIONS

Are on Wednesdays every other week and the date depends on which part of Callington you are in, you will be in the Blue zone or Red zone. Collection details and information on what you can put in the bags are available in the Town Hall.

If you cannot get to the Town Hall during our working hours, give us a ring and we can arrange something!

Compost it!

Even if you don't have a garden you can compost a lot of your waste.

Composting is easy and a responsible way of reducing your waste into something that can easily be reused. All you need is enough space to site a bin or two.

1. Find the right site. Ideally site your compost bin in the garden on bare soil. If you have to put your compost bin on concrete, tarmac or patio slabs ensure there's a layer of soil or existing compost on the bottom so the worms can colonise.

2. Add the right ingredients. Fill your kitchen caddy with everything from a vegetable and fruit peelings to teabags, paper towels and eggshells. Take care not to compost cooked food, meat or fish.

3. Fill it up. Empty your kitchen caddy along with your garden waste into your compost bin. A 50/50 mix of greens and browns (see following) is the perfect recipe for good compost.

4. Sit back and relax. It takes between six to nine months for your compost to become ready for use, so now all you need to do is sit back and wait. Ideally you want two bins, one being filled up and one maturing.

5. Ready for use. Once your compost has turned into a crumbly, dark material, resembling thick, moist ; soil and gives off an earthy, fresh aroma, you know it's ready to use.

6. Collect the compost. Lift the bin slightly or open the hatch at the bottom and scoop out the fresh compost with a garden fork or spade

7. Use It. Don't worry if your compost looks a little lumpy with twigs and bits of eggshells – this is perfectly normal. Use it to enrich borders and vegetable patches, plant up patio containers or feed the lawn.

Compost more stuff, more often. A lot of people think that garden waste is the only thing that you can put in your compost bin. But there are actually loads more everyday waste items from your home and garden that you can add to enrich your compost. In fact, over 30% of an average household bin can be

composted at home. This all adds up and an average household can expect to divert over 150kg of waste from landfill each year - that's equivalent in weight to a baby elephant!

GREENS

- « Tea bags
- « Grass cuttings
- « Vegetable peelings [including lettuce and cabbage leaves]
- « Fruit scraps [including citrus peel]
- « Old flowers
- « Nettles
- « Coffee grounds & filter paper
- « Spent bedding plants
- « Comfrey leaves
- « Rhubarb leaves
- « Young annual weeds [e.g. chickweed and speedwell]
- « Pond algae & seaweed [in moderation]

BROWNS

- « Egg shells [crush them first to speed up composting]
- « Egg boxes
- « Cereal boxes
- « Corrugated cardboard packaging [torn up in small amounts]
- « Newspaper [torn up]
- « Toilet & kitchen roll tubes
- « Garden prunings
- « Dry leaves, twigs and hedge clippings
- « Straw & hay
- « Ashes from wood, paper, or lumpwood charcoal
- « Sawdust & wood chippings [slow to compost]
- « Wool
- « Woody clippings
- « Feathers
- « Cotton threads
- « String [made from natural fibre]
- « Vacuum bag contents [if you have natural fibre carpets]
- « Old natural fibre clothes [e.g. woolly jumpers or cotton t-shirts -cut into small pieces]

- « Tissues, paper towels and napkins [unless they have been in contact with meat, fats, oils or disease]
- « Shredded confidential documents
- « Corn cobs & stalks
- « Pine needles and cones [slow to compost -don't put too much in]

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If you live in Cornwall, you can, during 2007 get composting bins delivered free to your house at greatly reduced prices. This 220 litre bins which normally retails for £28.00 costs just £8, or you can get a 330 litre bins for £10 instead of £38.00. If you buy a bin you can also get a useful 7 litre caddy to keep in your kitchen for only £2.00.

You can order online at www.recyclenow.com/compost for a further £1.00 reduction or call 0845 077 0757 quoting reference COR04

If you have no space at all to compost garden waste, Caradon District Council will collect garden waste. It has to be in special bags that you can purchase from Spar. A timetable of collections is available in the town hall or on the Caradon web site. At £5.50 a roll for bags a compost bin is a much better bargain!



Diary for June

Mon. 4th U3A, Town Hall 10.00hrs

Fri. 8th Town Hall Market, Town Hall, 09.00-13.00hrs

Fri. 8th Tea Dance, Town Hall. Starts at 14.30hrs

Sat. 9th Tamar Male Voice Choir Grand Annual Gala Concert ,Callington Town Hall. 19.30hrs

Wed. 13th Celliwic Evergreens, Town Hall 14.00hrs

Sat. 16th Callington Bowling Club Plant & Car Boot Sale 09.00-12.00hrs, see below.

Sat. 16th Callington Primary School Summer Fete 11.00-14.00hrs, see below.

Fri. 22nd Town Hall Market, Town Hall 09.00-13.00hrs

Fri. 22nd Tea Dance, Town Hall 14.30hrs

Wed 27th Friends of Callington & Gunnislake Health Centre, talk on Memory Problems in the Community by Jacky Radcliffe, 15.00-16.00hrs Town Hall Council Chamber

Fri. 29th Diabetes Support Group, Cricket Club at 14.00hrs, talk from a local doctor.

Weekly events in the Town Hall;-Weightwatchers, Taekwondo, Yoga, Activity Club, Scratch Orchestra, Fit 4 Life, Baby Signing, Short Mat Bowling, Yoga, etc. Please contact the Town Hall [384039] if you want details of any of these activities.

Country Markets: every Wednesday 08.45-11.30hrs Scout HQ, New Road Car Park.

Callington Youth Centre: Ladybirds Mondays & Thursdays 9am—11.30 0-5 yr olds

Rainbows Wednesday 4pm-5pm girls aged 5-7 Brownies Tuesday 5pm-6.30pm girls aged 7-10

Guides Tuesday 7pm-8.30pm girls aged 10-14 Rangers Tuesdays 8pm-9.30pm girls aged 14-25

Callington Bowling Club are having a Plant & Car Boot Sale plus Open Morning on Saturday 16th June from 09.00-12.00hrs. Refreshments will be available in the club house. The contact number is 01579 383695 for booking pitches or to get further details.

Callington Primary School Summer Fete

Sat 16th June 11.00-14.00hrs

Bouncy Castle, Bric a Brac, fun & games. Stalls available at £6.50 per stall. Contact school office on 382233

A date for your diaries. St. Mary's Church will be holding their Summer Fair on Saturday 14th July. This event is being opened at 9.30 am by a well known BBC personality. Full details will be given in next month's Callington News; please come along and support us.

Tamar News

Warm Spring leads to Butterflies Hatching Early in Tamar Valley

One hundred and thirty butterflies were released earlier than planned into woods in the Tamar Valley last week, as part of a campaign to safeguard one of the rarest species of butterfly in the UK.

Representatives from the Tamar Valley Area of Outstanding Natural Beauty and Butterfly Conservation met in Blanchdown Woods, near Gulworthy, last Wednesday to release the beautiful Heath Fritillary butterflies into this specially restored area belonging to the Tavistock Woodlands estate.

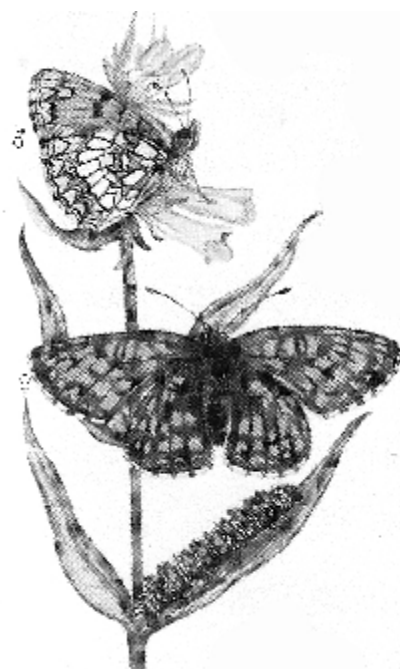
Dr Caroline Bulman, Senior Species Ecologist for Butterfly Conservation, says, 'We are able to build on the success of last year's reintroduction by restoring this site and reintroducing the Heath Fritillary to suitable habitat here. It's great to now have a colony of the Heath Fritillary on the Devon side of the Tamar Valley to add to the two colonies already on the Cornish side'.

The release of the butterflies was originally planned for June, but the date had to be brought forward due to the recent spell of hot weather, which caused the butterflies to hatch early. Butterflies will be monitored through the summer to see if eggs have been laid, but the success of reintroduction won't be known until next summer, when hopefully a new generation hatches.

Further releases are planned as larvae hatch in captivity.

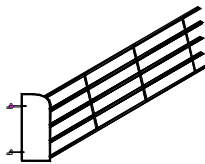
This work is part of a Project to keep the butterflies in the Tamar Valley funded by Natural England. Last year, 1500 captive bred butterflies were reintroduced to Greenscombe Wood, near Luckett.

Their survival is currently being monitored. Butterflies were bred from local stock by volunteers from the Butterfly Conservation local group.



The Heath Fritillary is a light brown with darker brown markings and some white areas under the wings

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The Engine House Tea-rooms

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Come and enjoy this peaceful 6 acre site with children's play area and home cooked specials board using the finest quality local produce. The Engine House is also licensed to sell fine wines, beers and ciders. With level, easy parking and easy access, you're always welcome at the Engine House Tea Rooms.

DIRECTIONS: From the traffic lights in Callington, take the Launceston Road and just before Kelly Bray turn right along Florence Road, we can be found half a mile on the left OR From the lights in Callington take the Tavistock Road, turn left at the roundabout, after 200yds turn left again up Florence Road and we can be found half a mile on the right.

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