

CLAWTON CLARION



March 2025

Little to report from Clarion HQ at the moment. Everyone is either away or busy with work, leaving no opportunity for chaos to creep in, thank goodness.

However, we have several updates and events coming up, so please dive in and enjoy the next few pages.

If you would like to see your items published in the next edition, please send them in by midday on the 20th to clawtonclarion@gmail.com. Views expressed by our contributors are their own, and not those of the Parish Council.

Alison

Event	Time	Date	Place
Women on Wednesday	7:30pm	Wednesday 5th March	Clawton Parish Hall
United Holy Communion with Rev Paul Fitzpatrick	11:00am	Sunday 9th March	St Leonard's Church
Parish Council Meeting	7:30pm	Monday 10th March	Clawton Parish Hall
Whist	7:30pm	Wednesday 12th March	Clawton Parish Hall
Coffee Morning	10:30—12:00	Friday 14th March	Clawton Parish Hall
Railway Club	7:00pm	Friday 14th March	Clawton Parish Hall
Village Hall Open Day	2—4pm	Tuesday 17th March	Clawton Parish Hall
Craft/Plant Fair	10:00 - 1:00pm	Sunday 23rd March	Clawton Parish Hall
United Service with Lorna Bowden	11:00am	Sunday 23rd March	St Leonard's Church

HOLSWORTHY WALK AND TALK

BY GILLIAN ASTON

Firstly, thank you to the Bradworthy Inn for hosting our Annual Lunch last month. We had a good turn out who enjoyed an excellent meal which included a very tempting array of sweets. Walk and Talk is as much about socialising as exercise but the sunshine beckons now and our waistlines will benefit from getting back to walking.

With a love of group walking in our minds a wet Valentines Day morning saw seven of our members set off from the Lower Tamar Lake car park. The rain quickly eased and then ended to make a pleasant morning for a walk. Whilst this was mainly a road walk along quiet lanes, it does also take in the path along one side of Lower Tamar Lake and then picks up the path of the former feeder canal which runs all the way to Virworthy Warfe before continuing in the direction of Bude. The Canal Preservation people have been working hard to clear away several years of vegetation which had been gradually taking over the former waterway and, whilst the canal will probably never be returned to its full glory, it once again is looking like the waterway it once was. It was also good to see one of our members who had been absent for about 18 months. Following a heart bypass operation at the end of last year, he recently returned to join our Monday Walk in the Park to build up his strength and managed this 3 mile walk with confidence. He is aiming to build on this with regular walks to enable him to get back to our more strenuous level 3 walks. A testament to the restorative powers of regular exercise, which is available to most of us.

Next month we are celebrating our 20th Anniversary. Anyone who was involved with that walk is very welcome to come along and join us meeting in The Manor Car Park, Holsworthy and heading out over the The Viaduct and out to Rydon Lane. Three of our regular walk leaders who were at that first walk and will be walking with us too. It is a testament to the benefits of walking that one of those walk leaders is now over 90 years old and still sets a good pace on our Monday Walk in the Park.

If you would like to join us, we walk on Mondays and Fridays. All walks start at 10.30 am and are **FREE**. Membership forms are available from our Volunteer Walk Leaders prior to the start of the walk.

Our website has lots of up to date information, together with our current programme of walks, details below.

Contacts:

holsworthywalkandtalk@gmail.com

<https://holsworthywalkandtalk.co.uk>

Gillian Aston 07584677784



The advertisement features a white cross with a red footprint inside, set against a teal background. Below the logo, the name 'SADIE MOYSE BSc (Hons)' is written in white, followed by 'CHIROPODIST / PODIATRIST' in white text on a red rectangular background. A list of services is provided: 'Over 10 year NHS and private experience', 'NAIL CARE - CORNS - CALLUS - ORTHOTICS - FOOT PAIN', and 'FUNGAL NAILS - VERRUCA'. Three dots follow. The text 'ASHWATER CLINIC AND HOME VISITS AVAILABLE' is shown above the phone number '07815862436'. The email 'Podsadie@gmail.com' is at the bottom. Logos for 'hcpc registered' and 'ROYAL COLLEGE of PODIATRY' are also present.

COMMUNITY NEWS

Hi there,

I'm a Clawton resident and I volunteer at the Holsworthy Food Hub. This is an affordable food project and is a free to join 'pop-up' shop.

We are open to anyone who is on any type of benefit and/or anyone struggling to afford food and bills.

Its at the methodist church hall at Bodmin street every Friday between 1-2pm.

How does it work? I hear you ask - we get you to sign a very quick, basic form on your first visit and you are given your free membership number.

Depending on the number of people in your household you will be able to buy a bagful of food, which is worth between £15-£25 for just £5.

What food will be in your £5 bag? Each week we aim to ensure that you have a choice and your bag will contain staples like food cupboard items, tins, fresh vegetables and fruit, pasta, bread, milk, dairy and chilled items, cereals and a choice from the treats/snack section. Each week the offers change.

Many of our customers also enjoy free refreshments in our cafe after their shop.

So if either you, or someone you know could benefit from reducing their shopping bills, then come along to our friendly food hub sessions.

We look forward to welcoming you.

Bring your shopping bag and get it filled up for a fiver.

Katherine and the Food Hub team.



GREAT DEAL
Buy £15* of food for £5!

Holsworthy Food Hub is open every Friday 1pm – 2pm.
Buy £15* worth of food for £5, aimed at people who are on a low income or struggling financially to help them stretch their budgets.
Free refreshments, friendly market / cafe atmosphere children are welcome but we can't have dogs sorry.

**Holsworthy Methodist Church, Hall, Bodmin Street,
from 1-2pm on Fridays**

This is an affordable food club where you can join for free and pay £5 for a bag of food you choose and we aim for this to be worth *£12-15 from local shops. If your family has 4 or more people in the household you can buy two bags.

Please share / tell people about this project
Please note: We may need to limit numbers during the start up period.
holsworthyfoodhub@gmail.com
Find us on Facebook 'Holsworthy Food Hub'

'Women on Wednesday'

The next meeting is on Wednesday 5th March 2025

At 7.30 p.m. in Clawton Village Hall.

This is the Annual General Meeting and Planning Meeting for Members to decide on speakers, activities and visits for the next year's programme.

PARISH COUNCIL NEWS

The next meeting of the Parish Council will be held on Monday 10th March. The agenda will be published on the notice board from Monday 3rd March. You are welcome to attend, but please contact the parish clerk if you wish to speak at the meeting.

clawtonpcclerk@outlook.com

THE HEDGE FAIRY

The Hedge Fairy is not feeling poetic - last month was too wet, too dark and made me procrastinate about everything.

At least from the beginning of March, the bird nests in the hedgerows should be safe and the clocks will leap forward at the end of the month so more can be done in the evenings.

As the weather is predominantly still on the chilly side, I thought that I would share a quick and easy recipe - It can be served hot over meatballs or pork chops or served cold as a spicy barbecue dip.

- 1 1/2 oz butter 1 teaspoon French Mustard (ooo la la)
- 1 clove garlic crushed (or a tsp of garlic puree) 1/2 teaspoons lemon juice or English Mustard
- 1 tin tomatoes 1 tsp sugar
- 2 teaspoons lemon juice salt, and freshly ground black pepper
- 1 dessertspoon Worcestershire sauce a little cayenne and nutmeg (optional)

Add the butter to the garlic and cook until lightly brown.

Add everything else, then simmer for 3-4 minutes.

Use a hand blender and wizz it until smooth. This will last ages in the freezer if it gets that far, and if you are feeling brave you could always add a chopped chilli to fry off with the garlic.

Hedge Fairy



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CLAWTON PARISH HALL

By the time this reaches most homes, we at the hall, will have had three fund raisers. Our friendship/Valentine meal was very successful, we were down on our helpers but everything turned out well. It is always so pleasing to see friends and neighbours spending a restful afternoon enjoying chatting and eating!

Sunday 23rd brought the first Craft/food fayre which was not so well attended as the weather was against us. We had several new stall holders, all with interesting items for sale. Tom Holland, a local butcher explained to me that he likes to support the local farmers, the beef and lamb will soon be supplied by Bradworthy farmers and the pork comes from just over the border in Whitstone, Ashley Uglow's family company. It is so good to support our own industries (Our burgers for the August fundraiser are supplied by J&J who reside in North Tamer-ton). Our next Craft fayre will be held on 23rd March as 30th is Mother's Day.

The February quiz attracted a full house, with Ian Parker as our own resident QM. Once again, thanks to all the helpers and the great array of food served during the evening.

Sadly, the hall costs are ever growing, for the past two years we have been levied with a charge akin to rates, it used to be zero rated but now it is not. Each cost has to be addressed, our insurance is over £700 per annum. At present we do not receive any grants from the local authority as we did in the past. We are thankful we have great supporters who assist in meeting these bills by attending our events.

Recent visitors and users of the hall have remarked on the decor, and presentation of the facilities. The kitchen being such a huge asset with many updated appliances.

To celebrate national village hall open day, we will be at the hall on Tuesday 17th March between 2pm and 4pm to give anyone a chance to look at the facilities available along with the vast array of catering equipment, which can happily cope with 60 people seated for a meal in comfort. We look forward to seeing you. *Marilyn*

ST LEONARDS CHURCH

Please see the events section on the front page for details of this month's services.

Church Contacts

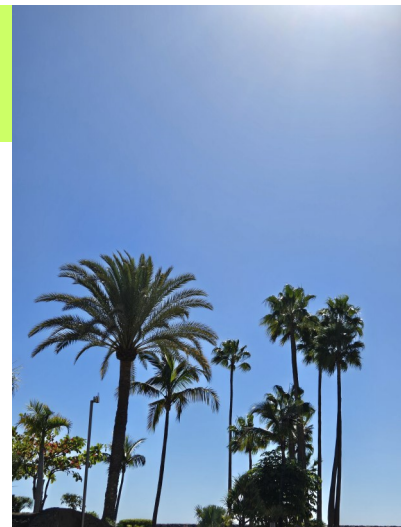
Rector: Revd. Dr. Paul Fitzpatrick 01409 254 667 vicar-rubycountry@outlook.com

Baptism, Wedding or Funerals: rubycountry.beneficeadmin@btinternet.com

Joint Churchwardens: Irene Ellis – 01409 254572, Lorna Bowden – 01409 271384

Secretary/Treasurer - Paul Grafton - 01409 271456 paul@devonholidays.org

MUM'S THE WORD



Hola!

We're halfway through our holiday now and I thought I'd share some of the more surprising moments of our stay rather than go on about the sun, sea and sangria!

During our first week the sun beds disappeared from the roof terrace. These were heavy woven rattan beds that did not fold up. Even if we'd had a force 10 gale, these things would have gone nowhere. To be honest, whoever took them deserved them because of their strength and bravery. 3 keys were required to get onto the terrace and then they had to be carried down at least one flight of stairs before squeezing into the lift with them.

Turns out, although not proved, suspicion fell on the previously sacked cleaner (doesn't it always) who still had keys. Beds were then replaced and normal service resumed.

The following week, the water heater burst and created quite a flood in the kitchen. Within 20 minutes the plumber arrived and through the medium of mime, assured us he'd be back in 10 minutes. In exactly 8 minutes he was at the door with a replacement under his arm (water heater, not plumber). It was all done and dusted within 90 minutes, including removing and replacing the cabinet it was housed in.

The following Saturday the hairdryer blew up. Of course if I'd showered earlier I could have dried my hair in the sun but typically I left it til the last minute and had to sit in the restaurant that we'd booked, with wet hair full of mousse.



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Bringing my knitting on the trip wasn't my best idea. It's just a straight wrap that I'm making and I'd hoped by now I'd be using it!!! I'm not even half way there. I started off and intended to keep it at 200 stitches. At the last count I had 239. I'm just carrying on with it now and have stopped considering the holes being in any kind of a lacy order.

Our lovely little plumber man had to return to unblock the shower this week and was brilliant at miming what it was blocked with.

Next time I write here I'll be home to read it in the Clarion.

Buenos Dias amigos!

Ann

EVELYN'S WALK

Our walk on Monday 10th February was the first one of 2025. Seven of us met at Devon Wildlife Trust's Nature Reserve at Dunsdon in Pancrasweek. We walked along the track from the car park back to the lane & turned right towards Lana. We could see St. Pancras Church in the distance but we couldn't enjoy the far reaching views that we would have done on a clear day. At the point where the lane went round a left hand bend, we turned right & then joined the footpath on the right.



This is a lovely level walk alongside the Bude Aqueduct, the feeder arm of the Bude Canal. We were all surprised that it wasn't muddy underfoot. We noted that the galvanised gates now have labels on them enabling us to identify our position along the route. There are strategically placed benches so that walkers can rest awhile & enjoy the tranquility. We walked as far as Puckland Farm & then turned right along the lane. When we reached the T-junction, we turned right & continued past Broomhill. By turning right at Dunsdon Cross, we returned to the entrance to the car park. By this stage, we had all warmed up & rosy cheeks were evident having walked approx. 3.25 miles. We did see a few Snowdrops & a Camellia was in bloom but I don't think there was as much evidence of spring as there had been at this time last year. It's just a bit more chilly!

The next walk is planned for Monday 10th March. We'll be setting off from Thornbury Holiday Park in Woodacott, EX22 7BT at 10am. Everyone is most welcome to join me. If you would like more information, my contact details are –

EvelynSharman Tel:01409 259848

Email: evelyn.sharman@btinternet.com

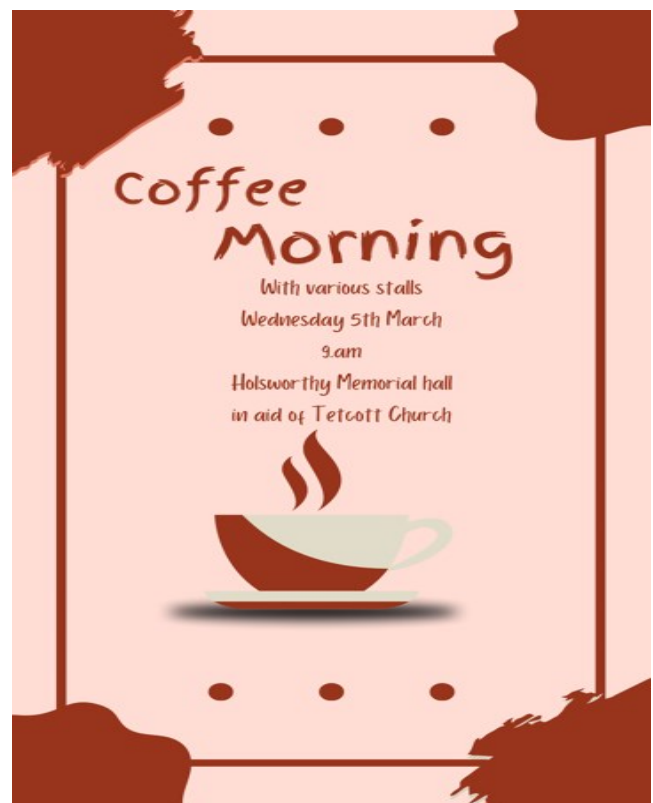
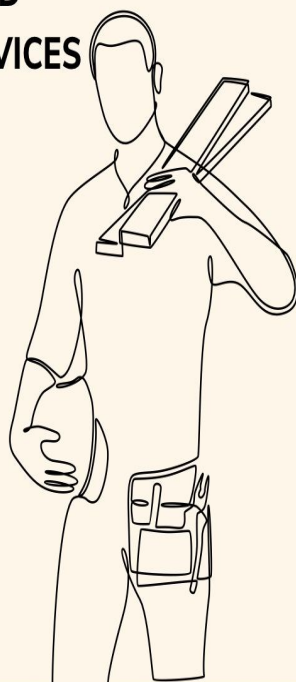
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Bude Literary Festival turns a fresh page.....

After some changes behind the scenes, the 4th Bude Literary Festival goes ahead from 14 – 18 May 2025 when national, regional, and local authors, actors, musicians, comedians and workshop leaders will once again converge on the North Cornish coast to celebrate the written and spoken word, via a packed programme of diverse events, readings, performances and workshops to suit all ages and interests, throughout Stratton and Bude.

The organisers are delighted to announce that Raynor Winn, author of the international best seller 'The Salt Path', has agreed to become the Patron of Bude Literary Festival and will be performing in Bude on Sun 18 May in 'Saltlines' with The Gigspanner Big Band. A special screening of the about-to-be-released film of 'The Salt Path' will also take place at The Rebel Cinema, Bude and will include a Q&A with Raynor.

Authors are still being added to the line-up, which includes the author of 'Tracy Beaker' - Jacqueline Wilson, Cornwall's Petroc Trelawny, comedians Marcus Brigstocke, Jo Caulfield and John Shuttleworth, The Times bestseller – Emma Gannon, the poet - Pascale Petit, the rewilder – Derek Gow, the inimitable Alex Gibbon, plus Sasha Swire, Lisa Woollett, Chris Ryan (the pen name of S.A.S. sergeant Colin Armstrong), Veronica Henry, Sam Horton, Holly Watt, Charlotte Bradman, Madeline Dyer, Siobhan Daniels, Folksy Theatre, The Last Baguette and Bude's very own Sam Horton, Paul Wreyford, Ellen Hawley, James Dixon, Gary McCausland and Martin Dorey M.B.E.

More names are being added all the time and events are gradually going on sale online via wegottickets.com/budeliteraryfestival Paper tickets for festival events will be available at the Festival Box Office at Bude Library on Saturdays 10am – 12 noon from Sat 1 March

The festival will also include a diverse range of free literary workshops in local schools, special sessions for Home Educated children at Bude Library and hand-picked literary workshops for the users of The Pearl Exchange. Over 40 'Bookworm' volunteers will step up to cover a range of tasks from stewarding to selling tickets to offering hospitality for artists.

Established 4 years ago by Bude-Stratton Town Council, the festival is now run as a not-for-profit Community Interest Company (C.I.C.)

Festival programmer Richard Wolfenden Brown commented *'We appreciate how the budget constraints faced by the council made it difficult for them to continue to fund the festival via a core grant and provision of council staff time, as in previous years. However, after 3,500 people engaged with the festival in 2024, we were determined to see it continue and to build on the council's hard work of establishing the festival over the past three years. The council have kindly agreed to support the festival via a community project grant and the new C.I.C. hopes to attract wider public funding and essentially some sponsorship from local businesses and individuals. The 'Bookworm' volunteers will be vital to the success of the festival and new 'Bookworms' are warmly welcome, as are suggestions for authors, artists and workshop leaders, as we begin to write a new chapter for Bude Lit Fest'*.

The festival can be contacted via budelitfest@gmail.com