

Tre, Pol & Pen
Farm Shop & Restaurant

Open 7 days a week | 9am - 5pm

Visit our website to see events local to you!

trepolandpen.co.uk
01566 706527

 trepolpen
 trepolandpen

MOBILE APPOINTMENTS
IN THE COMFORT OF YOUR OWN HOME

**Launceston Mobile
Foot Health Clinic**



TREATMENTS INCLUDE

- Nail Cutting • Hard Skin • Callus & Corns
- Cracked Heels • Ingrown Toenails

Appointments - 07963 995830
launceston.clinic@gmx.co.uk

LEZANT PARISH MAGAZINE
DECEMBER 2024/JANUARY 2025
ISSUE 163

Merry Christmas
2024



Happy New Year 2025

EDITORS: Jill Price TEL: 07790946729, Jo Rider TEL: 07976551578
Trudi Pincombe TEL: 07864685533, Bryan Pipe TEL: 07521942630
EMAIL: lezantnews@gmail.com
ADVERTISING and ACCOUNTS: Pam West TEL: 07877337828
EMAIL: Pamela.west75@outlook.com
DISTRIBUTION: Margaret Prole TEL: 01566 782553
EMAIL: prole@btinternet.com

Dear all,

Firstly on behalf of the editing team we wish you a very Merry Christmas and a Happy New Year,.
2024 has seen many events happen in our lovely parish, lots of contributions sent in from parish groups and individuals. We thank everyone for their reports and suggestions making the magazine continue, we hope, to both entertain and inform. We welcome further involvement and suggestions to help our magazine thrive for 2025 and beyond.
In this double issue we have the usual reports, articles, and some light fun pieces for you all to peruse on these longer winter evenings,. However should you be looking to join in any social events, remember to keep the diary date page to hand for December and January, you never know you may find a new club that interests you.
Once again wishing you all the very best for the season and into 2025
Bryan and Trudi (plus the team)

FUN FACT: Xmas means Christ in ancient Greek language
Therefore the use of Xmas has been adopted for Christmas.

DEADLINE FOR ITEMS FOR NEXT ISSUE: 10th January 2025

Please send your contributions by email to lezantnews@gmail.com, no later than 10th January 2025

All contributions and articles printed are done so in good faith and are not necessarily the views of the editor or committee.

Please remember that the Lezant Parish Magazine is an independent publication and the editors and committee are not responsible for the services or professional qualifications provided by the advertisers; readers must satisfy themselves that the advertiser meets their requirements,

Rainfall Figures from Trekenner Farm

October 2024 146mm

October 2023 144mm

LIST OF ADVERTISERS

	PAGE
A J DESIGN (Andy Paton) Chartered Architectural Technician	29
A N JEWELL Painter and Decorator	13
BEN'S BOILER SERVICES	9
BONNEY'S COTTAGE FOR SALE	10
CBL STOVE & CHIMNEY SPECIALISTS	28
CL BUILDING SERVICES	7
FRESH CARPET CLEANING	25
GLEBE VETERINARY SURGERY	31
GF GUBBIN FUNERAL DIRECTORS	8
GROUP TRAVEL Coach Hire and Excursions	9
HOLLY WREATHS Louise Trenerry	25
JOHN CLARK Carpentry/Painting/Decora	27
KIVELLS Estate Agents	28
KBS Kitchen and Bathroom Specialists	15
LAUNCESTON MOBILE FOOT HEALTH CLINIC	36
M J WARREN Builders	27
MELANIE YOUNG Chimney Sweep	31
PHIL AND MARK KNIGHT Garden & Building Services	13
PLUGS ELECTRICAL SERVICES and wet plumbing	30
R MEARS & SONS Chimney Sweep	32
SALLY ISAAC MOBILE FOOT CARE Foot Care in your own home	15
SHEPHERD'S HUT THERAPY Jo Rider Kinesiologist	32
SOMETHING NICE CATERING (Judith Scott) Catering Service	8
SOUTH WEST HEATING Electric heater installation	29
TREBURLEY GARAGE (R Rowe/R Thomas) Vehicle Repairs	12
TREBURLEY PHYSIO Physiotherapy/Acupuncture	14
TRE POL AND PEN	36
W HALE Plumber	30
WILL WRITERS Service	12

Lezant Parish Magazine is an independent publication, organised and published by a volunteer committee (J Price, J Rider, T Pincombe, B Pipe, P West and M Prole) for the residents of Lezant Parish. It is funded by advertising revenue and distributed free of charge to all households in the Parish.

Printers: Parish Printing, Whitstone, Bude, EX22 6TD

LEZANT PARISH COUNCIL NOTICES

Status of previous planning applications:

PA24/06156 APPROVED. Proposed general purpose agricultural building. Chy An Gwel,, Trebulet

PA24/06525 APPROVED. Provision of new aeration tank and compound, provision of a truck wash compound, change of use of part former cattle shed to canteen and change of use of former abattoir building to staff wc and washing facilities. Treburley Abbattoir

HEDGE TRIMMING

The Parish Council would like to remind residents of their hedge trimming responsibilities regarding roadside hedgebanks adjacent to the highway to ensure safe passage of pedestrians, horse riders and vehicles. It is recommended that November to February is the best time to complete this task so as to cause the least disturbance to wildlife. For further information and advice, please contact Cornwall Council Highways Department on 0300 1234 100

Tenders are invited for grass cutting in Lezant Parish in 2025. Cutting is required monthly from April to November inclusive. Please apply to the clerk for a full schedule of areas to be cut.

Tenders are invited for the cutting of footpaths in Lezant Parish in 2025. Please tender for both one and two cuts. For two cuts, they will be required in midsummer and in November.

Full details can be obtained from the parish clerk.

Tenders should be submitted by Friday 7th February 2025. The tender must also contain a copy of your certificate of public liability insurance.

Did you know?

The phrase "Christmas Tree" was first recorded in 1835, the first tree Christmas Tree was used in the 16th Century. There are many customs and rituals associated with the Christmas Tree, especially the decorations have evolved and luckily now lighted candles are no longer used!

ON THIS DAY.....DECEMBER 25TH

1066.....William the Conqueror is crowned King of England. He reigned for 21 years

1914.....Opposing British and German troops held a Christmas truce on the Western Front in WW1. During the spontaneous ceasefire they sang carols, swapped cigarettes and whisky and even played football.

1968.....Apollo 8 becomes the first manned mission to orbit the Moon.

1989.....Romanian dictator Nicolae Ceausescu is executed by firing squad following an uprising by the people of the country.

JANUARY 1ST

Every year..... Everywhere is National Hangover Day

1951..... American author J.D. Salinger was born. His only novel "The Catcher in the Rye" is regarded as a modern classic.

1971.....U.S.A. banned all advertising of tobacco on TV and radio

2002.....The Euro, the monetary unit of the European Union was introduced

2025..... Here we go again!!

Mini Quiz (answers on page 10)

- 1) In the song "The 12 days of Christmas ", how many pipers were piping?
- 2) The Cornwall Council Social housing register has approximately how many on their list ? a) 8,000 b) 16,000 or c) 27,000
- 3) Traditionally, Xmas decorations are removed by which date in January?
- 4) Your parish magazine is made and delivered free of charge. What is the cost per copy for us to produce this service? a) 16p b) 47p c)89p?
- 5) Which actor played Mr Bates in the TV drama " Mr Bates v. The Post Office" ?
- 6) Back to the start of the year who was UK Prime Minister on 1.1.2024 ?

Lezant Lunch Club

Thirty four members of the Lezant Lunch Club were welcomed by Ken Scoble at Trebulet Hall on Wednesday 30th October. Members enjoyed a delicious meal of steak and ale pie served with roast potatoes, carrots and cabbage, followed by apple and blackberry crumble with custard. A vegetarian alternative was available, provided by Mary Synott. The main course was prepared by Judith Scott, Ruth Burden and Marilyn Davey. Caroline Reynolds made the dessert.. Service was provided by Cynthia Jewell, Helen Judge, Jackie Warren, Janet Docherty and Mary Bridger. After coffee members were entertained by a nature themed sing song led by Sheila Burt.

The Lezant Lunch Club usually meets on the last Wednesday of each month; however, the Christmas Lunch will be held on Wednesday 11th December when we will be entertained by children from Trekenner School after our meal. The cost to members will be £5 for two courses plus coffee.

Please phone Ruth Burden on 01566 782286 to book a place, if you have not already done so.

Lezant WI

Pat Mallet led a Craft Making afternoon on making paper angels. She came armed with all items needed for everyone to make angels and choose coloured paper, music score, ribbons, buttons, beads, threads and so much more. First of all she showed a selection of her angels and then demonstrated how to start making them. After some time, and much more tuition from her, the end results were brilliant (see page 5) and were gathered together to be displayed at the forthcoming Trebulet Angel Festival on the 5th – 8 Dec at Trebulet Methodist Church as the WI's entry. There will also be Angel Making Workshops on Sat 7th Dec from 2pm onwards there. Jo Rider thanked her for sharing her skills.

Jackie Warren summed up 4 resolutions hoping to win our votes next year for the National Annual meeting. More details will follow. Alice Brown reported on the recent CFWI Annual meeting when they were lucky to hear Esme Young of the Great British Sewing Bee as one of the speakers amongst others. She encouraged members to attend these County events as they are always so well organised. Sue Oatey reminded everyone to book for the Lezant WI Christmas meal at The Elliot Arms in December.

A reminder was given that the next meeting will be on Wednesday 8th Jan when Malcolm Wright is speaking on 'Finding the source of the Nile'

Trebulet Methodist Church Services

December

Sunday 1 st	11am	Morning Service with Deacon Ruth Richey
Thursday 5 th to Sunday 8 th		Angel Festival in the Chapel
Sunday 8 th	11am	Morning Service with Sheila Burt
Sunday 15 th	11am	Morning Service with Eric Rowland
Wednesday 18 th	7pm	Carols on the Green with Launceston Town Band
Sunday 22 nd	6pm	Carol Service with Revd John Haley. No morning service.
Christmas Day	10.30am	Family Service with Revd John Haley
Sunday 29 th	11am	United Service at Coads Green with Revd John Haley. No service at Trebulet

January

Sunday 5 th	11am	Morning Service with Revd David Miller
Sunday 12 th	11am	United Service at Tregadillett. No service at Trebulet
Sunday 19 th J	11am	Morning Service with Elizabeth Miller
Sunday 26 th J	11am	Morning Service with Revd John Haley

This information may be subject to change. For more information please contact Jan Howells on 01566 782289

Lezant Parish Archive Group

The Parish Archive Group met on 13th November and discussed a potential visit to Kresen Kernow, Cornwall's Archive Centre, in Redruth. This will be next year as it is fully booked until April, but further detail will be made available in this newsletter.

Members reported on their activities, including research on the war memorial and those mentioned on it, accessibility of the standing stones and viewing of the quarry, finds by detectorists Jim and Lesley Buscombe and the progress of the website.

New members are always welcome and our next meeting will be on 23rd January in Trebulet Hall at 11.a.m. with coffee and tea available from 10.45.

JANET HARRIS of Coppers, Trekenner, wishes all her friends from Lezant Parish a Merry Christmas and Happy New Year and thanks you all for your support and sympathy cards received.

SHEPHERD'S HUT THERAPY



For balanced wellbeing

Jo Rider Kinesiologist Dip KA

East Penrest Farm

Tel: 07976 551578

jmarider@gmail.com

Food sensitivities, stress, pain management and more

LUNCH at EAST PENREST BARN

**In aid of Launceston Refugee Support Group and Medical Aid
for Palestinians**

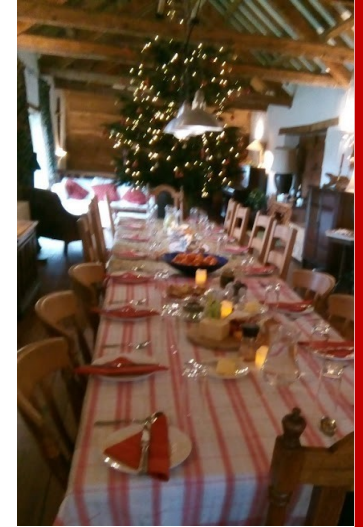
Saturday January 11th 2025

12.00 to 3.30

Come along after

the coffee morning in the Church

Come and meet friends old and new, enjoy a light lunch, and brighten up those dark post-Christmas days! We look forward to welcoming you. James & Jo Rider



R Mears & Sons Chimney Sweeps & Stove Installation

Established over 30 years

Vac Brush. Full CCTV investigations.

Pots, Cowlings & Bird Protection fitted. Chimneys Lined.

Solid Fuel Appliances, Rayburns, Woodburners,

Stoves, etc serviced. Fully Insured.

Tel: 01840 261221 Tavistock: 01822 664554

Mob: 07737 533392

www.sweepdevon.com



WI Angels



In aid of Cornwall Air Ambulance

Charity Skittles Match

December 7th 2024 at 8pm

COME AND JOIN IN



Wednesday 11th December 2024

Bingo

Great prizes raffle and refreshments

Eyes down at 7.30pm

At Treburley Social Club Everyone Welcome

MARION AND ELIZABETH SMITH 70TH BIRTHDAY

The Smith twins from Lezant pictured with a cheque for £1,000 for the Mustard Tree Cancer Support Centre raised from donations made for their 70th birthday.



What's my name?



Germany— Kriss Kringle

Italy—La Befana

France— Pere Noel

Russia —Deushka Moroz

Originally Father Christmas brought good cheer not gifts. In Tudor and Victorian times he was depicted wearing a green suit.

Melanie Young

Local Chimney Sweep and Vac

Master Sweep Trained

Fully Insured and NVQ Accredited

Tel: 07779 333718

01566 889006

melsweep@hotmail.com



Glebe Veterinary Surgery

Lezant, Launceston, PL15 9PP

RCVS Approved Small Animal Practice

- | | |
|-----------------------------------|---|
| Opening hours: | Emergency Service Available |
| • Monday - Thursday
9am - 5pm | Telephone: 01579 371 295 |
| • Friday - Saturday
9am - 12pm | Email: inbox@glebevets.co.uk |
| | Website: www.glebevets.co.uk |



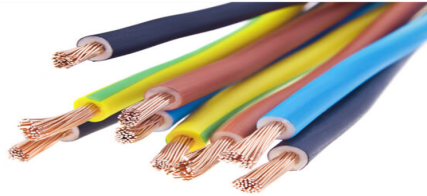
PLUGS ELECTRICAL SERVICES



Tom Steel

07768883938

tommyplugs@gmail.com



Any aspects of domestic, commercial and industrial electric work, and wet plumbing



PERSONAL, PROFESSIONAL, QUALITY
Plastering, Rendering, Kitchens,
Bathrooms, Lime Render & Plaster,
Painting & Decorating.
FULL PUBLIC LIABILITY INSURANCE



07484398456
www.clbuildingservices.co.uk
mail@clbuildingservices.co.uk



ONE FOR CHILDREN (OR EVEN JUST THE BIG KIDS!)

Cut a square 6cm shape from glittery card or eva foam

Cut 8 circles 2.5cm diameter of 2 colours, place alternating colours in rows onto square from corner to opposite diagonal corner (see image)

Add a ribbon to hang

Make or add with a bead a tassel to bottom corner

These can be double sided so when on a tree it doesn't matter if they twist.

Size can be increased to make a one sided wall hanging



"The complete bathroom installation service"

New bathrooms fitted,
floor and wall tiling specialist

General Plumbing including:

- Bathroom makeovers
- Dripping taps and burst pipes
- Pump and cylinder changes
- Radiator upgrades and additions
- Specialist in Leadwork
- No job too small
- No Call out charge



Friendly Service, Quality Work

NO VAT
City and Guilds Qualified
established 1983

Call William Hale on

Tel: 01579 362132 Mobile: 07826 699719



Something NICE

Catering

Traditional and Creative Catering for all Occasions
Finger and Fork Buffets Park

Children's Parties

Anniversaries and Funerals

Home made cooked meals for holiday homes

JUDITH SCOTT

West Landue, Lezant, Launceston PL15 9NN
Tel 01566 773523 - Mobile 07980 136708



25 YEAR
GUARANTEE
At the core
of our heating*



Be warm, when you want

*Join 4000 + of our customers across
the south west & say goodbye to
night storage*

**EFFICIENT & CONTROLLABLE
ELECTRIC HEATING**

Find Out More: **01209 714 600**

GF GUBBIN

FUNERAL DIRECTORS

PART OF

DENISE WELLINGTON FUNERAL SERVICES



24 Hour Contact
01566 785340

gfgubbinfuneraldirectors.co.uk
gfgubbin@denisewellingtonfunerals.co.uk

Chartered Architectural Technologist
offering a complete Architectural
Service, including:



- Domestic and Commercial
- Feasibility Studies
- Planning and Building Regulations
- Conversions / Extensions /
New Build / Remodelling
- Adaptions for People with Disabilities
- Barns and Listed Buildings

AJ Design

Andy Paton MCIAT
16 Treburley Close
Treburley
Launceston
PL15 9PG

01579 370567

www.ajdesignonline.co.uk
andy.ajdesign@btinternet.com



CBL STOVES

The Showroom, Unit 5
Red Post, Bude, Cornwall
EX23 9NW

01288 381852
carl@cblstoves.co.uk
www.cblstoves.co.uk



- Stainless Steel twinwall flues
- Chimney Lining
- Iskoern Pumice lining
- Fireplace alterations
- Stove Installations
- Wood, Multifuel, Gas & Electric Traditional & Contemporary Stoves & Fires
- Chimney Rebuilds
- Slate, Granite & Glass Hearths
- Wood & Ceramic beams & surrounds
- Floating Shelves



BEN'S BOILER SERVICES

SERVICING AND BREAKDOWNS

GAS-OIL-AGA

Landlord Gas Safety Checks

General Plumbing

Fully Insured

15 Years' Experience

Tel: 07930 890699

Email: bboilerservices@outlook.com



Kivells Estate Agents & Auctioneers Thinking of selling your property?

- ✓ Local experienced team
- ✓ Established auctioneers & estate agency sales
- ✓ Free market appraisal for sale
- ✓ Your first point of call for professional advice

Contact the Launceston team today for your
FREE market appraisal:



Daniel Stokes
MNAEA
Director



Laura Westcott
MNAEA
Senior Sales Negotiator



William Braunton
Sales
Negotiator



Jessica Smith
Lettings
Manager



Emily Coombe
Trainee Lettings
Administrator



01566 777 777
launceston@kivells.com
2 Broad Street, Launceston, PL15 8AD



Group Travel

Day Trips & Coach Holidays

Enterprise Park, Midway Road, Bodmin, Cornwall PL31 2FQ Tel: 01208 77989

Coach Excursions & Tours 2025

- 29th March Stitching & Craft Show, Westpoint
- 8th April Geevor Tin Mine & Lands End
- 6th May Enys Garden, Bluebells
- 13th-19th May Melrose & the Scottish Borders**
- 27th May Thorpe Park (book early for tickets)
- 11th June Marwood Hill Gardens, Barnstaple
- 24th June Mount Edgecombe
- 3rd July Tiverton Canal Barge Trip
- 14th-18th July Visit Chester**

Visit our website for all our excursions & tours.

Call: 01208 77989 for bookings and brochure
website: www.grouptravelcoachhire.co.uk
email: grouptravelcornwall@btconnect.com



We wish you all a Merry Christmas and a peaceful New Year.

Bodmin MOT Centre

01208 77989

- Garage Services
- MOT Testing Station
- Classes 4, 5 & 7
- Servicing & Repairs
- High Vehicles & Motorhomes
- Brake Test & Headlight Alignment
- Pre MOT Inspections
- Annual & Interim Vehicle Servicing
- Commercial interim inspections available including brakes and lights
- Helping you stay compliant

Bodmin MOT Centre
Enterprise Park, Midway Road,
Bodmin, Cornwall PL31 2FQ

Bonney's Cottage, Lower Trebulet,

For Sale



We're selling our lovely, detached cottage after (almost) ten happy years. It is a perfectly formed Cornish cottage and we would love to sell it to someone with a local connection, and certainly to someone who would like to live in it full time. It is a three-bedroom (all doubles) house – with the one downstairs currently set up as an office. We're at the bottom of the hill in Lower Trebulet, Lezant. It's got a stable door, an oil powered Rayburn/central heating, slate and wooden flooring and a lovely wood burning stove. Some of the cottage dates back more than 250 years, with appropriate additions added over time. There are two gardens, one in front of the house and a second lovely space just up the hill, with a garage and woodstore. We have loved living here, it such a quiet, special place with walks from the house in woods, or fields or along the river. If you're interested or would like more information, please do get in touch with Mary on 01566 786772 or email mary.synott@gmail.com It's been valued around £325,000 but we're very open to a chat with the right people.

Mini Quiz Answers

1. 11
2. C) 27,000
3. 6th January
4. C) 89p
5. Toby Jones
6. Rishi Sunak



Angels for the festival contributed by Patchwork and Craft group.

M.J.WARREN

BUILDERS & DECORATORS

PROPERTY MAINTENANCE

SPRINGFIELD, LEZANT PL15 9PP

ALL ASPECTS OF INTERIOR AND EXTERIOR DECORATING

KITCHEN AND BATHROOM INSTALLATION

GENERAL BUILDING WORK

ESTABLISHED OVER 30 YEARS

FOR A PROFESSIONAL RELIABLE SERVICE

Please call Michael on 07956 508850

mjwarren711@btinternet.com

JOHN CLARK

CARPENTRY

PAINTING AND DECORATING

GENERAL MAINTENANCE

01579 370758

07775 506235

DECEMBER AND JANUARY SERVICES AT ST BRIOCHUS

Sun	01	December	Holy Communion	11am
Sun	08	December	Service of the Word	11am
Wed	11	December	Christingle Service	5pm
Sun	15	December	Morning Prayer (BCP)	11am
Fri	20	December	Carol Service	7pm
Sun	22	December	Eucharist	11am
Tue	24	December	Christmas Communion	8pm
Sun	29	December	Benefice Service at	1030am
St Thomas Church, Launceston				
Sun	05	January 2025	Holy Communion	11am
Sun	12	January	Plough Sunday Service	11am
Sun	19	January	Morning Prayer (BCP)	11am
Sun	26	January	Eucharist	11am

*If you require any further information or need any other help, please do not hesitate to ring -

Churchwarden:	James Rider	01579 370186
Secretary:	Bridget Pentreath	07802 177803

Trivia for January and the dark nights —Just for fun,

- Jan 1st; World Peace Day
- ♦ Jan 4th; World Braille Day
- ♦ Jan 10th; Save the Eagles Day, Bittersweet Chocolate Day, Houseplant Appreciation Day , Peculiar People Day(?!!)
- ♦ In 1502 Portuguese explorers discovered a coastal settlement in South America and named it Rio de Janerio (River of January)
- ♦ Those born in January are said to be thoughtful and wise, thus the Owl is seen as the bird who is seen as the symbol of January.
- ♦ Jan 29th –Chinese New Year– Year Of The Snake
- ♦ Its unlucky to eat mince pies with a knife!
- ♦ Santa Claus is apparently 1,750 years old, Mrs Claus is 1,139. A curious figure! This originates from what is now modern day Turkey.

BUSINESS, FOR SALE AND WANTED ADVERTISEMENTS CAN BE PLACED

Half page: 5 issues £55.75 10 issues £111.50 (£11.15 per issue)

Whole page: 5 issues £83.00 10 issues £166 (£17.50 per issue)

For new advertisers, buy 5 or 10 and get one free so 6 for 5 or 11 for 10.

If less than 5 booked then £12.00 for half page and £19 for whole page per issue

For sale and wanted adverts can be sent to the editor via email to lezant-news@gmail.com and we will try to include them in the newsletter. Cost £1 per 'For Sale' advertisement. No charge for "Free to good home" adverts. Don't forget our "Congratulations" feature is available for local major personal events .

Useful Numbers

Cornwall Councillor: Mr Adrian Parsons

Email; cllr.adrian.parsons@cornwall.gov.uk

01566 782296

Cornwall Council

www.cornwall.gov.uk

0300 1234 100

Cornwall Council Information Service —Launceston Library, Bounsalls Lane, PL15 9AB. Open Tues, Wed, Fri 9.30am-5pm, Sat 10am-1pm

Children at Risk - If you know of a child at risk 0300 123 1116

Hospital – Launceston Community Hospital Main Hospital

01566 765600

MIU

01566 765630

Physiotherapy Outpatients

01566 765616

X-Ray

01566 765629

Dental Emergencies

03330 063 300 or 03334 050 290

Parish website—www.lezantparish.org.uk

Police: Email:launceston@devonandcornwall.pnn.police.uk Tel. non emergency:

101

Refuse: Including rubbish, recycling & garden waste collection dates; website;

www.cornwall.gov.uk

MP for North Cornwall: Ben Maguire

YOUR PARISH COUNCILLORS

Mrs V Hill (Chair)	01566 772786	Mrs I Wood (Vice Chair)	01579 370473
I G Nash	01579 370644	N H Burden	01566 782286
G Holter	01579 371223	P J Cairns	01566 782351
T Unwin	07711663229	S Simmons	01566 782428
T Minson	07516990715	Mrs J Dinnis	01566 782104

A Parsons (Cornwall Councillor) 07743446289 or 01566 782296

OUR PARISH CLERK: Mrs Sam Inman 01566 784050

Email lezantparishclerk@gmail.com

T. R. Rowe
TREBURLEY GARAGE

LAUNCESTON, CORNWALL
 TEL: 01579 370348



VEHICLE REPAIRS
 SERVICING
 MOT TESTING
 COMPUTERISED DIAGNOSTICS
 PETROL SALES



VINTAGE & CLASS CARS WELCOME



Celebrating 70 years in business
 1952 - 2022



WILL WRITERS SERVICES

01752 770094/07979850128

A LOCAL FAMILY FIRM WHO SPEAK IN EASY TO UNDERSTAND LANGUAGE. WE VISIT YOU IN YOUR OWN HOME FOR YOUR CONVENIENCE AND COMFORT.

FULL MEMBERS OF THE SOCIETY OF WILL WRITERS, QUALIFIED AND INSURED

WE SPECIALISE IN WILLS -LASTING POWER OF ATTORNEYS- PROBATE ADVICE - ESTATE PLANNING & PROPERTY PROTECTION TRUSTS. SIMPLE WILLS FOR UNDER £200.

We normally have your Will drafted within 2 weeks.

www.willwritersservices.co.uk



HOLLY WREATHS FOR SALE

Hand made locally



8" £8.00 Each

10" DOOR WREATH £20.00 each

Contact Louise Trenerry on 01566 782203 or 07866469550

Local delivery available



Established in 2002. Callington based cleaning specialist offering carpet, upholstery as well as hard floor cleaning service.

I pride myself in being a friendly and experienced professional who endeavours to produce the best available results every time.

I offer both steam and dry cleaning of carpets and upholstery for both the domestic and commercial markets.

I also specialise in hard floor cleaning, including cleaning and sealing of tiles and grout, and natural stone such as slate, limestone, granite; also modern vinyls and LVT, including Amtico and Karndean.

National Carpet Cleaners Association Trained & Qualified Member.

FREE QUOTES

Telephone: 07905 188459 or 0800 3893393

e-mail: nevil_fresh@msn.com



TREBULLETT AUTUMN LECTURE 2024

After an absence of some years Trebulet was pleased to welcome on 7th October our invited speaker Corrine Dennis.

Corinne shared that when she reached 40, a friend challenged her to learn how to fly. This led to her gaining her pilots licence, to designing, building and flying her own bi-plane and taking part in aerial acrobatics! Initially she had a 1/4 share in an aircraft but with three other owners it was difficult to have the plane when needed as she took part in displays. This led her to buy a partially built plane which had to be stripped back to its metal frame in order for each part to be certified safe as the plane was built which took 6 years. Flying started in Yorkshire where land was flatter, moved to Somerset and finally to Cornwall.

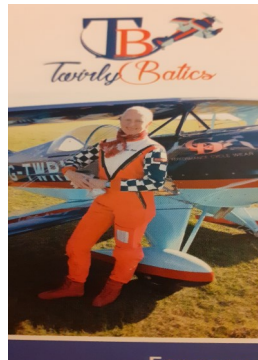
Corinne took part in aerial displays at various venues, including Gloucester, St Mawes Regatta, weddings at Pentillie Castle and the final flight in a display in Lincolnshire.

For many years she was the only female entering competitions and she reached the Advanced of flying. Bringing her flying kit and power point of her journey to build the plan with her, Corinne provided an entertaining and interesting evening. Her final display was in 2019 as she sold the plane in 2020. Having been a member of Bodmin Flying Club, she felt it time to hang up her wings and move on to something else. She maintained that the most difficult part of aerial acrobatics was the landing - many in the audience weren't convinced!

During refreshments Corinne spent time talking with people and sharing her experiences and her love of flying.

Thanks to Neil and Ruth for arranging such an excellent speaker to come to Trebulet.

Ann Foster



PHIL AND MARK KNIGHT

Gardening - Grass Cutting
Hedge Trimming - Building Work
Painting & Many Other Services

01579 370993
07837 400400

knightsfield@btinternet.com

Knightsfield House, Lezant
Launceston, Cornwall, PL15 9PP

**GENERAL GARDENING
AND BUILDING SERVICES**

A.N. JEWELL



Local Painter & Decorator

Over 20 years experience

Clean Professional Service

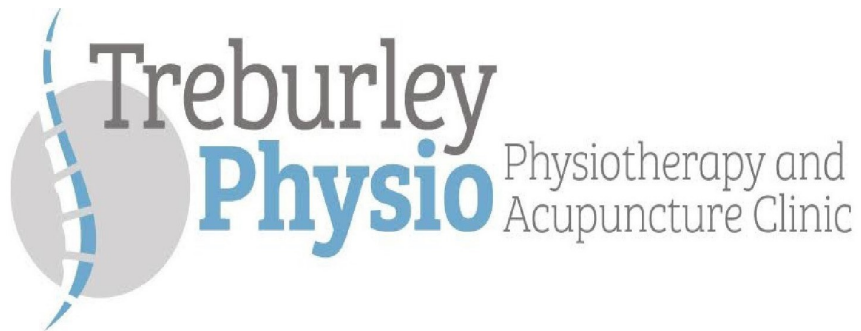
**For all your interior and exterior paint
and paper finishes**

Free Estimates

Competitive Rates

Telephone: 07597 307544

Email: anjewell71@yahoo.com



HCPC registered Chartered Physiotherapists offering individual assessment and treatment programmes

Spinal conditions: back/neck pain including sciatica/nerve pain and whiplash

Sports injuries

Sprains & strains

Arthritic joint pain

Pre & post-operative rehab

Biomechanical assessment

Targeted strengthening/rehabilitation programs

Acupuncture

Shockwave therapy: tennis/golfer's elbow, Achilles tendinopathy, plantar fasciitis and more

Electrotherapy including ultrasound

Kinesio-taping

Manual therapy including joint and soft tissue mobilisations, myofascial release

Onward referral to specialist consultants if required

For further information e-mail

enquiries@treburleyphysio.co.uk

Call us on 07731313394 or visit the website

www.treburleyphysio.co.uk

TREBULLETT METHODIST CHURCH ANGEL FESTIVAL

THURSDAY 5TH TO SUNDAY 8TH DECEMBER

Please join us. The Festival is open 10am to 12 noon every day except Sunday and from 2pm to 4pm on Thursday and Friday and on Saturday and Sunday from 2pm to 5pm.



- * Free entry. Donations welcome for SPACE (supporting disabled children)
- * Saturday 7th December: Charity coffee morning for St Petroc's. 10am to 12noon. Enjoy coffee and mince pies while supporting this wonderful charity.
- * A variety of angel making workshops between 2 and 5pm: paper folding, willow, printed, crochet, felted and knitted angels to take home. Donations welcome to cover the cost of materials. Please book with Jill to get some idea of numbers. Phone 07790 946729 or emailjillprice1963@gmail.com .
- Morning coffee and cream teas throughout.

For more information, please contact Ruth on 01566 782286



NEWS FROM ST BRIOCHUS, LEZANT



A Remembrance Exhibition was held at St Briochus during two weeks in November. Lezant WI laid on a magnificent display of their hand crafted poppies, together with some very effective floral arrangements. Some nineteen pieces of artwork were also being exhibited. Pupils from Trekenner School spent about a month working on and perfecting their individual paintings of poppies, all accompanied by lines from a very moving poem 'The Inquisitive Mind of a Child' ("Why are they selling poppies Mummy?"). The children visited the exhibition, not only to see their wonderful work on display, but also to learn about those from the Parish who gave their lives in the two world wars, represented by the fifteen silhouettes sitting in the pews.



The next **Coffee Morning and Cake Sale** will include **bric-a-brac and gifts** and will be held on Saturday 14 December at 10.30am in the Church Room, Lezant
The following **Coffee Morning and Cake Sale** will be on Saturday 11 January 2025

*If you have any queries or require further assistance, please ring -

Churchwarden:	James Rider	01579 370186
Secretary:	Bridget Pentreath	07802 177803

Kitchen & Bathroom Specialists
Supply Only
Installation Service
Bespoke Design Service
07846 025506

Richard@kbslaunceston.co.uk

KBS
LTD

01566 779791

Sally Isaac Mobile Foot Care

Sally Isaac S.A.C. Dip. FHP

**Providing gentle and professional
foot care in the comfort
of your own home**

*If you suffer discomfort from corns, callus,
ingrown toenails, cracked heels, thickened nails etc.
or just have difficulty cutting your toenails
give me a call*



**Telephone Sally
07961 076 168**

WHAT'S ON AT TREBURLEY SOCIAL CLUB

December 2024

Monday 2nd	Warm welcome Space from 9am until midday
Monday 9th	Warm welcome Space from 9am until midday
Wednesday 11th	Charity Bingo evening in aid of Cornwall Air Ambulance
Saturday 14th	Entertainment evening with Phil G. Members £3.00 Non members £3.50. 8pm start
Sunday 15th	Carol Night-7:00pm for 7:45pm start. We will be serving free mince pies and sherry
Monday 16th	Warm welcome Space from 9am until midday
Wednesday 18th	Club Christmas Bingo
Friday 20th	Club Christmas Draw will take place
Monday 23rd	Warm welcome Space from 9am until midday
Saturday 28th	Christmas quiz night in aid of local Parkinson's group. Angela Morrison will be host.£1.50 per person. 8pm start
Monday 30th	Warm welcome Space from 9am until midday
Tuesday 31st	New Years Eve party with Johnny M.

January 2025

Monday 6th	Warm welcome Space from 9am until midday
Monday 13th	Warm welcome Space from 9am until midday
Saturday 18th	Quiz– Bryan Pipe setting questions. £1.50 per person. no more than 4 people to a team please, 8pm start
Monday 20th	Warm welcome Space from 9am until midday
Saturday 25th	Entertainment evening with Sunrise. Members £3.00. Non-members £3.50. 8pm start
Monday 27th	Warm welcome Space from 9am until midday
Wednesday 29th	Bingo evening– eyes down at 8pm

Tunis Cake— an alternative to Christmas Cake

Madeira Cake

250g Butter, softened
250g Caster Sugar
4 Large Eggs
175g Self Raising Flour
150g Plain/AP Flour
A small pinch of Table Salt
Rind of One Orange Grated
2 tablespoons of Orange Juice

Topping

150g Very good quality Dark Chocolate
40g Butter
1.5 Tablespoons of warm water

Marzipan apple, banana, orange for decoration

Method

Cream the butter and caster sugar together until light and fluffy. Add the eggs individually and with each egg add one tablespoon of each kind of flour, and beat well.

Fold in using a metal spoon the remaining flours, salt and orange rind and juice. Pour the mixture in to a buttered and baking parchment lined deep 20cm cake tin. Smooth the top carefully.

Bake at 170C (please note that if using a Fan Oven reduce temperature to between 140C and 150C) for one-and-a-half hours until golden in colour and a skewer test comes out clean.

Cool cake for a minimum of 10 minutes before removing it from the tin and cool completely for a minimum of 10 hours.

Chocolate Topping

Melt the chocolate, which should be broken into small pieces, with the butter and water by placing it all in a bowl over a pan of very hot water (make sure the bowl doesn't touch the hot/boiling water in the pan below or it will go lumpy!) Leave for about 10 minutes, beat and stir until smooth. Leave to cool.

Decorating

Secure a double thickness sheet of greaseproof paper around the cooled cake so that it comes at least 2 inches/6cm about the top of the cake.

Pour the cooked chocolate over the top of the cake; smoothing it very carefully (don't rush this) and leave to set for at least 12 hours.

Then remove the paper carefully. Add marzipan fruits to centre of cake

Local Information—clubs and activities

Lezant Flower and Garden	3rd Wednesday, Call for venue and time	07919 352032
Launceston Area Art Group	Thursdays—Trebulllett Hall Phone for details.	01579 363579
Lezant Bellringers	Practice Night Wednesdays Lezant Church	01579 370993
Lezant Church Cake Sale	2 nd Saturday Church Room 10.30-12 noon.	01579 370681
Lezant Horticultural Society	Philip Knight Chairman	01579 370993
Lezant Parish Archive Grp	Meetings as advertised in this magazine	01579 370370
Lunch Club	Last Wednesday 12 noon Trebulllett Hall	01566 782286 Ruth Burden
Parish Council	2nd Tuesday. Trebulllett Hall 7.30pm	Clerk: 01566 784050
Patchwork & Craft Group	Tuesdays 2.30pm Trebulllett Hall	01566 782556
The Sew and Sews	Alternate Mondays 10.30am at Penmarech, Trebulllett	01566 782282
Short Mat Bowls	Every Monday 7.00pm-9pm Trebulllett Hall	01566 782282
Tots and Tea	Alternate Mondays—Trebulllett Hall 10.30-12	01566 782223
Trebulllett Coffee Morning	1 st Wednesday Trebulllett Hall 10.30-12 noon. Every month except for quarterly charity coffee mornings March, June, Sept, Dec. on Saturdays.	01566 782286
Treburley Social Club	Daily 7.30pm-11.00 pm Fridays only 6 30pm-11.30pm	01579 370889
Trekenner School FOTS	Chair: Kirsty Wenden kwendend1977@aol.com	
Women's Institute	2 nd Wednesday 2pm Trebulllett Hall	Cynthia 01579 370182
Worship	Bridget Pentreath	07802177803
St Briochus Lezant	James Rider	01579 370186
	Rev John Haley	01822 833634
Trebulllett Methodist Church	johnhaley@lamc.org.uk	

CORNISH MEAD CHRISTMAS JELLIES WITH CORNISH CLOTTED CREAM

Ingredients; 425ml Traditional Cornish Mead , 425ml Cranberry Juice, 150g frozen Cranberries, 2 large Oranges, 1 cinnamon stick, 30ml honey, 18g powdered gelatine, 225g Cornish Clotted Cream

Method; Pre-freeze a freezer proof jug.

In a saucepan, combine and simmer over a med heat for 10 mins the cranberries, zest of 1 orange, 2 tb^{sp}. orange juice, honey and cinnamon stick. Remove cinnamon stick and pour into six serving dishes, set aside.

Gently warm cranberry juice in a small saucepan, stir through the gelatine until dissolved. Pour into the frozen jug before adding the mead, stir to combine.

Pour this mix into the same dishes allow space at the top

Cut twists of orange peel, To serve top each glass with a spoonful of Clotted Cream and garnish with orange peel twist.

PARISH TAXI SCHEME—FOR RESIDENTS OF LEZANT PARISH ONLY

If you are a resident of Lezant Parish, you can claim a subsidy for any taxi journey using Launceston Taxis. (Please note: the taxi cannot be used on a regular basis for commuting between home and work, nor as a school-run vehicle.)

From 01 December 2024 the subsidy will be increased to £7 per single journey (you can also claim £7 for the return journey, if applicable). Please note this increase will be for a limited time only in order to use up reserves - once the grant is exhausted the subsidy will be lowered. Please check the magazine for any updates or contact the clerk. To take advantage of the scheme the taxi must be pre-booked through Launceston Taxis on 07340 813434. The taxi driver will have a form that he will complete. You sign the form and pay the reduced rate to the driver. Please note that the single fares quoted below are for guidance only, and may differ depending on where you are being picked up/ dropped off:

Lezant £17.00	Subsidy £7.00	You pay £10.00
Rezare £18.50		You pay £11.50
Trebulllett £18	£18	You pay £11
Treburley £18		You pay £11
Tregada £17.00		You pay £10.00
Trekenner £18.00		You pay £11.
Trekelland £17.00		You pay £10.00

WHAT'S ON IN DECEMBER 2024

Mon 2nd	Warm Welcome	Treburley Social Club	9am-12 noon
Tues 3rd	Patchwork and Craft	Trebulet Hall	2pm-4pm
Thurs 5th	Recycling for Charity	Tesco, Launceston	10.15-11am
Thurs 5th-	Angel Festival	Trebulet Methodist Church	10am-12noon 2pm –5pm
Sat 7th	Angel Festival Charity Coffee Morning Charity Skittles	Trebulet Methodist Trebulet Hall Treburley Social Club	10am to 4pm 10am— 12 noon 8pm
Sun 8th	Angel Festival	Trebulet Methodist	2pm– 5pm
Mon 9th	Warm Welcome	Treburley Social Club	9am-12noon
Tues 10th	Holy Habits Parish Council	Trebulet Hall Trebulet Hall	2.15pm 7.30pm
Weds 11th	Charity Bingo See page 6 Lezant Lunch Club Christmas Lunch	Treburley Social Club Trebulet Hall	Eyes down 7.30pm 12.30pm
Thurs 12th	Mobile Library	Monks Hill Treburley	1.25-1.45pm
Sat 14th	Entertainment with Phil G	Treburley Social Club	8pm
Sun 15th	Carol Singing	Treburley Social Club	7pm –7.45pm start
Mon 16th	Warm Welcome Short Mat Bowls	Treburley Social Club Trebulet Hall	9am-12noon 7pm
Weds 18th	Carols Christmas Bingo	Trebulet Green Treburley Social Club	7pm Eyes down 8pm
Fri 20th	Christmas Draw Carol Service	Treburley Social Club St Briochus	
Sun 22nd	Carol Service	Trebulet Methodist	6pm
Mon 23rd	Warm Welcome	Treburley Social Club	9am– 12noon
Sat 28th	Christmas Quiz	Treburley Social Club	8pm
Mon 30th	Warm Welcome	Treburley Social Club	9am-12noon
Tues 31st	New Years Eve Party with Jonny M	Treburley Social Club	

WHAT'S ON IN JANUARY 2025

Mon 6th	Warm Welcome Short Mat Bowls	Treburley Social Club Trebulet Hall	9am-12noon 7pm
Wed 8th	Trebulet Coffee Morning	Trebulet Hall	10.30am
Thurs 9th	Mobile Library	Monks Hill Treburley	1.25-1.45pm
Sat 11th	Lezant Church Cake Sale Charity Lunch see page 5	Lezant Church Room East Penrest	10.30-12noon 12noon -3.30pm
Mon 13th	Warm Welcome Short Mat Bowls	Treburley Social Club Trebulet Hall	9am-12noon 7pm
Tues 14th	Parish Council	Trebulet Hall	7.30pm
Weds 15th	Lezant Flower/ Garden Grp AGM Quiz	Home Park, Trebulet Treburley Social Club	2pm 8pm start
Mon 20th	Warm Welcome Short Mat Bowls	Treburley Social Club Trebulet Hall	9am-12noon 7pm
Sat 25th	Entertainment with Sunrise	Treburley Social Club	8pm
Mon 27th	Warm Welcome Short Mat Bowls	Treburley Social Club Trebulet Hall	9am-12noon 7pm
Weds 29th	Lezant Lunch Club. Monthly Bingo	Trebulet Hall Treburley Social Club	12.30pm Eyes down 8pm

Consider this for your New Years Day meal....it could bring you LUCK.

Ham... due to how a pig snouts forwards it symbolizes the direction you want to head
Cabbage.... Is seen as a symbol of long life and money
Fish.... The silver scales of fish are symbolic with money
On the flipside an unlucky food to consume is chicken as they scratch backwards thus the focus is on looking backwards, or due to having wings chicken could cause any luck to fly away.

Whichever you choose to believe enjoy your celebrations

