



Tam Kernewek

“A bit of Cornish”

CousinJack.org
Facebook.com (Cornish American Heritage Society)

Kevrol (Volume) 41 Dyllans (Issue) 1

Gwenton (Spring) 2023

It's that time again: St. Piran's Day, March 5.

St. Piran was known for the accidental discovery of tin and thus became the patron saint for miners. The Cornish flag is thought to have been designed to represent the black ore and the white of the hot tin.

He was believed to live during the 5th Century. He supposedly performed a few miracles. One **was the saving of his own life! Those in Ireland who were jealous of Piran's abilities to heal** threw Piran into the sea with a mill stone around his neck. He managed to float to Cornwall at Newquay – Perranporth. He built a chapel and preached originally to a badger, fox, and boar. Others soon came to hear his sermons.

With the revival of “Cornishness” in the late 19th century, it was fitting that St. Piran's day (and the week before, Perrantide) be celebrated with food, consumption of alcohol (Piran was known for “liking a good drink”), Cornish songs and dance and all things Cornish.

What really goes on during that time?

- **Many communities have their St. Piran's Day Parade, Walk, or Procession, which can also include school children.**
- Shops are decorated.
- **St. Piran's Supper is served with Cornish music and poetry.**
- A number of communities, such as St. Ives, Redruth, and Truro give the Town or City Councils off for the day.
- A number of communities give the parents the option to take their children out of school for the day.

So put on your Cornish garb, put up your Cornish Flag, prepare a Pasty, drink a Cornish Stout and celebrate!

For more info see page 8

Lewydh Messach (**President's Message**)

Dyth Da Kowetha!

It is an exciting time for CAHS. We're making progress in several ways.

The most exciting news concerns our new website and logo. The old ones became impossible to work with and the new website will be extremely easy to update. The logo will be wonderfully transferable and we're hoping to branch out to include it on hats or mugs or on anything to show our Cornish pride. We are looking for a St. Piran's Day launching of the new site!

A Gathering in the Summer of 2024. Are you able and willing to host? What would you want at a Gathering? I already have some feelers out there as well. It will happen.

We've hosted and are hosting new programs:

- Johnny Trestrail will be hosting another Book Club meeting (see details within). The Salt Path by Raynor Winn was the first selection. It went very well, and we hope to build a rhythm and a group to continue the momentum. Do you have any ideas for a good Cornish book to share?
- We will be hosting a presentation about the Cornish Culture Centre in Penzance (see details within). The Bewnans Ker now is in downtown Penzance. We'll learn how they are protecting and promoting our Cornish culture.
- We are always looking for presentations and ideas for informal chats via Zoom. Do you have any suggestions?

The main questions for all are: "How do you promote your Cornishness?" and "How would you like to share that with others?" Fortunately, the new website will have many opportunities to bring us more easily together.

Please remember, the CAHS is your society, and we need your feedback to help bring the Kowetha together.

Gool Peran Lowen hag Oll an gwella!

A Happy St. Piran's Day and All the best!

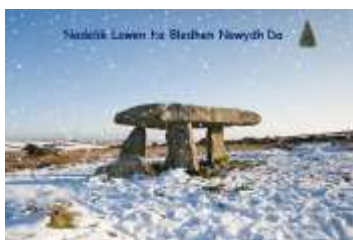
Tom



Kesskrifans a-dre Eseleth
(Correspondence from Societies
and Cousin Jack Website)

Our President sent a Christmas card to many of our Cornish societies and organizations and this is one of the responses we received back.

Nadelik Lowen ha Bledhen Nowydh Da from
Kowethas Ertach Kernow
(Association for Cornish Heritage)



We look forward to seeing your new website ready for St Piran's Day and if you have a short promotional video or the like would be very happy to share it.

It's been a busy year for Kowethas Ertach Kernow, our website has new editions of 'Ertach Kernow' relating to Cornwall and Cornish heritage and other articles added weekly, which may be of interest to your members. We will also be adding more videos to our YouTube Channel and adding to the existing playlist of Cornish related themes. Lots more plans are underway, which we would be very pleased to share with your Cornish community.

So pleased that Jane Howells will be giving your members a Zoom talk. This is an initiative Kowethas Ertach Kernow Director Len Sheppard is involved with as Vice Chair of Bewnans Kernow now the overarching organisation opening this new Cornish centre in Penzance. This we foresee will also bring on a collaboration between Kowethas Ertach Kernow at the Cornish Cultural Hub Tewynblus-tri and the new Penzance centre.

There's lots of new initiatives amongst smaller proactive groups here in Kernow promoting and sharing Cornish history and cultural heritage. Thank you for forwarding your newsletters, which we share on our website.

Website: www.cornwallheritage.com
Len Sheppard

Enjoy the Cornish newsletter very much.

Many years ago I attended Cornish meetings at a church in Wauwatosa Wisconsin. My Cornish ancestry is from the APLIN line in Cornwall. Thanks for all the work you do.

JoAnne Simon, from Derby, Kansas

President Pumping Engine Update

A little update on our President Engine project back here in Pennsylvania. On Tuesday, January 10, we recovered one of its steam boilers from an abandoned furniture factory in Allentown, PA. See below a press release from the National Museum of Industrial History.



<https://www.nmih.org/national-museum-of-industrial-history-applauds-the-recovery-of-an-historic-steam-boiler/>

Mark Connor

St Piran's Day Celebration In New South Wales

Come for lunch, and the Annual Meeting and then stay for some fun and friendship - **Celebrate St Piran's Day and this our Association's 48th year!**

Lucky Door prize, Talk on Cornish Bards, Quick Qwiz, Kernewek Taster, time for some chat, tea/coffee, and renewal of memberships.

They report 3 new household members during 2022.

Correspondence con't:

The London Cornish Association has announced they are moving to a new location for their first meeting in April. They are also hoping to have good weather as they meet in **Russell Square on March 4th to celebrate St. Piran's Day.**

Padstow will be the hosting town for Gorsedh Kernow and Esedhvos in September 2023. Their last visit to Padstow was in 1951 so it will be very exciting as their traditions are at the heart of Cornish culture.

More people officially acknowledge their Cornishness. The data from the 2021 census shows that there was a substantial rise in the number of people who identified as Cornish in the 2021 census compared to the previous census of 2011. **Although there was no 'tick box' for Cornish on the census form, almost 80 thousand people living in Cornwall gave their nationality as 'Cornish'. This compares to about 53 thousand in 2011.** If the figures for those living in other parts of the UK who identify as Cornish are included, the overall figure climbs to close on 100 thousand. Before the census, Cornwall Council tried to get a Cornish tick-box added to the form but this was refused. This was despite the fact that the UK Government recognised the Cornish as a national minority in 2014. The 2021 results should strengthen the call for a tick-box in the future.

London Cornish Association newsletter

Night Riviera Sleeper

Travel overnight between Paddington, London and Penzance, or Truro, Cornwall and in between.



Great way to wake up in the tranquil county away from the hustle and bustle.

Access the first class lounge at Paddington, then board the sleeper, enjoy a snack and drink at the café or gently drift off to sleep towards the Southwest.

Book a seat or a cabin with solo or twin accommodations with private wash basin.

Schedule set up to connect with onward travel to the Isles of Scilly using the Scillionian or Skybus.

[Night Riviera Sleeper | Great Western Railway \(gwr.com\)](https://www.gwr.com)

The Cornish Connection of Lower Michigan celebrated **St. Piran's Day with a pasty lunch and a presentation of Folklore** by Ron James via zoom. A rousing Trelawny closed our meeting.

The 'tasteless' McCrispy sign next to Penmount Crematorium (Image: Lee Trehwela / CornwallLive)



A McDonald's restaurant in Britain was criticized — albeit mildly — for not adhering to the maxim that "it's location, location, location."

"No worse than our local council entertaining the idea of allowing a crematorium to be built next door to a retirement village."

"Fell off the chair laughing." And, of course: "I'm lovin' it" - the chain's slogan.

Someone who works in advertising at sites in Cornwall said: "Not me luckily. I do have sympathy however."

Cornwall Council, which runs the crematorium and owns the bus shelter, said it was unable to comment on the matter.

McDonald's is taking it seriously though. When shown a photograph of the sign, a spokesperson said: "We were unaware of the road sign in the vicinity of this bus stop. However, in light of the concerns raised by CornwallLive, we have asked for our advertisement to be removed."

Rumours that it will be replaced by a poster advertising Burger King's flame-grilled Whopper couldn't be substantiated as we went to press.

CornwallLive

Correspondence con't:

Wheal Coates

Toronto Cornish Association Review this month had a wonderful article in it about Wheal Coates, which included several video links about the mine.

The Cornwall Archaeological Society presentation was entitled: **“Investigating West Cornwall’s Mining Legacy”**, Ben Sumpter was the speaker and is an historian with an interest in exploring abandoned mines.

<https://youtu.be/EhzGL14oQSO>

He also had a video of Cornish Underground Adventures, which is Ben’s Company.

<https://cornwallunderground.co.uk/>

Kem Peak spoke to the Cornish Association of Victoria about the Wheal Coates in December. This video is about the Vugga Cave, which was dug by the miners and used as access to the mine.

https://www.youtube.com/watch?v=nOla_cOk200

Toronto Cornish Association Review

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**King Charles’ New Year’s Honours List**

Officers of the Order of the British Empire

Floyd Steadman, Ludgvan, For services to Rugby Union Football, to Education and to Charity

Members of the Order of the BritViewVish Empire

Judith Rachel Backus, Truro, Founder, Hidden Help, For services to Disadvantaged People in Cornwall

Martin John Hamilton Dorey, Bude, Founder, #2minute campaigns. For services to Recycling and to the Environment

David Geoffrey Hall-Davies, St Just, Chief Executive Officer and Company Secretary, Cornwall YMCA. For services to Young People and to the community in Cornwall

Ian Jones, Truro, Chief Executive, Volunteer Cornwall. For services to volunteering in Cornwall

Susan Katriona Sayer, Hayle, Founder and Director, The Seal Research Trust. For services to Wildlife Protection and Conservation

Medallist of the Order of the British Empire

Michael Arthur Weeks, Camborne, Operations Manager, Cornwall Cricket League. For services to Cricket in Cornwall

Rosalie Caroline Whitlock, Penzance, Fundraising Secretary, Penlee Lifeboat Station, Royal National Lifeboat Institution. For services to Maritime Safety

[New Year Honours List 2023 \(PDF\)](#)

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Fisherman’s Friends—One and All

The second film based on the true story of the Cornish sea shanty singers is due for release in NZ cinemas on 23 February. Following the unexpected success of the band’s debut album, which was the subject of the first movie, we re-join them a year later, struggling with the pressures, pitfalls and temptations of their newfound fame, second album syndrome, and performing on the pyramid stage at Glastonbury. **The new film rates almost as highly as the first on IMDB’s rankings.**

The reviews of film critics are mixed. One, in the Guardian **says, “There’s a brief moment of tension involving a derelict tin mine; bereavement, substance abuse and male mental health issues also get lip service. But it all feels rather cursory, subplots as glue to tack together the Cornish tourist board-approved shots of cornflower-blue waters and cloudless skies. All this is topped off with thick, clotted-cream gobbets of sentiment and far more rousing close-harmony singing than anybody really needs to hear in their lifetime.”**

I don’t mind sheading the odd sentimental, homesick tear or a good helping of clotted cream. Based on my opinion of the first film shown here in 2019 and reports from those lucky people who have already seen it in the northern hemisphere, it is not to be missed.

New Zealand Cornish Association newsletter



Correspondence con't

Lostwibblewobble

Lostwibblewobble is how the organisers of the Lostwithiel Giants Parade refer to their town. It seems that no Cornish town is complete without at least one form of annual festival.



Lostwithiel is an ancient town and was once the administrative 'capital' of Cornwall. Founded by Norman lords, who built the nearby Restormel Castle, Lostwithiel received its town charter in 1189 so has a long history and a collection of historic buildings.

Not to be left out of more modern fun, the town developed a quirky 'tradition' in 1990 to mark the New Year by celebrating Cornish giants with a procession which includes many large puppets representing giants.

Cornwallforever

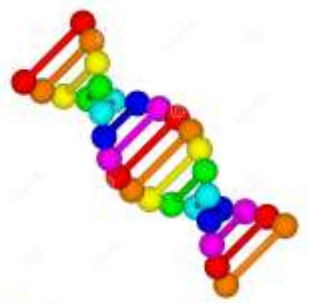


FamilyTreeDNA Discover
A free beta platform site for new Y-DNA tools

The Group Time Tree is a new tool for FamilyTreeDNA Group Projects which includes age estimates and the Time Tree. See how you connect with a large family tree of almost 60,000 genetic ancestors-haplogroups.

FTDNATIP for Y-STRs with updates to our age estimation algorithms. Age estimates have 2 methods: a strict molecular clock and a relaxed clock.

By using the new Group Time Tree, FamilyTreeDNA is hoping this will enhance the Group Projects which use the Big Y test.



For more information
check out

FamilyTreeDNA.com

Dreamstime.com

Piran's Day Brings Blessings to Dogs

By Gage McKinney

California Cornish Cousins St. Piran's Day 2023

When calendars turn to March, local dogs begin sniffing for the scent of baking Cornish pastys, anticipating the magical day when pastys fly.

St. Piran, a fifth century Celtic missionary, is the patron of Cornwall and its miners. On his day In Grass Valley the blessings extend to dogs.

Grass Valley celebrates St. Piran's Day – rain or shine – with its annual pasty tossing contest on Saturday, March 4, 2023 at 9:30 am at the City Hall parking lot at Auburn and Mains streets. The event's motto: "Everyone's Cornish Today."



The union.com

The event begins with the ringing bell of Town Crier Paul Haas. Then the American and Cornish flags rise above City Hall as the Grass Valley Male Voice Choir, directed by George Husurak, leads the national anthems.

The mayors of Grass Valley and Nevada City lead off the **pasty tossing, competing for the annual Mayors' Trophy.** Then police chiefs and other officials from the two towns compete, and this year, members of the Board of Supervisors. Private citizens can take a turn, too, and especially children of all ages.

For a dog, St. Piran's Day begins with a leash, a brisk walk to City Hall and a few minutes to socialize with other dogs. The excitement builds as the pasties fly and fall, followed by an instance when the leash grows slack so a dog can lunge forward for a taste of broken pasty.



The union.com

"It's the liver they love," said Carol Kinyon, the baker and dog lover who creates the pasty-like treats for canines. The recipe, she revealed, includes a ground liver dough with



"There are more dogs coming every year," Kinyon said. "They can't wait until they get some pasty to eat." For dog owners and others, coffee and snacks will be on sale before and during the event.

The union.com

If you bake pastys (the kind people eat), bring a home-baked pasty for judging in the annual bakeoff. Entry forms are available from the Greater Grass Valley Chamber of Commerce or by calling 530-273-4667 Gift certificates will go to bakers of the "Best Overall" and "Best Traditional" pasty.

St. Piran is to Cornwall what St. Patrick is to Ireland. In fact he brought Christianity to the Celtic land in the southwest corner of Britain. In legend he outwitted menacing giants and taught the Cornish to refine tin. The Cornish flag, commonly called **St. Piran's flag**, a white cross on a black field, flies across Cornwall, and often flies in Grass Valley.

The Cornish, once the world's pre-eminent hard-rock miners, came from their homeland with the know-how to tap the deep veins when gold in quartz was discovered near Grass Valley. The Americans called them "Cousin Jacks," and Cornish women became "Cousin Jennies."

St. Piran's Day sponsors include the Grass Valley Downtown Association; Greater Grass Valley Chamber of Commerce; City of Grass Valley; GV Male Voice Choir; GV United Methodist Church; GV-Bodmin Sister Cities; Tess' Kitchen Store and California Cornish Cousins.

At last year's event all the dogs were well-behaved, none broke free, and all got a taste of pasty. Even for a creature living in the moment, St. Piran's is a day to remember.



Winner for the pasty toss has to be the closest pasty to the center of the cross in the St. Piran's Flag.

The union.com

Gage McKinney is a Cornish bard who lives in Grass Valley. His books include **MacBoyle's Gold. Used with Gage's permission.**

Mineral Point Celebrates St. Piran's Day

St. Piran's Day will be celebrated on March 5, Sunday at 12:30 with a pasty lunch for the first time in several years. The winners of the Benson Scholarship will share their work with the group.

The Redruth Cornwall Student Exchange, after several years, will also start up again on February 16 when a group of 6 students leave for Cornwall. They will be making friends with their host families and other students as well as touring wonderful Cornwall. In the fall, a group of students from Penzance, Cornwall will be coming to celebrate Cornish Fest.

And.... The Adult tour that has been trying to get to Cornwall for 3 years is set to leave on June 16. Fourteen adults will be touring at the time the daffodils and rhododendrons will be blooming. The Ridenours will be guiding the tour.

The best news is that Glen has been pronounced healthy with a new pacemaker!

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## D.C. Not Alone with Secret Documents

An antique dealer bought a box of 1930s items at a big house clearing. Amongst the collection was a medieval manuscript which was proven to be a rare set of accounts drawn up for King Richard III showing one year's receipts from the land and property in Devon and Cornwall, 29 Sep 1482 to 29 Sep 1483. In this year the Duchy's profit was about £500. Also listed were names of the bailiffs who supervised work on each manor and who acted as the link between the serfs and their lords. The document was sold at auction for £20,000.

Southwest Wisconsin Cornish Society newsletter



[St Piran's Cross: SOUTH WEST COAST PATH - a photo tour \(southwestcoastphotos.com\)](http://southwestcoastphotos.com)

## CAHS first book club meeting

A small group of CAHS Kowetha gathered online on January 8th for our first Book Club meeting to discuss *The Salt Path* by Raynor Winn. This autobiographical tale follows Raynor and her husband as they find solace on the South-west Coast Path in Devon and Cornwall in the face of bankruptcy, eviction, and health challenges.

Our group enjoyed the book although some questioned the **couple's choice to tackle the popular 630-mile** hiking path in the face of so much adversity. In addition to being a beautiful memoir and travelogue, the book also dealt with the theme of homelessness such as how the homeless are treated by others and practical concerns of making do with little money and finding safe places to camp.

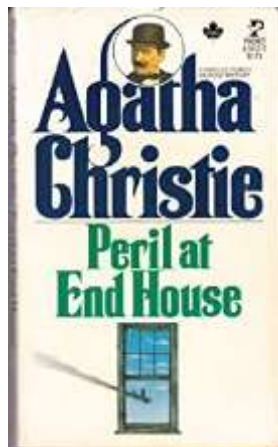
The next meeting of the CAHS Book Club will take place on May 7, at 5pm Eastern. We will be discussing the 1932 mystery classic *Peril at End House* by Agatha Christie:

On holiday on the Cornish Riviera, Hercule Poirot is alarmed to hear pretty Nick Buckley describe her recent **"accidental brushes with death."** First, on a treacherous Cornish hillside, the brakes on her car failed. Then, on a coastal path, a falling boulder missed her by inches. Later, an oil painting fell and almost crushed her in bed.

**So when Poirot finds a bullet hole in Nick's sun hat, he decides that this girl needs his help. Can he find the would-be killer before he hits his target?**

Please register for the event at:

<https://forms.gle/TVGMJMdBtjWeZqTE8>



## Airflights to Newquay

Cornish are concerned over proposed flights to Newquay. In November, Ryanair announced that it would be introducing new flights to and from Cornwall this summer. The initial plan was for a schedule of 25 flights a week between Cornwall and several other destinations including London, Dublin, Alicante, Faro and Malaga.

In January, the airline announced a further two flights a week, this time between Cornwall and Edinburgh. This **means that Ryanair's summer schedule will include 30** flights a week between Cornwall and six other destinations.

Locals are concerned at the impact this could have on the county. They fear that improving access to Cornwall could result in an increased demand for second homes, adding to the already difficult housing situation. Ryanair has countered by saying that it is contributing to the Cornish economy by bringing in tourists and supporting 90 local jobs.

*London Cornish Association newsletter*

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RootsTech 2023 Preview  
March 2-4

In advance of RootsTech 2023 I have been getting previews of what to expect for this year's programs. Here is one from 2021—complimentary from familysearch.org. I hope you enjoy it.

[Google Tools for Genealogy • RootsTech • FamilySearch](#)





Cornish Story  
Updates on Articles

- David Oates draws on intensely personal childhood memories, of some seventy years ago, to find echoes of an age now gone. An age where leisure and pleasure before the time of universal car ownership was found close to home. The advent of car ownership, too, marked the beginning of the end of communities traveling and enjoying leisure as groups rather than as individuals. Sunshine days, gone forever. <https://cornishstory.com/2022/13/31/over-the-hills-and-far-away/>
- Susan Coney (née Phillips) shares with us part nine of her memories of growing up during the 1940s to the 1960s, recalled and recorded during the 2020 Covid-19 lockdown. After the excitement of Christmas **and my birthday, it was back...** <https://cornishstory.com/2022/12/31/my-memories-of-growing-up-near-truro-part9-winter-and-spring/>
- Governor Generals Get There Soonest – An audio poem by Bert Biscoe <https://cornishstory.com/2022/12/31/governor-generals-get-there-soonest-a-poem-by-bert-biscoe/>

Perhaps you are interested in contributing an article. If so, please get in touch: [editor@cornishstory.com](mailto:editor@cornishstory.com)



**St. Piran's Day con't from page 1:**

<https://www.historic-uk.com/CultureUK/Saint-Pirans-Day/>

<https://www.cornishcottageholidays.co.uk/blog/who-was-st-piran/#:~:text=St%20Piran%20was%20an%20Irish,soldiers%20back%20from%20the%20dead>

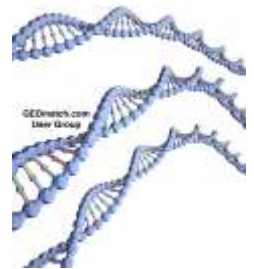
<https://www.wikihow.life/Celebrate-St-Piran%27s-Day#:~:text=Participate%20in%20Perrantide.,of%20Cornish%20food%20and%20alcohol>

Article by Tom Rusch

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GEDmatch Classic Access

Ends March 31



At the end of March 2023, we will be sunsetting GEDmatch Classic, which is the older, outdated user interface for the GEDmatch tools. Maintaining and securing two different code bases for our tools is very challenging, so doing this will help us focus on continuing to improve the experience for our GEDmatch users. The newest version of the [GEDmatch tool site](#) is where you can find all of our latest tools and improvements.

New GEDmatch Informational Site

The recently launched a brand new informational site about GEDmatch on [www.gedmatch.com](http://www.gedmatch.com)! We have added many new pages of educational and informational content on how GEDmatch works and how to get started, as well as a blog called DNA Diaries that you should check out. If you have a family member who has taken a DNA test but isn't on GEDmatch yet, send them the link to our new site so they can learn why they should join GEDmatch!

[www.gedmatch.com](http://www.gedmatch.com)

Follow us on Facebook and join the user group at:

[\(20+\) GEDmatch.com User Group | Facebook](#)

## My Fourth Visit to Cornwall Judy Powell

I visited Cornwall for the fourth time in June 2022. I had been to all three homecomings, (Dehwelans) in 2002, 2004, and 2008, but always wanted to return.



Since I was travelling alone, I searched for a group tour and **found Dacey's Cornish Tours online. David Warner (Dacey)**, the owner is a Brit, who lived in Cornwall for many years, but now lives in St. Paul, MN. He only takes up to 14 people on each tour, which begins and ends in London.

On our tour, we visited Tintagel, Port Isaac, (Where Doc Martin was filmed), St Ives, Lands End, Truro, Charlestown, (Where parts of Poldark was filmed) and a short stop in Fowey and Mousehole. Because of rain, we skipped a tour **of St Michael's Mount, and instead toured the Museum of Global Communications in Porthcurno.** Afterwards we stopped by beautiful Porthcurno Beach. We saw the engine houses of Botallack Mine, The Merry Maidens stone circle, toured The Minack Theatre, The Eden Project, The Lost Gardens of Heligan, and the Lanhydrock Country House.

Because the tour offers flexibility and the opportunity to customize your trip, I spent one evening with my cousin, Jonathan Laity on his farm near St Hilary. It was the farm my 2xs great grandmother, Selina Laity Andrewartha, grew up on.

It was a wonderful four nights in Cornwall, and one night in Exeter, Devon on the way back to London.

So, if you've been longing to visit Cornwall, and are looking for a great multi day tour, check out Dacey's Cornish Tours.



[Tours of Cornwall | Daceys Cornwall  
Tours \(daceyscornishtours.com\)](https://www.daceyscornishtours.com)

If you would like to contact David please see:

Email: [daceytours@gmail.com](mailto:daceytours@gmail.com)

Tel:(001)651-484-4689



## Blind Loggerhead Sea Turtle has Bi-Annual Vet Visit

19 December 2022, by Molly Shutt

Rescued off the coast of Greece in 2007, the 40 plus year old turtle has been living with us at **Blue Reef Aquarium Newquay since 2009. It's important for Omiros to have regular health checks so we know he's healthy.** Omiros, our rescue Loggerhead Sea Turtle, (Caretta caretta), had his bi-annual vet visit in December.



The team of aquarists attached a custom-made turtle carrier to a hoist above the display, so they could get Omiros safely out of the tank. Our vet from London Aquatic Veterinary Services helped the team. Bryony performed a full health check which included taking bloods for routine laboratory analysis.

Loggerhead turtles are named for their overly large heads with heavy, strong jaws that allow them to crush hard-shelled prey. Omiros was found with a fishhook wounding one eye and damage to his other eye, eventually leading to blindness in both eyes. He wouldn't be able to survive in the wild on his own, so he lives here at Blue Reef Aquarium Newquay and is cared for by our team of dedicated aquarists.

Omiros is target fed so he gets his daily meals, and he touches the sides of the ocean tank so he can feel his way around.

[Home Page | Blue Reef Aquarium Newquay](#)

## Christmas Eve 1801—Camborne

The Cornish mining industry was the birthplace of 19th century steam technology and this is embodied in the work of **one of Cornwall's most famous sons Richard Trevithick**. It was Richard Trevithick who developed the technology to harness the power of high-pressure steam and the engines that dominated the industrial world of the nineteenth century. Richard Trevithick applied the increased power offered by high pressure steam to locomotion. One of his first successful experiments was the Puffing Devil, a steam engine carriage that travelled along the road under its own power.



Pinterest

### Camborne Hill / BreGammbronn

On Christmas eve in 1801 the residents of Camborne were greeted with the sight of the Puffing Devil carrying six passengers along Fore Street and then continuing up Camborne Hill to Beacon. The story goes that during later trials the Puffing Devil suffered technical problems when it hit a gully in the road. The drivers withdrew to a local tavern forgetting to turn the boiler down with the result that it blew up! Trevithick was undismayed as his experiment had proved a success.

Traditional Cornish from the singing of Oll an Gwella, Lowender Peran, November 2017

Audio/video clip: [Listen](#)

The story of Trevithick's steam engine is captured in the song "Camborne Hill". The exact origins of the song are lost to us and to date no nineteenth century broad sides or song sheets have come to light with the lyrics or tune. The song clearly travelled the world with Cornish miners, and it is a salute to them that the first printed version of "Camborne Hill" appears in a collection called "Songs of the Butte Miner" published in Western Folklore in 1950.

It was recorded in 1946 from the singing of a Cornishman called Richard Guest who had mined at Butte, Montana, for some 30 years. It was not identified by the 19th century folk song collectors in Cornwall or American folklorist James Madison Carpenter when he visited Cornwall in the 1930s. It was clearly popular by the time Peter Kennedy recorded it in 1956 and Inglis Gundry published it with a Cornish version by E.G. Retallack Hooper in Canow Kernow in 1960.

Today "Camborne Hill" holds pride of place in Cornish singing tradition and enjoys several variations in lyrics including the version in Cornish shown above sung by Oll an Gwella at the Lowender Peran Celtic Festival in 2017. The core verses celebrate the wheels moving without horses and the **white "stockans" which refer to the protection worn by the drivers against the heat of the boiler.**

### Camborne Hill / Bre Gammbronn

*Traditional Cornish from the singing of Oll an Gwella, Lowender Peran November 2017*

Go - ing up Cam - borne Hill com - ing down. Go - ing  
Owth yskyn - na Bre Gamm - bronn war - nans, Owth...

up Cam - borne Hill com - ing down. The  
yskyn - na Bre Gamm - bronn war nans, pup

her - ses stood still the wheels went a -  
maegh stag yth o, pub ros eth yn -

round. Go - ing up Cam - borne Hill com - ing down.  
tro, Owth yskyn - na Bre Gamm - bronn war - nans.

White stockings, white stockings she wore  
White stockings, white stockings she wore  
White stockings she wore!  
The same as before;  
Going up Camborne Hill coming down

I knowed her old father old man  
I knowed her old father old man  
I knowed her old man:  
He played in the band;  
Going up Camborne Hill coming down

He heaved in the coal - the steam  
He heaved in the coal, in the steam  
He heaved in the coal:  
The steam hit the beam  
Going up Camborne Hill coming down

Fy lodrow, fy lodrow o gwynn,  
Fy lodrow, fy lodrow o gwynn,  
Fy lodrow o gwynn  
A-ugh hy deslin,  
Owth yskynna Bre Gammbronn war-nans.

Yth aswennyn hy thas hi, den koth,  
Yth aswennyn hy thas hi, den koth,  
Yth aswennyn hy thas,  
y'n bard 'hwarias,  
Owth yskynna Bre Gammbronn war-nans.

An glow ev a halys y'n eth,  
An glow ev a halys y'n eth,  
Y halys an glow,  
Ha'n eth oll a-dro,  
Owth yskynna Bre Gammbronn war-nans.

Hocking Descendants Society Inc. newsletter

Cornish National Music Archive

[https://cornishnationalmusicarchive.co.uk/wp-content/uploads/2020/03/Camborne\\_Hill.pdf](https://cornishnationalmusicarchive.co.uk/wp-content/uploads/2020/03/Camborne_Hill.pdf)



The Candy Bomber  
Blog from Billion Graves



Candy Bomber was the nickname given to WWII pilot Colonel Gail S. Halvorsen (1920-2021) well known for dropping candy tied to miniature handkerchief parachutes from his plane to German children in Berlin from 1948-1949.

Known as “Uncle Wiggly Wings” because he wiggled the wings of the plane to let the children know the candy was incoming. The German children called him “DerSchokoladen Flieger” or ‘The Chocolate Flyer’.

In 1948, he found himself flying over Germany in WWII day and night to Berlin, loaded down with flour and other food items.

In 1945 Germany surrendered, but the Soviets still tried to cause the Allied nations to abandon their posts so the German civilians would become submissive by starving them out. 2.5 million people were cut off from Berlin in West Berlin as their freedom was taken away.



AKA Operation Vittles was set up to help the West Berlin people. For 14 months, the German children lived on 750 calories a day and adults 1,250. On April 16, 1949, the US and British cargo planes delivered a record 12,941 tons of coal and food to West Berlin in one day.

One day Halverson noticed some children at the fence by the airport and he searched his pockets for something to



give them after getting a clear message in his head ‘to go to the fence’. He had 2 pieces of gum that he broke up. Those that got the gum tore up the gum in pieces and also the wrapper so the kids could smell and taste the gum.

He continued to drop gum and chocolate bars by parachutes. Over 20 tons of candy were delivered from parachutes. He said it was hope, not flour that gave the West Berliners the strength to carry on.

Airmen, school children and a committee in Massachusetts helped with collecting candy and making parachutes.

There is more to the story if you are interested click:

[The Candy Bomber - BillionGraves Blog](#)

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From my Window on Christmas Morning  
by Bert Biscoe

It may be rain. And Yes! They are  
True clouds, thick with gifts  
Of irrigation and perhaps,  
White drifts of forgiven sins  
Poured to fill our grateful laps

**Filling the morning's shepherd head**  
Above the tin roof of yon lowly shed –

And it may not be possible  
To wave across the valley  
To youth on its gliding sled,  
And that may be danger

**Or a Robin's song sweet-sung**  
**Filling the morning's shepherd head**  
Upon the tin roof of yon lowly shed –

Are these not the best of days to first  
Clap eyes upon the Earth, for all  
But one of those to come shall be bright,  
And taste of breast, of love expressed  
In virgin jets of starlit birth –

**Filling the morning's shepherd head**  
Below the tin roof of yon lowly shed -

*Read in Toronto Cornish newsletter  
and used with permission from Bert*

## Bewnans Kernow—CAHS

The Zoom meeting for Spring 2023 will be given by Jane Howells, director of Bewnans Kernow, an organization formed in 2008 to support the protection and promotion of Cornish culture, heritage, and identity.

Bewnans Kernow is remodeling the old Penzance Library into the 'Cornish Heritage in Penzance' - a brick-and-mortar venue downtown which will celebrate Cornish history and Cornish culture through exhibitions, events, and projects. Cornish Heritage in Penzance has the objective of **developing into “a platform for a wide range of specialists and practitioners to share their knowledge and to provide learning opportunities for different audiences.”**

Join us on Sunday, May 21  
at 11pm BST (British Summer Time),  
6pm EDT, 5pm CDT, 4pm MDT, and 3pm PDT

To register:

<https://forms.gle/K7DsmcikUs2Q2sqH6>



[Cornish Heritage in Penzance – Bewnans Kernow](#)

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## Durham Cornish Association

The Durham Cornish Association (Canada) held their February zoom meeting which I was able to attend. I had missed the Toronto meeting the day before, so was glad to be able to catch this one.

To open the meeting, Sher Leetooze asked us where our favorite site was in Cornwall. I said I had a few, but it was special that I was able to stand in about the same spot as someone else had stood to take a photo of the town of Ponsanooth where my Grandpa Perry grew up. Another lady said they were on a paid tour of Cornwall and the guide

stopped the car and pointed to a lane going into some **trees, and said ‘Get Out’**. **They did and they found what** seemed to be a flat stone in the walk way which was from Roman times. This led into our presentation today about Bodmin.

After the presentation several others spoke on their connections to Bodmin. A very interesting afternoon since we signed in and out of zoom twice to cover all we wanted to talk about.

**They will celebrate St. Piran’s Day by raising the St. Piran flag over the town of Bowmanville.**

In May they will celebrate the Coronation of King Charles III with a very formal breakfast at 8am prompt!

*Editor*

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## King Charles III Coronation Anthem

Andrew Lloyd Webber, the English composer, has written **the anthem for King Charles III’s coronation, adapting a piece of church music that encourages singers to make a “joyful noise.”**

The work by Webber is one of a dozen new pieces Charles commissioned for the grand occasion taking place May 6 at Westminster Abbey. It includes words adapted from Psalm **98 and is scored specifically for the abbey’s choir and organ.** The commissions include six orchestral, five choral, **and one for organ.** **“A range of musical styles and performers blend tradition, heritage and ceremony with new music. Voices of today to reflect the King’s lifelong love and support of the arts,” the palace said.**

Music will include Greek Orthodox music including the 18th century **“Zadok the Priest”, in tribute to his father Prince Philip** who was born on the Greek island of Corfu.

One of the liturgical sections will be performed in Welsh to reflect Charles’ affiliation with Wales. Several other classical composers which have been featured for 400 years will also be included along with the Welsh composer, Karl Jenkins.

*BBC and Reuters*



Nigel Pengelly speaker  
for Toronto Cornish Association meeting



The Toronto Cornish Association held a zoom meeting on Feb 18<sup>th</sup>. **Nigel Pengelly, former editor of "Cornish World"** magazine, presented an update on his activities since then. These included terms as Councillor and Deputy Mayor for Penance, website design and the manufacture of made-in-Cornwall brand gin.

The TCA has arranged for the Cornish flag to be flown at City hall in Toronto on Mar 4<sup>th</sup> in **celebration of St Piran's Day**, with a drop-in at the Duke of Cornwall pub afterwards.

Future meetings include a first in-person meeting since covid restrictions and a joint meeting with the Cornish Society of Durham Region (Ontario) to visit a cemetery in an area where the Cornish settled.

*Contributed by Nancy Dale*

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Calling all Cousin Jacks and Cousin Jennies!  
(and non-Cornish friends, too!)

**St. Piran's Day 2023** is fast approaching! Let's celebrate on SUNDAY, MARCH 5! Noon-2:00pm (or longer, if we're in the mood).

Join us on Sunday, March 5, 2023 for lunch and to celebrate the patron saint of Cornwall at: **Merlin's Rest**, a British Isles-style pub at 3601 E. Lake St. in Minneapolis.

Nothing fancy, but let's get this annual event going again after missing the past two years! We will begin to gather at Noon. The black-and-white flag of St. Piran will be flying, and pasties are always on the menu at Merlin's.

**Won't you join us this year? Bring stories and photos to share, if you've got 'em!**

(No cost to attend. Order food and drink on your own from Merlin's delicious menu.)

Join us **on Facebook at "Cornish Minnesota"**

[www.facebook.com/Cornish-Minnesota/](http://www.facebook.com/Cornish-Minnesota/)

*David W. Downing*

Sent from Rich Venezia of [Records Not Revenue](http://RecordsNotRevenue.com) about a proposed price hike by the U.S. Citizenship & Immigration Services (USCIS). PLEASE PLEASE I beg you to take FIVE MINUTES to read the information below and SEND USCIS YOUR INPUT!

Here we go again! A few years ago, I founded [Records Not Revenue](http://RecordsNotRevenue.com) to combat U.S. Citizenship & Immigration Services (USCIS)' outrageous proposed fee hikes to their Genealogy Program.

USCIS has again proposed substantial increases to the fees required to access historical records held by the Genealogy Program. Many of these records should already be available to the public at the National Archives. As you may or may not know, USCIS holds tens of millions of records of 19<sup>th</sup>- and 20<sup>th</sup>-century immigrants to the United States. These records are unique and can be found nowhere else. USCIS now wants to raise these fees to as high as \$340 for a single document. This comes when the wait times for requests and customer service has never been worse.

Please make your voice heard and help stop this fee increase by submitting a comment about the proposed rule. Comments are due March 6<sup>th</sup>!

The Records Not Revenue website has been updated with information on the proposed rule, a summary of the issues, and comment starters to get you thinking. Please follow the below steps to take action:

Step 1: Review the proposed rule [here](#), and jump to the Genealogy Program section [here](#). You can also read the Summary of the Issues on our [website](#).

Step 2: Write your comments, addressing the issues listed on the website or any issue you think is important. See comment starters on our [website](#).

Step 3: Send your comments BY MONDAY 6 MARCH 2023 to

1. [Federal Rulemaking Portal](#) and refer to DHS Docket No. USCIS-2021-0010-0001. Follow instructions for submitting comments; and
2. If a US resident or citizen, save and send a copy of your comments to your US [Senators](#) and [Representative](#), and refer to DHS Docket No. USCIS-2021-0010-0001. Tell them you care about preserving access to federal records!

*Thank You*

## St Cleer's Well

A medieval holy well and wayside cross

The well is situated within a small walled enclosure in the middle of the village of St Cleer, near Liskeard.

The well is a Scheduled Ancient Monument and also Listed Grade One – a demarcation earned by only 2.5% of listed buildings, which Historic England defines as warranting “exceptional interest”.



Cornwall Heritage Trust

Thought to date from the 15th century, it is the only example of a well house with an open porch-like design in Cornwall. Its pillars, arches and capitals are carved with simple mouldings and patterns which are also unusual in Cornwall at this date.

During the medieval period, holy wells sometimes functioned as sites for baptism but they were also revered for less tangible reasons, such as folklore beliefs in the healing powers of the water. According to Historic England, St Cleer's had the reputation for “curing the lame, the blind and the insane”.



[St Cleer Holy Well © cornisharchive :: Geograph Britain and Ireland](#)

Cornwall Heritage Trust acquired the site in November 2022.

[CornwallLive.com](#)



[@cornishchoughs \(Twitter\)](#)

## The Habitat of Well Moor



As part of the investigations into the Well Moor area to support the work with the Medieval Chapel and Holy well, a study of the habitat of the area and how this might have changed over time was undertaken. The area today is a wet woodland landscape.

In 1840 the tithe mapping and land characteristics were recorded and show that the area was known as ‘morass’ or rough grazing land with some furze (gorse). Historically this area was an open space with grazing and a strong water source in the spring for the St. Madern holy well. Soft grass and chamomile were also recorded as being used for offerings to be placed in the well.

The Cornwall Archaeology Unit had a story hinting at a more diverse wetland habitat.

*“The Penzance Natural-history and Antiquarian Society recorded a visit to the habitat which told of the Society’s excursion in 1888. Mr Glasson found sundew plants to show the group, and Mr. John Ralfs explained that the specimens from that area had been sent to ‘the great Darwin’. He drew attention to the very clammy little ‘frying pan’ shaped leaves with long, gland-tipped hairs, called by Darwin ‘tentacles’ where insects were retained until killed. He also showed them the Butterwort, another insect eater, and concluded ‘All Mr Darwin’s experiments on this plant were sent from Penzance’.* (See image above).

It is a heavily wooded area today, showing some straggling remains of a plantation which was created by Barnaby Lloyd during the 1800s. The habitat is a result of semi natural regeneration, the morass gradually consolidating into a self-grown woodland.

A habitat survey by Atwell Associates, was commissioned to look at what species made up the wetlands. It was determined there has been a decline in diversity of plants probably due to cessation in grazing. It is dominated by Grey Willow, Bramble and Bracken.



**Habitat con't:**

Only a few indicators suggest a link to a more diverse community in the form of Marsh Violet and Cornish Mon-eywort suggesting it is a representative and persistent element of a once much richer flora.

By Laura, Penwith Landscape Partnership

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## Percy Pengelly and the wibble-wobble

By Jenny Steele Scolding  
**Percy's Big Top at**  
Tremenheere Sculpture Gardens  
1-16 April



Wibble-wobble your way through Percy's tall tale of ups and downs as he searches for a new career in Cornwall. Witness his fall from world-famous tightrope walker to super dooper pooper scooper before reaching the giddy heights of fishing port rooftops. Find out what the future has in store for Percy Pengelly in our BRAND NEW live-action production performed in the round in a beautifully reimaged circus top.

Featuring familiar Cousin Jack's faces from our much-loved stage adaptation of *The Mousehole Cat*, it will again be directed by Guy Watson.

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St. Cleer Church Bells  
from the latest notice from Cornwall Heritage Trust

For centuries the bells have rung over the village, surrounding farmland and its mining community of days gone by, a sound which forms a vital part of the community's heritage.

The bells are now needing complete restoration to keep them ringing, and Cornwall Heritage Trust will be helping with that process.

They also noted that St. Cleer Holy Well played a part in their conservation workshop. The art of photographic surveying and 3D modelling were part of a conservation skills workshop at the well. The workshop was presented in association with Historic England.

**There's only one of these in the U.S. and it's in the Lehigh Valley: 'It's an impolli-ertant thing for the public to know'**



Paraphrased from Paul Muschick of the Morning Call, January 20, 2023

When he was a child, Mark would stare in awe at the towering stone structure on Old Bethlehem Pike in Friedensville as his dad drove him by.

"What is that thing", he would think. "It looked like a castle."

Nearly seven decades later, that thing is one of Pennsylvania's newest official historic sites. And if all goes well, it eventually be open to the public.

The building that caught Connor's eyes is the only surviving Cornish-style pumping engine house in the US. It once housed the world's largest single-cylinder rotative, stationary steam engine. The cylinder was 110 inches in diameter, large enough for an NBA star to stand comfortably inside. Known as the President Pumping Engine, its job was to remove water from the Ueberroth Mine. It could remove 17,000 gallons a minute from a depth of 300 feet, clearing the way for workers to mine for zinc ore. It was the largest of five zinc mines in Friedensville at that time.

The boiler house that stood in front of the engine house is gone. The third floor, which was made of wood is gone. The two chimney towers were demolished for safety reasons around 1950, but the fortress-like first two levels have survived. The back wall is 9 feet thick, the others 3 feet.

The property is now owned by Lehigh University. Connor, of Bethlehem, graduated from Lehigh in 1984. When he retired in 2014, he needed a project to keep him busy.

He had never forgotten the castle-like building and he started researching it and mounted a campaign to get the recognition it deserved. He partnered with Erin Kintzer, Lehigh's director of real estate services, to nominate the site for a historical marker. The marker was granted in December and expected to be installed in 2024.

Continued page 19

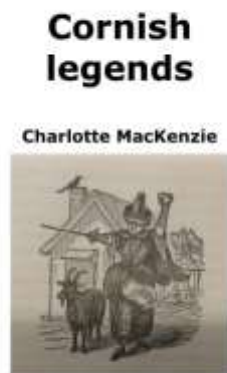


Taklow a Vern

Cornish Legends  
By Charlotte MacKenzie

This book explores relationships between historical individuals and Cornish legends. **The Cornish folklorists. How the Brontës' novels were influenced by Cornish folk tales and other stories of their aunt Elizabeth Branwell. The women whose lives were affected by men on whom the legend of 'Cruel Coppinger' may have been based. When and how the Cornish woman Mary Broad's experiences were reinvented to create the legendary Mary Bryant. The choice of subjects make it clear that 'legends' is not used here to only refer to folk lore.**

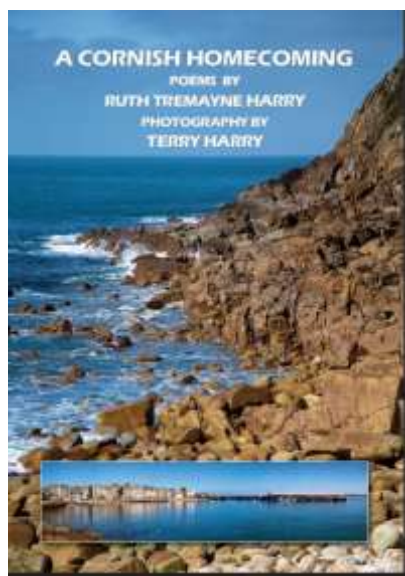
Available at Lulu.com, BarnesandNoble.com — \$25.49 paperback, ebook \$12.19, www.kobo.com, \$9.99, ebook



For another review of the book see

The Cornish Bird, A BLOG ABOUT CORNWALL'S HIDDEN PLACES & UNTOLD STORIES

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A Cornish Homecoming  
By Ruth Tremayne Harry with photos from Terry Harry

Terry and Ruth Tremayne Harry report that **they have a new book out, "A Cornish Homecoming"**.

It is full of poems and dozens of photos of Cornwall.

The book is available to enjoy for free by clicking on the ATTACHMENT link:

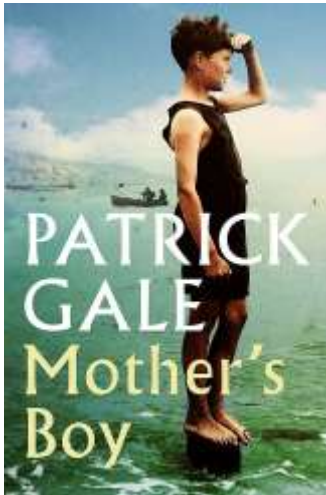
[A CORNISH HOMECOMING.pdf](#) in the newsletter email.

Ruth and Terry have had their website [www.cornwallyesteryear.com](http://www.cornwallyesteryear.com) since 2020

and they also host a facebook page: <https://www.facebook.com/groups/830984680708219>



Taklow a Vern con't:



### **Mother's Boy**

By Patrick Gale

“Imagining Charles Causley's life”

Laura, a laundress, meets her young husband when they are both placed in service in Teignmouth in 1914. They have a baby, Charles, but his father returns home from the trenches a damaged man, already ill with the tuberculosis that will soon leave Laura a widow.

As a new war looms, Charles signs up for the navy as a coder. His escape from the tight, gossipy confines of Launceston to a more colourful life in action sees him blossom, as he experiences the possibility of death, and the excitement - even terror - of a love that is as clandestine as his work.

‘A characteristically tender novel about a young man growing up in the shadow of one war and the whispers of the next’ *Observer*

Available from Amazon, in kindle, hardback or paperback.

Oyster Bay  
By Ruth Saberton

### **A forsaken friendship...**

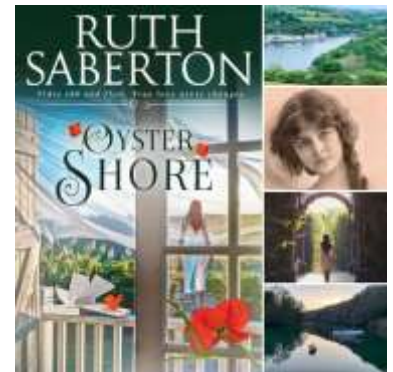
During the golden years before the First, the arrival of the girl destined to change their lives forever. As the storm clouds of war gather over Europe, a chain of events is set in motion which will reach across the decades to haunt the neglected place once known as Oyster Shore.

### **A lifetime of regrets...**

In the winter of 1964 one of the richest men in England lies dying. Alone and consumed by guilt, Gerald Snowe leaves behind the dark secrets which have driven him to despair and his last wish is that restitution might be made. But who will remain on Oyster Shore long enough to hear the past whispering?

### **A lost story...**

Over fifty years later, broken-hearted writer Lowenna Scott seeks solace in a remote riverside hideaway. Swirling mists and ghostly tales soon draw her into a decades' old mystery and the company of the enigmatic Noah Wilson. When a long-concealed betrayal unexpectedly comes to light, Lowenna and Noah must look to the past to uncover the truth behind a love affair that changed history, haunts Oyster Shore and possesses the power to alter their own future forever...



Click to read the book for [free here](#)

Officers of the Cornish American Heritage Society for the years 2021-2023

President—Thomas Rusch, [cousinjack.president@gmail.com](mailto:cousinjack.president@gmail.com)  
Membership—John Trestrail, [cousinjack.membership@gmail.com](mailto:cousinjack.membership@gmail.com)  
Treasurer—Dot Hosking, [dot97479@gmail.com](mailto:dot97479@gmail.com)  
Media Specialist—Christopher Haines, [cousinjack.socialmedia@gmail.com](mailto:cousinjack.socialmedia@gmail.com)  
Newsletter Editor—Carolyn Haines, [cousinjack.newsletter@gmail.com](mailto:cousinjack.newsletter@gmail.com)  
Historian—Thomas Rusch, [cousinjack.president@gmail.com](mailto:cousinjack.president@gmail.com)

Founding President - Paul Liddicoat, 1920-2001    Past President - Carolyn Haines

*Tam Kernewek* is a *digital* newsletter which comes out four times a year. .  
Send articles to be included in newsletter to Carolyn Haines, [EMAIL](mailto:cousinjack.newsletter@gmail.com) address above.

DEADLINES FOR SUBMISSIONS ARE 15 FEBRUARY, 15 MAY, 15 AUGUST AND 15 NOVEMBER

There are no dues. Anyone with Cornish descendants, live in or have an interest in Cornwall is welcome to join.

To become a Kowetha (*friend*) of CAHS, please fill out the following short form:

<https://forms.gle/r3BTE7W3ww4V2h8t9>

## CAHS Special Interest Groups (SIG)

Do you have a passion for a topic and the energy to organize a group of like-minded folks?

We are looking for volunteers to establish and lead CAHS Special Interests Groups (SIGs).

We are up and running with our first SIG: the CAHS Book Club and there is room for so many more: travel, genealogy, history, cooking, Cornish language, etc.

**If you're interested in being a SIG leader,**  
please contact us at

[cousinjack.membership@gmail.com](mailto:cousinjack.membership@gmail.com)



### **Engine House con't:**

The grounds have not been kept up and the property is fenced off and closed to the public to protect it from any more vandalism.

Raising money is needed to stabilize the ruins and make it a public venue. When it becomes public there will be one of the 22 boilers, 30 feet long, outside. The National Museum of Industrial History in Bethlehem has a display and a working scale model built by Anthony Mount of Devon, UK.

Operations were started with surface mining, but encountering water, Cornish engineer John West was retained to decide the type of steam engine to build. Construction began in 1868 and fired up in 1872. The mine was named for President Ulysses S. Grant and dedicated with a bottle of wine.

The President Pumping Engine operated continuously from 1872-1876, until the mine closed. It was used intermittently until 1891 to lower the water levels of nearby mines. For more information on the site, or to donate to the preservation fund, go to:

[Home \(friedensvilleminesheritage.org\)](http://friedensvilleminesheritage.org)

[National Museum of Industrial History Applauds the Recovery of an Historic Steam Boiler - National Museum of Industrial History \(nmih.org\)](http://nationalmuseumofindustrialhistory.org)

## New Year's Wish for 2023

*Bledhen Noweth Da*  
By Neil Gairman

*May your coming year be filled with magic and dreams and good madness. I hope you read some fine books and kiss someone who thinks **you're wonderful, and don't forget to make some art—write or draw or build or sing or live as only you can. And I hope somewhe in the next year, you surprise yourself.***



Actions for Happiness



### Mindful March 2023

*Week 1: Notice three things you find beautiful in the outside world*

*Week 2: Listen deeply to someone and really hear what they are saying*

*Week 3: Stop, Breathe, Notice, Repeat regularly*

*Week 4: Plan to use less time looking at screens*

*Week 5: Discover the simple things of life*

### Active April 2023

*Week 1: Listen to your body, be grateful for what it can do*

*Week 2: Eat healthy food and drink lots of water*

*Week 3: Make sleep a priority and get to bed in good time*

*Week 4: Less time sitting, get up and move more often*

*Week 5: Meet friends outside for a walk and a chat*

[All Calendars | Action for Happiness](#)

*\*If you like these let me know and I will include more\**

## Synsas (Contents)

|                                                                    |        |
|--------------------------------------------------------------------|--------|
| <b>St Piran's Day</b>                                              | page 1 |
| Lewydh Messach                                                     | 2      |
| Kesskrifans a-dre Eseleth                                          | 3-7    |
| CAHS book club, Airflights to Newquay, RootsTech                   | 8      |
| Cornish Story, GEDmatch                                            | 9      |
| Visit to Cornwall, Blind Turtle                                    | 10     |
| ChrSstmas Eve 1801 Camborne                                        | 11     |
| Candy Bomber, From my Window                                       | 12     |
| Bewnans Kernow, Durham Cornish Assoc, King Charles cornation music | 13     |
| TCA meeting, Minnesota society, Records not Revenue                | 14     |
| St. Cleer Well, Well Moor Habitat                                  | 15     |
| Percy Pengelly, St. Cleer Church Bells,                            |        |
| <b>President's Engine House</b>                                    | 16,19  |
| Taklow a Vern                                                      | 17-18  |
| Special Interest Groups, Engine House                              | 19     |
| Poem, Actions for Happiness                                        | 20     |

@cornishchoughs (Twitter)

## Darvosow (Events)

### St Piran's Day

5 March 2023

Everywhere

Kernewek Lowender

Copper Coast Cornish Festival

15-21 May 2023

South Australia

Annual Gathering of California Cornish Cousins

2-4 June 2023

Oakhurst, California

Cornish Festival

22-24 Sept 2023

Mineral Point, Wisconsin

Gorsedh Kernow

September 2023

Padstow, Cornwall

**Kernow bys Vyken**  
**Cornwall forever**