



TRIO

The Port Isaac, Port Gaverne
and Trelights Newsletter
No: 235 • September 2003 • 35p

Bumper August village fundraising st Peter's Church Flower Festival

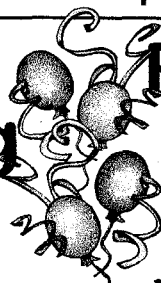


Very many thanks are due to everyone who helped make the St Peter's Church Flower Festival such a wonderful occasion this year.

There were many comments on both the quality of the flowers and also the interpretation of the theme of nursery rhymes.

Once again the talent in and around Port Isaac has been transformed into a wonderful financial result. Thank you all for whatever help you gave towards the fantastic £1058.72 raised for our village Church.

Janet Chadband

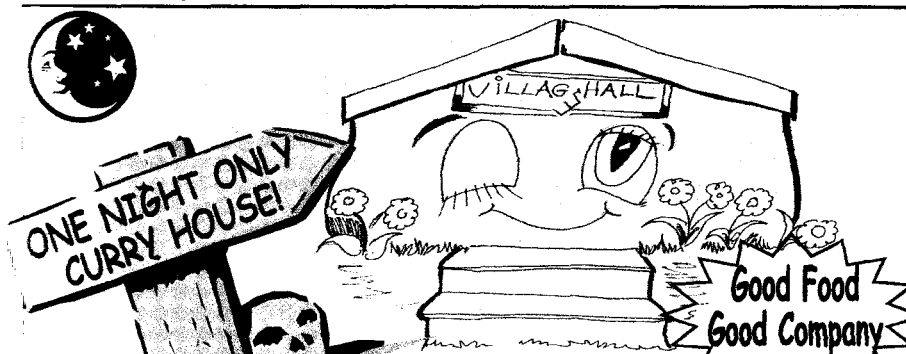


RNLI record breaking Funday

Yet another record breaking Funday made just over £3000 for the RNLI. Locals and holiday-makers supported the day - and what a day it was.

Over 60 volunteers were involved in making this annual event such a success and a huge thank you to them. Thank you also to whoever was responsible for such perfect weather! Stalls and sideshows, food, drink and live music meant there was something for everyone to enjoy. Face painting proved more popular than ever as Katie Childs was joined by Laurence who, rather than Changing Rooms, took on Changing Faces; he spent the whole afternoon at his task!

(continued on page 2)



Port Isaac Village Hall CURRY NIGHT

A chance to get together with friends and relax
after a hectic summer

Saturday
September 13th

Join us from 7.30pm onwards
Licenced Bar * Music * Games

Tickets £5 each in advance from *Secrets* or
telephone 01208 880862/880905 to reserve a place

THIS ISSUE

All the usual news plus:

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Monk's Mutterings	p10

Garden Show
results -
centre pages

Let us know if you're going to come!

There have been two events planned at the Village Hall in the last month that have had to be cancelled due to lack of pre-date interest. These are the Ego Ronnie Band organised by the Friends of Port Isaac School and the Salsa Night organised by the Village Hall Committee.

I certainly know by the response I have had regarding the Salsa Night that there were people who were planning on going and others who may well have gone if it hadn't been cancelled. Unfortunately, with both events, no tickets were sold beforehand.

This is a small appeal to all those partygoers out there who enjoy the events that go on around the village to phone the numbers you are given on the posters and express your interest. That way the organisers know that they aren't taking that big a risk and will be able to continue the event.

This is not merely a financial consideration. Many of the organisations working within Port Isaac are keen to offer different entertainments, which can be enjoyed. Covering costs is the first aim and any money raised after that is a bonus.

So please, let people know if you are interested in attending, then more things can go on.

Steve Appleby



Port Isaac Village Hall
& Carr to Cove
present

The Old Ropestring Band

back by popular demand

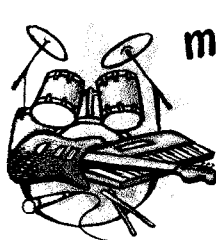
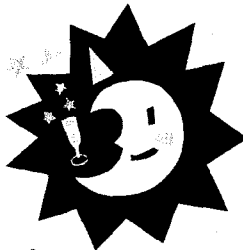
Saturday October 4th
8.00pm in the Village Hall

Tickets £4.50 in advance
from *Secrets* or call
01208 880905/880862
to make a reservation

HM Coastguard, Port Isaac

Dance & Barbecue

Port Isaac Village Hall
Saturday September 6th
7.30pm onwards



music from

Déjà Blues

bar

raffle

tickets £5

in advance from *Secrets*
or on the door



all proceeds to the Coastguard Association



NEWS! NEWS!

The Village Hall will
be staging another
Port Isaac
Music Festival
May 28th - 31st 2004

Yoga

Firstly, a belated thank you for everyone for the cards and presents following the birth of William.

Secondly, I will be starting Yoga Classes in the Village again in September - on Monday mornings in the Village Hall and Thursday evenings at the School. Adult Education will be running both of these classes - to book a place call them on 01840 213511 or give me a ring if you have any enquiries. Everyone and every ability welcome at both classes.

Looking forward to seeing you.

Tracey Greenhalgh



PIGS on tour

First Round Matchplay Competition St Austell

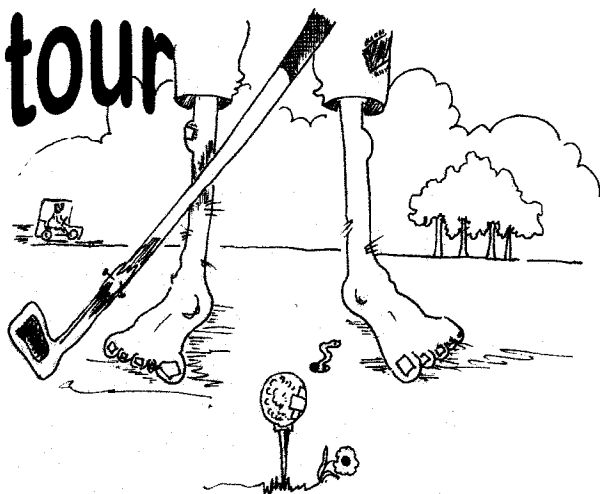
Summer traffic and pure geographical incompetence by some players – and that includes the passengers as well as the drivers – almost put the event into doubt. Thankfully, the St Austell Golf Club showed a bit of common sense and they allowed us to tee-off a tad late on a gloriously hot and sunny day.

Mick was getting a trifle wound up by tee-off time due to Paul 'The Beaver Hunter' Honey (the new nickname is due to Paul's recent trip to Canada where he went on a three week beaver hunt – we are not sure if he caught any) who thought that tee-off was 1.30pm instead of 12.30pm (jet lag). This episode just goes to prove how vital Paul is in the running of the PIGS. So next time read the *Trio* Diary Beaver Boy and get there on time!!!

The first hole was monumental for one of our older players, namely Tony 'The Stallion' Horswill who had hired a power caddy for the day. This is a motorised trolley to carry your clubs, or as in this case, not. Unfortunately for Tony, nobody had shown him how to use it and much to the enjoyment of every PIG and, come to think about it, everybody who was outside the Golf Club at the time who witnessed this possessed trolley marauding up the fairway with The Stallion taking the rear only for the trolley to take umbrage when Tony tried to take control of it. The trolley proceeded to fling all Tony's clubs across the fairway – fantastic!! They did become friends in the end after Tony promised to give it a rub down

with an oily cloth at the end of the round.

Our older members really seemed to come into their own at this event with Geoff 'The Vintage' Harris parading a pair of purple socks (I have asked LLB if they had anything to do with him and he ardently refuted the allegation, saying they were that bright that not even a blind humming bird would go near them).



The 16 players involved in the matchplay were finally whittled down to eight with wins for Jim 'The Iceman' Bishop, Dave 'The Villa' Hurley (Karl reckons he should be called Pancho Villa because of the bandit implications), Mick 'Slim Shady' Guard who looked so fit and well coming down the 18th (we don't think so!), Andy 'The Adonis Lumberjack' Penny, Tony 'The Stallion' Horswill and his now best friend, Billy 'The Turtle' Hawkins, Kev 'The Gondolier' Punter and Nigel 'Foggy' Andrews.

A welcome return to the inner sanctums of the golfing fraternity to George 'Fiddler on the Roof' Little and also to Dave 'Hole in One' Elliott who made the trip up from Camborne for the day.

Unfortunately, I must return to the very first sentence in this report about the geographical incompetence (you didn't think you'd get away with just a few words did you?). Firstly, Jim, Gary Pattenden and father Billy – how the hell did you end up in Grampound? Does Grampound look or sound anything like St Austell? We don't think so! You lot were bad navigators but not as bad as Nigel Andrews, Tony Horswill, Dave Hurley and yes, you guessed it, BILLY Hawkins who ended up in Port Pean which is admittedly a golf club (just!), but is still not St Austell Golf Club and to cap it all boys, as if the navigating wasn't bad enough, to actually get your gear out of the car and get ready to play – well that really takes the biscuit. No wonder you were all fined!!!

The Stableford results were:

First – Billy Hawkins
Second – Tony Horswill
Third – Dave Hurley
Nearest the Pin – Paul 'The Beaver Hunter' Honey
Longest Drive – Kev Punter

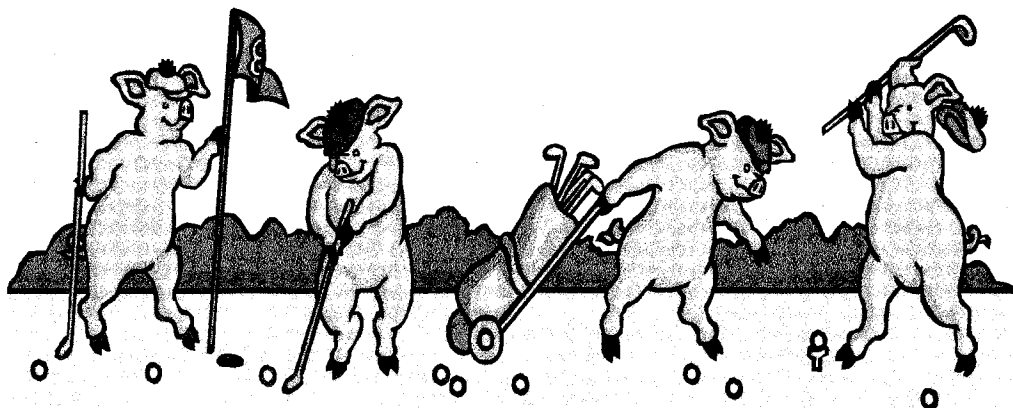
There has been a change to the September venue. Unfortunately, we had to cancel Whitsand Bay but Roserrow Golf Club will accommodate us on September 15th (*Ed: Is that because it's easier to find?*).

The Lard Man

And finally, well done to Kev 'The Gondolier' Punter for not mentioning to

George that he had got a hole-in-one while on tour. Whether this was due to forgetting about it or just being modest we are not sure. But luckily enough I reminded Kev about it and all that could be heard as George and Kev left the Golf Club was 'Now the shot went like this

All that can be said was that George's face was a picture. (*Dee Ed: Are this lot from a different planet?*)



Bell Rock

Until 1816 only one lighthouse off the coast of Britain had stood on an offshore rock and withstood the battering of the seas - The Eddystone lighthouse, off the Cornish coast. Sixty feet high and built to last, the Eddystone was to become the template for the Bell Rock lighthouse.



Robert Stevenson, engineer and grandfather of Robert Louis Stevenson, became obsessed with the idea of building a lighthouse on the Bell Rock. A young engineer with a passion for the sea, he attempted the almost impossible. To build a lighthouse on a reef off the east coast of Scotland which had claimed thousands of lives over the centuries. Its situation had long rendered it one of the chief impediments to free navigation of the eastern shores of Britain.

The rock is 200 feet wide and over 1400 feet long and is covered to a depth of 12 feet at high tide making it invisible to any passing ship. Stevenson made vigorous attempts to convince the Commissioners of the Northern Lights in Edinburgh to fund the building of the lighthouse but the Lighthouse board turned him down. They did however pay for Stevenson to embark on a research tour of Britain, taking in every lighthouse along the coastline, a journey of some two and a half thousand miles. Only Smeaton's Eddystone Lighthouse met the rigorous requirements that Stevenson felt were necessary to withstand the North Sea. He took Smeaton's design and adapted it for the harsher conditions on the Bell Rock, making it forty feet higher and using a shallower curve to subdue the force of the sea.

After years of lobbying, Stevenson eventually got the go ahead in 1806 when parliament granted permission to the Commissioners of the Northern Lights to build a lighthouse on the Bell Rock. It took ten years to build and cost the lives of some of Stevenson's men - but it saved the lives of untold thousands.

The lighthouse still stands eleven miles off the coast of Arbroath - a warning to all who come near to beware the Bell Rock! These events are recreated in the BBC's new drama-documentary series "The Seven Wonders of the Industrial World". It begins on BBC2 on September 4th

and The Bell Rock Lighthouse will be broadcast on September 18th.

*Ken Drury,
Trewetha Lane, Port Isaac*

Fireworks

The date for this year's Firework Display has been decided - Saturday November 8th from 6.15pm.

Viewed from Port Isaac's top car park, the fireworks launch site will be moved further along the Main. We hope that this will give everyone a better view of the smaller fireworks.

We are discussing the possibility of some sort of beacon on the Main. We know this won't be the same as a full-blown bonfire but, in the present climate, it is all we can do.

If anybody would like to help marshalling or serving soup please let us know. As always donations will be gratefully accepted.

*Andy Penny, 01208 880985
Ron Holmes, 01840 213984*



... and the back of his anorak was leaping up and down and people were chucking money at him. I said, "Do you earn a living doing that?" He said, "Yes, this is my livelihood".



PORT ISAAC PLAYGROUP



every Tuesday and Thursday
(not in the school holidays)

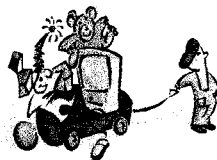
in the Village Hall from 10.00am-12noon

everyone welcome

come along and support your local playgroup

Term starts Tuesday September 9th

Big thank you to the Fishermen's Friends for their kind donation to our funds. The money will go towards new toys and materials for the children.



Past times in Trio September 1985

Harvest Festival - there was a large attendance at this annual event at the Longcross Hotel. £740 was raised for senior citizens and other charities.

RNLI

Flag Day - Port Isaac branch raised £1107 - a branch record!

Four-legged Race - some £700 sponsorship money was raised. The Golden Lion Ladies Team comprising Tracey Andrews, Sharon Thomas and Tania Richards raised the most money and were awarded dinner for six at the Port Gaverne Hotel - kindly donated by Mr & Mrs Ross.

Coffee Morning - the sum of £71 was raised.

Harvest Festival - this annual event at the Cornish Arms, Pendoggett raised £286. Auctioneers for the night were Neville Andrews and Ted Childs. In addition, a firescreen donated and worked by Molly Farmer raised £50.

Shouts - the Lifeboat was launched on August 24th to a windsurfer off Daymer Bay. In spite of rough seas the windsurfer managed to swim to shore and the boat was recalled. The crew were Ted Childs, Paul Robinson and Andy Walton.

On August 25th a dinghy with two people on board capsized off Stepper Point. In very rough conditions the crew of John Coshall, Paul Robinson and Andy Walton made it to the Moulds before being recalled as the people had been picked up by a passing pleasure boat.

September 1995

'Live Jive' at Thorn House - Over £2200 profit was raised and donated to the Village Hall, the Village Christmas Lights, the RNLI, the Playgroup and the reformed Football Club.

RNLI

Port Gaverne BBQ and Car Boot Sale - This was well attended and a great success. Special thanks were made to Steve Sidney for his donation of 20 freshly caught mackerel. A profit of over £130 was made.

Lifeboat Larks - Crowds of people turned up to enjoy the many games and amusements and over £1500 was raised, making this the best 'Larks' yet.

RNLI Concerts - 'Push the Boat Out' raised the sum of £559.

Shouts - The Lifeboat was launched on July 24th to help two swimmers who were stuck in the cliff at Port Gaverne. The crew were Richard Hambly, Chris Scott and Andy Walton.

On July 30th the Lifeboat was called out to a person who had fallen 200ft over the cliff near Pentire Point. The casualty was suffering from multiple injuries and Chris Scott attempted resuscitation but could get no response. The casualty, who was from Australia, was transferred to the Rescue Helicopter and he was pronounced dead at Trelliske Hospital. The crew were Jon Rowe, Chris Scott and Andy Walton.

On August 6th the Lifeboat went to aid a 17ft Dory that was off Bossiney with engine failure. The boat was towed back to Port Gaverne. The crew were John Collins, Mike Edkins and Andy Walton.

On August 8th the Lifeboat was again at Bossiney responding to a report of two people cut off by the tide. On arrival it was found that they had managed to get to safety unaided. The crew were John Brown, Chris Scott and Paul Worden.

On August 16th the Lifeboat was launched to a 17ft inflatable with five people on board. The boat had engine failure and was a mile north of Port Isaac. It was towed back to Port Gaverne. The crew were Nigel Andrews, Mike Edkins and Mark Provis.

Bess Coates

AGM

The AGM of the Local History Group will take place on Friday September 5th in the Village Hall at 7.30pm.

Everyone is welcome to attend. Maybe you would also like to join us once a month. We would be pleased to see you to share a common interest in local and family history etc.

It's strange isn't it. If you stand in the middle of the library and go 'aaaaaaagggghh' everyone just stares at you. But if you do the same thing on an aeroplane, everyone joins in!

He said, "I'm going to chop off the bottom of one of your trouser legs and put it in the library". I thought, "That's a turn up for the books".

Trelights Methodist Chapel

Afternoon Tea for Help the Aged

on

Thursday September 25th from 3.00pm - 5.00pm

Chat and meet friends

This is the last one for this year

'A fitting tribute to Mark'

Dear Trio

I wish, through your pages, to thank the Port Isaac Rowing Club for initially having the idea of a 'Mark Provis Trophy' and for then organising a superb day on Sunday August 10th. The day was a fitting tribute to Mark.

As readers of *Trio* will know, the last three years have been particularly difficult for our family, culminating in David's accident. The people of Port Isaac and Fowey have given the family tremendous support.

David's recovery has given us all hope for the future. We have already entered a family team for next year's George Moth Trophy race!

Geoff Provis
Launceston, Cornwall

Quinnian Trust present Defibrillator to village

Members of the Quinnian Trust attended Port Isaac RNLI's Funday to present the Defibrillator they have funded out of the £8000 raised at their successful Ball earlier this year.

Richard Hambly, RNLI crewmember and a Para-Medic Ambulance Officer accepted the unit on behalf of the RNLI and the village from the Quinnian Trust.

The Defibrillator is to be sited at the Lifeboat Station and Richard will be setting up training for crew and local volunteers for emergency use. It is very simple to use with voice instructions provided by the machine itself. A Defibrillator is the single most important piece of First Aid kit in a cardiac arrest situation. The minutes saved whilst waiting for an ambulance to arrive are crucial and having this situated within the village could one day be a real lifesaver.

The intention is to keep the 'Defib' in the Lifeboat Station for the benefit of all in Port Isaac village as well as providing the crew with an essential piece of equipment. In the case of an emergency it can simply be collected from the Lifeboat Station.

The Quinnian Trust is a registered charity and was founded by a group of Trustees who have a common association with North Cornwall, some being residents and others being annual visitors. Their desire is to put something back into the local community; particularly to help young people and organisations who enable them to carry out maritime activities and other pursuits which promote concern for others and to help disadvantaged people both locally and further afield.

The weather was very kind to us on the night of the BBQ. As usual there was a never-ending queue for the delicious food (served by Robin, Trelights' own Stein chef! - who will still not divulge his secret sauce recipe!). All the sideshows were kept busy with a friendly gathering of lots of people catching up on the local gossip and meeting up with friends old and new. With the accompanying sounds of Mark Hawken and his accordion and the nostalgic tunes from the barrel organ provided by Mark and Kenny, there was a very happy atmosphere all evening.



The Village Green Committee would like to thank everyone who supported the BBQ, all the helpers who made the evening run smoothly and Mark H, Mark and Kenny for the music. To date about £350 has been raised towards the Christmas Lights.

N Lighten

So, I got home and the phone was ringing. I picked it up and said, "Who's speaking please?" And a voice said, "You are".

So I rang a local building firm and I said, "I want a skip outside my house". He said, "I'm not stopping you".

Are you the weakest link?

Answer the next four questions instantly. Do not take your time; answer all of them immediately.

First Question: You are participating in a race. You overtake the second person. What position are you in?

Answer: If you answered that you are first then you are absolutely wrong! If you overtake the second

person and you take his place, you are second!

Second Question: If you overtake the last person, then you are...?

Answer: If you answered that you are second to last, then you are wrong again. Tell me, how can you overtake the LAST person?

Third Question: Very tricky math! Note: This must be done in your head only. Do NOT use paper and pencil or a calculator. Try it. Take 1000 and add 40 to it. Now

add another 1000. Now add 30. Add another 1000. Now add 20. Now add another 1000. Now add 10. What is the total?

Answer: Did you get 5000? The correct answer is actually 4100. Check on a calculator!

Final Question: Mary's father has five daughters, 1 - Nana, 2 - Nene, 3 - Nini, 4 - Nonno. What is the name of the fifth daughter?
Answer: Nunu? NO! Of course not. Her name is Mary. Read the question again!

To have people who really listen to us - who are genuinely interested in what we have to say is a great blessing, but one not experienced by everyone, a fact highlighted in a recent article in a national newspaper.

'People these days don't seem to listen to one another any more,' declared the writer. He went on to say that in a world of sound bites and fleeting images, it was becoming more and more difficult to find people who really cared enough to listen to others and to give them their undivided attention.

The need for caring listeners may not be quite so great in friendly, close knit rural communities like ours, but no doubt a survey would reveal a number of people who would appreciate the chance to talk to someone who cared about their needs and was genuinely interested in them and in hearing what they had to say.

Thankfully, it's a need which has been recognised by the Church in Cornwall and, during the past 18 months, members of churches - both Anglican and Methodist - in all parts of the county have undertaken training as listeners as part of their call to follow Christ and to love their neighbours. Those who have completed the training have been commissioned to serve as local pastoral ministers in their area.

Are you listening?

Fifteen members from churches within the United Benefice of St Endellion, Port Isaac and St Kew were commissioned at a special service held in June and they will serve for a period of three years. They were presented with certificates and identity badges and, since then, have been available to visit those in need and to offer care and support, as well as to welcome newcomers, both to the church and to the community.

Two important points are that the service offered by local pastoral ministers is not restricted to people who attend church or chapel, but is available to anyone in the area. Also, those who have been commissioned have committed themselves to treating what they are told by others with confidentiality and discretion.

Pastoral care is an important part of the work of local clergy but, with fewer Anglican priests and Methodist ministers, we are unable to meet all the demands made upon us. Of course many people, both church members and those who have no connection with the churches, already support, help and care for their neighbours and are to be commended for doing so, but there are always people who get left out.



It is hoped that the work of local pastoral ministers will help to fill the gap and will be of real benefit to the community.

Visits are arranged by Mrs Katrina Gill from Poltreworgie Farm, who acts as co-ordinator for the whole team and who can be contacted on 01208 850465. Do telephone her if you would like a visit, or if you know of someone who would, or if you would like to know more about the scheme.

Judith Pollinger

Roy Sutherland Medley

Many people in the village have kindly enquired after the health of my husband, Roy. I feel it would be an opportunity through *Trio* to say that he lost his determined fight against cancer and passed away in the Bristol Oncology Centre on July 24th.

He was last in Port Isaac on June 15th with Alyson (Little Trewetha) and Andrew (Kildare) and his beloved Sam and Maisey. He was longing to be well enough to return.

Vicki Medley

Do you need someone to talk to?

The Local Pastoral Ministers of St Endellion, Port Isaac and St Kew are available to visit the sick, the bereaved, the lonely and newcomers to the area.

Telephone Katrina Gill (co-ordinator) on 01208 850465.

I would like to express my thanks to everyone who helped my mother after her fall outside the bungalow next door to me. To Chris Saundry and her sister for being first on the scene moments after it happened; to Mark Rowe who telephoned me at work and Rob Parkyn who cleaned up outside after we had all gone off to the hospital; to Caroline, the lady who has just bought Higher Perch who was passing and helped enormously - keeping mum alert but calm throughout the ordeal. Lastly to Lin Rowe who was on her way out to lunch with friends. What a star - I will never be able to repay her for her expertise, kindness and quick thinking on that day. She assessed the situation and made the relevant decisions.

A paramedic arrived, dressed the wound and bandaged her head whilst the air ambulance was waiting in the playing fields to take her off to hospital. At this point I arrived back from work and Lin, covered in blood, kept me calm. How can I ever repay her for what she did - I am sure she saved mum's life that day and I will be indebted to her forever. A big 'thank you' to all who helped.

Jill McDonnell

Tied up with Thai!



The explosion of Chinese restaurants in the fifties was followed closely by Indian restaurants. Now there are many Thai restaurants opening in our towns and a lot of Chinese restaurants also offer a Thai menu alongside their traditional fare. This I feel is partly to do with the availability of foreign travel as well as the great surge of interest in food and cooking promoted on television.

It's fun to have a theme when entertaining, so why not try these recipes with a Thai theme. Create the atmosphere by using chopsticks (they always add fun) and have a shallow bowl filled with water, floating candles and rose petals as a table centrepiece. Some gentle eastern music in the background would complete the atmosphere although I do advise alternative western music - just in case!

After a fish starter and a chicken main course I would serve a lovely ripe, juicy mango for each diner. Just slice the mango down either side of the stone and cut diamond shapes into the flesh leaving the skin intact. Then gently bend the skin back, exposing the segments formed by each cut - so pretty! Remember, the flesh left around the stone is 'cook's treat'!

Grilled Prawns with Thai Dipping Sauce

serves four

16 large prawns with shells * oil

4 large bowl shaped crisp Webb's lettuce leaves * 4 tbsp dark soy sauce

4 tbsp water * zest and juice of a lime * 1 very thinly sliced red chilli

Method

Make the dipping sauce by mixing together the soy sauce, water, lime and chilli. Divide between four tiny bowls or pour into one communal dipping bowl.

Pre heat your grill until very hot and then brush each prawn with oil and grill for two minutes on each side.

Serve four prawns per portion neatly sitting on a lettuce leaf. Serve the sauce separately.

Thai Fragrant Chicken

serves four

2tbsp sunflower oil * 1 large chopped onion * 2 crushed cloves of garlic

3cm/1.5" fresh ginger root, peeled and grated * $\frac{1}{2}$ tsp garam masala

3cm/1.5" cinnamon stick * crushed seeds from 6 cardamom pods

2tsp ground cumin * 1 bay leaf

4 large boneless chicken breasts, skinned and cut into strips

150ml/ $\frac{1}{4}$ pint chicken stock * 200g/7oz coconut cream * salt & pepper

zest and juice of a lime * freshly chopped coriander

Method

In a large pan, brown the chicken in half the oil. Remove on to a plate. Add the rest of the oil to the pan along with the onion, garlic and ginger and simmer on a low heat for about ten minutes until soft. Add the garam masala, cinnamon stick, cardamom, cumin and bay leaf. Stir for a minute and then add the chicken, stock and coconut cream. Continue to stir until this mixture comes to the boil. Reduce the heat and simmer for 20 minutes or until the chicken is cooked. Remove the cinnamon stick and the bay leaf.

Add the lime, sprinkle with the coriander and served with fragrant Thai rice.



EP

Everything you wanted to know about diet and exercise - but were afraid to ask

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats and that's it. Don't waste it on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap!

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable slop.

Q: Is beer or wine bad for me?

A: Look, it goes to the earlier point about fruits and vegetables. As we all know, scientists divide everything in the world into three categories - animal, mineral, and vegetable. We all know that beer and wine are not animal and they are not on the periodic table of elements, so that only leaves one thing, right? So have a burger and a beer and enjoy your liquid vegetables.

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is - No Pain...Good.

Q: Aren't fried foods bad for you?

A: You're not listening. Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Is chocolate bad for me?

A: Are you crazy? Hello..... Cocoa beans... another vegetable!!! It's the best feel good food around!

News from the Carn Awn Singers

Our Annual Concert in St Peter's Church, Port Isaac was a great success with a capacity audience. We were delighted that John Godwin as Chairman kept the evening together with his amusing stories and anecdotes and we thank him. Thanks also to the Blisland Ensemble who enthralled the audience with their brilliant playing - a real musical treat.

Our last concert of the current season was at Delabole Methodist Church and we were fortunate with our guest artiste Brian Wright playing some beautiful pieces of early music on his lute.

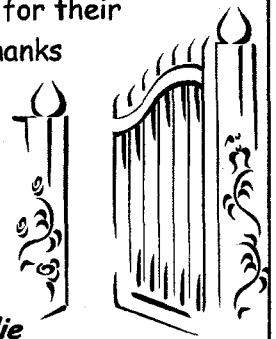
Forthcoming concerts include Boscastle Chapel on October 17th at 7.30pm and Anvil Court in Camelford on October 19th at 7.00pm.

Thank you to all our friends in Port Isaac for their support over our railings - and special thanks to Graham Powell, Bill Dawe, Sandie Bulgin and the Parish Council.

We're happy to say sanity has prevailed. NCDC has given its full approval and you've all helped save our balls!

Many, many thanks.

Patrick & Julie



James, Penny, Tom and Georgia are delighted to announce the arrival of

Olivia Grace

on August 2nd 2003 weighing 7lb 6oz

Monk's monthly mutterings!

Little ole US of A

I have always been somewhat dubious about the US of A, ever since, in 1943, when a particularly objectionable GI (Gobby Individual), by the name of Sergeant Eugene Koloski of the US of A army stationed in 'little ole GB', started to pay extremely unwelcome attentions to my Mum, my Dad being busy being torpedoed in the North Atlantic at the time.

Sergeant Eugene Koloski, a rather blobby, repulsive figure of an ape was a bit too big for a ten year old lad like me but I did tell him where to shove his Hershey bars and where to stick his chewing gum.

Fortunately, my Uncle Fred, the black sheep of the family who everyone loved dearly, was on embarkation leave at the time. He came round to put Sergeant Koloski right about a few things by flattening his nose until it looked like an over-ripe plum hit by a bus, removing all Koloski's front teeth and altering the position of Koloski's genitalia from outside to in. Koloski was returned to little ole US of A for a nose job and a new set

of teeth but I doubt if even the surgeons of the US of A could do much about the rest of him (definitely a case of overpaid, under sexed and over there!). Uncle Fred went on to become a multi-millionaire, making his money from the scrap war material, art and antique treasures, expensive wine and other collectable bric-a-brac which he managed to obtain during his travels through the continent of Europe from 1943 to 1945. As usual I digress...

I have never been sure about little ole US of A politics. As I understand them, there are two parties - the Republicans and the Democrats - which both stand for the same things and have exactly the same policies - the Great American Dream! The Great American Dream would appear to be a policy of extreme greed, win at all costs and goddam the rest. No other parties are allowed, especially Socialists and Communists. However, certain other extreme right-wing organisations are tolerated and even encouraged and everyone is allowed to carry a gun - funny, I think!

The general public of little ole US of A firmly believe that democracy was invented by George Washington and Abe Lincoln (we all know that democracy was invented by an old Greek gent who ran around the street naked, shouting 'Eureka!', whilst writing the hypocritical oath) - funny, I think!

Most of the Presidents of little ole US of A appear to many of us as either senile, purile, insane or crooks and, on the odd occasion when they did get a half decent chap with enough funds to become chief honcho, they assassinate him - funny, I think!

Little ole US of A definitely loves poking its nose into other people's affairs and is quite willing to 'liberate' other nations by going to war with them and killing them. When the other countries get fed up with being 'liberated', little ole US of A soon gives up, leaving everything in a worse mess than before - funny, I think!

I doubt if ever I'll understand little ole US of A, but I'm sure there are lots of nice citizens over there. Never mind, Phoney Blair is on our side and understands them.

Bob Monk

Flying Rats

by James Platt



A recent BBC TV programme, which seemed to be very popular with the sort of people who send in their opinions to "Points of View" (and as Mandy Rice-Davies might have said "Well it would, wouldn't it?"), offered viewers a number of examples of the world's cleverest animals (not to mention birds) in action. It seemed from what was shown in the programme that there was no puzzle too complicated, no maze too labyrinthine, no plastic tube too narrow, no loosely hanging rope or mobile contraption too precarious for one or other of these creatures to solve and negotiate successfully from end to end.

The thrust of it all was that tantalising puzzles were dreamed up by sad looking characters who might well have had little better to do, in an attempt to induce starring birds and animals to locate and eat a scrap of bread or a peanut or two.

The process part of the programme notwithstanding, the instigators mistakenly attributed human qualities to the commission of the very real feats that the creatures performed. Birds and animals are not humans and I don't doubt that by their powers of reasoning they don't want to be, which actually does make them rather clever. Where the acquisition of hidden food is concerned there is probably nothing that a bird or an animal is incapable of achieving in order to find the food and eat it. A food imperative, part of the competition to survive against the odds, is what motivates their actions.

It is, of course, not so very long ago that a food cum survival imperative was also a human characteristic. The assurance of sufficient food to feed a family was a driving force. Those who took food from those who had more than enough to spare were either hanged or transported for their presumptuousness. It is sad to realise that the world remains a place where too many who are strong, only by virtue of birth or conquest, continue to threaten the welfare of those who are unable to support themselves adequately.

Be that as it may, I think that it is very difficult to make a definitive selection of "clever" animals, as

there are just too many animals capable of tremendous feats of reason when it comes down to getting hold of something to eat. The birds that visit my garden in Holland get fed regularly, which is why they have learned to come along in the first place. To date 24 species have appeared, perhaps not huge by North Cornish standards, but it was interesting when a pheasant turned up among the usual suspects. Last winter a small flock of brambling were around for a few days and we have seen rose ringed parakeets (of which there are a lot more living in the wild than you might think). Our principal visitors are jackdaws, with which species of bird the area that I live in could be said to be plagued. Jackdaws flap noisily in at the very least hint of food being offered. They gather in large numbers in rows on the house gutters and the fences around the garden, to the extent that they are sometimes reminiscent of a scene from Daphne du Maurier's "The Birds", as brought to the silver screen by Alfred Hitchcock. The jackdaws descend on the food we put out in mobs of 30 or 40 or more at a time.

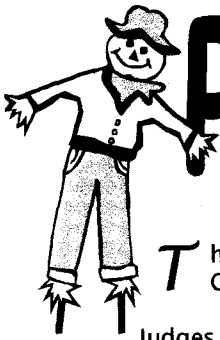
I don't know if there is a collective noun allowing jackdaws to link up with their cousins who feature an unkindness of ravens, or a murder of crows, a parliament of rooks, or a tiding of magpies. Perhaps an inquisitiveness, or a clique, or an argument or squabble of jackdaws would fill the bill. However they might be defined en masse, the large numbers of descending jackdaws clean up the bird food so rapidly that the smaller garden birds barely manage to get a look in. In order to ensure that the little birds get something to eat we have tried hiding the food from the jackdaws, disguising it, hanging it on long fine threads, enclosing it in mesh or suspending it from fragile branches, all to no avail. The jackdaws are adept at pulling any arrangements down, fishing them up, dragging them out, knocking them over and opening them up. They do it all with a strutting nonchalance that has to be admired. And no one can blame them. They have to make a living as much as any other bird and are highly successful at it. However, they are driven not so much by cleverness of thought process but by a food imperative coupled with a will to survive.

The most successful natural scavengers are not so very popular with many among those of us that they scavenge from. I saw a sign somewhere in Cornwall advising that gulls should not be fed, claiming that gulls were "flying rats". My feeling at the time was that since those who made the sign might well be numbered among the very many who probably created the litter-ridden circumstances providing a source of food to be scavenged, they can have no cause for complaint when the scavengers appear to clean the mess up.

Whether the scavengers are flying rats, or the other kind of conventional rat that creeps around in sewers, we are all responsible via our unhygienic habits for their scavenging activities. A black (sorry, melanistic) plastic bag placed outside the house overnight for the dustmen (sorry, sanitary engineers of the environmental task force) to collect on the following morning provides an open invitation to a party for gulls, jackdaws, urban foxes and what have you. The fact that the bag gets pecked or ripped open and its contents scattered far and wide for human passers by to pick their way through is the responsibility of whoever put the bag out. Whoever that was is not generally the person who has to clean the mess up. The birds that opened up the bag are blameless and are equally not culpable for homing in on open-air crumb and contents scattering pasty and chip eaters. It is worth contemplating how unpleasant our surroundings might be if there weren't winged and four-footed scavengers to clean up after us.

For their part, the scavengers don't play their part out of any sense of altruism. For them it is all about getting that next meal, which is what living from minute-to-minute does for you. However, there are still those who view gulls purely in terms of their "nuisance" value. A formal proposal was reported and amazingly taken seriously, that gulls should be culled to reduce their numbers. A better case could be made for culling those who made the proposal, not least by way of the ballot box. Ludicrous though the

(continued on page 14)



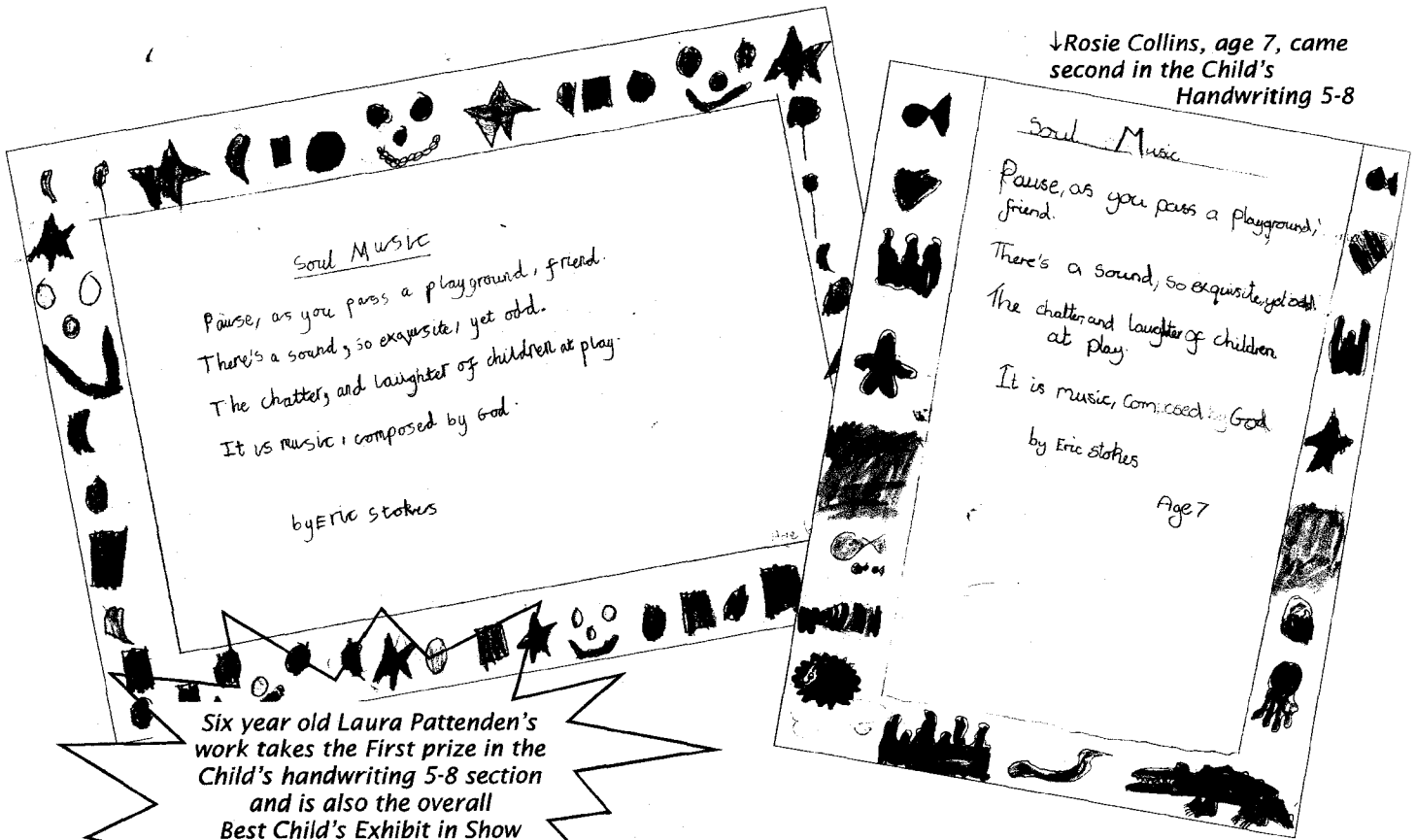
Port Isaac Garden

The Port Isaac & District Garden Society Annual Show 2003 took place on Saturday August 30th in St Peter's Church Rooms.

Judges were: Vegetables - Brian Lammerton; Fruit, Flowers & Handicrafts - Alistair Rivers, from Radio Cornwall's Gardening Show; Cookery - Emily Brown; Children's Section - Sam Littlechild and Dee Randell.

The standard of entry in the Children's Section was as high as ever. So much care and effort went into all the entries and making selections was no easy task. However, after much deliberation, a choice was made and the *Trio* Cup and second and third place winners in both age groups can be seen on these pages.

The age group in the Children's Painting section ranged from 5-11 and yet again the standard of work was excellent. Full details of the winners will be printed in next month *Trio*.



↓ Rosie Collins, age 7, came second in the Child's Handwriting 5-8

Six year old Laura Pattenden's work takes the First prize in the Child's handwriting 5-8 section and is also the overall Best Child's Exhibit in Show

CHILDREN'S RESULTS

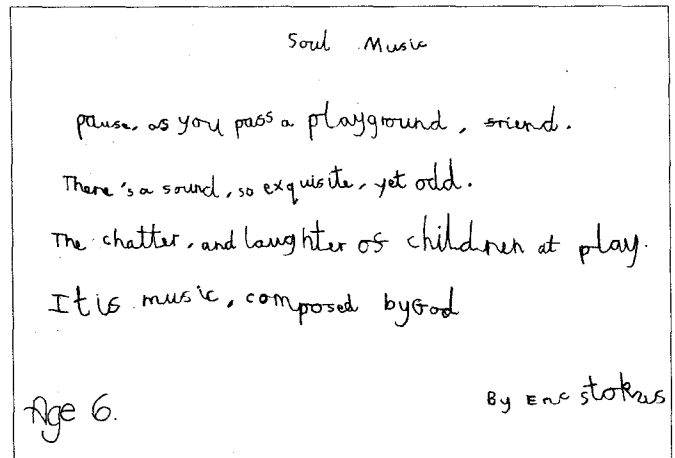
Most Points in Children's Classes - David Phelps Cup
ROSIE SNOW

Best Child's Exhibit in Show - Garden Society Cup
LAURA PATTENDEN (handwriting)

Best piece of Child's Handwriting, age 5-8 - Trio Cup
LAURA PATTENDEN

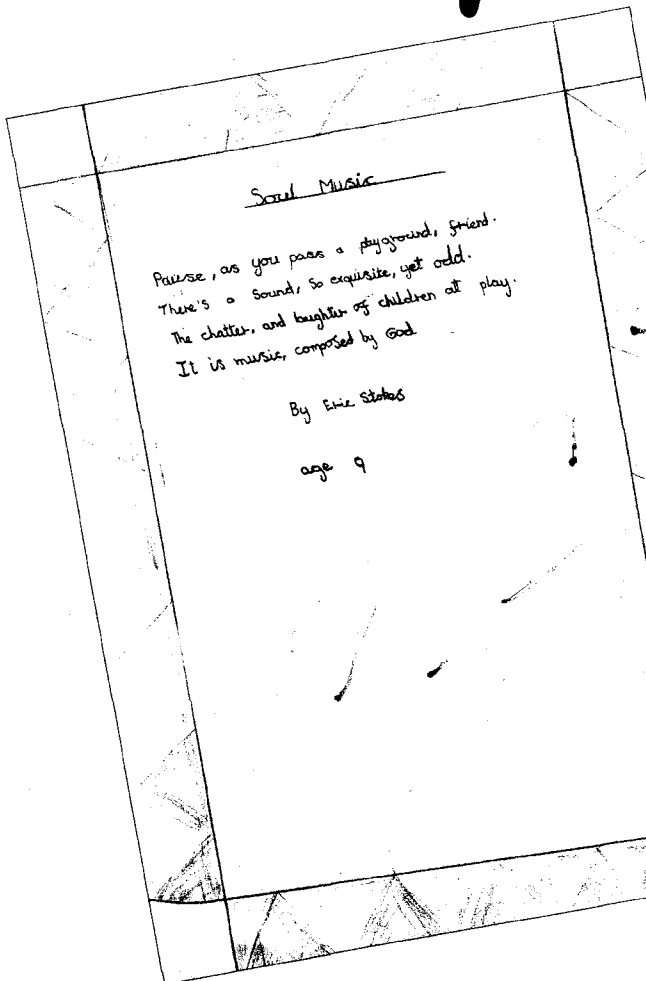
Best piece of Child's Handwriting, age 9-11 - Trio Cup
EMILY HASSALL

Full results of the children's painting awards will be given in next month's *Trio*



↑ Daryl Old, age six takes third prize in the Child's Handwriting 5-8

Society Annual Show

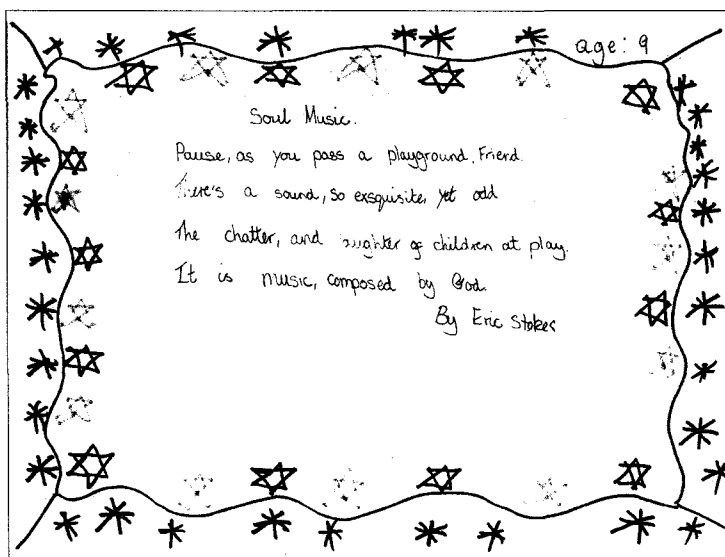


↑ Third prize in the Child's Handwriting 9-11 goes to Michael Hasler, age 9

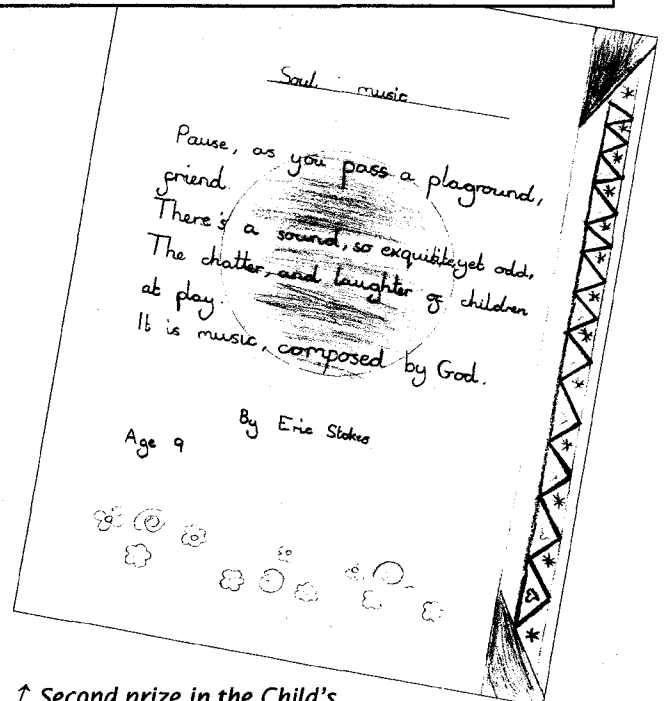
SHOW RESULTS

(Adults)

- Most Points Overall - The Port Isaac Cup
LEE SNOW
- Most Points Overall Runner-up - The Trewetha Farm Cup
ALLAN CHADBAND
- Marshall's Top Tray - **ALLAN CHADBAND**
- Unwin's Top Vase - **MRS M BIRCHWOOD**
- Most Points for Vegetables - David Philp Cup
ALLAN CHADBAND
- Best Vegetable Exhibit in Show - Central Garage Cup
COLIN MENEER (3 carrots)
- Longest Carrot - Colin Meneer Cup
LEE SNOW
- Most Points for Flowers & Fruit - Dr & Mrs GC Barron Cup
MRS M BIRCHWOOD
- Best Flower Exhibit in Show - Ian Honey Cup
COLIN MENEER (3 Dahlias)
- Best Fuchsia Exhibit in Show - Pam Sweet Memorial Cup
ROY BIRCHWOOD
- Most Points for Cookery - Dr & Mrs WM Baird Cup
JANET CHADBAND
- Best Cookery Exhibit in Show - Miss Violet Baker Memorial Cup
JANET CHADBAND (Egg & Bacon Pie)
- Best Handicraft in Show - Mark Provis Memorial Cup
GWEN HAMBLY (embroidered picture)



↑ Nine year old Emily Hassall's work takes the First prize in the Child's handwriting 9-11



↑ Second prize in the Child's Handwriting 9-11 goes to Corrinna Taylor, age 9

A Port Isaac forefather - Dudley Taylor

I was born in Port Isaac 86 years ago, the youngest of four sons of William R Taylor, a small builder who for many years lived at Beardmore (Tintagel Terrace) next to his parents at Craigmere overlooking Port Gaverne. The gardens were very long, going down to the lower road but father later built two red-roofed bungalows next to what was known as the Lawns Hotel (now the Crows Nest) for many years. The Lawns was our last home in Port Isaac and in 1939 my parents moved to Bridgnorth.

My mother, Mrs Ady, was born at the Mill House. Her father was for many years the miller. When mother left school she opened a cake and bakers shop in Middle Street with her sister. Grandfather Ady retired and lived for four years with mother's sister who had married a Mr Neville. Unfortunately mother's sister and her husband died in the pneumonia epidemic of 1917 and Harold Neville, their son, was adopted by my mother.

Grandfather Taylor was a hard working man and had large stables (where the Central Garage is) and combined haulage with carriages in the transport business. He acquired several fields including where Jack Hicks built his shop and house and father built all the bungalows and modern houses.

At this time the fishing industry was flourishing and many of the boat owners moved from the village to the top of the hill. As a young boy I was fortunate as there were two classes of people in Port Isaac - the poor and the working class. There was no class-consciousness and by and large we were all friends and the only separation was the steep hill to climb.

The village school taught the basics in life. Jobs were difficult. Of course, with no gas, electricity, running water, no library or bank (not often needed), we lived altogether happily with very few luxuries. Once a year we were taken on a Sunday School outing and given a book to read at Christmas. The church and chapels were the centre of village life and on a Sunday evening the Methodist Chapel would be full with the two Miss Hills leading the singing.

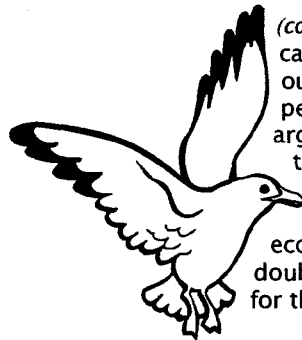
I could write pages on village life but no doubt you have better

sources. We all left our doors open (probably nothing worth pinching!). Everyone was made welcome and mother cooked saffron cakes and buns every day. I was often sent with a bag for the widows living nearby.

There was very little crime apart from the village policeman, PC Cory who was sent to prison for stealing from my father's building sites. My father began losing large quantities of materials. He informed the Police Inspector at Wadebridge and two constables kept watch on the building site for a few nights. Much to everyone's surprise the village policeman was the culprit. He was sent to prison for twelve months and dismissed from the police force. PC Cory was a well-liked policeman and presumably was collecting building materials to build a bungalow on his retirement.

I was fortunate as, being the youngest boy in the family, I was sent to Bodmin Grammar School. Eventually I qualified as a pharmacist and became a Flying Officer in the RAF. When I came out I married and we had seven children. We went on to open 70 chemists' shops. However we still have a cottage in Port Isaac and I cherish very happy memories of the numerous friends I made in the village.

Dudley Taylor
Kenilworth, Warwickshire - August 2003



(continued from page 11)

call for a cull might have been, it was even more outrageous to read that the subject was debated by people who should have known better. One of the arguments put forward in favour of blasting gulls from the cliffs and skies was that the gulls were comparative newcomers to the coast of Cornwall. This was taken to imply that there was no good ecological reason why gulls should not be decimated. No doubt those who believed this found the official rationale for the illegal invasion of Iraq to be equally plausible.

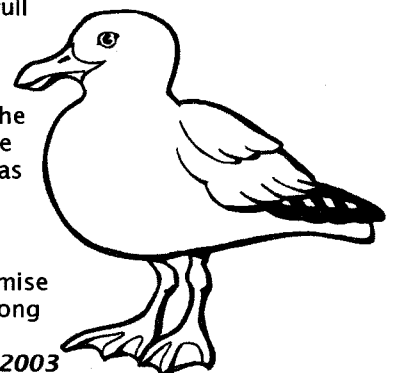
I don't know when gulls first came to the North Cornish coast, but imagine it was long before there were many people around to bother them and compete for space with them. It was reported by Dr Frederick Trevan in 1833 that a child of a Port Isaac resident Mr Hambly, fell over the cliff at Pigeon's Gorge in 1831 when looking for gull's eggs and was drowned.

Gulls have been forced to adapt to people, when the situation should in all justice be the other way around. We have crowded them out of their habitat, removed much of their traditional food supply from the sea and offered them not very good alternatives in the form of our own garbage.

An important artery for the deposition of household discards was the dear old Lake. The Lake ran strong and the use of its flush gate across from Mr Tom Saundry's front door in Middle Street, ensured that its passage was regularly cleaned out. A gang of boys, who always seemed to know when a flushing of the Lake was about to take place, ran down along Middle Street in the manner of a cattle stampede, as if the release of the flush had been the pistol shot to start them off. The idea was to beat the wave to the slipway and the beach, in which contest sometimes the boys won, although more often it was the wave that got there first. The wave crested with the imaginable, the barely imaginable and the pretty much unimaginable, emerged from the tunnel under the street in full spate and raced down the confined sloping channel between Pawlyn's wall and the slipway. The wave spent itself on the beach, spreading out and bringing new meaning to the term alluvial delta. The arrival and subsidence of the juicy surge, with boys in hot pursuit, was the cue for great clouds of screaming gulls to descend onto the pickings.

If there was ever an example needed to epitomise food imperative that was it. Good old gulls, long may you live and thrive.

James Platt ©2003



Parish Council news

Corlink Bus Service - As previously reported, the Corlink bus service has been extended to cover our area and there follows a publicity handout which gives further details of the service.

BUS SERVICE EXPANDED

Cornwall County Council's CORLINK service, operating in the Bodmin, Wadebridge, Camelford 'triangle' has been extended to offer passengers increased opportunities for commuting, shopping and personal journeys. The service now operates out to the north coast after 1900hrs.

CORLINK consists of 7 and 12 seat minibuses operating on a demand responsive basis, whereby passengers telephone a central number, 0845 8505556, to book their journey. Passengers can be linked with core services or taken to their destination, within the CORLINK zone.

CORLINK now offers a bookable evening service after 1900hrs (Monday - Saturday) between Wadebridge and Camelford, serving the villages of St Minver, Rock, Trebetherick, Polzeath, Trelights, Port Isaac and Delabole. Departures are: Camelford 1750 and 1955 and 2230* and Wadebridge 1900 and 2130. *Camelford area only as vehicle has to be back to Bolventor by 2300.

Julia Worsdell, Transport Officer for CORLINK, said, "The service has been amended to better suit the current patterns of usage in the CORLINK area. We hope that by introducing these changes we are widening the travel choice of existing passengers, whilst also offering new opportunities to potential patrons."

Further details from: Lesley Barlow, Publicity Officer, Passenger Transport Unit, Cornwall County Council. Tel: 01872 322144.
Email: labarlow@cornwall.gov.uk

The GM Public Debate

Mr David Phelps and Mr Robert Manders attended the debate at the Hall for Cornwall on Sunday 20th July and there follows a report on the meeting by Mr Robert Manders:-

"As part of the national debate on the growing of Genetically Modified crops this meeting was organised by Cornwall County Council. Tickets were available (free of charge) and about 150 citizens of the County turned up.

The first half was chaired by our local County Councillor, Mrs Helen Richards and four experts spoke in turn. Number one was Archie Montgomery, a Somerset farmer who could see no future for commercial farming without GM crops. Then came Charlotte Russell, a representative of the Soil Association, who put very positive arguments for organic farming and against use of GM crops. She was followed by Graham Brookes, an economist, who spoke on similar lines to the first speaker.

After lunch we heard from Anna Hope the views of English Nature, which has been entrusted by HM Government with the conduct of this debate. Then the meeting was open to questions and comments from speakers on the floor of the Hall, of whom there were many. At the end a show of hands was overwhelmingly against commercial exploitation of GM crops in Cornwall. Each person attending was encouraged to fill in a form expressing their views on a number of relevant questions, which will be analysed on a national basis.

It was unfortunate that there was no scientist on the panel, but the meeting was organised at very short notice after a South West Regional meeting in Taunton, which could only be attended by 100 invited persons - so much for democratic debate!! Anyhow, thank you to the County Council for giving us this chance to learn something of the subject and express our views - I brought home 1.33 kg (3lb) of information, quite a lot to read and digest!"

Public Discussion

Mr & Mrs Childs of Tremaine, Church Hill reported continuing problems with their property being hit by large vehicles. They had written to the County Council and had received a letter from Mr Robert Constance. The Parish

Council was unanimous in its support of Mr & Mrs Childs and agreed to write to Mr Constance and express the need for proper signing in this area.

Amenities

It was decided that after the ROSPA report on the play equipment in the Parish that the painting and staining would be carried out by the contractor in September, after the School Holidays, in order that all the play equipment would be in the same state of maintenance.

Footpaths

A small committee of Parish Council Members was formed with a view to categorising the 40 footpaths in the Parish in order to decide the relative importance of each, as to those to be tendered for next year for trimming and cutting and the ones to be examined beforehand with a view to identifying any problems that may need to be dealt with.

Affordable Housing

Several members of the Parish Council met with Neil Pendleton to discuss the results of the Affordable Housing Parish Plan questions. There were 66 responses to these questions indicating that 48 affordable homes were needed, 27 of which are required within the next two years. There will be a further report on this meeting at a later date.

Planning Applications and Notices

Application 2003/01633 -

Erection of extension to dwelling. Full planning, delegation possible. 2 Trewetha Lane, Port Isaac, Mr D Dawson. The Parish Council are not in support of this application.

Application 2003/01494 -

Erection of a kitchen extension, en-suite bathroom at first floor and improved entrance porch. Full planning, delegation possible. 2 The Folly, Roscarrock Hill, Port Isaac, Mr M Engbers. The Parish Council are in support of this application.

Approvals & Refusals

2003/01195 - listed building consent to replace rotten window with new to match existing windows. Ms R Golding, Vesta Cottage, Dolphin Street, Port Isaac. NCDC APPROVED this application.

2003/01194 - listed building consent to replace window in west

(continued overleaf)

A Lion's farewell

Port Isaac School
100 Club
winners

Tintagel & Camelford Lions Club was formed in 1975. It has lived up to its motto of 'We Serve' and supported charities and individuals within the district on countless occasions.

Over the past 28 years it has sponsored organisations from the Lifeboats and Air Ambulance to an individual needing a word processor. No deserving cause was ever knowingly refused.

In recent years the club itself has been in difficulties, mainly through lack of membership. At the last meeting the remaining members reluctantly decided that the club was no longer viable and would cease from the end of September 2003. It was a sad decision and it means no Santa Sleigh in all the villages between Crackington Haven and Port Isaac this Christmas. We apologise to all the children but feel that Santa will still call on them on Christmas Eve.

It now only remains for the club to thank the public for its generous support in the past. For this we thank you

from the Lions of Tintagel & Camelford

March

- 1st Tracey Greenhalgh
- 2nd Barbara Hawkins
- 3rd Pat Gaunt
- 4th Angela
- 5th Mary Reed
- 6th Michaela Old

April

- 1st Byron Buse
- 2nd Simon Bishop
- 3rd Barbara Cotton
- 4th Janice Elgar
- 5th Bryan Nicholls
- 6th Margaret Clarke

May

- 1st Mrs Gordon
- 2nd Barbara Hawkins
- 3rd Shirley Gladwin
- 4th Barbara Bell
- 5th Kim Bishop
- 6th Pat Gaunt

June

- 1st Jack Greenhalgh
- 2nd Dave Hurley
- 3rd Muriel Spry
- 4th Lesley Grills
- 5th Laurence
- 6th Mrs Hawken

July

- 1st Elaine Speakman
- 2nd Vicky Powell
- 3rd Jan Everett
- 4th Simon Bishop
- 5th Karen Smith
- 6th Pat Nicholls

NCCA, St Endellion Branch invite you to a

Coffee Morning

on Tuesday September 9th at 10.30am

at Gull Rock, Port Gaverne

(by kind permission of Mr & Mrs D Bolton)

Everyone welcome

RSVP 01208 880298

(continued from previous page)

elevation (bathroom) with single glazed hardwood window, replacement of rotten/missing purlins with reclaimed timbers together with other internal works to adjoining storage room/barn to include damp proofing and plastering of wall. Ms R Golding, Vesta Cottage, Dolphin Street, Port Isaac. NCDC APPROVED this application.

2003/0451 - Demolition of existing sub-standard dwelling and garage and erection of new dwelling with garage, for Mr & Mrs Coles, The Moorings, Port Gaverne. NCDC REFUSED this application.

2003/0852 - Erection of lean-to conservatory to front elevation. Mr & Mrs Prout, 23A New Road, Port Isaac. NCDC REFUSED this application.

2003/0489 - Erection of a two storey extension and change of use of land to form curtilage to existing dwelling. Cathy Dickerson, 3 Homer Park, Port Isaac. NCDC REFUSED this application.

2003/0958 - Listed building consent for the replacing of existing asbestos slate with natural slate, rebuild chimney with existing materials and replace white uPVC rainwater goods with cast iron painted black together with internal alterations. Dr P Manders, Garrick, 34 Trewetha Lane, Port Isaac. NCDC APPROVED this application.

2003/0871 - Installation of 1 MTR satellite dish for connection to ATM. Co-operative, Co-op, 31 New Road, Port Isaac. NCDC APPROVED this application.

Date of Next Meeting - Monday, 8th September 2003 at Port Isaac.

Robin Elgar, Parish Councillor

To everyone who
attended my birthday
party on August 16th
I would like to thank
you all for my lovely
Cards and gifts. It was
a great day.
Love Ronnie Tyler, now aged 6

Q. What do you call a
boomerang that doesn't
work?
A. A stick

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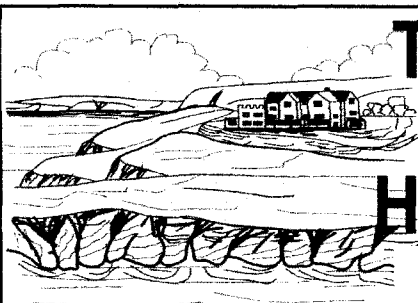
THE GALLERY

1 Canadian Terrace
Port Isaac

OPEN

10.00am - 4.00pm

TUESDAY TO FRIDAY



The Restaurant at Headlands Hotel Port Gaverne

RESTAURANT OPEN EVERY
EVENING from 7.00pm

À la carte menu
or Table d'hôte at £20.00

Fresh Fish and Vegetarian Dishes always available

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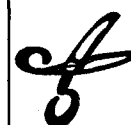
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Opening Offer

All clients visiting the salon during September will be entered into a draw and the winner will receive a bottle of champagne and a voucher for a half price treatment of their choice.

Wedding Package

Further information on request

Gift Vouchers Available

On 1st September I took over Port hair. I would like to say a big thankyou to Shirley and Roger, and a special big thankyou to Liz who has built up the business from opening, I wish her every happiness and success for the future. What's new? The coffee pot is always on, ear piercing, manicures, pedicures and the family cut special, 3 or more family members for £5.00 each instead of £7.00, saving £2.00 per head. Note the new opening hours and opening offer. I will be honouring the loyalty card scheme and I look forward to seeing clients old and new.

Sharron

Opening Hours

Monday	Closed All Day
Tuesday	9.00am - 5.00pm
Wednesday	9.00am - 5.00pm
Thursday	9.00am - 5.00pm
Friday	9.00am - Late
Saturday	9.00am - 1.00pm

Late nights by appointment only

*Saturday pm appointments
by prior arrangement only*



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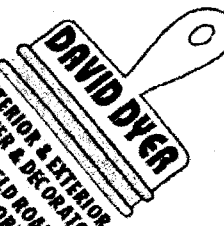
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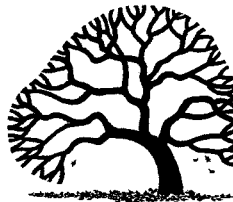
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notice board for
details of our
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9.00am - 1.00pm & 2.00pm - 5.30pm
Early Closing: Wednesday 1.00pm & Saturday 12.30pm



local information

Doctor's Surgery - 01208 880222

Repeat Prescriptions - 01208 880242

NHS Direct Helpline - 0845 4647

Royal Cornwall Hospital (Treliske & City), Truro - 01872 250000

East Cornwall Hospital (Bodmin) - 01208 251555

Rubbish - Friday is dustbin day. Put your bins out before 7.00am and **REMEMBER - OUR SEAGULLS LOVE RIPPING OPEN BLACK BAGS!**

Recycling - Kerbside collection every fortnight - see *Trio* diary dates. Recycling bins are also situated in the top car park

Bus Service - Corlink, 0845 850556

Mobile Bank (Midland) - stops outside the school on Mayfield Road on Mondays from 11.30am-11.45 am and on Fridays from 10.45am-11.00am

Post Office - last daily collection at 4.45pm. Tel: 01208 880306 Also personal banking. Early closing Wednesday 1.00pm and Saturday 12.30pm

Telephone Boxes - one in Church Hill and one near the Church Rooms

Police (non emergency calls) - 08705 777444

Electricity (emergencies) - 0345 651651

Water (helpline) - 0800 1691144

Samaritans (24 hr service) - 01872 277277

Vetinary Surgery - Nutes in Wadebridge - 01208 813258

Parish Council Clerk - Elizabeth Harris - 01208 880927

District Councillor - Bill Dawe - 01208 880253

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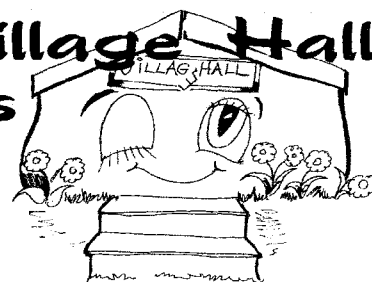
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Top End, Port Isaac

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GENERAL USERS - £5 per hour
20% discount for advance block bookings of six or more sessions

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25% discount for advance block bookings of six or more sessions

ALL USERS - 24 hour period - £30

Note: hire covers the Hall and Kitchen. Cups, saucers and tea plates, teapots and kettle are kept in the kitchen for general use.

Central heating and electric are both via £1 coin meters

ADDITIONAL CHARGES if required:

Crockery for a meal for 100 people plus boiler - £30

Outside commercial bar fee (this is in addition to the licence fee paid directly to the Licencing Authority) - £20

Minimum Cleaning fee (if required) -£30

Out of Hall Table Hire - £4 each, 4 chairs - £1 (24 hour period)

Bookings and info:

Janet Chadband - 01208 880262

Port Gaverne *The Port Gaverne Hotel* Nr Port Isaac
and Restaurant

Telephone 01208 880244



Bar Lunches 12noon - 2.00pm

Bar Suppers 6.30pm - 9.30pm

à la carte menu du jour 7.00pm - 9.00pm

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