

The Port Isaac, Port Gaverne and Trelights Newsletter • No: 262 • April/Easter 2006 • 40p



Old Time Music Hall Evening



Port Isaac Chorale presents an Old Time Music Hall evening on Easter Tuesday April 18th at 7.30pm in the Village Hall. Entrance will be £5 to include refreshments. A licensed bar will be available.

There will be a variety of acts performed by some members of the Chorale as well as guest artistes, all hosted by the magnificent, the multifarious, the moustachioed Master of Ceremonies, Jon Cleave! If you missed the last occasion this is your chance to enjoy a highly entertaining evening of music and song.

Come dressed up in Victorian or Edwardian attire - not forgetting Easter bonnets - to truly join in the atmosphere.

We look forward to seeing you there. Look out for our posters nearer the date. *Liz Rowe*

Easter Saturday, April 15th **Reg Meuross:** short stories tour

As featured on radio 2

Reg will be joined by an all-star band including John Rabbit (*keyboard player* for The Who), Miranda Sykes on double bass (*currently playing with Show of Hands*) and on drums Roy Dodds (*currently playing with* Jackie Dankworth)

Tickets £5 each from *Secrets*

Suitable for all the family Licensed Bar

Trio is issued eleven times a year and is available in local shops or by post - £12.75 a year in the UK. Overseas rates on application.

The publisher does not necessarily hold the same views as those expressed by contributors and reserves the right to refuse or alter material supplied.

To advertise in the *Trio* telephone 01208 880905

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All the changes in our climate not our fault, doesn't affect us. Wrong! Every single person, every household, can do something to help and improve our quality of life. So, each month I will be scribbling a few lines as 'helpful hints'. I don't pretend to be an expert. I just care, as you should, in order to give your children and grandchildren a decent planet to live on.

Recycling

Glass, bottles, papers and cans can be put in allocated bins in the top car park in Port Isaac or put out for our fortnightly recycling collection. This will save so much on landfill sites (we are running out of space). Plastics and milk cartons etc can be put out for the fortnightly recycling collection.

Compost

Compost fruit and vegetables, tea bags etc - anything that will decompose. You can get free compost bins from NCDC and they don't smell because they have a good fitting lid! Once matured used it on the garden or your pots.

Annie Price

News from Trelights

Following our recent Annual General Meeting, the Trelights Village Green committee has donated £100 to Shelterbox and £100 to Cornwall's Air Ambulance from funds raised at the 2005 coffee afternoon and barbeque and would like to thank all who supported us.

Here are the dates for this year's events - please make a note in your diary, we will give more details later in the year:

Saturday 17th June - Coffee Morning at 11.00 am - table top sale, plants, cakes, raffle, etc.

Saturday 19th August - Barbeque at 7.00 pm - Barbeque, sideshows, raffle, etc.

Both to be held in Coronation Park, Trelights

Trelights Village Green Committee

PORT ISAAC FLOWER SHOW 2006

The date for this year's show has been arranged for Saturday 26th August - this is a week earlier than last year. The venue has also been changed - it will now be held at the Port Isaac Primary School.

So please make a note of these changes in your diary and we will let you have more details later in the year.

Robin Elgar



Am I a frog sitting on a leaf? Turn me sideways and then see!!!

Gordon Giltrap to play at the Port Isaac Music Festival

May 26th - 29th

Talent from near and far will be congregating over the late May Bank Holiday weekend for the fourth Port Isaac Music Festival and the programme is fast filling up. The Fishermen's Friends will open the extravaganza when they sing on the Platt on Friday May 26th,

By popular demand, Gordon Giltrap is making a return visit to Port Isaac and will present a solo concert in the Village Hall on Sunday night, May 29^{th} . Gordon's reputation in the music industry is unflawed and he has appeared throughout the world, producing over 25 albums. In Guitar Magazine's reader's poll of favourite guitarists he came second only to Eric Clapton. Demand for tickets will be high so don't leave it too late. They are now on sale priced £7 for adults and £6 for children and concessions.

Saturday (May 27th) nights 'Acoustic & Unplugged' Concert in the Village Hall will feature Emily (from Boscastle), the Boscastle Busker, Paul Johnson, Nancy & Mick, Billy & Rupert and Roscarrock – they are Jon Cleave, Billy Hawkins and Mick Dolan who will be promoting their new CD. Tickets are priced £5 for adults and £4 for children and concessions.

Billed as 'the greatest show on earth', the Rock of Ages gig (\rightarrow) on Monday May 29th is the grand finale of the whole weekend. Tickets are priced £5 for adults and £4 for children and concessions.

Tickets for all events are available from *Secrets*, Port Isaac (telephone 01208 880862/880905).

The Festival is being organised by Port Isaac Village Hall committee and any money raised will go towards Hall improvements. A full programme of events, including daily live music on the Platt, and further details will be published next month.

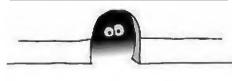
Port Isaac Hospice Day success

T he amazing sum of £1294 has been sent to Mount Edgecumbe Hospice as a result of Port Isaac's annual Hospice Day.

It was a lovely, happy day and everyone who was involved, either by helping or coming along, enjoyed it and commented on the friendly atmosphere.

The day followed its usual format with stalls, raffles, competitions and homemade lunches. Special thanks to everyone who helped in any way and especially to Port Isaac youngsters Rosie Collings, Daniel Lanyon, Victoria Lewis, Alice Mudd and Rion Witcomb who manned the toy stall and sold all the tickets in the 'Guess the Dog's name' competition.

Women over 50 don't have babies because they would put them down and forget where they left them!



Mouse pad!



The usual suspects are getting together again to provide a feast of music from yesteryear right through to only thirty years ago.

Yes ladies and gentlemen, boys and girls the '*ROCK OF AGES*' gig which is happening on the last night of this year's Music Festival, that is May 29th 2006, will bring songs previously performed by *The Extraordinairres, the Applebeats, the All New Soul and Blues Brothers and Sisters Show Band, Cosmic Wave,* and maybe *The Bleach Boys.*

If you've been to any of the previous shows you will know that the evening will be more than entertaining, it will be life changing, the lame have walked, the blind, seen, fortunately for them, the deaf failed to hear.

All we ask of you is that which ever era or image, you are most comfortable with, you dress in it, yes we want to see Teddy Boys, Mods, Rockers, (no fighting please), Hippies, Glam Rockers, Soul Boys, Blues Sisters, (or visa versa) anything that catches your fancy, but you must *DRESS TO IMPRESS*. There will be a prize for the most outrageous,

This will be a fine finale to everything that has gone before, so don't miss out. It will be like the pantomime so book your tickets early and secure yourself a prime position for the greatest show on earth (or the best we can manage).

Don't forget the date 29th May, the time, 8pm, the venue, Port Isaac Village Hall. Be there or be somewhere more boring.

Tickets are £5 and are available from *Secrets* in Port Isaac

See you there, you little rock 'n' rollers, you.

The band leader



Port Isaac & District

Neighbourhood Watch



New signs for the village

t last, all the appropriate authorities have reached agreement and there are now three new road signs, one on Trewetha Lane at the entrance to the village, a second outside Homer Park and the third at the top of the hill above Port Gaverne. The signs will, I hope, let visitors know that Port Isaac is a caring community.

It was hoped to hold an open meeting earlier this year but this will now be held when we have lighter evenings and better weather. All villagers and second homeowners who joined last year will be pleased to know that there will be no charge for taking part in the scheme for 2006. Anyone who would like to join can contact me and I will inform the relevant co-ordinator.

Creating safer communities together

There is now a Neighbourhood Watch office in Camelford Police Station, which is manned three days a week by volunteers. This initiative is still in its infancy and the office was only opened in February, but it is hoped that communication links will be established with other schemes in the area. Further to this, a North Cornwall District Neighbourhood Watch forum has been set up, including Launceston, Bodmin, Wadebridge, Bude and Camelford. It is hoped that by working in partnership, this forum will promote Neighbourhood Watch schemes in the area, encourage community engagement and participation and improve quality of life in general.

Local problems and concerns can be brought to the attention of the members of the forum and hopefully effective solutions can be found. There will be a representative from the Police at these meetings to ensure that points raised go directly to the appropriate authorities. After the April forum meeting I will have a clearer perspective of the value of the initiative and will report in the next issue of Trio.

There has been a relatively quiet start to the year here in Port Isaac with only a few incidents being reported. Please do not hesitate to contact your coordinator if you are worried about anything.

More vandalism

s the Neighbourhood Watch co-As the Neighbourhood and Hartland Road, I have, over the past two months, had reports and complaints from residents regarding the damage and disruption to their properties by children who have been having 'fun' kicking their footballs wherever they like. It's too dark to play on the playing fields as there are no floodlights so the children wreck buildings, garages and garden fences instead.

I know the culprits names, I know their parents and have endeavoured to bring to light just what is going on after school hours until late at night and at weekends. I am told that the children in question are not to blame. As a co-ordinator, taking on board the concerns and suffering of residents in this area, as well as Hillson Close and Mayfield Road. I have now reported this activity, disruption and damage to our Community Policeman, PC Malcolm Taylor. I didn't need to give any names, he already knew them.

Annie Price

The next local co-ordinators meeting is on Monday April 3rd; so if there are any points you want raised, let your co-ordinator know.

a child's eye view , İS Love

"When my gran got arthritis, she couldn't bend over and paint her toenails anymore. So my granddad does it for her all the time, even when his hands got arthritis too. That's love."

"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth."

"Love is when you go out to eat and give somebody most of your chips without making them give you any of theirs."

"Love is what makes you smile when you're tired."

"Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more."

"Love is what's in the room with you at Christmas if you stop opening presents and listen."

"Love is like a little old woman and a little old man who are still friends even after they know each other so well."

"If you want to learn to love better, you should start with a friend who you hate"

"Love is when your puppy licks your face even after you left him alone all day."

"I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones."

"When you love somebody, your eyelashes go up and down and little stars come out of you."

'As at the present, the past, at the First and Last ...'

J on Cleave, Bill Hawkins and Mick Dolan have spent much of the last three years investing time and energy on a musical project that they hope will be loved by anyone who loves Port Isaac. In 'First and Last' they have produced an album on CD that is full of original songs about our area and it's people, all gleaned from yarns and stories, old letters and documents, and inspired by the remarkable local natural beauty.

Bill, Jon and Mick, recording under the name *Roscarrock*, have collaborated their talents to produce 'First and Last'; with a few variations, Jon has written the lyrics and designed the sleeve and booklet, Bill has composed the music and arranged it with Mick, who has produced and recorded it. They perform throughout the album, along with several top folk artists, most notably Show of Hands and friends, who have lent the project a rich musical integrity. It was created and recorded entirely in Port Isaac.

'First and Last' is an evocation of Port Isaac, a patchwork of seemingly disconnected events and happenings from the near and distant past to the present day. Nowhere is this more poignant than at the place itself, a simple piece of ground at the brow of Rose Hill that marked the boundary of the old village, from where we can sense the passing of time and of people ... to herd cattle to market perhaps, to sell fish, to go on a spring walk with a loved one, to go off to war ...

The album is borne of a love of time and place, of landscape and of people ,,, of fishing folk and mariners of the high seas, of smugglers and press gangs and the excise men, of great whales and stormy gales and of heroes and villains, of tragedy and joy and of yearning and unrequited love ... I really am amazed we managed to squeeze it all onto one CD!

We hope that you'll want a copy of 'First and Last', and that it will bring you a little bit of Port Isaac, no matter where you are.

Outstanding achievement award for Anne Pethick

David Cameron extended his personal thanks to Trelights resident, Mrs Anne Pethick ,upon her completion of 65-years as a Conservative party member. Anne, President of the St Endellion Conservative branch, is one of four local ladies celebrating this remarkable achievement and was presented with an "Outstanding Recognition" award by Rear Admiral Alec Weir, Chairman of the North Cornwall Conservative Association, at its recent AGM.

One such member was nine-year old Connor Flew who spoke from the podium to the packed audience stating: "I am a Conservative because when my Grandad Flew was in Treliske Hospital he caught MRSA. Tony Blair has done nothing for the hospitals or the country and the Liberal Democrats, who are our local MP's, do not seem even interested to help! I want David Cameron to be Prime Minister because he will make an effort to improve our country and its services and help people like my Grandad to get well." Connor, the youngest paid-up Conservative party member in the UK, is clearly destined for greater things. However, he retains his family links with St Endellion by being a branch member here!

St Endellion Conservative Association is holding a coffee morning at 10:30am on 25th April 2006 at Clematis Cottage, Trelights, by kind permission of Mrs Anne Pethick. Everyone is welcome to attend.

If you would like get involved with the branch please contact Patrick Mewton, Hon. Secretary (07711 393420) for details.

Skinny people irritate me! Especially when they say things like, you know, 'sometimes I forget to eat!' Now, I've forgotten my address, my mother's maiden name, my keys and my password ... but I have never forgotten to eat. You have to be a special kind of stupid to forget to eat!



'First and Last' is available, priced £11.95, in *Port Isaac Pottery, Port Isaac Post Office* and at the *Eden Project*. Alternatively it can be purchased by mail order. Send your cheque for £12.95 (includes p&p) made payable to 'Roscarrock Records' to

Roscarrock Records c/o Post Office 19 Fore Street Port Isaac Cornwall PL29 3RA

Port Gaverne Fishermen's Association

The number of boats stored on the beach last summer exceeded 40 at one time. This number gives us great concern for the safety and enjoyment of other beach users.

The committee and the National Trust have therefore decided to make an additional charge for storing boats on the beach and the grass area next to the fish cellars. The cost will be £3 per foot length of the boat per year or part of year, and the number of permits limited to 25. A permit form must be filled in and a permit sticker obtained both available from the Port Gaverne Hotel.

Any boat left on the beach without a valid sticker will be removed by The National Trust and storage costs incurred. All boats launching and using the beach must have public liability insurance of at least two million pounds. Launching fees will remain unchanged at £15 per calendar year or £5 per day.

The committee hopes that everyone understands the reason for these changes and that you will give us your support.

PGFA Committee

When Jules and I moved our gardening business to Cornwall we were told 'it doesn't snow here' and 'we don't get

frost'. 'Hurrah', we thought, 'no need for horticultural fleece and greenhouse over-wintering. Just year round garden gorgeousness'. Indeed, if I

remember rightly, that first winter we were here, my geraniums flowered right through.

What on Earth is going on then? Hail, snow, savage frosts, biting winds - and two pink gardening girls with frostbite. I write now with only three fully functioning fingers after a day's digging in Port Isaac. I have no feeling in my nose or toes, and my thermal underwear (most attractive) has become my second skin.



Our gardens have really been up against it these last few months. I'm seeing scorched leaves, bare 'evergreen' branches, brown and withered stems, and some plants have simply called it a day, checked out, gone to that great big warm and lovely greenhouse in the sky. Therefore, this next month or so must be about 'damage limitation' and getting things ready for Spring growth.

I recommend that you have a little look around your garden and assess your plants' health. Much of what looks dead will perk up once it is safe to begin growing again. As the weather warms a little, trim off the most damaged areas, remove weeds and such like from around the base of your plants, and give them a good feed. Liquid feed (that which you dilute in a watering can) is easiest. And don't forget that your rhodies, camellias, heathers, azaleas and such like need an acid (ericaceous) feed. Fork over the soil in your beds to loosen surface compaction and add compost or manure to the beds - especially around the base of your shrubs, roses and trees. Also, trim off dead foliage from winter flowering plants, and others you might have left - hydrangeas, sedums and suchlike.

Summer flowering bulbs

Do you have any big gaps in your beds? For now is also the time to be planting summer flowering bulbs. Bulbs, (corms and rhizomes) are wonderful for bright colour, year after year. I look at the ugly little package I 'm about to plant and marvel at the fact that therein lies all the necessary bits and pieces to produce the glorious flowers shown on the packet. I've just planted a lovely selection for a customer chocolate cosmos, canna lillies, gladioli, oxalis, arum lillies. Fabulous. Most are pretty good at reproducing with little help from you, and they pop up looking wonderful just when you've forgotten they are there. And what about treating yourself to a few colourful perennials to fill the gaps - hollyhocks, lupins, red hot pokers? Like bulbs, they arrive with wonderful colour year after year. There is a marvellous selection in the garden centres at the moment - all sizes, shapes and colours. Go on, you know you want to ... just a bit of clearing away required at the end of the season.

Pots and Containers

How about looking at any plant-filled containers you have? Do they need a larger container now? If you don't need to re-plant them, how about taking off as much of the spent compost you can from the top without damaging the roots, and replacing it with new compost, and giving the soil a lovely feed? Houseplants will benefit from the same treatment, and give those leaves a gentle wipe down to rid them of household dust.

'Rockery Chick' and 'Busy Lizzy'

And finally ... those observant Trio readers among you will notice that the Rockery Chicks advertisement has changed this month. Jules and I have evolved to the 'Rockery Chick' and 'Busy Lizzy'. No cause for alarm - we are still buddies, neighbours and gardeners of a pink and girly disposition. We have simply separated our 'admin' for reasons of a most practical nature. So it's business as usual for the girls, and we hope to see lots more of you around and about the village as the weather improves - and no you can't see my thermals!

B

Happy gardening.

Playing Fields time for another public meeting

Dear Trio

Just before Christmas I went to a Parish Council meeting to ask about the lack of information regarding the playing fields development. You know the one. Fifteen houses, £10,000 per plot sold to a housing association. Football and cricket pitch, sports hall and anything else the public came up with would be considered.

Well, that's what I thought had been agreed at the public meetings. With no information coming forth and an empty parish notice board, indicating the parish council were apparently as much in the dark as everyone else, I started to ask around as to what was happening.

Rumours are that NCDC planning department and West Country housing have got quite excited about this project and see it as one of the most important social housing developments in North Cornwall. Fifteen Houses? If there was, say, forty houses I could see why. But fifteen? As the government allows a greater density of houses in social housing areas, we need assurance from NCDC that this is not their intention. £10,000 per plot has apparently been dropped to £5,000. If it's that important lets hold out for a sum we can put to good use!

But can we trust the powers that be to stick to what was agreed by the community? Maybe it would be safer to lease instead of sell? Or call the whole thing off and develop a sporting area with what the majority of the electorate would wish to see and actually use.

Time for another public meeting George!

Andy Penny, Port Isaac

'dog poo spotting!'

Dear Trio

I'm not a resident, but a frequent visitor to Port Isaac, most recently at half term with all the family – when, incidentally, we all really enjoyed the evening with Mervyn Stutter at the Village Hall. We had a lovely week but were more than a little perturbed by the large amount of dog muck on the streets.

If fact, 'dog poo spotting' became a bit of a game with the children as we walked around, and torches were a necessity at night, not because of the dark lanes but simply to avoid coming home with unwanted additions to our footwear.

We were even greeted one night by an almighty pile on the lawn of the house where we were staying! A reduction would certainly be welcome!

HAVE YOUR SAY!

Letters to *Trio* should be sent to The Editor, 3 Trewetha Lane, Port Isaac, Cornwall PL29 3RN Email: deesam@btopenworld.com Writers must include their full name and address anonymous letters will not be printed



Dear Trio

I would like to clear up some confusion over the parking formation now being put into practice in Mayfield Road.

While cars parked alternately on either side of a road may be seen as problematical to drivers, some of us in Mayfield Road noticed the rapid reduction in speed of vehicles as they weaved their way through.

It is for this reason that cars are now parked to form a 'chicane' and our children can play in relative safety. All perfectly legal and not a penny of taxpayers money used!

Andy Penny, Mayfield Road, Port Isaac

a pat on the back for Trio

Dear Trio

If I may be allowed a general observation: The pulse of the three villages today, as is apparent from the *Trio*, is a thing to marvel at.

My wife was born in Port Isaac in 1955 and I moved there in 1964 as a wide-eyed nine-year-old. We both moved away for work after secondary school - a familiar tale.

In the winters of the late 60's the village seemed to go into some sort of cryogenic storage and it sleepwalked it's way into spring. The village today is more vibrant than ever and has a sense of community that has embraced the change necessary to live in 2006.

As producers of the *Trio*, you can give yourselves a slap on the back as playing an important part in that process.

Ian Norwell, Tingewick, Bucks

'such a happy village event'

Dear Trio

Just a note of congratulations to everyone involved with the Hospice Day for Mount Edgcumbe.

It was such a happy village event - elder members of the community, us middle aged bunch, young mums, teenagers and children all working together, having a good laugh and raising money for such a vital cause.

Well done to you all and I am so pleased I could be part of it all.

Annie Price, Port Isaac

Mini Motorbikes

St Endellion Parish Council gives notice that riding mini mo-torbikes, or any other unauthorised mechanically powered vehicle, on Port Isaac Playing Field is strictly forbidden. The Playing Field is provided for public recreation free from danger of accident. The Parish Council's insurers have stated that they cannot consider any claim arising from an accident caused by unsafe use of the Plaving Fields and that the Parish Council must take action to stop any such misuse.

Police advice is that electric or petrol-powered scooters, mini motorbikes or quad bikes are all legally classed as mechanically propelled vehicles and, if these machines are ridden anywhere to which the public have access (including car parks, public parks, open spaces, paths, verges, pavements, roads etc) then the rider and his/her machine must comply with all legal requirements. The only place mini motorbikes can be ridden without fear of breaking the law is on private land with the permission of the landowner.

Legal requirements include that the rider must be over the age of 16 years, hold a valid motorcycle licence and appropriate certificate of insurance, wear a crash helmet and have a compulsory basic training certificate. The vehicle must be road legal and comply with the Highway Code - number plate. lights etc. It must be taxed and is subject to MOT requirements.

Non-compliance could involve a court appearance for the rider, owner and even parents of young riders. The courts could issue a fine and put points on a driving licence, or future licence if the rider does not have one. The courts may issue costs if a rider had been in an accident or caused damage.

Recent TV news reports have shown that illegally ridden vehicles are being impounded and crushed.



Saturday footb

ust a reminder that we have an informal football kick around in the playing fields every Saturday morning between 10.30am and 12.00 midday weather permitting!

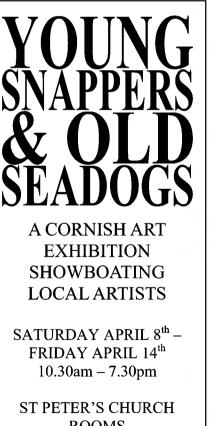
This started off as football training for the younger primary school children but as the older kids who have joined in have been so supportive of the younger ones we are more than happy to see anyone who would like to play.

Please note this is not a chance to dump the kids for a while. Parents need to stay or make arrangements for their

kids to be supervised. You can always join in!

Andy Penny Joey Strout Mark Old





ROOMS PORT ISAAC, CORNWALL

For further information please call 01208 880167

***** Beauty at the Home Spa

***** Sunshine is the source of all life and is the key to healthy looks and absolute 'feel good' factor. But be careful because, as far as skin goes, the sun can also be enemy number one.

Protect yourself against UV rays

UVB rays (average frequency) activate the production of melamine (colour pigment), which slowly turns the skin brown.

UVA rays (higher frequency) go through to the skin cells, causing damage, premature ageing and skin cancers.

The idea is to choose products that protect you from the harmful solar rays whilst not blocking the beneficial ones.

- The sensible time to expose your skin to the sun is before noon 1 and after 5.00pm.
- 2 Don't stay out for more than two hours.
- Drink plenty of water. 3
- Eat plenty of fruit. 4
- Slap on plenty of high factor sunscreen cream. 5
- Always wear a hat. 6

Steps to protect your tan

Enjoy!

- Exfoliate skin lightly once or twice a week in circular upstrokes. 1 This will help stop peeling (loss of cells through dryness).
- Apply plenty of body butter or hydrating body cream to seal the 2 cells and give your skin a fantastic glow.
- Use a spray tan or tan cream to enhance your colour and give a 3 fantastic glow.
- 4 Speed up your tan by eating foods high in orange colour, eg carrots, peaches, melon and apricots.

Angela Bushell 🌋 The Nail Bay *

Race for Life Eden Project - June 18th

T n a moment of madness the other Sunday I did something that will surprise many. I'm not known for my great athleticism. In fact I can't even run a bath (Sam does that for me) (Ed: that's Sam Lorimer, not my Sam). So the thought of me running 5km is guite amusing to some people, a joke even. But, against the odds, I've signed up to take part in the Race for Life in aid of Cancer Research, so I guess there is no going back now.

I know that to all you Olympic Athletes out there, 5km doesn't seem too far, but I am planning on running the whole thing and I should point out that with my current level of fitness I usually get out of breath just going upstairs - and we live in a bungalow!

Cancer not only affects people who suffer from it, but every one around them also. If your life is touched by this horrible disease, you will ask why? I want to raise money to help find the answers. I lost my Dad to cancer nearly three years ago so it seems fitting that the race will take place on Father's Day and know Dad will be there with me.

If any one would like to "be there" with me too then you could sponsor me. This can be done online at the following address:

http://www.raceforlifesponsorme.org/alylorimer

Donating through this site is simple, fast and totally secure. It is also the most efficient way to sponsor me; Cancer Research UK will receive your money faster.

Or alternatively I will be placing some sponsor forms in strategic places around the village. If local shops or businesses are willing to "look after" a sponsor sheet please contact me on 880962.

Every little bit helps, even 50p or £1 and, if you are a UK taxpayer, an extra 28% in tax will be added to your gift at no cost to you.

As a charity, Cancer Research UK rely overwhelmingly on the success of fund=raising events such as Race for Life to continue its life-saving research into the prevention, treatment and cure of all forms of cancer.

So if you see me huffing and puffing around the village, don't just laugh at me, sponsor me first then laugh - it's for a good cause!



7.30pm in the Hall

everyone welcome

we need some new members on the committee



regular sized Easter egg. Please call by 9th April to book on 880164.



Golden Circle Good Neighbour award

he annual Good Neighbour Award was made at the recent Golden Circle meeting to Barry Collins, until recently our village postman. Unfortunately, Barry was busy with lambing so Joyce Collins proudly received the award on behalf of her son.



Annie Philp presents the award to Joyce Collins



Brenda McLaren Smith and the celebration cake she took to the Golden Circle meeting prior to her wedding



Since the new committee has been in place we have bought many needed things for the school. We have a new cooker, microwave, digital camera, video camcorder, K'nex control technology set and we helped to pay for a trip to Bristol Science museum for the seniors.

As you can see, all the money that we have raised benefits all the children. As a committee we believe that our fundraising should be used for the children of today's school as well as tomorrow's children.

PROMISE AUCTION

We have held our Promise Auction. We were amazed by the generous support of local people - which until that night we were unsure of!! The auction boosted the Friends of the School bank balance with an amazing £1500. We would like to say a BIG THANK YOU to Louise and her staff at the Old School Hotel for allowing us to have the auction there. We all enjoyed the delights of the chefs cooking. Thank you to all who donated promises and those who bought them. Thank you to lan Fuller and Richard Hambly for their excellent auctioneering. Also, thanks to Jan at the School who gave a lot of help and support by printing tickets, posters and all the other things needed for the night.

Plus, well done to the whole committee!!!!

RACE NIGHT

We would like to thank Mike Edkins and his staff at the Golden Lion, who held a successful race night and raised £500 for the School. Thank you to Kim (out-going chairperson) for her continued support.

FUTURE EVENTS

Jan has been busy putting together the school cookbook, to go on sale soon. Each recipe has been given by children and families from the School. Keep reading the *Trio* for more details.

SPORTS DAY/SUMMER FAIR

Our next big fundraising event will be on School Sports Day (date to be confirmed) at the playing fields. We will have sports all day and then a summer fair in the afternoon. It will include a selection of stalls from the school and other local groups. Look out for more details.

THANK YOU FOR ALL YOUR SUPPORT

Jennie Tiddy (Chairperson)

YOUR ALL TIME TOP TEN RECORDS

Some time ago, Roy came up with a great idea - why not ask *Trio* readers to send in their all time favourite top ten music choices. Sounds good to us so let's hear from you.

Websites of the month

his month I thought we could look at sites on the web about the history of Cornwall.

The best starting point for this is Cornwall County Council's excellent Heritage and History pages <u>http://</u><u>www.cornwall.gov.uk/index.cfm?articleid=270</u>. This links to a wide range of sources including the records office, the museum and other historical archives. It includes a very useful timeline of Cornish history at <u>http://www.cornwall.gov.uk/index.cfm?articleid=5042</u> which starts at 400,000 BC and ends in 2004 with the Boscastle and Crackington Haven floods.

While this site is quite good for facts and links to institutions, there are other sites which have historical pictures, for example <u>http://</u>

www.themagicofcornwall.com/Pages/frith/locations/ portisaac_frith.htm has old postcards of Port Isaac, as well as of other locations in Cornwall. These can be viewed online, or purchased.

The BBC, as usual, has something in its enormous site and for Cornish history look at <u>http://</u> <u>www.bbc.co.uk/cornwall/in_pictures/photo_galleries/</u> <u>historical_cornwall/index.shtml</u>. It is also interactive so you can leave messages and photographs.

Of course there is an large amount of family history material on the web and for Cornish families a good place to start is the Cornish Family History Society site <u>http://www.cornwallfhs.com/other/</u> church_records.htm

Pathe News give you the option of downloading short films for free, some of old Cornwall, and there are other sites which do this as well.

Some which have specific relevance to Port Isaac include the RNLI <u>http://www.rnli.org.uk/</u> <u>rnli_near_you/southwest/stations/PortIsaacCornwall/</u> <u>history</u> and there are some old photographs of the Trewetha and Port Gaverne on <u>www.trewetha.com</u> and <u>www.friendsofthemain.org.uk</u>

Finally there are online encyclopaedias to chose from. One of the best, and is completely free is Wikipedia. The pages about Cornwall are comprehensive and can be found at <u>http://en.wikipedia.org/wiki/</u> Cornwall#History

Local History Group

And finally, although I don't think they yet have a website, the people who know more about local history than anyone are the Local History Group who meet on the first Friday of the month in Port Isaac Village Hall. Contact George Steer on 01208 880754 for more details.

Let me have your ideas

Happy surfing, and please let me know what you think of this column by emailing me at <u>tonywainwright@hotmail.com</u> also with ideas about websites we could include in the future.

Mark Remíck Townsend 1925-2006

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Janet, Julia and Elizabeth would like to thank everyone for the cards, letters, flowers and messages of support following Mark's sudden death. They have given us great comfort and he would have been so surprised at the wonderful tributes paid to him.

For a man who hated crowds, the attendance at his funeral would have staggered him! Yet always at any social gathering he was made to attend, he sat in one place and people flocked to him as he held court! It was no different in death and for his family, the affection and respect was very comforting.

Thanks to George and Tony for the tributes to him – you don't often hear applause at a funeral, my nephews, niece and son-in-law for the responsibilities they took on for Uncle Mark whom they loved, the Fishermen's Friends – St Endellion may never have heard the like – Nicki B for the 'Funeral Meats' (a family in joke) and above all Father Michael, Judith and David Bray for their support and helping to make such a traumatic event so dignified, memorable and special. Mark would have enjoyed it!

My tribute to Yank

could say, "He was a <u>good</u> man!" That would summarise what he was in a couple of words - but it doesn't do him justice.

l've known Mark Townsend all my life. He was one of the big boys when I first went to school. His group had Harold Brown, Harold & Vernon Lobb, Raymond Provis, Warwick Provis, Percy May and Tuffy and Cyril Spry. Bill Steer was a year or two younger, but he lived in the same area - Rose Hill and Dolphin Hill (the area between 'The Entry' and Rose Hill).

Why did we call him Yank? He and his parents had gone to America in the late 1920s, but it was the period of the depression so they came back and Yank had this strange accent and wore plus-fours and so he was 'Yank' to Harold Brown and to us who knew him then.

Our paths diverged when I left school. He was a man of the sea and I don't think he was happy when he was away from it. He had been in the Royal Navy and was one of a dwindling bunch of local men who had gone yachting and then had come 'home' to go fishing, although he had done some fishing with 'Billy Pom-Pom', before he went yachting.

I didn't really know him until I retired when, twice a day, every day, he would call in to see his aunt, Marge Mewton, who lived in the bungalow two doors down from us. Morning and evening he called in to see that she was alright.

It might be said that she was 'family' but he had kept an eye on others in the same way; Theresa Lobb was an example. He had done the same for his grand-parents, Gran and Granfer Remick and obviously for his mother, Kate, to whom he was very close (she called him 'Boy').

When he gave up fishing he turned his hand to gardening. At one stage he 'tealed' two allotments over the valley; Harry Iron's old garden and Tom Brown's 'Bar 20'. When he gave the Bar 20 up this year, you realised that he was beginning to feel his age – but when you get to be 80 you're allowed to do that.

As in all things that he did, he was an excellent but unassuming gardener. More than that, he was self-deprecating. Ready to praise but slow to criticise. When he went over to the Bar 20 he would stop and have a yarn with Pete Rowe and report back on the state of his garden. Pete's sweet corn were 'man high' - he had a brilliant and spontaneous turn of phrase. If he saw Chaddie's garden or Bill Oliver's he would say that 'he had to go home and lie down', so much effort had been put into their standard. Yet you knew that he had a good garden AND had done a load of DIY as well. Whatever he turned his hand to he did well. He was a

He was special to so many people in very different ways and will be greatly missed but he was such a big part of Port Isaac that I know he will be always here in spirit.

Janet

'Bon voyage' Mark, I knew you so well Breasting the waves in your boat 'Juel'

A man of few words, but those few were sincere

Go to your God, leave your memories here.

perfectionist. Fisherman, DIY exponent, gardener, cook (here I own up to one of the seven deadly sins – envy), he was excellent at all these things, but I shall remember him most for his ability to 'tell a yarn'. If he told you the same story the next day it didn't matter, it always sounded right, and when he went you realised you were smiling and wishing that he had carried on.

I don't know why we got on so well. Perhaps it was because we came from the same background? He was the essence off what Port Isaac was like in my youth. Why he had to slip away on such a beautiful day, I'll never understand. But that was the way he would have wanted it. He would have hated to be a burden on his family, on whom he doted. He would not have been a good patient had he been incapacitated. He liked to be doing something daily. There were so many questions that I needed to ask him and you think you'll do it tomorrow.

Yes, he was slowing up - he even let me climb the ladder last Autumn when we went scrumping! Yet I expected him to go on for years, and I'm finding it difficult to realise that he won't be down on Little Hill or coming around the corner of the bungalow to have a yarn.

I can only apologise for making such a pig's ear of the eulogy at St Endellion - but people have been very kind. I think they realise that old age and emotion are a powerful mix and that I wanted to say that I'm proud to have been one of Yank's many friends. *George Steer*



Both these recipes are easy peasy, but don't over bake them. I can go heady on the aromas and forget to take them out of the oven. Or, horror of horrors, I once twice baked the brownies. Having left them in the oven to cool, I put the oven on to pre-heat for dinner!!!! I have to say this made no difference to my Will's mates who ate the whole lot at one sitting.

The Brownies are terribly rich and you only need a small square. They freeze well too, hence the quantity. Why not try them at a dinner party piled high with dollops of cream and mascarpone. They are also great cut small to hand round as a sweet nibble. Have a great Easter break. Enjoy!!!

Orah

CHOCOLATE EGGY CHUNKY COOKIES

(makes about 18)

4oz/110g unsalted butter 5oz/150g wholemeal self raising flour 4 oz/110g Demerara sugar 3oz /75g porridge oats 1 tsp vanilla extract 1 egg 4 oz/110g Cadbury's mini eggs you could try smarties or chocolate raisins for a more sophisticated touch I like plain chocolate chipped and Joshua loves Galaxy

1. Pre-heat the oven to 190 °C/375 °F/ Gas Mark 5.

2. Use a big bowl and be ready to get your hands messy.

 Start by rubbing in the butter with the flour.
 Add the oats, sugar, vanilla extract and egg then Squidge it all together.

5. If using Cadbury's mini eggs put them in a bag and bash with a rolling pin to break them up. Add to the dough.

 Using two baking trays and keeping hands clean and damp mould small walnut size balls of the mixture and flatten with fingers. The mixture rises and spreads a little but not dramatically.
 Bake for 12-15 mins then move to a wire rack to cool.

CHOCOLATE BROWNIES

(makes about 40 small squares)

14 oz/400g butter 18oz/500g 70% plain chocolate 14oz/400g caster sugar 6 eggs 11oz/300g plain flour 2oz/50g cocoa 1 level tsp baking powder

1. Preheat oven to 180 °C/350 °F/Gas Mark4.

2. Grease and line a baking tray 38cmx26cm.

3. In a heavy based saucepan gently!! melt the butter and dark chocolate being careful it doesn't burn, leave to cool.

4. Whisk the eggs and caster sugar for about one minute.

5. Sieve the flour, cocoa powder and baking powder together.

6. Add the flour and melted chocolate to the eggs and mix together thoroughly.

7. Spread evenly in the baking tray.

8. Bake for 20 minutes then leave to cool in the oven.

8. Great tea-time treat !!!!



Friends of the Main Port Gaverne

We are a bit late asking for you to renew your subscriptions this year. But we still need your money to continue our work on the Main and to keep the toilets open so please fill in the form below and send your cheques off.

Last year our major undertaking was to renew the lower part of the steps leading up to the quay. These were washed away by the storms early last year. We tackled this job last June. We had to erect plywood shuttering and props capable of holding back the ten tonnes of wet concrete poured to form the new steps. The shuttering also had to withstand the sea that partly covered it at high tide.

We had to drill the rock and resin bond stainless steel rods into it in order to tie in the new steps. A team of committee members and other volunteers, including one lady, turned up to mix the ten tonnes of concrete by hand and place bucket by bucket in the formwork. The concrete was then vibrated with a special poker to get all the air out and compact it. It was a very tense time as the formwork creaked with the weight but it all held and the job was completed before the tide came in. It's worth noting that the lady in our team had her turn behind the mixer. It was exhausting work but we all had great fun doing it.

This year we are intending to refurbish the toilets. Last year we had to renew some taps and toilet seats as well as carrying out other minor maintenance works. The toilets cost the FOTM over £1300 per year to clean, insure and pay electricity and water bills.

We desperately need somebody to organise some fundraising events as the subscription money does not cover our costs. The committee is made up of mostly builders who are good at the practical hands-on work but don't have the time to organise events. Please help.

In addition there is the regular grass cutting and footpath strimming that we carry out each year.

Many thanks for your continued support.

Chris Bolton (Chairman)

FRIENDS OF THE MAIN, Port Gaverne

I wish to become a member/renew my subscription of the Friends of The Main and enclose my annual subscription of £10, made payable to

'The Friends of The Main'.

Name	 	
Address		
Telephone		
Email address	 	

l enclose an additional donation of £......

Please send to Chris Bolton, Trewetha Farm, Port Isaac, Cornwall PL29 3RU Tel: 01208 880256

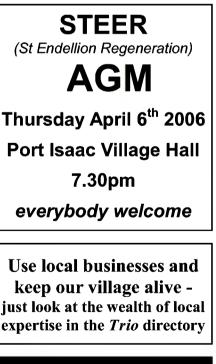


Our club room is situated in the Liberal Association premises in Fore Street and has been up and running for close to a 100 years and still ticking over.

What a shame it is so much under used. Playing helps to keep mind, eye and body co-ordination in peak condition. Why not come down with a friend and enjoy a game or two.

Fees are £10 for a year's membership and games are 50p for half an hour. Keys can be obtained from committee members – Mike Collings, Mark Prout, Jack Hill, Les Honey, Fred Dampier and myself. The room is open from 9.00am to 10.30pm.

The Club would like to thank all those non-players who pay a subscription each year - it is much appreciated.



Did you know that Leonardo da Vinci invented the scissors?

Port Isaac Stay and Play Group

Come and join us every Tuesday (except in School holidays) from 10.00am til noon in the Village Hall



We have had an exciting month with lots of new faces and we want to say a big hello and welcome to Aiden, Benjamin, Ebony, Matthew, Phoebe, Oliver and Thomas and, of course, to their carers.



We have another BIG thank you to make, this time to the Golden Lion and all those who helped raise money on their race night. Thank you for your generous donation. We have already decided to purchase a bubble machine with some of the money. The children all love bubbles their faces all light up when we have bubbles but we have a problem blowing enough to go round!

We have been doing lots of painting and sticking and the colourful results can be seen in our display window outside the Post Office.



COFFEE MORNING



On the morning of Saturday April 8th we will be holding a Coffee Morning at the School. We hope that many of you can join us and see what the playgroup have been up to over recent years. There will be Easter Bonnet and Decorated Egg competitions for the children - please bring entries on the day as well as face painting, lucky dip, raffle, a cake stall and more.

It seems hard to believe that a few short months ago the future of our village Playgroup was in doubt. But, with the help and support of the community there is a real buzz again which is fantastic for our children. Thank you all.

For any information on the group call either Leigh on 880745 or Marie on 880977.

St Endellion Parish Hospital Voluntary Car Service

The residents listed below offer their services as drivers. If you require transport you telephone one of them directly to make arrangements.

Bartlett - 880442 * Bolton - 880218 * Bulgin - 880765 Childs - 880322 * Cooke - 880256 * Dean - 880685 * Isaacs - 880098 Murray - 880861 * Raynor - 880581 * Watson - 880298

Contributions required:		Please note:	
Plymouth Hayle Falmouth Truro Redruth Newquay St Austell Bude Bodmin Wadebridge	£30* £30 £24* £24 £20 £20 £20 £14 £10	 This car service is for residents of St Endellion Parish only You are requested to give a minimum of 48 hours notice when requesting transport The service is for appointments only (not for those visiting patients) It is for people who have no other transport The charges are for the round trip and not half journeys if you are to stay in hospital * Plus any car parking charges(in addition to contribution) 	

ANY PROBLEMS CONTACT TED CHILDS ON 01208 880322

FOR SALE

Lomax Wheelchair, four wheels As new, cost £180 Will accept £100 ono

2ft x 1ft Fish Tank with Cover Offers

5ft x 3ft Car Trailer with electrics and ladder rack Brand new rear light assembly Two wheels £65 ono

Call E Philp on 881170

Dimplex Electric Towel Rail 24"x20" excellent order £20 **Tel: 880925**

Plant Pots, large and small also Ladies Bicycle Offers Phone 01208 880516 (11 Tintagel Terrace)

Two Ercol Armchairs Reasonable offers **Tel: 880092**

Ladies Mountain Bike for sale Raleigh 'Montana' 18" frame, 21 gears £45 ono Tel: 01208 880419

Victory is ours

'Goodness is stronger than evil; Love is stronger than hate; Light is stronger than darkness; Life is stronger than death; Victory is our through him who loves us.'

A remarkable prayer by a remarkable man - Bishop Desmond Tutu. He set up the Truth and Reconciliation Commission in South Africa after apartheid, when those who had suffered the most appalling violence met those who had committed it and told their stories. Some of you will have seen Desmond Tutu recently on television, when he arranged a similar opportunity for the victims of terrorism in Northern Ireland to meet and talk with those who'd murdered members of their families.

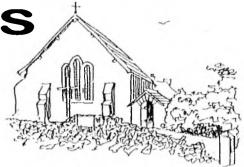
Desmond Tutu's prayer is one for any and every day of the year, but it's especially significant for Easter. In the victory of the cross of Christ, in the overcoming of evil with good, of hate with love, of death with life, of darkness with light, we see that pain, loss, failure, betrayal and bitterness do not have the last word. It's love which has the final say.

And this is not simply pious optimism, but a hope rooted in the one who who loved us so much he gave himself for us; whose wounded hands and feet bear witness to the depths of his love, to the lengths to which love will go.

In our increasingly unstable and violent world we human beings have the assurance that we don't have to go on endlessly torturing, maiming and slaughtering one another. Each of us can choose the path of love, can say yes to the possibility of new and abundant life, can know with certainty that, 'victory is ours through him who loves us.'

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Church	Diana	Dates	The
		-	

Sunday April 2nd 7.00pm - Evening Worship with Taize Chants, St Endellion Church Wednesday April 5th 7.30pm - Healing Eucharist, St Endellion Church Thursday April 6th 7.00pm - Lent Course St Endellion Church Sunday April 9th (Palm Sunday) 9.30am - Eucharist Dramatised Passion Reading, St Kew Parish Church 10.00am - Sung Eucharist Dramatised Passion Reading, St Peter's, Port Isaac 11.00am - Sung Eucharist Dramatised Passion Reading, St Endellion Church 4.30pm - Easter Music Festival Choral Evensong, St Endellion Church Maundy Thursday April 13th 8.00pm - Commemoration of the Last Supper, Footwashing & Vigil, St Kew Parish Church Good Friday April 14th 10.00am - Family Service, St Kew Parish Church 11.00am - Family Service, St Peter's, Port Isaac 12noon -2.00pm - Meditations before the Cross, St Endellion Church Saturday April 15th 10.15pm - Service of Light and Exsultet, St Endellion Church Easter Dav 8.00am - Said Eucharist Book of Common Prayer, St Endellion Church 9.30am - Sung Eucharist, St Kew Parish Church 10.00am - Sung Eucharist, St Peter's, Port Isaac 11.00 am - Festival Sung Eucharist, St Endellion Wednesday April 19th 10.00am - St Peter's Church, Port Isaac - Easter Mini-Market Saturday April 29th Feast Day of St Endelienta 11.30am - Sung Eucharist followed by lunch in St Endellion Church Hall



The cross and resurrection of Jesus show us that however hopeless it may seem, however much we may despair, it is still God's world. The chains of sin, hatred, violence and suffering can be broken- broken by love.

May that love be yours this Eastertide.

Do you, or someone you know, need a listening ear?

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



Wednesday April 19 10.00am Church Rooms

everyone welcome

Trelights Methodist Church

Spring Fayre

in the School Room on Tuesday April 18th at 2.30pm

Various stalls including cakes and white elephant

Refreshments

Everyone welcome

Proceeds for Chapel Funds

What lucky readers you are!! Two helpings of PIGS!!

Bude Golf Club ^{February 2006}

The ancient golf course at Bude welcomed the PIGS to the warm and sunny North Cornish course to finally get the annual Matchplay underway. A few players had succumbed to the dreaded lurgie but we did manage to play, with three of us getting muchneeded byes (which I personally grabbed with both hands, I mean, a wins a win!!).

A first was witnessed on the first tee. No, not everyone hit the ball, cheeky, but Mr Chris Potter was actually covering his hairy, knobbly knees – a pleasure for us all and, for the record, we add did manage to hit our balls!

Matchplay adds a new dimension to a round of golf. Man against man, it puts gladiator against gladiator until one is beaten into submission. It may sound melodramatic but in the heat of battle!!

The pairings brought together some fascinating couples. Mark 'The Crooner' Forbes newly renamed due to his uncanny likeness (from a distance) to Mr Bing Crosby. If my memory serves me right, Bing used to wear a 'pork pie' hat whilst on the golf course. Mark couldn't find a pork pie hat (very trendy in the 60s and 70s) so he had to compromise with a gardening hat but it seemed to work. Anyway, he was against Andy 'The Adonis' who gave 'Bing' a hell of a game, but finally lost to the Crooner on the last hole.

The other quarter finalists were to be Richard (The Ball Girl) Hambly, Chris 'The Lard Man', Kev 'Up the Hammers' Grills, Andrew 'The Milky Bar Kid' Grills, Gary 'Up the Arse ... nal' Pattenden, Steve 'Where's Portugal' Bunt and Chris 'The Mayor' Witherden.

Going back to the lurgie, it affects people in very different ways. Some people it makes them feel lousy and in rare cases it brings on amnesia. This was proved by Mr Edkins totally forgetting about Mr Bunt's and Worrall's valet parking enterprise in December which led to an incident, by letting them borrow his Volvo - oh well, they're two a penny anyway.



Lanydrock Golf Club March 2006

S ix days before we were due to play at Bodmin, Cornwall was covered with snow and ice and Lanydrock had to be closed, but by the Monday (which apparently is now known as 'How do they manage such great weather?' day) the sun came out, the wind dropped and the PIGS came out in force to play a course that was in great nick, considering the hammering it had taken.

Due to being sexually molested by a very randy ghost whilst staying at the Millhouse, a 'back' injury prevented me from playing but I got a lot of enjoyment from driving around the course just watching and it gave my selfesteem a good boost because I don't think I'm as bad as I thought I was!

Getting 16 golfers into buggies and on to the first tee seemed to take forever but finally we got away. The first hole has a small lake in front of the green and, as you would expect, it did swallow several balls, but the best shot, apparently, was Richard's drive which sailed over Karl's head, nearly giving him a seizure.

A mention must go to Dave 'The Rainbow Warrier' who, seeing the sun was out, decided to play in tee shirt and shades. The sun does strange things to people but not that strange to Dave. Other special mentions go to Gary 'The Gooner', whose second shot on the Par 5 6th (Ed: That's what Lard Man wrote) went into the undergrowth so deep that after ten minutes of searching, we found it under enough wood to build a bonfire and sat round it were two Japanese soldiers.

With the influx of new visitors to the area, Bodmin has been granted permission to build its own airport and given the honour of digging the first part was Chris 'The Mayor' Witherden, who, with his three iron, took up a strip of turf long enough to land a jumbo on!!!

Now, this is a plea to anyone who has a clean driving licence – could they please show Andrew and Mark how to brake?!!! And yes, I suppose it would be called a crash course in braking.

Longest Drive went to Richard 'I can't see how far that has gone' Hambly, who hit it for a mile!

Nearest the Pin was Dan 'The Grip' Brewer

- 1st Chris 'The Mayor' Witherden
- 2nd Richard 'too many nicknames to mention' Hambly
- 3rd Paul 'Beaver Boy' Honey

Next venue - Launceston Golf Club on Monday April 11th. See you there.

The Lard Man

uriel Spry would like to thank everyone for their generous donations received in lieu of flowers in memory of Jack.

The money was passed on the Asthma UK which is a charity dedicated to helping to improve the lives of people with asthma.

Schoolchat news and views from Port Isaac School

Easter Assembly

Our Achievement and Awards assembly is on the last day of term, Friday April 7th in the afternoon.

All welcome

Gircus skills On Friday 3rd March a man called Richard came in to teach us circus skills. On the first week he taught us how to use a Diablo, on the second week he taught us how to juggle and today he taught us how to use a poise, how to swing rings and how to balance plates on sticks. It's really fun. We still have 3 more

Victoria Year 6

Garden Show 2006

weeks to go!

This year The Port Isaac Garden Show will be held in Port Isaac Primary School on Saturday 26th August. See you there!

Tesco Computer Vouchers

It seems like we are always collecting! This year we would like to collect 5000 vouchers and exchange them for some interactive computer games. If you have any blue vouchers please drop them in to the office or give to someone who can bring them in.

School Flower Festival

Back in November all the children planted daffodils in pots and took them home to grow. On Friday 17^{th} March they brought them back and we had a Flower Show in school. There were some lovely daffodils and beautifully decorated pots as well as coloured pictures. We also had a non uniform day and collected £25 for the Marie Curie Cancer Care Fund.

Prize winners (Thanks to our guest judges Mr Elgar and Mr Chadband) Best Flowers - 1st Stephen 2nd Gus 3rd Roxanne and Liam Best Pots - Taran and Holly Best Pictures - Mark and Rosie

The Planetarium

On Monday the 13th of March the whole school was visited by an inflatable planetarium in the shape of a massive dome almost the size of the hall. In our afternoon session we did many exciting things including the man turning off the lights and making the illusion that we were looking at the night sky and all the stars with his projector! We also learned loads of cool stuff about space, sound and light. For example sound travels 330 metres per second!

Alice Year 6

Vile Victorians

On the 8th of March Ms Weatherhead's class went to the Hall for Cornwall to see the Vile Victorians. Firstly we went to school, then we had lunch at eleven o' clock. Next we went on the bus for an hour. After that we walked to the Hall. Before it started we got our seats. When it started Doctor D and his two assistants Drib and Drab introduced themselves. At first they told us lots of stories. In the middle of the show there was an interval and we had ice creams. After that we got 3D glasses to wear so everything looked real. When it ended everyone said they enjoyed the show.

James Year 5



The following report is not based on approved minutes signed by the Parish Council.

MINI MOTORBIKES

These have been a considerable problem recently on Parish Council land and there is a separate article on this subject in this issue of *Trio*.

FOOTPATH MAP

At the request of the Footpath Committee, the Parish Council agreed to write to Cornwall County Council to seek funding to produce a map of the footpaths in the Parish and to enquire whether the County Council has a cartography department that could produce such a map.

HOSPITAL CAR SERVICE

At the last Parish Council Meeting Mr Childs was handed a cheque for £400 following additional funding from East Cornwall. This is a welcome addition to funds for this extremely valuable service that he organises so well.

NEXT MEETING

This has been arranged for Monday, 10th April, at Port Isaac County Primary School, at 7.30 pm. *Robin Elgar, Parish Councillor*

PLANNING APPLICATIONS AND NOTICES

Application 2006/00204 - Revised design to previously approved garage to include alterations to roofline and height of side wall. Full Planning. Ms J Preston, 13 Tintagel Terrace, Port Isaac. The Parish Council made no observations.

Application 2006/00190 -Conversion of farm building into one bedroom holiday cottage together with erection of single storey extension. Full Planning. Delegation Possible. Mr R Sloman, Roscarrock, St Endellion, Port Isaac. The Parish Council made no observation.



person to assist with cleaning etc Please call Jacki on 01208 880380

Parish Council News

Application 2006/00191 - Listed building consent for the conversion of farm building into one bedroom holiday cottage together with erection of single storey extension. Listed Building. Delegation Possible. Mr R Sloman, Rosecarrock, St Endellion, Port Isaac. The Parish Council made no observations.

Application 2006/00397 -

Erection of new grain store outbuildings. Full Planning, Delegation Possible. Mr S May, Tartars Farm, Port Gaverne. **The Parish Council made no observations.**

Application 2006/00355 - Listed Building Consent for the removal of outer skin of gable wall including chimney to provent collapse of same and rebuilding to match existing. Listed Building. Delegation Possible. M J Stewart, 15 Lanroc, Fore Street, Port Isaac. The Parish Council made no observations.

Application 2006/00360 - Erection of ground and first floor extension, roof alterations to remove existing flat roof and provide first floor room in the accommodation and erection of new garage. Mr & Mrs S Harris, Watergates, Trelights. The Parish Council made no observations.

Application 2006/00366 - Erection of a dwelling. Outline Planning. Delegation Possible. S & C Toogood, Site Adjacent to Camelot Cottage, Trelights. The Parish Council is not in support of this application as it is over development of a very small site.

Approvals & Refusals

Application 2006/00047 - Erection of kitchen and conservatory extension. Mr C Bolton, The Edge Bar & Restaurant, 6 New Road, Port Isaac. North Cornwall District Council **REFUSED** this application for the following reasons;

 Having regard to the location of the proposal, it is considered that the proposed development would have an adverse effect on the amenities of the neighbouring residential property by reason of loss of privacy and as such be contrary to Policy DVS3 of the District Local Plan – April 1999.
 The proposal would lead to the loss of off road parking space in an area of Port Isaac where parking provision is insufficient to meet demand, particularly during the peak holiday season. In the absence of such facility the proposal, if permitted, would encourage vehicles to park on the adjacent highways to the detriment of highway safety and thus would be contrary to Policy DVS6 of the District Local Plan - April 1999.

3) The proposal, if permitted, by reason of its form, materials and siting within an Area of Outstanding Natural Beauty and designated Heritage Coast would form a discordant feature. It would, therefore, be contrary to Policy 2 of the Cornwall Structure Plan September 2004; Policy DVS1 and ENV1 of the District Local Plan –April 1999 and the guidance given in PPG1 – February 1997 – General Policy and Principle.

How to subscribe to Trio

I fyou don't live here or if you do and just want to be sure that you get your copy of *Trio* each month, why not take out a year's subscription. In fact, wouldn't this make a really good present for that person in your life who loves Port Isaac? It's a bargain! £12.75 ensures you get *Trio* for a whole year. Make your cheque out to 'Trio' and send it to Calenia, 3 Trewetha Lane, Port Isaac, Cornwall PL29 3RN. Job done!

Being British is about driving in a German car to an Irish pub for a Belgian beer, then travelling home, grabbing an Indian curry or aTurkish kebab on the way, to sit on Swedish furniture and watch American shows on a Japanese TV. And the most British thing of all? Suspicion of anything foreign!

OM s from the port isaac brow e have had another productive month in Brownies. We began after half-term with a session of pancakes, which were cooked by Donna from Peapod, and so a big thank you from all of us. I s part of our Friends to Animals badge, we have discussed endangered animals and where • They live and why they are in danger. Then each girl was given a piece of clay to make a model of an endangered animal - we had crocodiles, bears, whales, big cats and a car! One Brownie was asked "Why are you doing a clay model of a car?" She replied "If the car drove it may hit a cat, then the cat would be in danger!!" e had our first competition in early March, the Halford Trophy. We came a very pleasing third out of five units. We were so proud of the girls for their effort and teamwork. Well done girls. s part of our World Guiding badge we are learning about other cultures. We had a Chinese evening which we all enjoyed including Chinese crafts. However, the majority of the time was spent eating. We all had large plates of Chinese food. e have Mother's Day coming up and the girls will be making gifts for their mums, and we are going to ' taste the delights of sweet making. We love Food!!!!! Catch up next month for more fun and games from the Brownies Cuckoo & Wren We have 24 Brownies and we are amazed by the response of the girls - they are all a delight, each and every one. We have lots of different activities and they are all fun. PORT ISAAC VILLAGE HALL Young Leader **NEW HIRE CHARGES GENERAL USERS** £6 per hour

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Wanted

e are looking for a reliable young girl who would like to become a young leader who can help on a weekly basis with all our pack. She would become part of our wellorganised and very enthusiastic team. Applicants need to be aged 14/15 and be willing to take part and do the young leader gualification. These are also great gualifications to have when you go out into the world of work!!!

If you are interested please contact Jennie 01208 881038 or Claire on 01208 880878

Past times March 1988

Home Farm Trust Lunch

Janet Chadband expressed sincere thanks to all who helped make this event such a great success. £855 was raised for the mentally handicapped.

Brownies

The Brownies attended a parade in Camelford on St George's Day. Rangers, Guides and Brownies from the district participated in a tree planting to commemorate the inauguration of Roughtor Rangers. After the parade through Camelford with the Mayor and District Commissioner taking the salute, an afternoon singing camping songs was held.

Football Easter Tour

Port Isaac won the Soccer Tournament held over the Easter period. Port Isaac also won the Darts and Pool Trophies, making it a clean sweep. The trophies were presented at the Lawns Hotel.

Next year, having gained promotion, the Football Club, playing as the Huntsman Inn, will be playing in the second division.

Port Isaac School

Fundraising – Due to very hard work by both parents and the fundraising committee, over £400 has been raised – nearly £300 at an Auction at the Wheelhouse Restaurant and the remainder from a Jumble Sale at St Peter's Church Hall. Thanks to Sue and Neil James for the use of the Wheelhouse and to all parents at the School who contributed in any way.

Football and Netball

tournaments - A six-a-side football event was won by Port Isaac for the second successive year. The netball was played on a friendly basis as not many schools entered.

Thanks to Tintagel and Camelford Lions for sponsoring the Football Trophies, all parents who helped served refreshments at both events and to Mrs Lee for organising the netball tournaments.

RNLI Art Exhibition - The annual

exhibition at the Port Gaverne Hotel was opened by Jill Dando of BBC Spotlight News. A number of pictures were sold on the packed opening night.

Shouts – The Lifeboat was launched on April 3rd when two people were reported cut off by the tide at Merlin's Cave, Tintagel. They managed to swim to safety just before the lifeboat reached the spot.

Later the same day, crewed by Andy Walton, John Coshall and Bob Young, the lifeboat was again launched to help a holidaymaker who had fallen some 20feet down the cliffs near Polzeath. She was taken to Daymer Bay where she was examined by Station Medical Officer, Dr Lunny, who took her for treatment for multiple cuts and abrasions. Before leaving the scene, the crew were approached by an anxious parent whose three sons were out in a dinghy and overdue. They were found safe and well and the parents notified.

On April 5th, the lifeboat stood by at Port Quin whilst two people were rescued from the rocks.

April 1997

RNLI

Shout - On April 13th, having been asked to search and investigate an area north of Tintagel Head, the crew recovered an inflatable yellow and red balloon in the shape of

Winnie-th-Pooh!! Even at 20yards distance it still looked remarkably like a child wearing a life jacket (mouth to mouth resuscitation was not required). Crewmembers were Andy Walton, Chris Scott and Steve Taylor.

As a PS to this story, three days after this event a Glasgow newspaper called to say that they had located the little girl who had lost the balloon.

Station Personnel – David Philp has stood down and Bill Hawkins has now been appointed a Deputy Launching Authority.

Friends of the School

A big thank you for all the support that made the Promise Auction a huge success. Thanks to the Shipwright Inn and the auctioneers, Rod Baker and Mark Rowe. Over £2000 was raised, passing all expectations.

Thanks to all who donated goods and to all the big spenders who came and bid.

Sea Urchins

A huge thank you from the 1^{st} Port Isaac Cub Scouts (Sea Urchins) to everyone in the village for all the support given to the Jumble Sale and Cream Tea events. A total of £243 was raised towards the camping fund. Thanks especially to all people and businesses that gave raffle prizes,

Bess Coates

A new young monk arrives at the monastery and as, with all new monks, he is assigned to help the other monks in copying the old canons and laws of the Church by hand. He notices, however, that all of the monks are copying from copies, not from the original manuscript. So, the new monk goes to the head abbot to question this, pointing out that if someone made even a small error in the first copy, it would never be picked up. In fact, that error would be continued in all of the subsequent copies.

The head monk, says, "We have been copying from the copies for centuries, but you make a good point, my son." So, he goes down into the dark caves underneath the monastery where the original manuscript is held as archives in a locked vault that hasn't been opened for hundreds of years. Hours go by and nobody sees the old abbot. So, the young monk gets worried and goes downstairs to look for him.

He sees him banging his head against the wall, and wailing, "We forgot the "R"! "We forgot the "R"! "We forgot the "R"! "We forgot the "R"!

His forehead is all bloody and bruised and he is crying uncontrollably. The young monk asks the old abbot, "What's wrong, father?" With a choking voice, the old abbot replies,

"The word is celebrate!"

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What is Osteopathy?

Osteopathy works on the body's musculoskeletal system, which is made up of the, bones, joints, muscles, ligaments and connective tissue. Osteopaths use their hands to diagnose and treat abnormalities in the way the body is working. Treatment may include muscle manipulation, joint mobilisation and high velocity thrusts, which can reduce joint stiffness, improve circulation and promote the body's own healing processes. Thus, it can help you recover more quickly from a painful problem, as it can help to reduce the reoccurrence of further problems in the future.

What are the benefits of Osteopathy?

Osteopathy can help with

- General aches and pains
- Stiffness in the joints
- Lower back pain
- Arthritic pain
- Muscle, Joint and postural problems
- Pain during pregnancy
- Sports injuries
- Arm and leg pain
- Headaches
- Digestive and respiratory disorders

What will happen when I see an Osteopath?

On your first visit, which lasts for about 75 minutes, the Osteopath will take a full history of the complaint as well as asking some questions about your medical history, lifestyle and other health factors. An examination will then follow. This will include observation of posture and movement and palpation of tissues using a highly developed sense of touch to identify any points of weakness or strain throughout the body. You will normally be asked to remove some of your clothes for this. If appropriate the Osteopath will then begin your agreed individualised treatment programme with you.

How will I feel after my treatment?

It is not uncommon to feel a little soreness or tiredness for a day or two after treatment; this is usually a normal part of the body's natural healing process. To minimise this effect it is advisable to try and avoid any strenuous activity during this period, as this allows the body time to adapt to the changes that are occurring. It is also important to keep well hydrated.

Safety

Osteopathy does not take the place of conventional medicine. Always consult your doctor for acute or infectious conditions or problems of urgent concern. All Osteopaths are regulated by law under The Osteopaths Act of 1993 and have to be registered on the "Statutory Register of Osteopaths", as set out by General Osteopathy Council, to practise Osteopathy.

Thanks

Mary from the Co-op would like to thank everyone who kindly gave me a lovely send off on my retirement day. I was overwhelmed with cards, gifts and good wishes. Thanks also to Roy for the wine for my leaving toast.

I miss you all, especially my work mate Sarah.

Lots of love to you all

Mary

If you would like to find out more about Osteopathy or any of our other therapies, or you would like to book an appointment please call Debbie on 01208 880715

Or by e-mail:

enquiries@pendragontherapy.co.uk Or visit us at www.pendragontherapy.co.uk

Or call in and see us at Pendragon House Complementary Therapy Centre.



Not much to report this month as February was very quiet. Perhaps the weather put people off venturing out unless they had to roll on Spring!

Total for February amounted to £229.20 net.

Opening hours are posted on the door but are subject to the availability of volunteers.

A mute goes into the chemists to buy a toothbrush. By imitating the action of brushing one's teeth, he successfully expresses himself to the sales assistant and makes his purchase.

Now, if there was a blind man who wanted to buy a pair of sunglasses, how would he express himself?

Think about it!

He opens his mouth and just says. "I would like to buy a pair of sunglasses".



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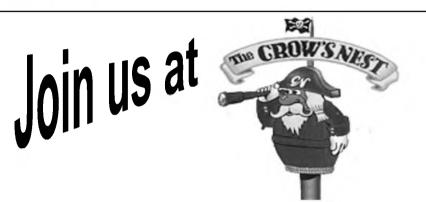


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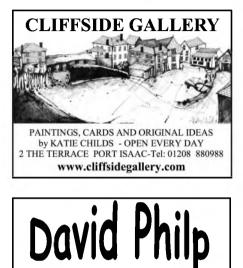
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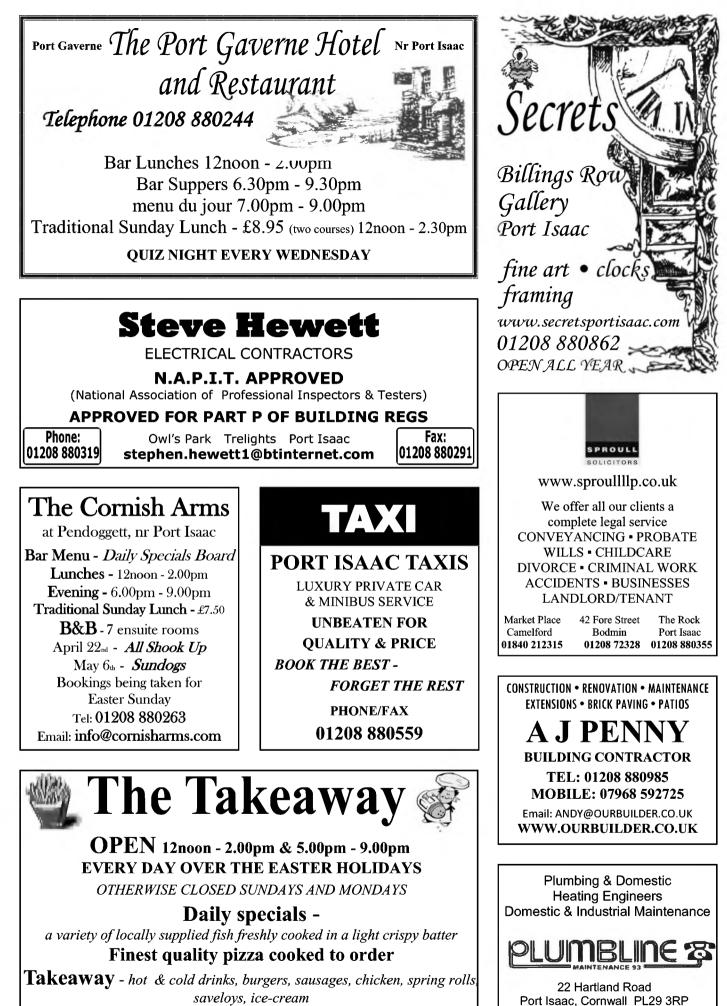
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Gardens for Life 'Saturday Dig-in' at Port Isaac School. Everyone invited to come and lend a hand from 10.00am-1.00pm

Thursday April 6th STEER AGM in the Village Hall -7.30pm. Everyone welcome

Saturday April 8th Port Isaac Stay and Play Group Coffee Morning at Port Isaac School -10.30am

April 9th - 16th 32nd St Endellion Easter Festival

Monday April 10th Parish Council Meeting at Port Isaac Primary School - 7.30pm

Wednesday April 12th Trevathan Farm Children's Easter Egg Hunt – book by April 9th on 01208 880164

Easter Saturday April 15th Reg Meuross - 'one of the finest, pur-est country/rock/folk voices this side of the Atlantic' - presents the 'Short Stories' tour in Port Isaac Village Hall - 7.30pm

Tuesday April 18th Trelights Methodist Church Spring Fayre in the School Room at 2.30pm

Whist Drive in St Endellion Church Hall – 7.30pm

Port Isaac Chorale present an Old Time Music Hall evening in the Village Hall - 7.30pm

Wednesday April 19th St Peter's Church Easter Mini-Market in the Church Rooms – 10.00am Come along and support your local Church!

Thursday April 20th Port Isaac Village Hall AGM - in the Hall at 7.30pm

Tuesday April 25th St Endellion Conservative Association Coffee Morning at Clematis Cottage, Trelights – 10.30am

Thursday April 27th RNLI AGM in the Village Hall -7.00pm

Tuesday May 16th Whist Drive in St Endellion Church Hall - 7.30pm

Sunday June 11th Annual RNLI Lifeboat Service on the Platt

Saturday June 17th Trelights Village Green Committee Coffee Morning - 11.00am

Tuesday June 20th Whist Drive in St Endellion Church Hall - 7.30pm

Friday May 26th – Monday May 29th - Port Isaac Music Festival a weekend full of music for everyone to enjoy

Wednesday July 19th St Peter's Church Summer Mini-Market in the Church Rooms -10.00am

July 25th – August 4th 48th St Endellion Summer Festival

Friday August 18th - Sunday August 20th St Peter's Church Flower Festival in the Church

Saturday 19th August -Trelights Village Green Committee Barbeque - 7.00pm

Issue Copy Date May June July August September October November December 4th December

April 18th May 15th June 19th July 24th August 28th September 25th October 30th

Sunday August 20th Port Isaac RNLI Funday Saturday August 26th Port Isaac Garden Society Show in Port Isaac School Sunday September 17th Harvest Thanksgiving in St Peter's Church

Friday September 29th Port Isaac RNLI Harvest Festival

Saturday November 18th St Peter's Church Christmas Mini-Market in the Church Rooms

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copy dates for 2006

Publication Date April 25th May 23rd June 27th August 1st September 5th October 3rd November 7th December 12th

REGULAR EVENTS

Port Isaac Stay & Play Group – every Tuesday (not during school holidays) from 10.00am to 12 noon in the Village Hall. Contact Leigh on 880745 or Marie on 880977

Brownies - every Wednesday from 6.30pm-8.00pm, during term time, at Port Isaac School. Contact Claire on 880878 or Jennie on 881038

Yoga - Mondays during term-time in the Village Hall from 10.30am-12noon. Thursdays during term-time in the School Hall from 7.30pm-9.00pm. Contact Tracey Greenhalgh on 01208 880215 or Adult Education on 01840 213511

Local History Group - The first Friday in the month in Port Isaac Village Hall. Contact George Steer on 01208 880754

Port Isaac Chorale – Every Tuesday from 7.30pm-9.30pm in Port Isaac Village Hall. Contact Janet Townsend on 01208 880505

Carn Awn Singers – Every Monday at 8.00pm in Trelights Chapel

Golden Circle - The second Thursday in the month from October to April from 2.30pm - 4.00pm in Port Isaac Village Hall. Contact Penny Manders on 01208 880022

Learning Together - Every Monday during term time from 1.30pm -3.15pm in Port Isaac Primary School. 3 and 4 year olds to come along with an adult

Thai Kick Boxing - Every Wednesday from 7.00pm - 8.30pm in the Village Hall. Contact Sal on 07875 698285

CHURCH SERVICES

St Peter's Church, Port Isaac - Sunday - Sung Eucharist at 10.00am Every Wednesday - Said Eucharist at 10.00am

St Endellion Church - Every Sunday at 11.00am

Trelights Methodist Church - Sunday Service at 6.00pm Fellowship Service - last Thursday in the month at 7.00pm



Want to find out what's happening in the Village? Read your Trio and look on the Trio Diary page. Remember to make sure that your event is included here!